

Stuffed Meat Grape Leaves

1 ½ pounds Ground Beef (can use lamb or turkey or combination)

1 Onion—grated

2T Parsley

1T Mint

A bit of garlic salt or powder to your liking

1 t. Salt

1 egg

¼ t. Pepper

¾ c. Tomato Sauce

1 c. uncooked rice

1. Mix all the ingredients above together.altogether.
2. Pick fresh grape leaves anywhere you can find them, or get canned ones and rinse. Need about 75 as this amount of meat makes about that many grape leaves.
3. Put in pan that has a coating of olive oil on the bottom. Place side by side.
4. Make them into a shape of a hotdog by putting the meat at the stem amount of meat depends on the size of the leaf). Turn the sides of the leaf onto the meat and roll up to the top of the leaf tucking in the sides of the leaf as you go.
5. Cover with water and weight them down with a couple of plates—something to hold them down so they do not float in the pan and then unroll. Cook about an hour and then let them sit a bit. Follow the Egg lemon sauce recipe to finish them off.

Egg Lemon sauce for Grape Leaves

3 eggs

Lemon juice to taste

1. Put oil in the bottom of the pot that you will cook the grape leaves in.
2. Place grape leaves in—side by side and tightly together and layer until all are in the pot.
3. Cover the grape leaves with water and weight the leaves down with some type of stoneware plate(s) so that the grape leaves will not float around and unroll.
4. Bring to a boil and cook for one hour.
5. Turn the heat off and let them cool for a bit. You are going to use the water in the pot—so you do not want it so hot that when you add it to the egg mixture it will curdle/cook the eggs.
6. Separate 3 eggs. Mix the whites on high first until thick. Add the yolks.
7. Take most of the liquid out of the grape leave pot and slowly add it to the egg mixture that is still being mixed slowly in the mixmaster.
8. Add lemon juice to taste.
9. Pour over the grape leaves still in the pot. Shake the pot to get the sauce all the way to the bottom of the pot.
10. Let sit for a few minutes and then pour into a bowl—better if the bowl is bigger than the pot and if you put the bowl over the top of the pot and then flip the pot over. Do this over the sink. There will be some suction when you turn it over, so it takes a minute for the grape leaves to come down out of the pot and into the bowl.