

Stuffed Cabbage with Spiced Beef, Rosti Potato, Beet Salad

I essentially made a dinner dish that comprises of three components that can be made individually and eaten, or as I did, a nice family meal with leftovers.

Stuffed Cabbage with spiced beef;

1	each	Cabbage
1	#	Ground beef
1	each	Onion, finely diced
3	cloves	Garlic, finely chopped
4	stalks	Celery, washed, split length ways and diced
2	tbsp.	Ground cumin
1	teaspn	Chili flake
½		Apple, cored and grated (I gave the other half to my kids)
1	each	Carrot, peeled and grated
2	tbsp.	Cilantro, chopped
1	tbsp.	Salt and good crack of milled pepper
1	each	Lemon zested
1	each	Egg
1	25oz	Jar of your favorite tomato sauce

Place a large pot of water on the stove and season well with salt. Cut the core out of the cabbage and remove any questionable outer leaves.

As water boils, carefully place cabbage in to the pot, simmer for a few minutes and then flip cabbage over and simmer for a few minutes more. Remove cabbage and place in colander in sink and allow to cool.

In a sauté pan add a glug of oil, heat on high, add onions and garlic, turn to medium and cook for 5 minutes, add celery and cook for a few more. Break up ground beef into sauté pan, add cumin and chili flake and cook until beef is browned and broken up, place into mixing bowl and grate in apple and carrot, add salt, pepper, cilantro and lemon zest.

Take the cabbage and start breaking the leaves down keeping them intact, when you get close to the center, shred these leaves up and add them to the beef mix with the egg, mix well.

Empty the jar of your favorite tomato sauce into an oven proof dish and preheat oven to 375.

Take a piece of plastic wrap and place a cabbage leaf on it, spoon a little of the beef mix in the center and bring the edges of the leaf up with the plastic wrap and spin the plastic wrap tightly in your hand to form the ball shape. I made four balls at a time, carefully unwrapped them from the plastic wrap and nestled them on the tomato sauce, then reused the plastic wrap four balls at a time until I had used all the leaves and mix up.

Cover the dish with foil and bake for 45 minutes, remove foil and bake for a further 10.

Beet salad with orange balsamic dressing

1	bunch	Beets
1	each	Orange
1	sprig	Rosemary
¼	cup	Balsamic vinegar
1	cup	Olive oil

Preheat oven to 375.

Cut the beets from the leaves leaving ½ inch of stalk attached and split in half. Place in an oven proof dish, add a nice glug of oil, salt and milled pepper, sprig of rosemary and two nice peeled strips of orange. Cover with foil and bake for approx. 45 minutes until beets are tender.

For the dressing, zest the rest of the orange and juice into a food processor, add balsamic vinegar and then slowly add the olive oil with the blade spinning.

Season to taste.

Take the beet leaves, shred finely and toss with a little dressing, place the roasted beet halves next to the leaves. I served ours with a little blue cheese which was delicious, but a goat cheese or parmesan would work well to.

Rosti potato (Posh Swiss name for hash browns)

5	each	Red potato
Butter, Salt and pepper		

Peel the potatoes and then grate onto a piece of cheesecloth or kitchen towel, pick up the edges of the towel and twist as tightly as possible to wring the moisture out of the potatoes, best done over a sink.

Place in mixing bowl and season well with salt and pepper.

Heat a cast iron on high heat with a good glug of oil, place potato in pan and flatten to about ¾ inch thickness in a round shape, turn heat to medium and add a little more oil round the outside, cook until nicely golden brown, about 5 -8 minutes. Find the biggest spatula you have and flip the potato over, add a decent knob of butter and continue cooking for 5 minutes.

Tip out onto a chopping board and cut into 6 wedges.

To plate the whole dish, I placed the potato on the plate, a little of the beet leaves in the center with the roasted beets around. Then I placed the cabbage ball on the beet leaves, so they wilted a little.

It took me a little under a couple hours to get this put together, but it was fun cooking with the kids.

Enjoy!