



# DANISH SISTERHOOD *of* AMERICA

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## Recipe: Fylt Hvid Kaalshoved eller Rouletter

*Stuffed Cabbage or Cabbage Rolls*

### INGREDIENTS

- 1 pound ground beef
- ½ pound ground pork
- 1 onion, chopped
- ½ cup bread crumbs
- 2 eggs
- Salt and pepper
- 1 cup milk
- 1 tablespoon flour
- 1 large head of cabbage

### DIRECTIONS

Grind meat together. Add onion, bread crumbs, eggs, salt, pepper, milk, and flour. Mix well. Cut off top of cabbage head, remove inside, and fill with meat mixture. Replace top and tie. Cover slightly. Place in small amount of water, adding ½ teaspoon salt. Simmer for 2 hours. Remove carefully and place on platter. Cut like pie or in triangular leaves.

To make cabbage rolls, place cabbage in hot water to soften leaves. Separate leaves and place a large spoonful of meat mixture on each roll. Roll leaf by bringing edges over meat then rolling to the end of leaf. Tie rolls to keep mixture inside roll. Boil as filled head (above), but only for 20 minutes. Alternatively, rolls may be browned in butter or meat drippings before simmering. Liquid may be thickened for gravy.