

# MIDDLE EASTERN CABBAGE ROLLS



## INGREDIENTS

1 head cabbage  
1 ½ cups rice  
1 ½ cups ground beef or lamb  
1 teaspoon salt  
1 teaspoon pepper  
10 garlic cloves  
½ cup lemon juice, fresh  
1 tablespoon dried mint

## INSTRUCTIONS

Mix ground meat, rice, salt, and pepper and set aside.

Boil cabbage halfway and place leaves on clean surface. Remove tough stems and cut larger leaves in half. Place a tablespoon of meat mixture in middle of cabbage leaf and fold both ends in and roll. Place some lamb bones or chunks of fatty meat (or extra cabbage leaves) in the bottom of a deep pot. Layer rows of cabbage rolls in the pot, placing cloves of garlic in between the rows. Add water to just cover the top of the cabbage rolls. Sprinkle with a little salt, then place an inverted plate over the top to hold the rolls in place while they cook.

Turn heat on high, cover the pot, and bring to a boil. Once the water boils, turn heat to low, and cook rolls for about 45-60 minutes more, until water is absorbed and meat is completely cooked. In the last ten minutes of cooking time, add lemon juice and dried mint.

Serve with extra lemon wedges on the side.