

GLOBAL CLASSMATES

Classroom Resource

A DISH FROM ROMANIA

For a taste of Romania, try this simple recipe at home!

How to Make Sarmale (Romanian Cabbage Rolls)

INGREDIENTS:

- 1 lb. ground pork
- ½ lb. ground chicken
- ½ cup rice
- 1 tsp sweet paprika
- ½ tsp salt
- ¼ tsp ground black pepper
- 1 tsp dried mixed herbs
- 1 small onion
- 30 pickled cabbage leaves (sauerkraut)
- 2 tbsps tomato puree mixed with 3 cups water



DIRECTIONS:

1. Cut the onion finely and mix it with the ground chicken and pork.
2. Rinse the rice under running cold water, then mix it with the meat mixture.
3. Mix in salt, ground black pepper, herbs and sweet paprika.
4. Place a tablespoon of the mixture on the pickled cabbage leaf. Fold it tightly into a roll.
Repeat with the remaining mixture.
5. Shred a few pickled cabbage leaves and place them on the bottom of a large pan.
6. Place the rolls around the pan leaving a well in the middle. Make sure there are no gaps between the rolls, otherwise they might unfold during cooking.
7. Add the tomato purée and water mixture, making sure all the rolls are completely covered. Add more water if necessary.
8. Cover with a lid and cook on a small to medium heat until the rolls are cooked through.



ROMANIA

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