

**STUFFED CABBAGE ROLLS (GROUND TURKEY)**

Yield 100

Portion 2 Rolls

| Calories | Carbohydrates | Protein | Fat | Cholesterol | Sodium | Calcium |
|----------|---------------|---------|-----|-------------|--------|---------|
| 258 cal  | 26 g          | 23 g    | 8 g | 68 mg       | 681 mg | 97 mg   |

**Ingredient**

| <b><u>Ingredient</u></b>   | <b><u>Weight</u></b> | <b><u>Measure</u></b> | <b><u>Issue</u></b> |
|----------------------------|----------------------|-----------------------|---------------------|
| WATER                      | 4-1/8 lbs            | 2 qts                 |                     |
| TOMATO PASTE,CANNED        | 5-3/4 lbs            | 2 qts 2 cup           |                     |
| SUGAR,GRANULATED           | 1-1/2 lbs            | 3-1/2 cup             |                     |
| JUICE,LEMON                | 1-1/8 lbs            | 2 cup                 |                     |
| CABBAGE,GREEN,FRESH,HEAD   | 24 lbs               | 9 gal 2-7/8 qts       | 30 lbs              |
| WATER,BOILING              | 25-1/8 lbs           | 3 gal                 |                     |
| SALT                       | 1/2 oz               | 3/8 tsp               |                     |
| STEAMED RICE               |                      | 3 qts                 |                     |
| ONIONS,FRESH,CHOPPED       | 3-1/2 lbs            | 2 qts 2 cup           | 3-7/8 lbs           |
| TURKEY,GROUND,90% LEAN,RAW | 24 lbs               |                       |                     |
| CATSUP                     | 1 lbs                | 2 cup                 |                     |
| WORCESTERSHIRE SAUCE       | 8-1/2 oz             | 1 cup                 |                     |
| PARSLEY,FRESH,BUNCH        | 4-7/8 oz             | 2 cup                 | 5-1/8 oz            |
| SALT                       | 1-7/8 oz             | 3 tbsp                |                     |
| PEPPER,BLACK,GROUND        | 2/3 oz               | 3 tbsp                |                     |
| GARLIC POWDER              | 1/3 oz               | 1 tbsp                |                     |

**Method**

- 1 Blend water, tomato paste, sugar and lemon juice.
- 2 Add cabbage to boiling salted water in steam-jacketed kettle or stock pot; cover; cook 10 minutes or until leaves are pliable.
- 3 Drain well; separate 200 leaves; remove larger ribs; set aside for use in Step 6.
- 4 Shred remaining cabbage coarsely. Set aside for use in Step 7.
- 5 Combine turkey, cooked rice, onions, catsup, Worcestershire sauce, salt, pepper and garlic powder. Add parsley. Mix lightly but thoroughly.
- 6 Place 1/4 cup meat mixture on each cabbage leaf. Fold sides of leaf over mixture; roll tightly.
- 7 Place 25 cabbage rolls seam side down in each steam table pan. Spread shredded cabbage evenly over rolls in each pan.
- 8 Pour 2-1/2 cups sauce over cabbage rolls in each pan.
- 9 Using a convection oven, bake 1 hour at 325 F. on high fan, closed vent. CCP: Internal temperature must reach 165 F. or higher for 15 seconds. Skim off excess fat. CCP: Hold for service at 140 F. or higher.