

Bierocks

Filling

2 lbs. ground beef

1 ½ - 2 lbs. cabbage – chopped or sliced thin

1 medium onion - chopped

Salt and pepper to taste

Brown ground beef in a large pan, drain off excess grease. Add chopped onion and sliced cabbage. Cover and cook over low heat until cabbage is tender – 30 – 45 minutes. Set aside and let cool.

Bread dough

6 – 7 cups flour

2 tsp. salt

4 Tbsp. Sugar

2 pkgs. Quick Rise yeast

2 eggs

1 C. water

1 C. milk

2 Tbsp. Butter – room temp

4 Tbsp. Oil

Mix 4 cups flour, salt, sugar and yeast in a bowl. Set aside. In your mixer bowl place eggs, butter and oil. Start mixing. Heat water and milk in microwave until very warm – 2 to 3 minutes. Slowly add heated milk to the egg mixture. Add flour mixture all at once, and continue to mix for 5 minutes. Add remaining flour until dough is soft and slightly sticky to the touch. Place dough in a greased bowl and let rise for 45 minutes or until double in size.

Putting it together:

After dough has risen, punch down dough and divide into smaller pieces. This recipe should make between 18 to 20 Bierocks. Roll each piece of dough into a circle, with the outer edges thinner than the middle. Place about 1/3 cup of cooled hamburger mixture into the middle of the dough. Pull up the edges and pinch until sealed. Turn the Bierock with pinched side down, and place on a greased cookie sheet. Repeat until all dough and hamburger filling is used up. Let rise for 30 to 45 minutes. Baked in a preheated 350 degree oven for 20 to 30 minutes or until brown. Brush a small amount of butter on top. These can be frozen and heated up in the microwave for a quick meal.

Left over dough can be baked into hamburger buns, and left over hamburger mixture can be used in soup or casserole type dishes.