

## POLISH GOLUMPKI THE ROVING REPORTER'S WAY (GO-UMP-KEE)

Choose the biggest cabbages you can find, the bigger the better. Cabbage harvested after the first frost is sweeter and steams easier. Early cabbage is good too!

Core your cabbage, and steam the leaves off the head. While your cabbage is steaming you can sauté your onions in margarine and also cook your rice. I use the minute rice in the microwave.

Cut the tough hard "backbone" off the cabbage leaves to make rolling a whole lot easier.

### Meat Mixture:

Polish tradition is ground pork and ground beef. I use ground beef and have been know to throw in a little breakfast sausage or Italian sausage. Mix cold, raw ground beef with your cooled onions and rice. Remember... Keep everything cold; NEVER mix hot cabbage or onion/rice in your mix. It will turn the meat white and spoil it! Nasty! Add eggs to hold the mixture together (binder) NO bread crumbs please! Now for the spice which is very nice! I spice mine with season salt, ground pepper, onion powder, & garlic powder. Smell the meat! How does it smell? You should be able to smell your spices, if not add more but don't kill it!

Time to roll them little babies up, place a steamed and trimmed leave on your working surface; add a nice lump of your meat mixture from above, Now tuck forward the back of the cabbage leaf to cover the meat mixture till it is covered, now fold in the left side, then the right side now ROLL! Beautiful! What a succulent piece of Polish beauty!