

## CULINARY SERIES

# MY BABA'S HOLUBTSI & MUSHROOM SAUCE



 ST. VLADIMIR INSTITUTE

## My Baba's Holubtsi

### Buckwheat Filling for Ukrainian Cabbage Rolls

Recipe by Chef Mykola (Nick) Rutkay with advice from Anne Moskaluk and Darcia Moskaluk Rutkay

#### Ingredients:

- 1 large or 3 small onions
- 5 tablespoons of a good vegetable oil\*
- 2 cups whole buckwheat grouts
- ¼ cup dill
- 1-2 chopped garlic cloves
- 4 cups boiling water, mushroom, or vegetable stock\*\*
- 2 teaspoons salt
- additional salt and pepper

#### Instructions:

1. Small dice all of the onions and caramelize in oil on the stove. I like to start them on a medium high heat to get things going and then turn it down to low. Low and slow is your friend. The onions will get sweeter and add more flavour the longer you go. Cook until they become very soft and brown/amber in colour. Near the end of cooking put in the chopped garlic cloves and dill. Stir lightly for about 5 minutes.
2. Into a shallow baking pan, place the grouts, pick over removing irregularities. Dry the mixture in a moderate oven (350°F), stirring frequently, until kernels are separated and very dry and lightly browned.
3. Place the dried hot grouts into a pot. Add all of the onion, garlic, and dill mixture with all the oil into the pot with the salt. Add the hot liquid.

4. Bring to a brisk boil and cook until the surface water is absorbed.
5. Transfer to a casserole. Add (if needed,) additional salt, black pepper, stir well. Cover tightly and bake in a moderate 375°F oven for about 45 minutes.
6. Fill prepared cabbage, sour cabbage leaves or wilted beet leaves. Bake for 350°F for an hour and then 325°F for an additional hour.

\*I use Avocado oil, buckwheat needs a little more oil than rice

\*\*I use "Better Than Bouillon"

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