



today's main ingredient

A  LOCAL FOOD PODCAST



Haluski with Cabbage and Onions

“Halušky” refers to the thick, soft dumplings traditionally used in the dish, but it has now become accepted to use halušky to refer to the complete dish, which can feature dumplings or noodles served with cabbage and onions.

Credit: Recipe from the American Carpatho-Russian Cookbook, 1968, adapted by Lori Fogg and available on her blog: <https://www.acoalcrackerinthekitchen.com/2018/09/08/halushki-with-homemade-dumplings/>

INGREDIENTS

1 egg
1 cup all-purpose flour
Pinch of salt
1 medium head cabbage, about 2 pounds, cored
2 large white or yellow onions
1 stick (1/4 pound) butter, or as needed

STEP 1 - To Make the Dumplings: Mix flour, eggs, salt and water. Beat well until you have a medium stiff dough. Place dough on a plate and drop individual spoonfuls into a pot of boiling salted water. Cook for 5-7 minutes. Strain and rinse with cold water.

STEP 2 - To prepare the onions and cabbage: Slice the onions and cut the cabbage in the same fashion. Melt butter in skillet, then add the onions and cabbage. Cook over medium heat for approximately 30 minutes, or until browned/caramelized.

STEP 3 - Add the cooked dumplings to the cabbage mixture. Mix well and serve hot.