

Runza Sandwiches

Compliments of Chef Richard's Kitchen

Runza Sandwich - Dough:

4½ C all-purpose flour
1/4 C sugar
1 Tbsp yeast
1 tsp salt
¾ C warmed milk
½ C warm water
½ C shortening
2 large eggs

Runza Sandwich - Filling:

2 lbs. ground beef (85% - 90%)
2 medium onions, chopped
4 C cabbage, finely chopped
2 – 3 tsp seasoned salt
1 tsp garlic powder
1 tsp black pepper



Begin with the dough. You can work on the filling while the dough rises.

Place sugar, yeast milk, water and 1C flour in mixer and, using dough hook, mix until well blended. (If you want to proof your mixture, allow to stand for 10 – 15 minutes. You should see some slight bubbling.) Add salt, shortening and eggs to the mixture and blend until incorporated. Add 2C more flour and mix. When incorporated, the mixture should be sticky. Add more flour, ½ C at a time until dough will easily pull off the hook. Use the mixer and knead for at least 5 – 8 minutes to develop the glutens. Remove dough from mixing bowl and add to a dish, sprayed with vegetable spray, where the dough has plenty of room to rise. Cover with plastic wrap or a moist towel. Let rise until doubled in size, about 1 hour.

Pour about 2T oil in a medium-sized stock pot. Over medium-high heat, brown the ground beef. You may use the lid to trap heat and brown the meat faster, but you will have to allow time later to boil off any water that needs to evaporate. Add the onions and sauté in the pot until onions are translucent, about 5 minutes. Add seasoned salt, garlic powder and black pepper. Stir all spices in well. Add the cabbage. Place lid back over pot and cook cabbage until tender, about 10 minutes. Set aside.

Preheat oven to 350 deg F.

When dough has doubled in size, turn out onto a floured surface. Roll the dough in a rectangle until dough is about ¼” thick. Cut in 6, or so rectangle shapes. Now, one by one, roll dough into

rectangles about 5" x 8" and about 1/8" thick. Place filling mixture into the center, leaving about 1" – 1 1/2" all around. Gently, pull up the sides along the long edges so that dough overlaps. Next pull up the ends over the previous seam. Place on parchment paper. Do this with the remaining squares and filling. If you reuse the dough that was originally cut off, you should end up with about 6 – 7 sandwiches.

Place baking pan with sandwiches in the oven and bake for about 18 minutes. At that time, you may need to add more time. When I made this recipe, it took 24 minutes to turn golden brown. Remove from oven and allow to cool slightly. Serve warm.

