

Dolmas

Stuffed Grape Leaves



Ingredients:

1 jar Grape Leaves
1½ lbs 90% ground Beef
1 cup uncooked Jasmine Rice
1 small white Onion, diced
2 large Garlic cloves, minced
2½ tsp Salt
1 tsp black Pepper
½ cup Water
2 tbsp Canola Oil
2 Lemons, divided use
Fresh Mint, Dill, Italian Parsley, Oregano, chopped (about ¾ herbs total)
2 cups Chicken Broth
½ stick unsalted Butter, melted

Directions:

Remove grape leaves from jar, set in a colander, rinse with cold water, and set aside to drain.
Combine beef, rice, onion, garlic, salt, pepper, water, canola oil, the juice of one lemon, and herbs in a large bowl. Mix well.
Line a large saucepan with a few grape leaves.
Set a grape leaf on a cutting board stem-side up.
Grab a tbsp or so of beef mixture, roll it in a thick log, and set it on the base of the leaf stem.
Roll forward slightly, fold the two sides into the center, then continue to wrap for a snug little dolma.
Set in sauce pan.
Continue with remaining mixture, adding a second layer to the pan after the bottom is full.
Set pan over low heat and pour chicken broth, the juice of another lemon, and half a stick of melted over dolmades.
Cover and simmer for 45 minutes.
They're done when the beef is no longer pink and the rice is tender.
Delicious served warm with some of the sauce from the pan spooned on top, at room temperature, and even cold from the fridge.
Fabulous with freshly squeezed lemon on top and with tzatziki sauce.