

TASK 2. Read the passage about the history of cabbage rolls (golubtsi) carefully. Then answer the questions that follow.

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

The history of the origin of cabbage rolls

Golubtsi as a dish appeared around the Middle Ages, approximately in the 9th-14th centuries, and were common in Eastern Europe and the Middle East.

This tradition spread to the Balkans, and then to Poland and Ukraine. In Ukraine, cabbage rolls have been known since at least the 18th century. In traditional peasant cuisine, millet porridge and lard were used to prepare cabbage rolls.

The dish is made from cabbage leaves and a filling of meat, rice or buckwheat, corn or millet groats, potatoes, mushrooms, onions, carrots, and spices.

The name "golubtsi" has a historical origin and is associated with the shape and color of this dish. It is believed that when golubtsi are cooked, they acquire a rounded shape, similar to a pigeon's breast. Also, after heat treatment, cabbage leaves acquire a light green or blue hue, which can also be associated with pigeons. These visual characteristics probably served as the basis for the name "golubtsi".

1. When did golubtsi first appear as a dish?
2. In which regions did the tradition of making cabbage rolls spread?
3. What ingredients were used in traditional Ukrainian golubtsi?
4. What are the possible reasons for the name "golubtsi"?
5. What color can cabbage leaves turn after cooking?

