KALI OREXI

sharing our Greek culinary heritage

Lahanodolmades - Saramades - Yiaprakia

A recipe inspired by Toula Gridas

(Please make her Spring Lamb dish too - it is deeelicious!!!!)

You will need...

1 large cabbage (that fits in your pot)
2 medium brown onions, diced
½ cup Extra Virgin Olive Oil (EVVO) + more for drizzling
500g beef mince or pork mince or a mixture of both
½ cup passata
½ cup medium grain rice
2 teaspoons salt
1 - 1 ½ teaspoons cracked black pepper
30g bunch parsley, ½ bunch
20g bunch mint, ½ bunch
50g bunch dill, 1 bunch
Additional 400ml passata

Preparing the cabbage

- Cut the core/stalk out of the base of the cabbage
- Place the cabbage in a large pot with the open side face-down
- Fill the pot with water and bring to a gentle boil
- Boil for approximately 30 minutes and then turn the cabbage over
- Boil for a further 15-20 minutes

Preparing the filling

- Grate the cabbage core
- Add the grated cabbage and the brown onions to a fry pan

- Add ½ cup EVOO and sauté till the cabbage and onions have caramelised (this is a slow process – you need to reduce the heat as the water content in the cabbage and onions decreases) – this caramelisation process times nicely with the cabbage leaf prep
- On very low heat, add the mince to the pan and **just** break it down into small pieces and coat it with the EVOO – you do not need to brown it
- Transfer the onions/cabbage/mince-meat to a bowl and add the ½ cup passata, rice, salt, pepper and herbs – mix well

Preparing the lahanodolmades

- Using tongs and **holding only onto the midrib of the cabbage leaves**, remove the outer leaves of the cabbage – remove 4-6 leaves at a time
- Leave the cabbage in the simmering water to continue softening and then remove more leaves as you need them
- Drizzle a medium-large baking dish with EVOO
- Lay down 2-3 cabbage leaves on the base of the baking dish and drizzle with more EVOO
- Pour a little passata on top and season with salt too!
- Place a cabbage leaf on your work surface with the midrib facing towards you
- Cut out the thicker section of the midrib and set aside (I cook the midribs with EVOO till they brown and then add eggs – they are delicious!)
- Take approximately 65g of the filling and form into a quenelle shape and place it horizontally just above the point where you cut out the midrib
- Fold over the cabbage leaf lobes (closest to you) onto the filling. Then fold one side of the leaf inwards and then the other. Finally, roll the lahanodolma upwards – from bottom to top - to form a neat, cylindrical parcel
- Lay down the lahanodolmades, so their open seam faces downwards, and they fit snugly in the baking dish – I make 16 lahanodolmades from these ingredients and they fit perfectly into my baking dish that is 36 x 32cm
- Pour a little passata on top of the lahanodolmades (I used 300ml passata – you can use more or less), season with salt and drizzle with more EVOO
- Bake at 180°C fan-forced covered with slightly vented aluminium foil for 1 - 1 ¼ hours
- Carefully flip the lahanodolmades in the pan and then bake uncovered for 15-20 minutes more – till they have softened and browned a little

Serving the lahanodolmades

- Serve with yoghurt and/or feta
- Kali Orexi!