

Truffle Shuffle

Cabbage Rolls

with Tomato Sauce

Mise en Place

Cutting board
Knife
Paring knife
Large pot filled with water

Mesh strainer
Medium saucepan
Large oven-safe saute pan or
large pan and baking dish

Medium mixing bowls
Wooden spoon
Small saute pan

Ingredients

For the Cabbage Roll

1 head green cabbage
¾ cup medium grain white rice
(such as calrose)
1 pound ground wagyu beef
1 medium yellow onion
Kosher salt, to taste

Black Pepper, to taste

For the Sauce

2 tablespoons sunflower oil
1 medium yellow onion
1 large carrot
2 tablespoons tomato paste

1 ½ pounds fresh juicy red
tomatoes (such as campari)
1 bay leaf
2 cups water, if needed
1 tablespoon heavy cream
Sour cream, for serving
Parsley, for serving

Preparation

1. Cut out the core of the cabbage. Cook cabbage in salted, boiling water just until the outer leaves pull away easily from the head. Set aside 12 large leaves for rolls. If cabbage leaves have a hard, thick rib near the base, cut it away with a paring knife, being careful not to cut too far into the leaf.
2. Chop the onions and carrot. Dice the tomatoes. Chop the parsley.
3. Wash the rice under cold running water until the water runs clear. Put the rice in a bowl and pour over 3 cups of hot boiling water. Let the rice soak for 15 minutes, then drain and let it cool while you prepare the remaining ingredients.

How to Cook

4. Preheat the oven to 425F
5. In a large, deep frying pan, heat the oil over medium heat. Add half the onion and carrot and cook, stirring occasionally, until the onion is translucent and the carrots are soft, 8 to 10 minutes. Stir in the tomato paste and cook, stirring, for 1 minute. Add the chopped tomatoes and bay leaf, mix well, and raise the heat to medium-high. Bring the sauce to a simmer and stir in the cream. Season the sauce with salt and pepper and remove from the heat. When the mixture is done cooking, you should have approximately 8 cups of sauce. If there is not that much, add up to two cups of water to create more sauce to properly cook the cabbage rolls.
6. In a medium bowl, mix together the beef, remaining diced onion, and rice. Season with a generous pinch each of salt and pepper. To check the seasoning, make a tiny patty (1 tablespoon will be enough), fry it in a small frying pan over medium heat, and taste. Add more seasoning to the remaining mixture if needed.

7. Lay the cabbage leaves flat in a single layer on a work surface. To fill and shape each roll, spoon about 3 tablespoons of the filling onto a leaf, placing it toward the base. Fold in the sides and then roll up the leaf from the base, enclosing the filling.
8. Arrange the cabbage rolls, seam side down, in the pan with the sauce. Spoon some of the sauce over the tops of the rolls. Cover the cabbage rolls with foil and bake for 25 minutes. Remove the foil and continue cooking for 20 minutes.
9. Arrange the hot rolls on a serving platter and spoon the sauce over the top, discarding the bay leaf. Garnish with parsley and serve with a bowl of sour cream on the side. Enjoy!