

STUFFED CABBAGE (GOLOMKI)

F EASY

Last Modified: 02/24/2014

PREP: 20 Min
COOK: 1 Hr
PRESSURE COOKER

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MAKES 6 SERVINGS

QUA	MEASURE	INGREDIENT	PROCESS
1 1/2	Pounds	Ground Round (85 / 15)	Crumbled
1/2	Pound	Ground Pork	Crumbled
1	Large	Head Green Cabbage	
2	Tsp	Canola Oil	
1 1/2	Cups	Long Grain Rice	Cooked
OR			
1 1/2	Cups	Brown Rice	Cooked
OR			
1 1/2	Cups	Mixture Of The Two Rices	Cooked
1	Large	Egg	Beaten
1 +/-	Pinches	Kosher Salt	To Taste
1 +/-	Pinches	Fresh Ground Black Pepper	To Taste
2	10 1/2 Oz	Cans Condensed Tomato Soup (Campbell's)	
2 1/2	Cups	Water	

PREPARATION

CAUTION	You need to have a raised grill in the bottom of your Pressure Cooker to prevent burning the Stuffed Cabbage Rolls.
TOOLS	<ul style="list-style-type: none"> 1) 6.5 Qt Electric Pressure Cooker & Bottom Rack 2) Medium Saucepan & Lid 3) Large Saucepan & Lid 4) Medium Mixing Bowl 5) #12 Batter Disher (Green) 3 Oz 6) Wooden Toothpicks
NOTE	This pressure cooked recipe can use either this one or you can just as easily substitute the Cabbage Rolls - Craig's Recipe.
PREP	None.
1	Cook the Rice according to package directions (mixing them together if using different types of Rice)
2	Using a sharp knife, carefully core the head of Cabbage. In a large saucepan of water over high heat, submerge the Cabbage head (cored end down). Cook until the large outer leaves can be easily removed, 5 to 8 minutes. Peel off 15 whole leaves (re-boil as necessary).
3	Using a sharp knife, shave off some of the thick vein at the base of each Cabbage Leaf so they will roll up easily.
4	Turn the pressure cooker to the Brown setting, add in the Canola Oil and saute the chopped Onion until transparent.
5	In a mixing bowl, mix the Meat, Onion, Rice, beaten Egg and Salt and Pepper. Using a large Disher, place a scoop of the Meat mixture at the base of the Cabbage Leaf. Tuck in the sides while carefully rolling to the top of each leaf. You may optionally seal each leaf together temporarily using a toothpick or two.

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6	Place the rack in the bottom of the pressure cooker. Coarsely chop the remaining inner Cabbage Leaves and place them on top of the rack. Loosely layer the Cabbage Rolls in the bottom, seam side down, removing the toothpicks as you go.
7	In the mixing bowl, thoroughly combine the Tomato Soup with the Water until smooth. Pour the mixture over the Cabbage Rolls, making certain that each Roll is coated.
8	Lock the lid on and cook it on high pressure for 25 Minutes.
9	Allow the pressure to release naturally (About 7 to 10 minutes). Remove the lid and carefully spoon out the Cabbage Rolls onto a serving platter. Spoon over some of the remaining Sauce with Cabbage and serve while hot with any remaining Sauce on the side (they do tend to be dry).