



Lahana Sarması (Cabbage Rolls)



1 medium-sized flat cabbage

For the filling

300g minced meat

2 cups rice

½ cup olive oil

2 onions

4 garlic cloves

2 tbsp tomato purée

1 tbsp chilli paste

½ cup water

1 tsp dried mint

2 tsp black pepper

1 tsp chilli flakes

½ bunch parsley

Salt

For the sauce

1 tbsp tomato purée

2 cups water

4 tbsp olive oil

Salt

Black pepper

Peel away the outer leaves and set them aside for later use. Quarter the cabbage and cook in boiling water for 5-6 minutes. Remove the leaves, then cut out the thick part of the stem at the bottom of each leaf in a V-shaped notch.

In the meantime, wash the rice in a sieve under cold water. Finely chop the onions and parsley and crush the garlic.

Add the onion, parsley and all the other ingredients to a mixing bowl and combine well. Season with salt. To assemble the dish, lay the cabbage leaves out on a flat surface, place a tablespoon of the filling mixture into the centre of each one, then roll into parcels.

Lay the leaves you put aside and veins into the bottom of a pot and place the stuffed cabbage rolls on top.

To make the tomato sauce, whisk the tomato purée, water, olive oil, salt and black pepper together in a bowl and pour the sauce over the cabbage parcels in the pot.

Tip: Cover the cabbage rolls with a plate so that they do not open.

Cook over the lowest heat for 40-45 minutes until the rolls are soft. Serve immediately.

Enjoy!



Duration: approx. 1 hour
30 minutes



Serves: 6-8

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Inspirations