

Greek Cuisine Cooking Class:

Dolmades (stuffed grape leaves) & Sides



**If you plan to cook along with Molly, please have your ingredients measured and chopped ahead of time. This will make it much easier to follow along!

1. Blanching Grape Leaves from a Jar:

Tools:

Jar of grape leaves
2 Large bowl
boiling water
cold/ice water
Strainer
Wooden spoon

Steps:

1. Open the jar of grape leaves and gently remove contents into a large bowl
2. Remove any bindings from the bundles of leaves. Arrange the leaves freely in the bowl.
3. Pour the boiling water over the leaves, while separating the layers gently with the wooden spoon as you pour the water. This will ensure that the water break through all of the leaves very well. Cover them with about 2 inches of water.
4. Allow the leaves to soak in the hot water for about 30 seconds to 2 minutes
5. Remove them from them from the hot water and place them in the cold water
6. Then remove the leaves and let them rest in another bowl or strainer
7. Cut off and dispose of stalks that may still be on the leaves

2. Meat (dinner) dolmades:

1-pound jar of grape leaves in brine
1/2 cup olive oil
2-3 medium onions
1 cup rice (short grained preferred, but anything will work)
1/4 cup pine nuts
3 tablespoons fresh parsley (1.5tsp dried)
2 teaspoons fresh mint, chopped or (1tsp dried)
2 teaspoons fresh dill, chopped (or 1 tsp dried)
Salt and pepper to taste
1.5 pounds ground meat (all beef is best, but ½ beef ½ lamb or any other combo works too)
1 cup water
Juice of 1 lemon

1tbs butter

Chicken Stock (1-2 cups depending)

1. Remove leaves from jar and rinse (or blanch) the leaves of their brine
2. Finely slice the onions and gently fry them in olive oil until they become transparent
3. Add to the pan the uncooked rice and pine nuts and stir over heat for 2 minutes
4. Stir in herbs and seasonings, ground meat, and 1 cup of water and combine
5. Cook mixture until meat is fully cooked and the water has evaporated
6. Remove mixture from heat
7. In a greased heavy bottom pot, place a layer of grape leaves (use up torn leaves)
8. To shape a roll, take a single grape leaf and gently pat dry, removing excess liquid
9. On a worksurface, place the smooth side down (veining facing upward)
10. Take a heaping tablespoon of the meat and rice mixture and place near the center bottom of the leaf
11. Fold the bottom up, then the sides, and roll until there is no more leaf left (similar motion to folding a burrito, but in miniature)
12. Place each roll close together in the pot, with the seam of each roll face down, held in place by its own weight
13. Continue placing rolls until you have a full layer, drizzle with olive oil and lemon juice, then continue onto placing a second layer on top of the first
14. Once all grape leaves are gone (or you run out of meat and rice mixture) add another drizzle of olive oil and lemon juice, dot the layer with butter, and pour in 1-2 cups of chicken stock, making sure not to fully cover the rolls
15. Weight down the rolls with a heatproof pan (like a pie pan) so that they don't float
16. Cover the pot with a lid and steam over a lowish heat for 1 hour, if they are dry by the end of the hour, add water and simmer for a few more minutes
17. Serve hot topped with Avgolemono Sauce

3. Rice (appetizer) dolmades: *vegan

1-pound jar of grape leaves in brine

1/2 cup olive oil

2-3 medium onions

1.5 cup rice (short grained preferred, but anything will work)

1/4 cup pine nuts

3 tablespoons fresh parsley (1.5tsp dried)

2 teaspoons fresh mint, chopped or (1tsp dried)

2 teaspoons fresh dill, chopped (or 1 tsp dried)

Salt and pepper to taste

2-3 cups water

Juice of 1 lemon

1. Remove leaves from jar and rinse (or blanch) the leaves of their brine
2. Finely slice the onions and gently fry them in olive oil until they become transparent
3. Add to the pan the uncooked rice and pine nuts and stir over heat for 2 minutes
4. Stir in herbs and seasonings and 1 cup of water, combine
5. Cover tightly and cook over low heat until water is absorbed (approx. 15 minutes)
6. Remove mixture from heat
7. In a greased heavy bottom pot, place a layer of grape leaves (use up torn leaves)
8. To shape a roll, take a single grape leaf and gently pat dry, removing excess liquid
9. On a worksurface, place the smooth side down (veining facing upward)
10. Take a heaping tablespoon of the rice mixture and place near the center bottom of the leaf

