

## Collarbage Rolls

By Mary Ann Hastings, [CookingForYourLifestyle.com](http://CookingForYourLifestyle.com)

### Ingredients:

1 medium onion  
2 apples (leave skin on for more nutrients)  
3-4 crimini mushrooms  
2 lbs. ground (clean) pork  
1 large bunch fresh whole collard greens  
2 tsp. [poultry seasoning](#)  
2 tsp. [fennel seeds](#), chopped up  
2 1/2 tsp. [sea salt](#)

### Sauce:

1 cup of broth from cooked collarbage rolls  
1/4 cup coconut milk fat (optional, depending on how much you like coconut)  
1 or 2 tsp. [Arrowroot powder](#)

### Directions:

1. Wash collards and cut out the stem, cutting close to the stem on each side. Keep the leaves intact as much as possible.
2. Blanch de-stemmed leaves in boiling water. I use a large All-Clad skillet so that the collard leaves lay as flat as possible. Let boil just until tender (about 3 minutes).
3. Take collard leaves out of skillet and put into a colander to cool.
4. Place cooled leaves onto a 3/4 sheet pan that has been covered with a tea towel to further absorb moisture.
5. While collard leaves are still drying, put 2 lbs. of ground pork in a large bowl with 2 1/2 tsp. salt.
6. Put onion, apples, and mushrooms in the food processor to shred. Put mixture into mixing bowl with ground pork and salt and thoroughly mix with your hands. (I used gloves for comfort and mixing ease).
7. Take a collard leaf and spread it flat on a cutting board or baking sheet.
8. Using about a tablespoon of the meat mixture, spread on the collard leaf leaving about a 1/2 an inch border around all sides of the collard leaf. Since the leaf is going to be rolled, make sure the meat mixture is thin enough to allow rolling without meat mixture oozing out
9. Fold the border of the collard leaf in so it's slightly over the meat mixture on each side,
10. Begin to roll the collard leaf at one end, and go to the other, ending in a way that the end falls on the bottom portion of the roll. That way, the roll won't become undone when it cooks.
11. As each roll is completed, place into a pyrex baking dish.

## **Collarbage Rolls (Continued)**

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12. Generally, this recipe will make 18, 3 inch by 2 inch “collarbage rolls”.
13. Pour one cup of chicken bone broth over the collarbage rolls and put in a pre-heated 350 degree oven for 45 minutes.
14. Once collarbone rolls are cooked put on a plate and pour a cup of the broth into a sauté pan.
15. Wisk the arrowroot into the bone broth and add about a quarter cup of coconut milk fat.
16. Once it begins to bubble, cook for about a minute to make sure the arrowroot is cooked.
17. As you plate up the dish, spoon the sauce over the collarbage rolls and serve.
18. Generally, three collars rolls is sufficient per person. I like to pair them with roasted sweet potato medallions for a well-balanced meal.
19. Since the recipe makes eighteen rolls and the collarbage rolls freeze well, separate the leftovers into portions that suit your family and put into a microwave-safe container. This is an easy dish to pull out of the freezer in the morning and just heat it up for quick dinner.