

Cabbage Rolls - "Kåldolmar"

Ingredients:

1 small head white cabbage, water, salt

Filling:

1 dl (1/2 cup) water

1/2 dl (1/4 cup) white rice

3 dl (1 1/2 cups) milk

350 g (about 12 oz) ground beef

salt, white pepper, thyme

margarine or butter

1 dl (1/2 cup) light cream

Directions:

Cut out the core and put the cabbage in salted boiling water.

Cook covered, until the leaves are slightly soft and easy to remove from the core.

Peel off the leaves one by one and drain on a rack or towel.

Trim the coarse centre vein of each leaf.

To make the filling, bring the water to a boil.

Add the rice and cook covered, until the water is almost absorbed.

Stir in the milk and cook till the mixture resembles a thin porridge.

Let cool.

Mix with the meat and spices, add more milk if necessary.

Put a large tablespoonful of filling on each cabbage leaf.

Fold the leaf around the filling and secure the roll with a toothpick.

Heat a skillet with a little margarine or butter.

Brown a few rolls at a time, over moderate heat.

Transfer to a casserole.

When all the cabbage rolls are browned add a little beef bouillon or water

to the casserole, cover and let simmer for about 30 minutes.

Add the cream and cook for another 15 minutes.

Serve with boiled potatoes and lingonberry preserve.