



Krautrouladen (Stuffed Cabbage)

This favorite German recipe turns out delicious. I remember making these for the first time years ago in my small apartment kitchen in Germany. Using emu and chicken work perfectly to make this an AG safe meal.

Meat filling:

1/2 lb ground emu
1/2 lb ground chicken
1 egg
1/2 onion diced finely
1/4 cup fresh chopped parsley
1 clove garlic (minced)
1/3 cup plain bread crumbs
1 tsp sea salt
1/2 tsp ground pepper
1/2 tsp sweet paprika

1 head cabbage (green, Napa, or Savoy cabbage)
2 TBS duck fat (or an oil of your choice)
1/2 onion diced
1 TBS tomato paste
2 cups chicken broth
1 TBS paprika
Salt and pepper

Combine all of the filling ingredients and mix thoroughly until evenly mixed. Cover and refrigerate until ready to fill cabbage leaves.

Wash the cabbage and carefully remove leaf whole. Boil a pot of salted water. When gently boiling, working in batches, add a few cabbage leaves and let them soften. This step should only take about a minute or two (you want them soft enough that they are pliable but not mushy). Remove the cabbage to ice bath to halt cooking and then place on paper towel and blot dry.

Cut the very thick part of the stem off the cabbage, just a triangle, not the entire length of the leaf. Place 2 TBS of meat filling in a cabbage leaf and roll the leaf and fold the sides in as you roll it. Tie the wrapped cabbage with butchers twine.

In a large frying or braising pan, add duck fat or oil. When hot add the cabbage and lightly

brown. Turn the cabbage over, add onions and cook until onions are about translucent. Add the tomato paste and paprika and stir it and allow it to bubble up a little. Add broth until it's about quarter of the way up the rouladen. Salt and pepper to taste. Cover and simmer for 20-25 minutes, check for doneness.

