

SARMALE



INGREDIENTE:

- 3 ¼ cani de orez cu bob lung, spalat
- 1 kg file de porc taiat in bucati mici
- ½ kg morcovi taiati
- ½ kg ceapa taiata
- sare dupa gust
- 3 linguri pasta de rosii
- ½ lingurita marar uscat
- ¼ cana de ulei de floarea soarelui
- 150 gr patrunjel taiat
- 1 varza medie
- smantana

MOD DE PREPARARE:

- 1.** Puneti orezul intr-un bol potrivit, turnati apa fiarta peste el, lasati-l in apa circa 15 minute, apoi strecurati-l.
- 2.** Incalziti 2 linguri de ulei intr-o tigaie la foc potrivit. Puneti morcovii, patrunjelul, ceapa si pasta de rosii. Caliti si amestecati pana legumele se inmoaie. Puneti legumele in bolul cu orez.
- 3.** Mai incalziti 2 linguri de ulei in aceeasi tigaie, la foc potrivit, puneti carnea de porc si prajiti-o 2 min. Pana cand se rumeneste. Apoi puneti si carnea in bolul cu orez, condimentati totul cu marar si piper negru. Amestecati bine pana devine omogen, apoi lasati amestecul sa se raceasca.
- 4.** Desprindeti cu grija frunzele de varza si puneti-le intr-o oala mare cu apa, fierbeti 5 minute, pana cand varza devine moale si flexibila.
- 5.** Scoateti frunzele de varza si lasati cateva deoparte pentru a acoperi sarmalele la sfarsit. Puneti 2 linguri din amestecul de carne de porc cu orez in mijlocul frunzelor de varza, infasurati cu grija si asezati sarmalele formate in oala.
- 6.** Cand oala este plina, puneti cele cateva frunze puse deoparte deasupra sarmalelor. Turnati apa fiarta deasupra, astfel incat sa acoperiti sarmalele, lasati sa fiarba la foc incet circa 30 min., pana se inmoaie orezul.
- 7.** Serviti-le calde cu smantana deasupra.



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INGREDIENTS:

- 3 1/4 cups long grain rice, rinsed
- 2 pounds pork loin roast, finely diced
- 1 pound carrots, chopped
- 1 pound onions, chopped
- 1 pinch salt to taste
- 3 tablespoons tomato paste
- 1/2 teaspoon dried dill weed
- 1/4 cup sunflower seed oil
- 6 ounces parsley roots, chopped
- 1 medium head cabbage
- Sour cream

DIRECTIONS:

- 1.** Place rice in a medium bowl, and pour boiling water over it. Let soak for 15 minutes, then drain.
- 2.** Heat 2 tablespoons of oil in a large skillet over medium-high heat. Add the carrots, parsley roots, onions and tomato paste. Cook and stir until the vegetables are tender. Transfer the vegetables to the bowl with the rice.
- 3.** Heat 2 more tablespoons of oil in the same skillet over medium-high heat. Add the pork, and cook for about 2 minutes, just until browned on the outside. Transfer to the bowl with the rice and vegetables; season with dill and black pepper. Stir until everything is well blended. Set the mixture aside to cool.
- 4.** Carefully remove the leaves from the head of cabbage, and place them in a large pot with about 2 inches of water. Bring to a boil, and cook for 5 to 10 minutes, until tender and flexible.
- 5.** Remove the cabbage leaves from the pot, but leave enough in the bottom to cover. On each of the remaining leaves, place about 2 tablespoons of the pork and rice mixture in the center, and wrap the leaf around to cover. Place the stuffed cabbage leaves into the pot.
- 6.** When the pot is full, place a few boiled cabbage leaves over the top. Pour boiling water into the pot to cover the cabbage rolls, and place over medium-low heat. Cover, and simmer for about 30 minutes, until the rice is tender.
- 7.** Serve them hot with sour cream.

