

Kraut Bierok (Cabbage Pockets)



Ingredients

- 2 pkgs (7g pkt) yeast
- ½ cups sugar
- 1-½ Tbs salt
- 3-½ cups warm water
- ½ cups oil
- 1 Tbs vinegar
- 8 cups flour
- 2 cloves garlic, minced
- 1 whole onion, chopped
- 1 pound ground beef
- 1 whole cabbage, shredded
- salt & pepper, to taste

Preparation

Mix the yeast, sugar, salt, warm water, oil, vinegar, and flour together. Let rise 1 hour. Punch down. Let rise 45 minutes. Roll out to about 1/16" thick.

Saute garlic and onions; add ground beef and fry until browned. Add cabbage and fry until tender (tastes better if cabbage is browned well). Salt and pepper to taste.

Cut the dough into 5×5" squares and put a generous portion of the beef mixture on the middle of each square. Gather all 4 corners together and pinch shut each diagonal seam toward the center. Turn upside down on a baking sheet.

Bake for 20 minutes at 400°. Brush with butter when they come out of the oven.

I freeze mine all the time. Bake them and cool them. Then I just put them in freezer bags.

Note: I thought the water amount was excessive the first two times I have made this recipe, so this time I used only 2 ½ cups of water and it is working out better than adding 4 extra cups of flour! With the original amount of water it was just goo and couldn't be rolled out without lots of extra flour. I also add a bit of cheese to my cabbage mixture to bind the insides a bit.