

TYMEK'S



CABBAGE

FERMENTED WHOLE CABBAGE HEADS

- Ontario local grown cabbage
- naturally fermented
- no preservatives added
- no artificial flavours added
- no vinegar added



- not pasteurized
- no cholesterol
- no fat

"NATURALLY THE BEST"

We all know the value of good-tasting, nutritious food. At TymeK's we use only locally grown vegetables and run our production according to traditional recipes. We do not add any preservatives or artificial ingredients and there is no pasteurization involved, as a result, all our products provide a rich source of probiotic and Vitamin C goodness. TymeK's Natural Foods has been supporting Ontario farmers for 25 years. Our unique and authentic products are available to you right here in the GTA or through one of our many clients across Ontario. Our products have been recognized and awarded multiple times by the National Post in best product and best quality category.

FERMENTED CABBAGE



FERMENTED WHOLE CABBAGE HEADS

Ingredients: cabbage, water, dill-weed, coarse kosher salt, garlic, calcium chloride, spices (may contain traces of wheat/soy beans)

SOUR CABBAGE ROLLS

INGREDIENTS

- 12 TYMEK'S SOUR CABBAGE LEAVES (1 CABBAGE HEAD)

FILLING

- 1 LB GROUND BEEF
- 1 CUP COOKED RICE
- ½ CUP CHOPPED ONION
- 2 EGGS
- 10 SLICES OF BACON
- 300 ML CAN DICED TOMATOES
- SALT, PEPPER

PREPARATION

- Drop cabbage leaves into boiling water, cover and cook for 3 minutes. Drain well.
- For filling, combine ground beef, rice, onion, egg, and salt, pepper, and milk. Mix well and divide into 12 portions. Place a portion into the center of each cabbage leaf. Roll leaf around filling, burrito style. Place in a baking dish on top of bacon slices. When all cabbage rolls are in the pot cover with rest bacon and pour tomato over.
- Cover and bake in a preheated 350° oven for about 1 hour.
- Serve with tomato or mushroom sauce.

ADDITIONAL SUGGESTIONS

- Cut the cabbage into big pieces, sprinkle with olive oil and fresh dill to make a healthy side dish.

STORAGE INSTRUCTIONS

Keep refrigerated

PACKAGING OPTIONS

Vacuum packed
20L pail in brine



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