



THE WAY THE COOKIE CRUMBLES

A FOOD BLOG

Dolmades (adapted from Elly Says Opa and Emeril Live)

Makes about 36

1 (8-ounce) jar grape leaves, or 36 medium-sized fresh leaves
1 tablespoon olive oil
1 onion, diced
3 cloves garlic, minced
½ cup pine nuts
1 cup long-grain rice
1 teaspoon salt
½ cup currants (or raisins)
⅔ cup broth + additional for cooking dolmades
1 lemon
2 tablespoons chopped parsley
Avgolemeno sauce (recipe follows)

1. Bring a medium pot of water to a simmer. Remove the grape leaves from the jar and drop them in batches of 4 or 5 into the hot water. Leave them in the simmering water for 4-5 minutes, then spread them flat on a towel-lined work surface. Cut the stem from each grape leaf, as needed.
2. In a large skillet over medium- high heat, heat the olive oil. Add the onions and sauté until translucent, about 6 minutes. Add the garlic and pine nuts and sauté for 2 minutes. Add the rice, salt, currants, broth, and the juice of half the lemon. Simmer, stirring occasionally, until the liquid is absorbed. Stir in the parsley.
3. To assemble the dolmades, place 1 grape leaf on the work surface, dull side (or underside) of the leaf up. Place 1 to 2 teaspoons of rice filling near the stem end of the leaf. Fold the stem (bottom) end up over the filling, fold the sides toward the filling in the center, then roll up the leaf into a small cylindrical package, being careful not to fold too tightly, as the rice will expand during cooking.
4. Place the dolmades in a large Dutch oven or wide sauté pan, seam side down. Add the juice from the remaining lemon half, plus enough broth to just cover the dolmades. Rest a heavy plate or baking dish directly on top of the dolmades. Bring to a boil over high heat, lower the heat, and simmer for 30 minutes, or until the rice is tender. Serve with avgolemeno sauce.

<http://ellysaysopa.com/2007/09/19/youva-whata/>

Avgolemeno Sauce (adapted from Elly Says Opa)

2 eggs
⅓ cup fresh lemon juice (about 2-3 lemons)
liquid from cooking dolmades

In a medium bowl, whisk the eggs with the lemon juice until combined. Slowly drizzle the hot dolmades cooking liquid into the egg/lemon mixture, whisking continuously to avoid scrambling the eggs.