

Halupsy - Galupsi

Elaine Morrison, e-mail message to Michael Miller

In looking at the AHSGR and GRHS cookbooks, I find several variations of the recipe for what German-Russians call Halupsy. A number of years ago when dining at a hotel in Kiev, I was very pleased to see familiar halupsy on my plate but the waitress corrected me and said that it was Galupsi.

A large head of cabbage is wilted by covering it with boiling water for a few minutes.

The leaves are separated and on each leaf is placed a mixture of ground meat, either beef or pork, and rice, either raw, precooked or Minute Rice. Onion, garlic, salt and pepper are added to taste. Roll or fold up the leaf into a roll; fasten it with a toothpick and place in a kettle.

At this point, one uses their own creative talents. The cooking time will depend upon the type of rice that you use, and whether or not you cook the rolls in a kettle or in the oven.

1. The rolls may be covered with water to which 2 Tbsp vinegar are added.
2. Cover rolls with one can tomato paste diluted with one can water. Add water to cover.
3. Cover rolls with one or two cups sauerkraut or sauerkraut juice; add water to cover.

My favorite is quite removed from that of our ancestors.

1 lb hamburger and 1/2 lb pork sausage, browned and drained
1 small grated onion
2 eggs
1/2 cup raw rice
salt and pepper to taste
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After rolling the meat mixture in the cabbage leaves, cover them with a sauce made of:

2 tbsp lemon juice
1 cup brown sugar
2 small cans tomato sauce
1 303 size can sauerkraut or a smaller can plus a can of juice

Bake three hours covered at 375 degrees. Add a bit of water if the rolls seem too dry.

This is great when serving company because it can be prepared many hours before that last minute rush, and it also makes the house smell wonderfully.