

## Simple and Delicious Stuffed Cabbage

1 large head cabbage, frozen for 24 hours and fully defrosted

Meat mixture:

750 grams (1.65 pounds, or a little more than 1 1/2 pounds) chopped beef  
3 heaping tablespoons caramelized onions OR 1 medium onion, peeled, chopped and sauteed in  
2 tablespoons oil till medium brown (this will give you enough onion for the sauce as well)  
4 tablespoons ketchup  
2 eggs  
1/2-3/4 cup (60 gram-90 grams) breadcrumbs OR for Passover, substitute 1/2 cup matzo meal  
2 tablespoons soy sauce OR for Passover, or those who dislike or don't use soy sauce, substitute  
1 rounded tablespoon coffee granules dissolved in a tablespoon of hot water

Sauce:

2 cans of tomato sauce  
4 packed tablespoons dark brown sugar  
2 tablespoons soy sauce OR 1 rounded tablespoon coffee granules dissolved in a tablespoon of  
hot water  
2 tablespoons lemon juice or vinegar  
3 tablespoons caramelized onions

Take a cutting board and peel the leaves off the defrosted cabbage, one by one, very carefully so they don't tear and rinse gently. Shake off and put in a heap.

Preheat oven to 350 F.

Prepare the meat mixture by mixing the chopped meat, onions, ketchup, eggs, breadcrumbs or matza meal and soy sauce or coffee together lightly till a smooth mixture is formed. Take a 9 x 13 pan and grease with oil. Set aside.

Make the sauce by mixing everything together and set aside.

Take a palm sized amount of meat mixture (about 3 heaping tablespoons worth) and put on bottom third of cabbage leaf (not all the way at the bottom, see pic above) and fold in the sides of the cabbage leaf. Then take bottom of leaf, pull up to partially cover meat mixture and continue to roll till all the filling is encased in the leaf. Since it's been frozen and defrosted, it's pliable and flexible and it will roll like a dream. Use up all the leaves and meat mixture, tucking them tightly together into the greased rectangular pan. Now pour the sauce over the lot, coating all the cabbages and it will go up halfway to 3/4 up side of pan. Cover pan tightly with two layers of aluminum foil and place in hot oven for 1 1/2- 2 hours or until cabbage rolls are tender and sauce is bubbling. Sauce will cook down and thicken up a bit. Wonderful for a first or main course.