



BIEROCKS (GERMAN HAMBURGERS)

From the kitchen of Mom Dudley

Ingredients:

Dough:

2C warm water
1 1/2T active dry yeast
1/2 C white sugar
1/4 C butter, softened
1 egg
2 t salt
7 C flour

Filling:

1 lb lean ground beef
1 C chopped onion
6 C shredded cabbage
1 t salt
1 t black pepper
1/4 C melted butter

Directions:

Prepare Dough: In a large bowl, dissolve yeast in warm water. Let stand until creamy (about 10 minutes). Mix in sugar, butter, egg, salt and 1/2 of the flour. Beat until smooth; add remaining flour until dough pulls together. Place in oiled bowl, cover with foil and refrigerate for 2 hours or overnight, OR let rise for 1 hour.

In a large heavy skillet, brown meat. Add onion, cabbage, salt and simmer 30 minutes. Cool until lukewarm. Preheat oven to 350 degrees. Coat a cookie sheet with non-stick spray.

Punch down dough and divide into 20 pieces. Spread each piece of dough out on an unclouded surface and fill with approximately 2 tablespoons of filling. Fold dough over and seal edges. Place on prepared cookie sheet and let rise for 1 hour.

Bake in preheated oven for 25 minutes, or until golden brown. Brush with butter and serve.