

Stuffed Grape Leaves – Greek Dolmathes with Avgolemono Sauce

AKA Dolmades with Egg Lemon Sauce

<https://moneysmartfamily.com/money-saving-tips/ground-beef-main-dish-recipes/#dolmathes-grape-leaves>



This is a recipe that's been in Steve's family for 3 generations.

Dolmathes Ingredients:

- 2 lbs. - Ground Beef (80/20 or 85/15)
- 1 Large Onion Diced
- 1 Cup White Rice
- Mint Leaves – Chopped (Fresh or Dry)
- ¾ cup Water
- 1 lb. Jar of Grapevine Leaves

(these can be found at Greek, Italian or Middle Eastern markets)

- 4 Beef Bouillon Cubes
- 4 Cups of Water

Directions for Rolled Grape Leaves - Dolmathes:

Mix Ground Beef, Onion, Rice and Mint in a large bowl. Add water until mixture remains moist. Let mixture sit for several hours to allow the rice to soak up the water.

Pull grape leaves from jar and gently unroll them.

Pinch off any grape leaf stems as you prepare

each leaf. Dispose of the stems.

Put a heaping tablespoon of the meat mixture into the center of each leaf.

Fold over the sides and roll up the leaf until the meat is completely surrounded.

Gently place rolled grape leaves into the bottom of a glass or ceramic casserole. We use a 3-quart sized casserole with a glass lid.

You can put torn grape leaves on the bottom of the casserole if you have any (this step is not necessary).

Arrange rolled grape leaves in neat rows and layer until the meat is used up.

You can make this recipe ahead of time and freeze for use weeks later. Or you can cook immediately after rolling them.

When ready to cook, (defrost if frozen) add 4 cups of water and 4 bouillon cubes.

Place casserole on stove top and bring to a boil.

Turn down the temperature on the stove to low and simmer for 45 minutes until thoroughly cooked.

Avgolemono Sauce Ingredients

- 6 Eggs
- 3 Cups of Lemon Juice (fresh squeezed or bottled)
- 3 or 4 Cups of Beef Broth
- Corn Starch

Directions for Egg Lemon Sauce – Avgolemono

Make this sauce AFTER the grape leaves have been cooked.

Beat 6 eggs in a 4-quart sauce pot. Add 3 cups of lemon juice. You can use less if your family is not fond of this taste.

My original recipe from Steve's mom called for 1 ½ cups lemon.

Because we have a Meyer lemon tree growing on our property, and our family loves this taste we use more.

Add 3 to 4 Cups of beef broth that you have ladled out of the cooked grape leaves casserole.

Heat this mixture slowly over a medium heat. Use a large whisk and stir constantly while heating. As the sauce heats up it will thicken. If you stop stirring, you risk the egg solidifying (curdling) and the sauce won't be as smooth.

When you feel the sauce start to thicken and before it comes to a boil, add the liquefied cornstarch.

Liquefy Cornstarch

You can liquefy the cornstarch by taking one tablespoon of cornstarch powder and mix it in a one cup measuring cup with 1 or 2 tablespoons of water. Stir until the powder becomes a thick liquid.

The sauce has to be made right before eating. Let guests or family spoon the sauce over the Dolmathes on their plates.

This recipe serves 8 to 10 people and will rarely have any leftovers.

If your group is larger, consider serving Greek Pastichio, Greek Chicken (Souvlaki) or Greek Shish Kabob with this.