



Our Family Recipes

Aggie's Dolmathes *

(Ethel Agnus Rolin Thompson Allen)

Main Dishes

Cabbage or grape leaves (Thompson seedless are best)

1 pound ground round ($\frac{1}{2}$ can be lamb)

1 large onion, diced finely

1 large clove garlic, minced

$\frac{1}{4}$ t nutmeg

1 t cinnamon

$\frac{1}{2}$ cup rice (uncooked and not Minute Rice)

1 T mint leaves (dried)

2 T parsley, chopped (dried okay)

1 egg (if recipe doubled, don't double egg)

1 t salt

$\frac{1}{4}$ to $\frac{1}{2}$ t pepper

Lemon Juice

Butter

Mix all except the lemon juice, butter and leaves

For cabbage leaves, remove most of the stem and cover with salt water for 15 minutes

For grape leaves (jarred or fresh), remove stems with scissors, place upside down on plate (stem side up)

Place mixture in center of each leaf, about 2 T

Roll up folding ends over to prevent leakage

Arrange rolls in circular layers at bottom of pot

Sprinkle with lemon juice and barely cover with water

Dot with butter

Can add 1 cube bullion, if desired)

Place saucer or plate on top of preparation when it boils

Cover

Lower heat and cook for 1 hour

* Dolmathes is Greek for Stuffed Grape Leaves. Aggie (Bob's mother) was married to a Lebanese whose mother taught her how to make this standard dish. We found that if the leaves are fresh they should be covered for about 15 minutes with salt water, just like the cabbage, in order to soften them slightly.