

STUFFED CABBAGE ROLLS

Yield 100

Portion 2 Rolls

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
325 cal	25 g	27 g	13 g	85 mg	751 mg	80 mg

Ingredient**Weight****Measure****Issue**

BEEF BROTH		2 qts	
TOMATO PASTE,CANNED	5-3/4 lbs	2 qts 2 cup	
SUGAR,GRANULATED	1-1/2 lbs	3-1/2 cup	
JUICE,LEMON	1-1/8 lbs	2 cup	
CABBAGE,GREEN,FRESH,HEAD	24 lbs	9 gal 2-7/8 qts	30 lbs
WATER,BOILING	25-1/8 lbs	3 gal	
SALT	1/2 oz	3/8 tsp	
BEEF,GROUND,BULK,RAW,90% LEAN	24 lbs		
STEAMED RICE		3 qts	
ONIONS,FRESH,CHOPPED	3-1/2 lbs	2 qts 2 cup	3-7/8 lbs
CATSUP	1 lbs	2 cup	
WORCESTERSHIRE SAUCE	8-1/2 oz	1 cup	
PEPPER,BLACK,GROUND	2/3 oz	3 tbsp	
GARLIC POWDER	1/8 oz	1/8 tsp	
SALT	1-7/8 oz	3 tbsp	

Method

- 1 Prepare broth according to package directions. Blend in tomato paste, sugar and lemon juice. Set aside for use in Step 8.
- 2 Add cabbage to boiling salted water in steam-jacketed kettle or stock pot; cover; cook 10 minutes or until leaves are pliable.
- 3 Drain well; separate 200 leaves; remove larger ribs; set aside for use in Step 6.
- 4 Shred remaining cabbage coarsely. Set aside for use in Step 7.
- 5 Combine beef, cooked rice, onions, catsup, Worcestershire sauce, salt, pepper, and garlic. Mix lightly but thoroughly.
- 6 Place 1/4 cup meat mixture on each cabbage leaf. Fold sides of leaf over mixture; roll tightly.
- 7 Place 25 cabbage rolls seam side down in each pan. Spread shredded cabbage evenly over rolls in each steam table pan.
- 8 Pour 2-1/2 cups sauce over cabbage in each pan.
- 9 Using a convection oven, bake 1 hour at 325 F. on high fan, closed vent or until cabbage is tender and beef is done. CCP: Internal temperature must reach 155 F. or higher for 15 seconds. Skim off excess fat. CCP: Hold for service at 140 F. or higher.