



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.



3.Lazy cabbage rolls

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



Ingredients:

125 g rice
250 g water
1 onion
1 carrot
50–70 g butter
½ small head of white cabbage
500 g minced veal or mixed minced meat
½ 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)
⅓ tsp salt
1 onion (for filling)
2 tbsp oil
1 carrot
800 g potatoes
1 onion (for sauce)
½ tbsp salt
2 tbsp tomato paste
500 ml water

4. Stuffed cabbage rolls made from grated potatoes.

3 bay leaves



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	
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