

NO toothpick's please! Don't poke our precious cabbage rolls. They didn't do anything to you.

Time to bake them up!

Place extra odd ball, broken pieces of cabbage and a little sauce on the bottom of a sprayed baking pan. For the Sauce:

I use Campbell's tomatoes soup Do not substitute the cheap stuff, homemade stewed tomatoes from my garden and one can of tomatoes paste to give it a little more thickness. You can purchase stewed tomatoes and your tomatoes paste from the store. I actually mix up my sauce in a separate container then spoon it over my little darlings.

Sauce them very nicely, do not drown, or float them. I put raw bacon on the top and bake at 350 degree's for one hour, then take the top off and bake 10 more minutes for a wonderful picture perfect golumpki!

REMEMBER: True Polish food is an ART that must be passed on to the younger generations. Teach and pass on what you have learned here today.

Hope you enjoyed our little class today. If you have questions you can email me at

Dziekuje!

Laura Szczepanek, That Polish Girl Catering 616-970-6641
Roving Reporter Wygr Polka Pops 1530 Am Sunday Noon –
3Pm