

# Galishkys

Adapted recipes from Ardis Lillquist Norenberg and Mae Lydick Norenberg using a few modern techniques.

1 very large head of cabbage  
1 cup long-grain white rice  
1 quart (4 cups) German-style sauerkraut (no caraway),  
keep all the liquid

2 pounds ground beef, 80%  
1 pound ground pork  
0.5 cup diced celery  
0.5 cup diced onion  
0.75 teaspoon salt  
0.5 teaspoon ground black pepper



1. Put 3 cups of water into a saucepan. Add the rice. Cook the rice until it is just starting to be tender (don't cook it all the way). Rinse and drain. Set aside.
2. Prepare/clean a large cutting board or countertop. This is where you will place steamed cabbage leaves.
3. Using a paring knife, cut out the inner core of the cabbage head.
4. Fill a large pot with several inches of water. Place the cabbage head in the pot with the core down. Heat the water and thereby steam-cook the outer cabbage leaves. (When done, the leaves should not be completely limp/translucent or they will tear.) Use a spoon to gently lift the leaves off the cabbage head one at a time. Often, I peeled a leaf from the cabbage head and put it back in the pot to soften up a bit more. Use the backside of a spoon to lift the leaves and to not burn your fingers. Place the leaves on the cutting board/counter to cool. Save the leftover, smaller leaves and bits around the core. (My cabbage yielded 2 dozen leaves. I use the whole leaf, including the large rib.)
5. Place in a large mixing bowl: the meats, vegetables, and seasonings. Combine the ingredients with gloved hands.
6. Place in the bottom of an 8-quart pot: the leftover small cabbage leaves and some sauerkraut.
7. Using a 0.25 cup metal scoop, place a portion of the meat mixture into a cabbage leaf cup near the thicker/rib section. Adjust the amount for larger or smaller leaves.
8. Roll the thicker leaf edge over the top of the meat mixture. Gently fold in the 2 sides of the leaf over/around the first leaf fold. Finish rolling the leaf. When I rolled mine, I kept the meat in more of a thicker, rounded shape, not long and skinny like an egg roll. Grandma's cabbage rolls were never egg roll-shaped.
9. Place cabbage rolls in the pot. Layer with more sauerkraut. Use all the sauerkraut liquid.
10. Cover the pot and simmer. In 2022, simmered for about 2.5- 3 hours.
11. Use an instant-read thermometer to make sure that the meat mixture is at least 165 degrees F.

## Notes:

There will be a lot of juice in the bottom of the pot; that's where the best galishkys are.

These taste even better re-heated.

Karrie Bles, December 2022; <https://www.familyhistoryhotdish.com/galishkys/>