

Baba's Linyvi Holubtsi (Lazy Cabbage Rolls)

**From *Baba's Kitchen: Ukrainian Soul Food*
by Raisa Stone**

These are good kind holubtsi for when you tired rolling, and everyone tired of you bossing them to roll. Make for yourself, and tell everyone, "You not help, you not eat."

Use same ingredients like rolled holubtsi (ingredients below). Only this time, don't bother core cabbage, thank God. Just make shred. If you even lazier, buy shredded package from store. If you do want to core, use my freezing trick in Holubtsi chapter of *Baba's Kitchen*. No need to burn fingers.

Cook onion in hugest fry pan, with butter. When almost done, add shred cabbage. Stir until it wilt little bit. If you are making smetana sauce instead of tomato (see below), cook two extra onions and put aside.

Put in salt and coarse black pepper. Using cracked or coarse pepper make all difference in world to good taste!

Pour in tomato juice and stir. OR make sour cream sauce, as outlined below.

Fry meat until still pinky. Make extra tasty by mixing types, as in *Ingredients* list. Meat is optional, however.

You don't need sheet on kitchen table this time. No rolling!

Heat oven to 350 F.

With big spoon, put layer of cabbage and onion on bottom of biggest roasting pan.

Put layer of rice, or rice mix with other kind grain. Buckwheat or quinoa are two suggestion. If **buckwheat**, she is delicious, but is bit of drama queen and you do need some preparation. Complete instructions in *Grains & Beans Chapter* of "Baba's Kitchen" book. Buckwheat and cheese, or with mushroom, are other delicious options.

Another layer cabbage, another layer rice. **If** you are adding meat, layer this in as well.

Pour more tomato or V-8 juice OR other suggested sauce, until two-thirds covered. See above for bubbling instruction.

Make topping from butter bread crumb: take cube stale bread and toss in fry pan with melted butter. Or, top with cabbage and more tomato juice. I add two tablespoons butter when I do this.

Cook one hour.

Alternative Sauce: Smetana and Onion

You not crazy about tomato? Instead, **put those extra two** onions back in big fry pan, and reheat.

Boil one cup water. Always use boiled water in recipe, for best taste.

Add one cup smetana, sour cream, to onions. See my book for instruction on how to get best smetana.

Add water and let come to boil, then turn down immediate to slow simmer.

Chop small bunch dill very fine, and add to smetana/onion mix.

Add pinch of salt.

Pour this sauce over top of Linyvi Holubtsi. By way, Baba strong recommend using organic onions. Not only is healthier, but they taste like butter. Will give you taste like from Old Country.

Your option:

***Add chopped kobasa** or good ham. Canadian bacon tasty, too.

***Add chop fresh dill** or sprinkle caraway seed.

*Substitute **jasmine rice** for sweeter flavor. Especially good if you are making without meat!

*Toss bread crumbs with one tablespoon **fresh chopped dill,** or **add dill to rice.** If you not growing garden, many stupormarkets now have beautiful organic dill in small package.

Ingredient List (print and take to stupormarket!):

- One large cabbage
- Onions, two large or three medium
- Butter, three tablespoons
- Long grain brown or white rice or two cups dry
- One pound lean chopped meat: beef, pork, lamb, venison, bison. OR three quarters of a pound ground beef and one quarter pound kobasa or other strong sausage.
- Fresh dill, one bunch chopped fine
- Salt, half teaspoon
- Coarse black pepper, half teaspoon
- Tomato juice, large can. Can mix with V-8 for variation in

- taste, OR follow instructions for Smetana sauce
- Huge roaster with lid. Large pan to place roaster on, in case sauce bubbles over.

Smetana Sauce

- Sour cream, one cup. Best if in jar from farm.
- Cooking onions, two large
- One small bunch *fresh* dill. Not powdered straw!
- Salt, to taste

Smachnoho! Eat good food, Poopchik!

Baba Raisa

If you enjoyed this recipe, you will LOVE my books! Is entire chapter of holubtsi (cabbage roll) recipes, plus many other Ukrainian favorites.

Baba's Kitchen: Ukrainian Soul Food is outrageous stories and **200 traditional recipes and folk medicines from Stalinist survivors.** ***Rosie's Rescue*** is a Ukrainian cultural book for animal loving children, 8+ years.

For more information and **Baba's free newsletter** (recipes in addition to those in the book), visit:

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