



Holishkes

Introduction

Cabbage rolls, like all stuffed vegetables, are the most popular dishes during Sukkot. Prepared from Minsk to Marrakesh, they have their local varieties. The stuffing is wrapped in cabbage, chard and grape leaves. Recipes using sauerkraut are especially popular in Hungary.

INGREDIENTS (6 PORTIONS)

- 1 head of cabbage
- ½ kg (1,102 lbs) of ground, fatty beef
- 2 onions
- 2 cloves of garlic
- 1 package of matzah of 200 g (7,05 oz)
- 400 g (14,1 oz) of cooked pearl barley or rice
- 400 ml (13,52 us fl oz) of tomato sauce
- 1 onion
- vegetable oil
- 300 g (10,58 oz) of sauerkraut
- 1 tablespoon of sweet cabbage
- the cabbage left over from the wrapping of the cabbage rolls
- 1 teaspoon of sweet paprika
- salt, pepper

Preparation method

• Step 1

Use a sharp knife to cut the cabbage deep around the head, to separate the leaves. Put the cabbage in a large pot, facing down, pour water over, cover with a lid, bring to a boil.

• Step 2

Boil for approx. 20-30 minutes until the leaves are soft and start to separate by themselves. Carefully move the cabbage to a strainer and let it cool.

• Step 3

Prepare the stuffing: pour hot water over the matzo and soak it until it is completely soft, then drain it. Grate the onion and garlic as thin as possible, add to the meat together

with the matzah, pearl barley and paprika, season with salt and paprika, and mix thoroughly.

- **Step 4**

Gently separate the cabbage leaves. Line the bottom of the baking tray with the largest leaves. Put the 2 largest leaves aside, and chop the smallest leaves and leave them aside for the sauce. The medium leaves leave for making the rolls.

- **Step 5**

Put a tablespoon of stuffing in the centre of each leaf and start making a roll.

- **Step 6**

Roll up the 2 opposite cabbage wings inward, then roll up the roll.

- **Step 7**

Prepare the sauce: cut the onions into feathers and sauté in oil, add chopped boiled cabbage and sauerkraut, pour 200 ml (6,75 us fl oz) of water, cover and stew for approx. 30 minutes. Add the tomato sauce, stir and pour over the cabbage rolls.

- **Step 8**

Put the holishkes in the oven, set to 160°C (320°F) and bake for approx. 2 hours. Then cover with the cabbage leaves that you set aside, raise the temperature to 180°C (356°F) and bake for another hour. In the vegetarian version, the meat can be replaced with green or red lentils.

Smaczego!