

SAUSAGE SAFFRON CABBAGE ROLLS

INGREDIENTS

1 - 3 lb. head of Green Cabbage
1 lb. Mild Sausage or other ground meat
2 ribs Celery, small dice
1 small Onion, small dice
1 large Carrot, grated
1 Tablespoon Grapeseed Oil
1 ½ teaspoons Salt
1 teaspoon Saffron threads, loosely packed
2 Tablespoons Tomato Paste
½ Cup White Rice, uncooked
1 Quart GDG Veg Soup Base or Tomato Sauce

DIRECTIONS

Turn the Cabbage upside down and remove the core using a utility knife (not your biggest knife!)

Boil 2 Quarts Water and then pour over the Cabbage in a heat-proof container until submerged (you may have to hold it down with some tongs until it sinks)

Meanwhile prepare Onions, Celery and Carrot. Heat a pan over medium-high heat and add Oil. Cook the Onion and Celery until just soft and then add Saffron and grated Carrot.

Remove from heat, add Salt and allow to cool. Combine Sausage, Tomato Paste and Rice in a mixing bowl with the cooled vegetables.

Drain the Cabbage and pull apart the leaves patting them dry with a towel as you go. Remove the rib on the outer leaves by making a V about halfway into the leaf, place about a ¼ Cup of filling (I used an ice cream scoop) into the center and then roll up the edges to seal. It is not necessary to remove the rib from the smaller leaves.

Line a wide saucepan or Dutch Oven with the rolls, packing them in as tight as you can- there will be 12-15 rolls in total. Pour in the Tomato Sauce and then bring the pot a gentle simmer- do this over moderate heat so as not to vigorously move the rolls.

Cook for about 50 minutes, gently turning over halfway through if necessary as sauce reduces.

Serve with Boiled, Mashed or Roasted Potatoes!