

Directions on how to cook raw frozen Buckwheat Cabbage Rolls:



(1 Dozen Tray)

1/3 cup water
1/2 tsp. oil

PREPARATION: Pre-heat oven at 350°, remove cardboard lid and parchment paper **(do not discard)**. Mix water and oil; pour evenly over cabbage rolls. Re-cover with parchment paper layer and cardboard lid, bake at 350° for 1 ½ hours, with a fork check softness of cabbage rolls, if not soft enough cook until your liking.

(Single Layer Tray)

1/2 cup water
1 tsp. oil

PREPARATION: Pre-heat oven at 375°, remove foil lid and parchment paper **(do not discard)**. Mix water and oil; pour evenly over cabbage rolls. Re-cover with parchment paper layer and foil lid, bake at 375° for 2 ½ hours, with a fork check softness of cabbage rolls, if not soft enough cook until your liking.

(Double Layer Tray)

3/4 cup water
1 tbsp. oil

PREPARATION: Pre-heat oven at 375°, remove foil lid and parchment paper **(do not discard)**. Mix water and oil; pour evenly over cabbage rolls. Re-cover with parchment paper layer and foil lid, bake at 375° for 3 hours, with a fork check softness of cabbage rolls, if not soft enough cook until your liking.