

Sweet and Sour Cabbage Rolls

For the sweet and sour sauce:

24 ounces of ketchup

12 ounces of water

1 cup brown sugar, not packed

1 - 2 tablespoons fresh lemon juice

salt to taste

pepper to taste

garlic powder to taste

seasoning salt to taste

3 pounds green cabbage

Prepare the sauce:

1. In large mixing bowl, place ketchup, water, brown sugar and lemon juice. Stir
2. Add seasonings to taste – should taste slightly sweet and slightly acidic
3. Cut core out of cabbage and begin to gently remove the large outer leaves one at a time following the natural pattern of the cabbage. Set aside
4. Place leaves in a steamer or into boiling water until they are limp and have turned a darker green
5. With a sharp little knife remove the vein that runs from the bottom to the middle of each cabbage leaf by slicing a thin layer off of leaf
5. Cut the remaining cabbage into bite size pieces and place into sauce
6. Place sauce and cut up cabbage into roaster and cover with lid or tight foil

For the meat balls:

9 green cabbage leaves that you have saved from above

1 1/2 pounds of ground chuck

1 large egg

2 tablespoons of raw rice – if preparing for Passover, use 2 tablespoons of matzo meal

1 tablespoon ketchup

1/4 cup minced white onion

salt to taste

pepper to taste

garlic powder to taste

seasoning salt to taste

Prepare

1. In large mixing bowl, place meat (or ground turkey), egg, rice, ketchup, minced onion and seasonings
2. Gently mix with clean hands being careful not to mash or over handle the mixture
3. Pinch off a tiny bite and microwave for 10 seconds and taste meat. Add more seasoning if necessary
4. Use approximately 3 ounces of meat mixture and place on bottom of cabbage leaf. Roll up towards the top once. Fold the left side to the center and then the right side to the center and roll once more to the top. Place on cookie sheet seam side down
5. After completing all the rolls, place rolls seam side down into the boiling sauce mixture. Cover each ball with sauce with a large spoon.
6. Cover the roaster with a lid and boil on the stove top for one hour on a slow medium boil. Use two burners on your stove if necessary
7. After one hour, carefully remove the lid and place the roaster in a preheated 350 oven uncovered for 1 1/2 – 2 hours until the meat is cooked through and the rolls are brown. Half way through, turn the rolls over and spoon sauce over each.
8. Cool the rolls before storing and if necessary, remove any fat that might come to the top.