

"Kaalilaatikko" Finnish Cabbage Casserole – The Laatikko Family

Ingredients:

Difficulty: Easy

(serves 4-6, in an oven dish with 20x30cm dimensions)(adapted from maku.fi)

4 dl. water in room temperature

1/2 tsp and 1 tsp salt, divided

1.5 dl. rice porridge

1 kg. cabbage

1 tbs and a splash of olive oil, divided

1 onion, diced

400 gr. ground meat (I used meat, you can use pork-beef combo)

1/4 tsp freshly ground black pepper

1 tsp dried marjoram

1 tbs syrup

4 dl. broth (I used vegetable broth, but you can use meat or chicken broth)

To serve (optional, but I do recommend)

lingonberries

Instructions:

1. Preheat the oven to 200C.

2. In a medium pan, put water and 1/2 tsp salt, stir a little and put on medium high heat. When it starts boiling, put rice and cook on medium heat just until the rice absorbs almost all the water. Take away from the heat and put aside.

3. Cut cabbage in strips and put aside.

4. In a medium pan, put a splash of olive oil and warm it on medium high heat for about a minute. Add onion and sauté for half a minute. Add ground meat and cook stirring. When the meat colour changes to "cooked brown", add 1 tsp salt, 1/4 tsp black pepper and 1 tsp marjoram. Give it a final mix and take away from the heat, put aside.

5. In a medium pot, put 1 tbs olive oil and warm it on medium heat for half a minute. Add cabbage and stir a little. Close the lid of the pot and cook the cabbage just until it gets soft, for about 5-8 minutes. I added about 1 dl. warm water so that the cabbage does not stick to the bottom of the pan and burn. Stir cabbage frequently to prevent from burning. When it gets soft, add syrup, stir a little more and take away from the heat.

6. Mix onion/meat, rice and cabbage.

7. Transfer the mixture to your oven dish. Pour 4 dl. broth over the mixture. Put in the oven, in medium rack and bake for about 1 hour, until it gets fully cooked and gets crusty

on top. If it gets too crusty earlier than 1 hour, you can cover top of the dish with aluminium foil. When it is ready, take out of the oven and let it cool for 10 minutes. Serve with lingonberries (optional). Enjoy!