

Collard Rolls Stuffed with Rice and Buffalo Meat (“The Splendid Grain” Rebecca Wood)

If you've never tasted buffalo, try this old recipe adapted to America's unique meat, which is low in fat and cholesterol. It is available in many natural food stores and supermarkets. If buffalo meat is unavailable, substitute any other ground meat or poultry.

10-12 large collard leaves
1 lb ground buffalo meat
1 cup cooked white rice
1 minced onion, large
2 Tbsp minced fresh parsley
1 large egg white
1 Tbsp tomato paste
sea salt and ground black pepper, to taste
3 cups chopped unsalted canned plum tomatoes with juice
1 cup vegetable stock
2 Tbsp light brown sugar
2 cups sauerkraut, well drained

Bring 4 quarts of water to a rapid boil. Put the collard leaves, 3-4 at a time, in the water for 1 minute to soften. Drain and pat dry. Cut off stems.

Combine the meat, rice, ½ cup of onion, the parsley, egg white, tomato paste, salt and pepper. Put a portion of meat mixture on each collard leaf. Fold over, fold in the sides, and roll up. Secure with toothpicks if necessary.

Preheat oven to 350.

Combine the remaining onion, tomatoes, stock, sugar, salt and pepper. Spread the sauerkraut in the bottom of a large heavy casserole. Lay the stuffed collard rolls on top. Carefully pour the tomato mixture over all. Cover and bake for about 1 1/2 hours or until the collard rolls are cooked and the sauerkraut and tomato mixture is very thick. Remove from the oven and serve.