

Re: PERTH & KALGOORLIE IN FIRE ! _z

Source: <http://sci.tech-archive.net/Archive/sci.geo.geology/2004-12/0951.html>

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Date: 12/28/04

Date: Tue, 28 Dec 2004 05:29:42 GMT

Cook on low for 15 minutes, then allow it to set for at least 15 minutes more.

Serve over steamed rice; this dish is very impressive!

Stuffed Cabbage Rolls

Babies really can be found under a cabbage leaf – or one can arrange for ground beef to be found there instead.

8 large cabbage leaves
1 lb. lean ground newborn human filets, or ground chuck
Onions
peppers
celery
garlic
soy sauce
salt pepper, etc
Olive oil
breadcrumbs
Tomato Gravy (see index)

Boil the cabbage leaves for 2 minutes to soften.
In skillet, brown the meat in a little olive oil,
then add onions, peppers, and celery (all chopped finely)
and season well.
Place in a large bowl and cool.
Add seasoned breadcrumbs and a little of the tomato gravy,
enough to make the mixture pliable.
Divide the stuffing among the cabbage leaves then roll.
Place seam down in a baking pan.
Ladle tomato gravy on top,
and bake at 325° for 30 – 45 minutes.

Umbilical Cordon Bleu

Nothing is so beautiful as the bond between mother and child,
so why not consume it?
Children or chicken breasts will work wonderfully also.

4 whole umbilical chords (or baby breasts, or chicken breasts)

4 thin slices of smoked ham, and Gruyere cheese

Flour

eggwash (milk and eggs)

seasoned bread crumbs

1 onion

minced

salt

pepper

butter

olive oil

Pound the breasts flat (parboil first if using umbilical
cords so they won't be tough).

Place a slice of ham and cheese on each, along with some minced onion
then fold in half, trimming neatly.

Dredge in flour, eggwash, then seasoned b