

# CULINARY SERIES

## MY BABA'S HOLUBTSI & MUSHROOM SAUCE



 ST. VLADIMIR INSTITUTE

## My Baba's Holubtsi

### Ukrainian Cabbage Rolls Moskaluk Style

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

#### Equipment:

- Stove
- Oven
- Large Pot for cooking cabbage leaves
- Roasting pan
- Small knife
- Pot for cooking rice or rice cooker

#### Ingredients:

- 1 medium summer/green cabbage
- 2 cups long grain rice
- 1tbsp salt
- 4 cups of water
- Cooking Vegetable Oil
- 2-3 medium onions
- 1 lb lean ground meat (optional)
- 1 tsp garlic powder
- ¼-1/2 cup of chopped Dill
- Cracked pepper (optional)
- additional salt to taste
- optional small finely shredded carrot (raw), finely chopped sautéed mushrooms
- ½ cup Tomato sauce and/or
- 1 tsp. Mushroom or beef stock powder (Better than Bouillon brand recommended) diluted in ½ cup hot water
- Good quality Vegetable Oil (I use avocado oil)
- Tomato juice

#### What to get ahead on: (All instructions below)

1. Cook and cool your rice
2. Caramelize your onions
3. Prepare your cabbage.

\*Note: The cabbage rolls take about 2 hours to bake. So if you are planning to eat them the same day you'll want your oven pre-heated and you'll want to get them in as fast as possible.

#### Filling

1. Small dice all of the onions and caramelize in two to three tablespoons of 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 color.
2. Rinse rice until water runs clear. Add ½ tablespoon of salt and one tablespoon oil. Rice will be salty at this point but as you add other ingredients the saltiness will dissipate.
3. Start on high heat. Once it comes to a slow boil turn down to low and cook until the water is absorbed. Be vigilant and watch the rice do not let it overcook or burn. Turn off, remove from the element, let stand for about 10-20 minutes (or use a rice cooker).

4. Add to the cooled rice with the options such as carrot and mushrooms, crumbled raw ground beef, garlic powder, caramelized onion, dill, and pepper. Add ½ tablespoon salt to the mixture. Combine all ingredients well. Fold in tomato sauce or dissolved mushroom or beef bouillon. (Do not over stir you do not want the rice to become mushy). Cool this filling to room temperature.

#### **Cabbage Prep** (can be done well in advance and frozen)

1. Core your cabbage and take off the outer leaves but reserve these leaves to line your roaster with.
2. In a very large pot add enough water to cover the cabbage.
3. Bring the water up to a boil. Gently separate the leaves of the cabbage being very careful not to tear the leaves.
4. Drain in a colander and cool.
5. At this point leaves can be frozen until required.
6. Pare down the large rind by shearing them down or cut them right off. If cabbage leaves are too large, cut them down to your desired size. (In half for regular size rolls, in thirds for one bite wonders.)

#### **Rolling your Leaves**

1. Spoon about 2 tablespoons of mixture onto each cabbage leaf. Bring one end of cabbage leaf over mixture, roll and tuck ends in to prevent any filling from falling out.
2. Preheat oven to 350 degrees F (175 degrees C). Prepare casserole dishes or a roaster by placing some left over cabbage leaves in bottom of each. Arrange cabbage rolls in a single layer tight against each other. Or stand them upright on their ends. Pack them tightly.
3. Once your roaster or casserole are full of rolled cabbage rolls, drizzle well with vegetable oil and tomato juice. Lightly salt the tops (the cabbage needs the salt).
4. Place a layer of cabbage leaves on top of the rolls.
5. Cover the top with foil tightly. Bake one hour on 350°F then turn down your oven to 325°F for the remaining hour.

#### **Note:**

Adding mushroom or beef “Better Than Bouillon” diluted in ½ a cup of water with the tomato juice gives a richer flavour.

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