

Lahanodolmades

(Stuffed cabbage leaves)

1 white cabbage
(medium sized)
½ kg beef-mince
¾ cup of rice for risotto
1 onion
2-3 fresh onions with their
green stalks
½ bunch parsley
some mint
½ teaspoon cumin
½ cup olive oil
salt/pepper

For the egg-lemon sauce:
2 eggs
1 lemon (juice)
1 tbsp corn flower
salt/pepper

- 1** With a sharp knife remove the hard core of the cabbage.
- 2** Place the cabbage in a saucepan and boil whole.
- 3** When it has softened, take it out of the saucepan to cool.

Meanwhile prepare the filling:

- 4** Place the mince in a bowl.
- 5** Add finely chopped onion, spring onions (and the green stalks) parsley and mint.
- 6** Then add cumin, oil, salt and pepper.
- 7** Peel off the cabbage leaves and keep some of the harder leaves to the side.
- 8** Cut away the hard stalks of the leaves.
- 9** Finely chop some of the hard stalks (1 cup).

10 Add this to the bowl with the minced meat and mix all the ingredients very well.

11 For each cabbage leaf place 1 tablespoon of the filling at the end of the leaf and fold it very carefully and tightly, do this gently so not to tear the leaf (if the leaf is too big, cut the leaf in half).

12 Now, on the bottom of the a deep saucepan arrange the hard leaves, which you have kept aside. Place each lahanodolma in the saucepan with the seam facing downwards, one closely next to the other, in a circle.

13 After you have placed all the lahanodolmas in the saucepan, cover them with water and put a plate on the top, so to stop them dancing around while being cooked. Cover the saucepan and cook them for about 1 hour on a low heat.





When almost cooked prepare the egg-lemon sauce:

1 In a bowl beat the eggs very well.

2 Squeeze the lemon and remove all pips.

3 Add the lemon juice to the eggs, a little salt and pepper beating continuously.

4 Then add the cornflour which has been diluted in a little cold water.

5 Take a little of the hot broth from the saucepan and gradually pour this into the egg-lemon mixture stirring continuously.

6 Turn off the heat of the saucepan and pour the egg-lemon sauce over the lahanodolmades, shake the saucepan. This is in order to make sure the egg-lemon sauce mixes in well everywhere. Leave the saucepan to stand for a while, so that the lahanodolmades blend with the sauce.



