

Starfrit: Cabbage, barley, beef and pork cigars

Recette pour 4 personnes



Description

Here is a local favorite from Quebec that is quick to prepare with a long cook time to allow you to take care of other things once it is in the oven. Easy to reheat in your **Lock&Lock Easy Match 1.2 L Rectangular Container by Starfrit!**

<https://www.starfrit.com/en/lock-lock-easy-match-1-2-1-rectangular-container>

Ingrédients

Cabbage cigar

- 2.50 Cup(s) Vegetable stock
- 0.50 Cup(s) Pearled barley
- 175 Gr Ground beef
- 175 Gr Ground pork
- 12 Big Cabbage leaves
- 1 Cello Button mushrooms
- 1 Large Onion
- 1 Unit(s) Red pepper
- 1 Unit(s) Zucchini
- 3 Clove(s) Chopped garlic
- 0.50 Cup(s) White wine
- 1 Unit(s) Egg
- 1 Cup(s) Feta cheese

- Olive oil
- Salt and pepper

Préparations

Temps de préparation **35 mins**

Préchauffez votre Four à 350 F°

Preparation

In a hot skillet with oil, brown the minced meat making sure it is nice and colored. Prepare your vegetable stock. Cut the mushrooms into small cubes. Mince the onion and garlic. Seed the pepper and then cut it into cubes. Seed and cube the zucchini. Crumble the feta cheese.

Bring a pot of stock to a boil, add the barley, lower the heat and cook for roughly 1 hour. Once cooked, strain and set aside.

In a pot of boiling salted water, blanch the cabbage leaves until tender cooked through. Transfer to an ice bath to keep a nice bright color.

Cabbage cigar

In a hot skillet with oil, cook the mushrooms, onion and pepper. Add the zucchini and garlic and cook for another 2 minutes. Deglaze with the white wine and reduce until almost all the liquid has evaporated.

Add the barley and minced meat that you cooked earlier. Add the egg and combine thoroughly.

Lay out a cabbage leaf and place roughly a half cup of the stuffing in the center. Roll and fold over the edges as to make sure that the stuffing will not fall out.

In an oven proof dish, lay out most of the tomato sauce on the bottom, then line the cigars up side by side on top of the sauce. Place the rest of the sauce on top and sprinkle with the feta cheese.

Cover and bake for roughly 1 hour.

Lunchbox

You can count 2 cigars per person for a hearty lunch, depending on the appetite. All that is left is to re heat them in your **Lock&Lock Easy Match 1.2 L Rectangular Container by Starfrit** in the microwave at lunch time.

Bon appétit!