

DOLMADES **AND** **CABBAGE ROLLS**



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Dolmades

Stuffed Vine Leaves

Dolmades are delicate parcels made from grape leaves (also known as vine leaves) stuffed with long-grain rice, fresh herbs and seasonings.

Dolmades may be served as an ap-



petizer or salad plate, eaten as finger food, or simply enjoyed as a tasty snack.

Here are the instructions step-by-step: Heat 4 or 5 tablespoons of extra virgin Olive Oil in a medium pot on low heat, add 1 finely chopped onion and stir fry for a few minutes until golden in colour.

Salt and pepper to taste.

Add 1 cup of water,

1 cup parboiled rice, and fresh dill.

Bring to a boil, reduce heat until the water evaporates, stir occasionally to combine the ingredients uniformly. Remove from heat.

In a separate pot, bring some water to a boil and add approximately 20 to 30 grape leaves for 5 or 6 minutes.

Drain, pat dry, and then trim the stems. Place one of the leaves (vein side facing up) on a plate, and put a



tablespoon of the rice mixture near the stem.

Fold the stem end over the filling once, then fold the edges in. Continue rolling the leaf until it is completely folded. (Avoid folding too tightly as the rice will expand during cooking).

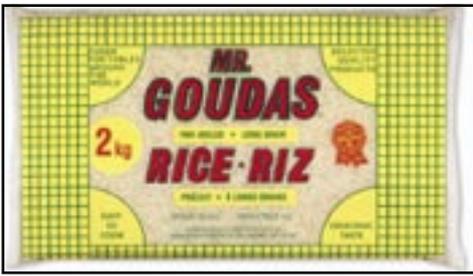
Repeat the above procedure with the remaining grape leaves and filling.

Line the bottom of a large pot with any damaged grape leaves and place the rolled dolmades side-by-side (seam-side down) in a single layer on top of the leaves.

Pour 1½ cups of water, 1 tablespoon of lemon juice and 2 tablespoons of Extra Virgin Olive Oil over the dolmades.

Cover with a heavy plate, which fits inside of the pot so as to hold your dolmades in position once they begin





to boil, otherwise they will unfold and there will be ingredients floating everywhere.

Bring to boil and cover the pot. Reduce heat and simmer for approximately half an hour without lifting the lid.

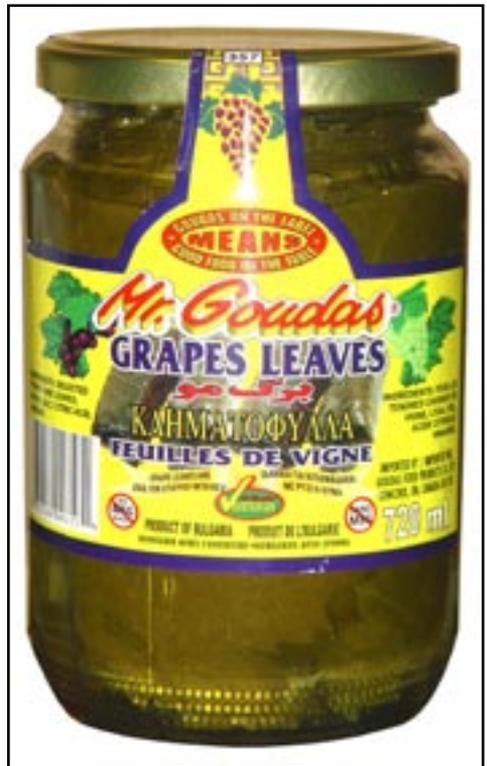
Sample one of your beautiful creations. If in your opinion it is cooked, then voila! If not, add a little more water and continue simmering until satisfactory to you.

As stated above, dolmades are appetizers. A key factor in the final outcome of this dish is finding the right grape leaves.

You do not want to find yourself pulling strings out of your mouth after eating.

Therefore, we recommend purchasing one of the following brands which have been proven to consistently provide good quality leaves: Ariston, Fandis, Mr. Goudas, Klik, Krinos or Elvira.

With respect to the rice, we suggest



Mr. Goudas Parboiled Rice, because this particular variety withstands the extra heat and cooking that this dish requires, without the fear of the rice becoming mashy-mashy, or puttee-puttee. Each grain will stand inde-



pendently.

If you like softer rice then we recommend the Mamma Lucia Brand

Hopefully, we have given you all the information you need to create delicious dolmades, and it is up to you to take the time to try this dish at least once.

It seems like a lot of work, but if you enjoy cooking you will find that it is also quite creative and entertaining.

Should you not have the time or the patience to undertake this dish, leave it to the professionals and simply open a can of Mr. Goudas Dolmades ready-to-eat, right out of the can.

You may serve as is, or place in the microwave for 1 minute only.

Each piece is a mouthful and each bite is a delight.

This is very important: We mentioned that the selection of the leaves is of great significance to the outcome of this recipe.

There are 2 harvesting periods for the leaves: spring and autumn.

The spring leaves are small and tender and the autumn leaves are somewhat larger, thicker and rougher in texture with mature strings.

Mr. Goudas Dolmades are made with spring leaves hence the reason why his dolmades are so tender and mouthwatering.



