**Bierocks (Family Recipe)**

**Ingredients**

1 lb ground beef (Kiera used locally raised and processed!)

1 small onion

2 cloves minced garlic

1 tbs Worcestershire sauce

½ tb fresh rosemary, minced

½ tbs oregano, minced

½ medium cabbage, shredded

2 carrots, shredded

½ cup water

2 tbs butter

2 – 3 cups shredded cheddar cheese

Salt & pepper to taste

Egg white for wash, if desired

Bread dough of choice (Kiera used homemade spelt bread dough made with freshly-ground spelt flour)

**Procedure**

If making bread dough, follow procedure to make enough dough for two loaves of bread. Set aside. If using frozen dough, follow instructions for thawing and rising.

Cook hamburger, onion, and garlic; drain if necessary. Add fresh herbs and Worcestershire sauce. Cook another 5 – 10 minutes. Set aside.

Combine cabbage, carrot, butter, and water in a large skillet. Cook until the cabbage and carrot are soft. Mix beef mixture into the cabbage mixture. Add cheese.

Preheat oven to 350 degrees. Use a pinch of bread dough about the size used for a dinner roll. Roll out to approximately 6” circle. Place 2 – 3 tbs beef mixture in the middle. Pull sides of dough over the beef and pinch close to the bottom. Place on cookie sheet with pinched side down. Brush egg white on if desired. Bake for 20 – 30 minutes or until golden brown. Make approximately 18 bierocks. These freeze wonderfully!