



Gołabki

(Polish Stuffed Cabbage Rolls)

Gołabki is a cabbage roll common in Polish cuisine made from lightly soft-boiled cabbage leaves wrapped around minced pork or beef, chopped onions, and rice or barley, which are baked in a casserole dish and are served with a creamy sauce.

Gołabki translates literally as “little pigeons.” Once these cabbage rolls are nestled in a casserole dish, it isn’t hard to see where they got their name! Gołabki are also revered to as golumpki, golabki, golumpkies, or gwumpki.

FILLING INGREDIENTS

- 1 head of cabbage
- ½ lb ground beef
- 1 onion
- 3 cups cooked white rice
- 2 eggs
- Salt and Pepper
- 1 quart of broth
- 1 teaspoon marjoaram

SAUCE INGREDIENTS

- 1 cup heavy cream
- ¼ cup flour
- Fresh dill
- Salt and Pepper
- Garlic Powder

PREPARATION

1. Prepare the filling: Cook the rice and mix well with the ground beef, onion, eggs, salt, and pepper. Set aside to cool.
2. Heat a large pot of water to boiling. Core the cabbage. Gently drop the cabbage into the water, cored side up, and push down to submerge entirely. As the cabbage cooks, leaves will peep off. Remove them from the boiling water and place in a paper towel lined dish to drain and set aside.
3. Place about a quarter cup of filling in the center of each cabbage leaf, then fold the two opposite sides of the leaf inward about 1 inch towards the center, and roll the leaf from the third side to the opposite end. Hold roll in place with toothpicks, if necessary.
4. Grease an ovenproof baking dish, and place some single cabbage leaves in the bottom.
5. Heat a pan of vegetable oil to medium heat. Fry the rolls on each side, starting with the “open” side to help seal the cabbage leaf.
6. Place fried rolls in tightly side by side in the cabbage leaf-lined baking dish. Add 1 can of broth, cover, and bake at 375° F for 45-60 minutes.
7. Drain broth and drippings from the rolls into a large fry pan. Heat broth and drippings to simmering.
8. Mix ¼ cup flour with 1 cup heavy cream until smooth, and add to the simmering broth. Season to taste with dill, salt, pepper, and garlic powder. Pour over top of cabbage rolls and serve.

ALTERNATE SAUCE INGREDIENTS

- ¼ cup cooking oil
- 1 8 oz. can tomato paste
- Broth for thinning if necessary
- 1 Tablespoon flour
- 2 Tablespoons sour cream

ALTERNATE SAUCE PREPARATION

1. Lightly fry the oil and add in flour, mixing quickly to prevent lumps.
2. Add tomato paste, mixing quickly, and then add the sour cream.
3. If the sauce is too thick, add broth in small amounts to thin mixture.
4. When you achieve a uniform color, add herbs, garlic, salt, and pepper to taste. Pour over cooked Głobki just before serving.