11. Fold the bottom up, then the sides, and roll until there is no more leaf left (similar motion to folding a burrito, but in miniature)
12. Place each roll close together in the pot, with the seam of each roll face down, held in place by its own weight
13. Continue placing rolls until you have a full layer, drizzle with olive oil and lemon juice, then continue onto placing a second layer on top of the first
14. Once all grape leaves are gone (or you run out of rice mixture) add another drizzle of olive oil and lemon juice, and pour in 1-2 cups of water, making sure not to fully cover the rolls
15. Weight down the rolls with a heatproof pan (like a pie pan) so that they don't float
16. Cover the pot with a lid and steam over a lowish heat for 1 hour, if they are dry by the end of the hour, add water and simmer for a few more minutes
17. Once finished, allow them to come fully to room temperature before refrigerating
18. Serve cold with tzatziki or on their own

4. Avgolemono Sauce:

2 cups chicken broth (stock could also work)

2-3 egg yolks

1-2 tablespoons corn starch

Juice of one lemon

Salt and white pepper to taste (if you don't have white pepper, don't buy it, it's not super necessary)

1. Heat chicken stock on in a small pot over medium
2. In a small bowl or measuring cup, whisk together the egg yolks, corn starch (start with 1 tablespoon) and lemon juice
3. To temper the egg mixture, take a ladle of the hot stock and slowly drizzle into egg mixture while whisking, do this 3-4 times until the egg mixture is up to temperature
4. Take the egg mixture and slowly pour into the pot while whisking
5. Turn heat to lowish, with a very low simmer, and allow to thicken for a few minutes
6. If after 10 minutes the sauce has not thickened, make a small mixture of water and 1 tablespoon of cornstarch and whisk into the sauce
7. Once ready, turn heat to low and keep there while serving/eating
8. The sauce can be refrigerated for later use, but should always be gently reheated on the stove, never the microwave

5. Tzatziki:

1/2 - 1 cup sour cream

1 1/2 cups plain Greek yogurt

1 clove garlic, finely minced

1/2 baby cucumber, finely diced pieces (regular cucumbers work too, but you'll want to remove the soft seed part)

1 teaspoon salt

1 tablespoon lemon juice (about 1/2 a lemon)

Optional:

some dill or mint

1. Chop/mince/dice garlic, cucumber, and herbs if you wish to add any
2. Mix all of the ingredient together

6. Potatosalata (Potato Salad): *vegan

5-6 large red potatoes

1/2 cup olive oil
1 shallot, minced
1 clove garlic, minced
1/4 cup lemon juice
Salt/pepper to taste

Optional:

1 teaspoon dried or 1/4 cup freshly chopped herbs (try just one to start: dill, oregano, Greek seasoning mix)

1. Dice potatoes to desired size, and remove any skin you don't want
2. Boil potatoes in a pot of salt water until easily pierced by a fork
3. To make the dressing, in a separate bowl/measuring cup combine olive oil, finely minced shallots, finely minced garlic, lemon juice, salt and pepper
 - a. If using dried herbs, add them to the dressing, if fresh, add them later
4. Drain potatoes and put them back into the pot (or into a new bowl)
5. Pour dressing over still hot potatoes and mix
 - a. If using fresh herbs, this is when you should add them

7. Horiatiki (Tomato salad): *vegetarian

2-3 medium tomatoes

1-2 baby cucumbers (or equivalent regular cucumbers)

1/4 a red onion

Block of feta cheese

Olive oil

Dash of oregano

Salt and pepper to taste

Optional:

Vinegar (I use a good balsamic, but red wine vinegar is more traditional, whatever you prefer)

Kalamata olives

Capers

Green bell pepper

1. Chop vegetables and add to a serving bowl
2. Add in any additional ingredients you wish (olives, capers, green bell pepper, etc)
3. Drizzle with desired amount of olive oil (and vinegar), add a dash of oregano, and salt and pepper to taste
4. Mix together, add a block of feta on top, and serve
 - a. Break up the block of feta as you eat/serve

8. Yiaourti me meli (Greek yogurt with honey)

Greek yogurt

Walnuts

Honey

Optional:

fruits of your choice, not necessarily traditional, but I have eaten it with fruit while in Greece

1. Add a serving of Greek yogurt to a bowl, top with chopped walnuts, fruit (if you like), and drizzle with honey
2. Eat immediately