Stuffed Cabbage Rolls with Ancestral Blend Ground Beef

and Green Yogurt Tahini Sauce

Makes 6-8 Cabbage Rolls

One of the most traditional ways to support nose-to-tail cooking and eating is incorporating organ meats where you can! An ancestral-style blend, like Kinloch Farm's regenerative grassfed and finished ground beef with liver and heart, brings remarkable nutrition and depth of flavor to a simple spring dish like stuffed cabbage rolls.

For the Cabbage Rolls:

1 medium sized head of green cabbage

Remove the core of the cabbage by inserting the tip of a large sharp knife into the bottom of the cabbage at an angle, about 2 inches near the stem. Repeat this twice more to create a triangle around the stem, and then loosen by hand enough to grip with your fingers and twist the entire stem out and discard.

To gently soften the outer leaves, simmer a few inches of water in a large pot with a fitted lid. Add the cabbage stemmed side down in the simmering water and cover with the lid for 2-3 minutes. Remove from the pot carefully and after a minute or two, gently pry the first layers of leaves away from the cabbage, being careful not to tear. Repeat this process until you have the desired amount of usable cabbage leaves to fill.

For the Cabbage Roll Filling:

1 oz or 2 strips bacon
½ cup chopped yellow onion
2 tablespoon finely chopped shallot
1 tablespoon finely chopped garlic
1 lb Kinloch Farm Ground Beef with Liver and Heart
½ cup breadcrumbs
½ cup peas
1 tablespoon ketchup
1 tablespoon mustard
½ tablespoon balsamic vinegar
½ tablespoon maple syrup
1 cup chopped parsley, dill, and mint, loosely packed and divided
1 lemon, zest and juice, divided
Tallow or olive oil as needed
3 cups Kinloch Farm Beef Bone Broth
Chopped chives for optional garnish

Instructions continued on reverse

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In a sauté pan over medium heat, sauté chopped bacon and cook until it begins to render its fat. After a couple of minutes, add the chopped yellow onion along with the shallot. Season lightly with salt and cook until the mixture becomes fragrant and the onions soften. Remove the mixture from the pan and set aside.

Add the ground beef with liver and heart to the same pan, adding a little tallow or olive oil if needed. Brown and break up the meat until almost cooked through.

Stir in the ketchup, mustard, balsamic vinegar, and maple syrup and another sprinkle of salt. Fold the cooked bacon, onion, shallot, and garlic mixture back into the pan. Add the breadcrumbs, peas, half of the lemon zest and juice and roughly ¾ of the herb mixture. Stir everything together until evenly combined. Remove from heat.

Lay out the softened cabbage leaves and place a generous ¼ cup of the filling into the center of each leaf. Fold the sides in and roll tightly to form cabbage rolls.

Arrange the rolls seam-side down in a wide pan or shallow pot. Pour the beef bone broth around them and bring to a gentle simmer. Cover and cook until the cabbage is tender and the rolls are heated through, about 25-30 minutes.

For the Green Yogurt Tahini Sauce:

Makes one generous cup
⅓ cup plain yogurt
1 tablespoon tahini
1 garlic clove
½ teaspoon salt
Remaining lemon zest and juice
Remaining chopped parsley, dill, and mint
Water or olive oil as needed, to loosen the sauce

Combine the yogurt, tahini, garlic clove, remaining lemon juice, lemon zest, and the remaining chopped herbs and salt in a blender. Blend until smooth. Add a little water or olive oil as needed to loosen the sauce until it reaches a generous, spoonable consistency.

Serve the warm cabbage rolls with the remaining beef broth and plenty of the green yogurt tahini sauce spooned over the top and sprinkle the rolls with chopped chives.

Recipe and photos by Chef Ryan Ross