

# Cabbage rolls (Töltött káposzta) Created by Edith Szabo Cuisine: **Hungarian**



“Meat and cabbage are the coat of arms of Hungary.” Only a few people today still know this old saying, which was in frequent use in the 17th and 18th centuries. Nowhere else in the world was any other dish served as frequently as this one in Hungary – sometimes every day. Whether rich or poor, aristocrat or burgher, cabbage and meat was always right at the top of the menu, and today is regarded as one of the country’s national dishes.

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## Ingredients

200g long grain rice  
2 large brown onions  
1kg mince pork  
1 smoked pork shank  
200g smoked bacon  
1 packet sauerkraut (approx 500g)  
1 large sour cabbage (pickled)  
2 tbsp olive oil  
Salt  
Mild, sweet paprika  
Pepper

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## Preparation

Chop 1 onion finely, and fry until lightly browned. Add rice for approximately 5 minutes.

Mince the bacon and combine with minced pork meat.

Add rice to the meat mixture and sprinkle a pinch of salt, pepper, and sweet/mild paprika. Combine these ingredients.

Gently remove or peel off leaves from the cabbage and remove thick stalks from the centre. Place a small handful of meat mixture in one end of the leaf and fold over the top -side.

Roll the leaf up tightly, and tuck the bottom section of the leaf into the roll.

Sauté second onion in large pot. Cut pork shank into small pieces and add to onions.

Spread half of the sauerkraut over it and sprinkle some paprika. Layer the cabbage rolls over the top and cover with the remaining sauerkraut. Sauerkraut may also be distributed amongst the cabbage rolls. Pour over enough water to just cover the contents, and simmer over a low heat for 1 to 2 hours, or until meat is tender and rice is cooked.

Serve hot accompanied by a dollop of sour cream.

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[http://www.sbs.com.au/food/recipe/366/Cabbage-rolls-\(toltott-kaposzta\)](http://www.sbs.com.au/food/recipe/366/Cabbage-rolls-(toltott-kaposzta))

Recipes: <http://www.recept-oldal.hu/cikkek/husos-etelek.2/>