# Beef-Stuffed Cabbage Rolls with Tomato Gravy

12 cabbage rolls; 3 per serving with one quarter of all tomato gravy | Active 55 min | Cook 100 min | Total 150 min

## Ingredients

- 12 broad green cabbage leaves, tough ends trimmed (600 g raw edible leaves; save unused cabbage separately)
- 4 1/4 oz medium bulgur (120 g dry)
- 1 cup water for bulgur (240 ml/240 g), or the packet amount
- 14 oz 90%-lean ground beef (400 g raw)
- 1 small onion, finely grated (100 g)
- 1 medium carrot, finely grated (100 g)
- 1 large egg, without shell (50 g)
- 2 garlic cloves, minced (6 g)
- 1 teaspoon sweet paprika (2 g)
- 1/2 teaspoon caraway seeds (1 g)
- 1/2 teaspoon fine salt (3 g), divided
- 1/4 teaspoon ground black pepper (0.5 g)
- 1 can crushed tomatoes with liquid (about 21 oz/600 g)
- 1 tablespoon tomato paste (16 g)
- 3/4 cup plus 1 tablespoon and 1 teaspoon water for gravy (200 ml/200 g)

## Set out

Kitchen scale, large pot for blanching and tongs, Lidded saucepan for bulgur and a clean cooling plate, Mixing bowl, small knife and clean raw-meat board, Deep baking dish, at least 4 qt/4 liters, usable base 12×9 inches/30×23 cm and sides at least 2 1/2 inches/6 cm, Foil or an oven-safe fitted lid, ladle and food thermometer

## Allergens

Wheat, Egg. Check labels and substitutions.

## Make it

**1.** Cook bulgur with the stated 240 ml water, or its packet amount, according to the packet, usually 12–15 minutes covered on low after boiling. Spread on a clean plate and cool for 10 minutes while preparing leaves; it should no longer be hot before meeting the raw egg and beef. Use freshly cooked bulgur for this recipe, not an old leftover portion.

**2.** Bring a large pot of plain water to a boil. Blanch the cabbage leaves in manageable batches for 3–4 minutes per batch until flexible, then drain. Once safe to handle, shave the thick raised rib from each leaf without cutting through. Heat oven to 375°F/190°C.

**3.** Mix all cooked bulgur with raw beef, grated onion, carrot, egg, garlic, paprika, caraway, half the salt and all black pepper just until evenly combined. Weigh and divide into twelve equal filling portions, about 80–85 g each. Keep unused filling covered in the refrigerator while working if rolling is slow.

**4.** Whisk crushed tomatoes and all their liquid with tomato paste, the 200 ml gravy water and remaining salt. Spread one third in the deep baking dish. Put a filling portion near the base of each leaf, fold in the sides and roll loosely into a parcel about 3 1/2×2 inches/9×5 cm. Arrange seam-side down in one layer, three across and four along the declared base. Divide all filling among the twelve leaves. Wash hands and raw-meat tools.

**5.** Pour all remaining tomato gravy over and between the rolls. Cover tightly with an oven-safe lid or foil. Bake for 75–85 minutes, until gravy bubbles, cabbage is tender and centers of middle rolls reach at least 165°F/74°C. Continue cooking if needed. Rest covered for 10 minutes. Serve three rolls per person with one quarter of all the gravy.

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## Estimated nutrition per serving

Calories: 410 kcal | Protein: 30.5 g | Carbohydrate: 48.9 g | Fat: 12.4 g | Fiber: 12.0 g. One of 4 servings. Batch yield: 12 cabbage rolls; 3 per serving with one quarter of all tomato gravy. Base ingredients and full measured oil included; optional variations excluded. Estimates vary with brands, cooking and actual portions.

## A long bake can make several orderly dinners

Keep three rolls and one quarter of the sauce together in each container. That count makes the batch simple to divide after a weekend cook, while the sauce protects the cabbage and filling during safe reheating. There is no need to reheat the entire batch for one meal.

## A useful detail

The ingredient weight for cabbage is the raw leaves actually used, not the whole head. Plain blanching water is discarded and has no energy. Bulgur is weighed dry; all cooked grain and measured gravy stay in the batch. The filling should make twelve modest, not giant, rolls.

## Another way

Use 400 g 93%-lean ground turkey instead of beef and keep the same 165°F/74°C center endpoint.

Replace 1 g caraway with 1 g ground cumin for a different aromatic direction. Recalculate for substitutions.

## Keep it well

Move saved rolls and their gravy into shallow containers and refrigerate within 2 hours, or 1 hour above 90°F/32°C. Keep at 40°F/4°C or below for up to 3 days. Reheat the needed portion, covered with its gravy, until every roll center reaches 165°F/74°C. Freeze promptly for up to 2 months and thaw in the refrigerator.