



Seafood cabbage rolls



Ingredients: (for 4 persons)

Water
Salt
8-10 Borecole or Green Cabbage leaves
½ cup of basmati rice
10 shrimps with head
200 grs of salmon
150 grs of fillet of sole
2 tablespoon of olive oil
2 tablespoon of butter
1 Tablespoon of chopped garlic
6 chopped green onions
Salt & Pepper
2 tablespoon of flour
250 ml of milk
125 ml of white wine
2 tablespoon of tomato sauce
2 tablespoon of cooking cream 15%
Juice of ½ lemon
Cheese

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How to prepare:

In a big casserole bring water to boil. Add salt and put the cabbage leaves inside two by two. Let them cook for about 3-4 minutes and remove them from the water. Set aside and let them cool. Repeat the process until all the leaves are cooked.

When done, use the water to boil the basmati rice until tender. Drain the water and reserve the rice.

Clean the shrimps keeping the heads in a small bowl for later. Cut each shrimps in 3-4 small pieces and set aside. Clean the fish and cut it in small pieces. Set aside.

In a pan, put the olive oil and the butter and fry for a while (about 1 minute) the garlic with half of the chopped green onions. Add the shrimps, the salmon and the fillet of sole and let them cook together. Add salt and pepper to your taste.

Add the flour and mix until the flour absorbs the liquids. Add milk and mix until you have a smooth fish béchamel. Remove from the heat and mix with the rice. At this moment, we have our filling ready to use.

Let's make the cabbage rolls: Extend one cabbage leaf in a flat surface and put about 2 tablespoons of the filling in the center (it depends on the size of the leaf). Flip the borders and roll the cabbage making a cabbage roll. Repeat the process with the rest of leaves and the filling.

Put the shrimp's heads in a hot pan with 1 tablespoon of olive oil. Let them cook until they change their color and become red. Add the white wine and smash the head with a mash potato to extract the juices. Remove from heat and remove the heads. Add the tomato sauce, the cooking cream and the lemon juice and heat gently to make the sauce. Add salt and pepper to your taste.

Put the cabbage rolls in an oven recipient, pour the sauce over the cabbage rolls, and cover with grated cheese. Preheat the oven to 190 C and let the cheese melt until the point of gratin.

That's all! Serve on a plate, decorate with chopped green onions and.... enjoy!!

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