



TASK 4. Read a fact file about a particular type of cabbage. Tell us about this type of cabbage rolls and specify its ingredients.

(CLIL Lesson Plan – Culinary Products. Cabbage rolls with millet.)

TYPES OF CABBAGE ROLLS



Ingredients:

100 g round grain rice (200 g when boiled)
400 g minced beef
4 cloves of garlic
100 g grape leaves (30–35 pieces)
10 sprigs of cilantro
1 onion
250 ml water
a pinch of red pepper
a pinch of coriander
a pinch of black pepper

1. Grape leaf dumplings

It is one of the most popular types of cabbage rolls.



Ingredients:

1 head of cabbage
20 g dried white mushrooms
100 g rice
1 carrot
2 pickled tomatoes
1 onion
4 cloves of garlic
100 g corn grits
1 tbsp tomato paste
fresh dill (to taste)
salt (to taste)
pepper (to taste)
oil (for frying)

2. Stuffed cabbage rolls with rice and mushrooms

It is one of the simplest types.



Ingredients:

3. Lazy cabbage rolls

It has a variety of flavors and has a soft, fluffy appearance.

125 g rice
 250 g water
 1 onion
 1 carrot
 50–70 g butter
 $\frac{1}{2}$ small head of white cabbage
 500 g minced veal or mixed minced meat
 $\frac{1}{2}$ tsp ground coriander
 400 g canned tomatoes (in their own juice)
 200 g sour cream
 2–3 tbsp sunflower oil
 salt and pepper to taste



Ingredients:

1 head of cabbage (1–1.5 kg)
 $\frac{1}{3}$ tsp salt
 1 onion (for filling)
 2 tbsp oil
 1 carrot
 800 g potatoes
 1 onion (for sauce)
 $\frac{1}{2}$ tsp salt
 2 tbsp tomato paste
 500 ml water
 3 bay leaves

4. Stuffed cabbage rolls made from grated potatoes.



5. Stuffed cabbage rolls with millet and meat

Ingredients:

For the filling:

- 500 g meat
- 200 g millet
- two pinches of salt
- 1 head of white cabbage (use 6 leaves)
- 300 g sautéed vegetables (carrots and onions)

For the sauce:

- 2 tbsp tomato paste
- 3 tbsp sour cream (20%)
- 1 tsp sugar (optional)
- 500 ml water



6. Dietary stuffed cabbage rolls. Buckwheat and turkey.

Ingredients:

- 1 head of cabbage
- 200 g buckwheat
- 500 g turkey (minced or finely chopped)
- 100 g carrots

100 g onion	
100 g vegetable oil	
150 g tomato paste	
500 ml water	
5 g salt	



Vocabulary help? Access the project [Gastronomy e-Pictionary](#)

