

Family Recipes

Cabbage Rolls

Hi, my name is Stephen Mikus, and today I will be telling you about my family recipe.

In my family, there are many recipes but today I will be telling you about a special one that has been in my family for a little more than 3 generations (some of my relatives aren't around anymore so it might have been a little longer). The food is called Cabbage Rolls. Cabbage Rolls are a traditional Polish food made with pork and beef mixed with barley. This recipe is famous because when my great grandfather (on my dad's side) was 80 years old, he would pull his wagon 3 kilometres to the market so that he could buy a big sac of cabbage. When he would arrive at his house he would make sauerkraut by grating the cabbage and putting it in a barrel where he bought from Seagrams Distillery so that it would ferment. It's at this time that my great grandmother would prepare cabbage rolls. Needless to say they didn't have this very often.

Keeping with tradition, my grandparents also make cabbage rolls but not sauerkraut. It was a bit different because they made it with tomato sauce instead of the way my great grandparents used to make it with chicken soup (because my great grandfather was allergic to tomatoes.)

Making cabbage rolls is a time consuming activity. You need to first boil the cabbage to separate the leaves which takes up to 2 hours THEN you have to make the cabbage rolls. You have to stuff them, roll them then bake them which takes the better part of a day. Even today we continue this tradition. My father is the one in my family who prepares

the cabbage rolls with my mom's help. However things go faster and the process is a little safer because he uses a microwave instead of boiling water and picking at the cabbage and getting burned.

Stephen Mikus