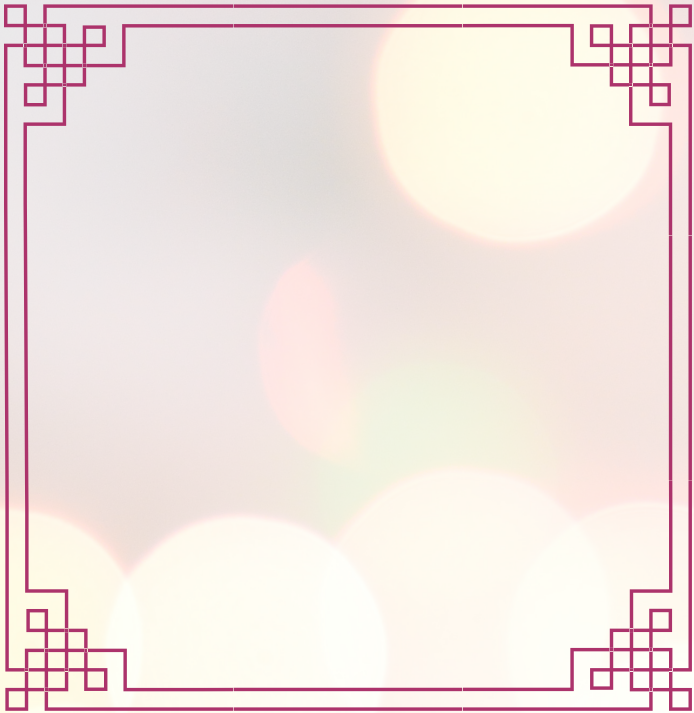


Christmas in Russia

Draw a picture of someone from this country celebrating Christmas.



One Interesting Tradition

Draw a picture of this country.



Draw a picture of the food you made from this country.



Recipe

Cabbage Rolls "Golubtsi"

Ingredients:

2 small heads of cabbage
1/2 cup rice, any type
2 tbsp olive oil
1 onion large, chopped
1 lb ground beef
1 lbs ground pork
1/4 cup parsley chopped
2 carrots grated
2 tsp salt

1/2 tsp pepper

2-3 bay leaves

For the sauce:

1 cup chicken stock
1 cup sour cream
2 cups canned crushed tomatoes
salt and pepper

Directions:

Freeze the cabbages 3 days before you need it.

The night before, defrost cabbage and keep them in the fridge until you are ready.

Cook rice in plenty water the same way you would pasta until al dente for approximately 5 minutes after the water boils. It shouldn't be too soft. Drain and set aside.

In a frying pan heat olive oil and cook onions over low heat for 7-10 minutes until tender.

Grate carrots. In a large bowl combine beef, pork, parsley, onions, carrots, rice, salt and pepper.



Recipe

In a medium bowl whisk together stock, crushed tomatoes and sour cream, salt and pepper. Set aside.

Place your head of cabbage on a cutting board, cut off the bottom and pull the leaves away from the stalk. Repeat with the second head of cabbage.

Preheat your oven to 350F/180C.

Clear your work space, so all ingredients are within reach. Take a cabbage leaf and cut the rib down, so it's not too thick. Put 2 tbsp of filling at the bottom of the wide part of a leaf and roll it like a burrito, tucking sides in. Your cabbage rolls will vary in size slightly depending on the size of cabbage leaves. You will have approximately 30-32 cabbage rolls.

Pour a cup of the sauce on the bottom of your cast iron casserole or any other heavy bottom casserole and start stacking your cabbage rolls. Half way through add a couple of bay leaves and $\frac{1}{3}$ of the sauce and continue stacking until all cabbage rolls are gone.

Pour the remaining sauce over cabbage rolls, cover with a lid and bake in the oven for 1 hour. Then take the lid off and bake for 30 more minutes. Serve with additional sour cream and fresh herbs like dill and parsley.

Activity or Craft

Martyoshka Russian Doll Ornament

Materials:

Printer
Scissors
Ribbon for hanging
Glass Bead

How to make:

To begin you will need print out the images from our [Russian doll pattern](#).

Simply cut out your dolls, punch a hole in the top and hang with ribbon. We added a coordinating glass bead to finish off our ornament.

You can also make these double sided by gluing two images together.

The pattern should be printed on high quality 4x6" (10x15cm) photo paper.

All done and easy!

