

Put on a big pot of a midwinter delicacy, Polish golobki.

BY EMILY BETZ TYRA

Cabbage

Recently assistant editor Lynda Twardowski took an afternoon trip to her grandparents' in Gladwin for a virgin attempt at making golobki (pronounced *gwumpki*) just the way her grandmother, Regina Twardowski, does. Turns out Grandma Reg, born and raised in the Polish enclave of Hamtramck, Michigan, had quite a few tricks up her sleeve when it comes to creating her delectable, savory cabbage rolls. We've set out to replicate the flavor, honed over the years with a particular array of pantry staples, and the method, executed by feel, with ingredients added with assured shakes of the wrist. Lynda now knows how to check the seasoning with a dab of raw meat on the tongue after it's mixed, how to form the filling into a perfect egg-shape with her hands, how to shave the raised rib of the cabbage leaf off with a paring knife so the golobki will roll up neat and tight. This is Regina Twardowski's recipe for golobki, yielding enough to feed an army—or one hungry Polish family. 

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RECIPE

Grandma Reg's Golobki

$\frac{3}{4}$	of a yellow onion, chopped fine	1	package Lipton onion soup
1	red pepper, $\frac{1}{4}$ chopped fine, $\frac{1}{4}$ sliced	$\frac{3}{4}$	cup Progresso Italian breadcrumbs
	olive oil	1	tablespoon chili sauce
	pat of butter	2	teaspoons Worcestershire sauce
$2\frac{1}{2}$	pounds ground round		Salt to taste
1	pound ground pork (not pork sausage)		Garlic pepper to taste
$\frac{1}{4}$	cup rice, cooked halfway	4	cans tomato soup
1	6-ounce can Dawn Fresh mushroom steak sauce	4	Celery, chopped into 1-inch pieces
		4	heads cabbage, cores removed

Set large pot of water to boil. In small pan on medium-low heat, sauté onion and finely chopped red pepper in olive oil and butter. In large mixing bowl, add meats, rice, steak sauce, onion soup mix, breadcrumbs, chili sauce, Worcestershire, salt, and garlic pepper, mixing with hands until fully blended. When water boils, drop in first cabbage head. When top leaves begin to pull away (3 to 5 minutes), use tongs or fork to remove leaves. Gently pile leaves in colander to drain and cool. Repeat with other heads.

Preheat oven to 400°F. Using a paring knife shave the rigid top of each leaf's rib, then roll egg-sized amount of meat into an oblong shape and, rolling from rib bottom to top of leaf, roll up meat in the cabbage, folding in sides of cabbage tightly as you go. Secure with toothpick. Mix 1 can tomato soup and $\frac{3}{4}$ can of water into bottom of roasting pan and add layer of rolled cabbage, a few pieces of celery and red pepper slices, then add a second can of undiluted soup, cabbage rolls, red pepper and celery, continuing this layered pattern until pan is almost full.

Roast for two hours (first 30 minutes at 400°F, then reduce oven temp to 350°F), or until the meat is no longer pink, and the soup has reduced to a rich tomato gravy. This recipe will fill at least one roasting pan or Dutch oven, depending on the size of your pan. If two batches are required, refrigerate rolled but uncooked golobki while the first batch is baking; then repeat layering process with remaining cans of tomato soup and bake. This makes for quite an afternoon project, but know that the end result freezes wonderfully, and can be reheated on low in the crock pot.