



Answers:

Task 1.

2. Golubtsi is a dish made from prepared cabbage leaves and minced millet and meat.

Task 2.

1. Golubtsi first appeared around the Middle Ages, approximately in the 9th–14th centuries.
2. The tradition spread to Eastern Europe, the Middle East, the Balkans, Poland, and Ukraine.
3. Traditional Ukrainian golubtsi were made with millet porridge and lard.
4. The name is associated with the rounded shape of the dish, similar to a pigeon's breast, and the light green or blue color of cabbage leaves after cooking, which resemble a pigeon's coloring.
5. Cabbage leaves can turn a light green or blue hue after cooking.

Task 3

1 – l, 2 – c, 3 – e, 4 – b, 5 – g, 6 – f, 7 – h, 8 – d, 9 – i, 10 – j, 11 – k, 12 – a

Task 5.

Team 1

1. Maybe too much flour or not enough water.
2. 1 tablespoon of flour for 250 ml of liquid.
3. Cook it first (dry or with oil) so it doesn't taste raw,
4. Dry sauté or sauté with butter or oil.
5. Smooth texture, good taste, nice smell, no lumps.

Task 7.

Team 2

1. What mistakes were made during preparation?
 - Overcooking the cabbage leaves: They were not removed on time, so they became too soft and lost structure
 - Lack of supervision during boiling
 - Possibly used the wrong cabbage type (e.g., very young or very old leaves)
2. What changes occur during cooking?
 - Cabbage leaves soften, loosen from the head, and become flexible

- Overcooking causes:
Loss of texture
Leaves to become fragile, mushy, and tear easily
Nutrients may also be lost

3. What is the difference between cooking young and old cabbage leaves?

- Young cabbage leaves:
Cook faster, are more tender
Easier to overcook
- Older cabbage leaves:
Thicker, need longer blanching time
More suitable for stuffing when prepared correctly

4. What equipment is used to boil cabbage leaves?

- Large stock pot or deep saucepan
- Tongs or slotted spoon for removing leaves
- Colander for draining
- Optional: Bowl of cold water for shocking (to stop cooking)

5. Explain the term "blanching."

Blanching = A cooking technique where food (e.g., cabbage leaves) is:

1. Briefly boiled in hot water
2. Then quickly cooled in ice water to stop the cooking process

Purpose:

- To soften the leaves just enough for rolling
- To preserve texture, color, and nutrients

6. What does the brittleness of the leaves indicate?

If raw and brittle: not blanched enough → too hard to roll

If cooked and brittle/tearing: overcooked → too soft and fragile

Conclusion:

Brittleness = poor timing or incorrect temperature during blanching

Suggestion for Improvement:

Blanch cabbage leaves for 2–3 minutes only, then place in cold water

Always monitor the process closely

Use older cabbage heads with larger, sturdier leaves

Task 9

Team 3.

1. What could cause a bitter taste in minced meat?

Problem:

- Use of oxidized or old meat.
- Burnt garlic or onions added during browning.
- Excessive or poor-quality spices (e.g. bitter paprika, stale cumin).

Improvement:

- Use fresh, well-stored meat.
- Sauté aromatics gently; avoid burning.
- Use balanced, fresh seasonings.

2. What happens when millet is undercooked?

Problem:

- Millet is hard, chewy, or gritty, affecting texture and digestibility.

Improvement:

- Ensure correct water ratio and sufficient simmering time (typically 2:1 liquid to millet).
- Use a lid and low heat to steam fully.

3. What part of pork should be used for minced filling?

Answer:

- Shoulder (pork butt) or belly are best—they have the right fat-to-lean ratio, giving moisture and flavor.

Improvement:

- Avoid very lean cuts (like tenderloin), which lead to dry filling.

4. Why do vegetables lose their shape during sautéing? How to fix the process?

Problem:

- Overcooking or using high heat for too long.
- Cutting vegetables too thin or small.

Improvement:

- Use moderate heat, stir frequently, and cook briefly.
- Cut vegetables uniformly and to the right size.

5. What mistakes can occur during the preparation of cabbage rolls with millet?

Possible Mistakes:

- Undercooked millet or cabbage.
- Tearing cabbage leaves when rolling.
- Overseasoning or underseasoning filling.
- Rolls falling apart due to loose wrapping.

Improvements:

- Blanch cabbage leaves properly.
- Pre-cook millet and allow it to cool before mixing.
- Roll tightly and use a toothpick or sauce to hold shape if needed.

6. What changes take place when millet is rinsed before cooking?

Answer:

- Rinsing removes surface dust, bitterness, and extra starch, resulting in less sticky and cleaner millet.

Improvement:

- Always rinse under cold water until clear.

7. How does the cooking process of millet differ from that of rice? What equipment is typically used for each?

Difference:

- Millet often needs less water and cooks more quickly than rice.
- Millet absorbs liquid faster, and may require more stirring.

Equipment:

- Millet: saucepans or steamers.
- Rice: rice cookers or pots with tight lids.

Improvement:

- Monitor liquid carefully and avoid overcooking millet.

8. What does the term "millet blanching" mean, and when is this process used?

Answer:

- Millet blanching refers to briefly boiling millet, then draining it—used to soften grains, shorten final cooking time, or remove bitterness.

Used when:

- Preparing for dishes like cabbage rolls, where millet is later baked or stewed.

9. What might the presence of an unusual aftertaste in the final dish indicate?

Problem:

- Use of stale ingredients, poor-quality oil, or improperly stored spices.
- Overcooked cabbage or scorched sauce.

Improvement:

- Check freshness of all ingredients, especially oil, meat, and millet.
- Control cooking temperatures carefully.

10. How should vegetables be properly sautéed to maintain their flavor, color, and texture?

Technique:

- Use moderate to high heat, add vegetables to hot oil, and cook briefly while stirring.
- Do not overcrowd the pan (it steams instead of sautéing).

Improvement:

- Add salt at the right stage and cook vegetables separately if needed to avoid overcooking.

11. Which cut of pork is most suitable for use in stuffed cabbage rolls (in non-vegetarian versions)?

Answer:

- Pork shoulder (also called Boston butt) is ideal—juicy, flavorful, and moderately fatty.

Improvement:

- Avoid using meat that is too lean, as it can become dry and crumbly.