

Krautranzen or Bierocks

Clayton Schmitt, e-mail message to Michael Miller

4 servings

Dough

1 tsp salt
2 tbsp (scant) active dry yeast
3 1/2 c bread flour
1/2 c lukewarm water
1 1/2 c lukewarm milk

Dissolve yeast in warm water until bubbly. Heat milk to lukewarm. In mixing bowl combine shortening and sugar and beat well. Add eggs and beat. Add milk and salt.

Gradually add 3-3 1/2 cups flour. If using mixer with dough hook, finish according to machine directions. If kneading by hand, turn dough out onto lightly floured board and knead until smooth and elastic, about 8-10 minutes. Place dough in greased bowl, turning to grease top of dough. Cover with plastic wrap, set in warm place and let rise until doubled in bulk.

Filling

1 lb lean ground beef
1/2 c soft shortening
1 medium-sized head of cabbage
1/2 c sugar
1 large onion, chopped
2 eggs
salt and pepper to taste

In a large skillet brown beef and season. Drain off excess fat. Add onion and cabbage and steam until cabbage is tender. Salt and pepper to taste and cool.

Punch dough down. Divide in half and roll out onto lightly floured board. Roll dough into 12"x24" rectangles. Divide dough into 8 equal parts. Divide half of the filling equally on each square. Wet edges of dough with water. Bring opposite corners of squares together. Pinch edges together tightly. Place, seam side down, on a greased baking sheet. Cover lightly and let stand in a warm place until light. Repeat with remaining dough and filling. Bake at 350 degree F. for about 15 minutes. Brush with margerine while still hot. Cool. Serve warm or cold.

From Mennonite Foods and Folkways From South Russia by Norma Jost Voth.