

Barley and pork cabbage rolls

Cabbage rolls are a staple in many Eastern European cuisines. Adding pearl barley, a whole grain that carries a nutty and chewy texture, compliments the flavourful pork and onion filling.

Ingredients

Rolls:

- 1 head green cabbage
- 1 cup pearl barley
- 3 cups of water
- 1 lb ground pork (or ground turkey)
- 2 small onions diced
- 3 cloves garlic minced
- 1/2 tsp dill weed
- 3 tbsp fresh parsley
- salt & pepper to taste

- 1 can diced tomatoes (14 oz) undrained
- 1 egg
- 1/3 cup tomato sauce

Sauce:

- 1 can tomato sauce
- 1 tbsp brown sugar
- 1 tbsp lemon juice
- 1 tsp Worcestershire sauce

Directions

1. Place barley, water in a saucepan and bring to boil. Reduce to low heat and let simmer 20 - 25 minutes. Barley is cooked when it is soft and chewy.
2. Cut 1/4" off bottom of cabbage head and place whole head in boiling water for 2 minutes. Remove from heat and let cool. Peel off softened leaves.
3. Preheat oven to 350 °F. Brown pork and onion in a saucepan. Add garlic, dill weed, parsley. Remove from heat and add to large mixing bowl.
4. Add barley, diced tomatoes, tomato sauce, salt & pepper to mixing bowl. Stir in egg.
5. Mix tomato sauce and tomato soup in a separate bowl. Spread a thin layer of tomato sauce mixture into a cooking pan.
6. Lay removed cabbage leaves on a flat surface and add filling to the centre of the leaf - do not overfill. Fold in sides towards centre of leaf and roll cabbage up. Place seam side down in pan. Repeat for all.
7. Pour sauce over the cabbage and cover tightly with foil. Bake 75-90 minutes. Let cool 15 minutes before serving.

GrainFact:

Pearl barley is a whole grain that is high in fibre and carries a nutty and chewy texture once cooked.



Yield: 12 cabbage rolls
Prep time: 25 minutes
Cook time: 75 - 90 minutes



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