Cabbage Rolls

Ingredients:

1 large cabbage (the kind with the



softer leaves)

2 Onions

2 cups of Parboiled Rice

1\2 cup Vegetable or Olive oil

1 Lemon

Salt and pepper to taste

Dill leaves (optional)

(Mince meat is optional)

Preparation:

Place the cabbage in a large pot, add 2 cups of water and boil at "high" temperature for approximately 15 minutes until the leaves are somewhat soft.

Mix the juice of the lemon with the salt and pepper in a small cup, and add dill, only if you enjoy the taste.

Place the rice in a pot and add this mix. Chop the onions into small pieces, and add to the rice.

Add 1 cup of water and bring to a boil for 5-6 minutes, un-



til the water evaporates and the ingredients become semi-soft.

Remove the cabbage from the heat and separate the leaves. (Of course we do not have to tell you to let it cool so that you do not burn your fingers, okay!!).

Remove the hard part of the leaves, and use only the soft part so the rolls can twist better and will have uniformity in taste and texture.

Place a small amount of the rice on each leaf and roll fully.

With respect to the rice, we suggest Mr. Goudas Parboiled Rice if you like each grain to stand independently, or Mamma Lucia, if you prefer a little softer rice.

Carefully place all the rolls in a pot, in individual layers one on top of the other, until all the leaves have been used, and add enough water to cover all the layers.

Pour the oil on top of the rolls and cover with a small plate to keep them in place while cooking. Cover the pot and boil under “low heat” for approximately 25-30 minutes.

You may enhance this recipe with a mix of egg and lemon sauce as a

topping. However, that’s a different seminar...!

We hope that we have given you all the information you need to create some delicious Cabbage Rolls.

As always, it is up to you to take the time to try this dish at least once.

It certainly seems like a lot of work, but if you enjoy cooking, you will find that it is also quite creative, entertaining, and according to Mr. Goudas, quite relaxing after a hard day at the office.

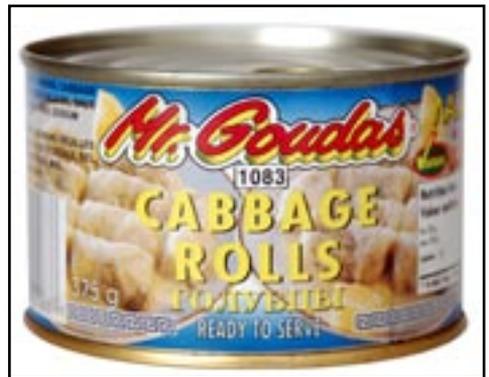
In fact, even executives, lawyers, or business owners, who undergo lots of stress everyday, will find making these treats as a therapeutic retreat from the busy business world.

Should you not have the time or the patience to undertake this dish, leave it to the professionals and simply open a can of Mr. Goudas Cabbage Rolls, ready-to-eat, right out of the can. You may serve it as is, or heat for one minute.

Each piece is a mouthful and each bite is a delight.

The following article enlightens the consumer about the creation of Goudas Cabbage Rolls:

We have worked quite hard to make



this product. In the initial stages we made several batches in our laboratory kitchen. The first thing to be considered was the taste.

We had to search for the proper cabbage, and as you know, there are many varieties on the market.

Next on the agenda was the selection of the most appropriate variety of rice.

Additionally, we had to balance out the right spices, onion, dill, etc.

And finally, after many attempts we came up with good results.

Of course this was in the initial stages and there was a big difference from where we were to where we wanted to be.

After two years of hard work, many trials and many errors, Mr. Goudas finally arrived at the perfect finished product.

This product is such, that it can be taken anywhere: home, office, camp, and even at the cottage.

Should you be able to teach your kids to appreciate this food item, it may eliminate their desire for junk food.

Mr. Goudas Cabbage Rolls are also available in a large 2 kilogram can, which is suitable for large families,



dinner parties, as an appetizer, or for restaurants.

To make this product uniform in size we had to use only the soft portion of the cabbage leaves and enhance the taste with fresh onions and fresh dill.

Therefore, Mr. Goudas personally, and with the help of the finest in the industry, was able to achieve a state-of-the-art product in ready-to-eat meals.

It is important for you to understand that all the ingredients are placed raw in the can, the lid is placed in position, and the product is then cooked within the can in an apparatus called a “retort”.

This is why the precise elevation in temperature, the length of cooking time and the cooling period, all play an important role in the final outcome.



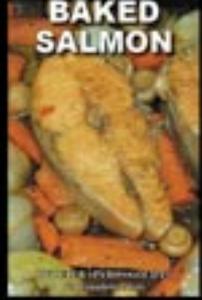
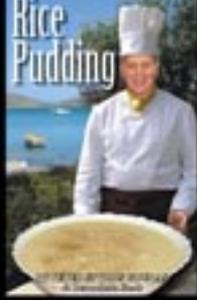
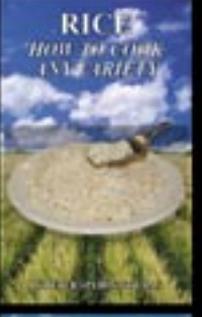
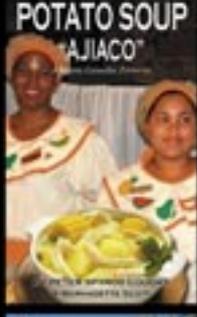
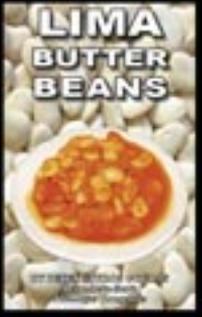
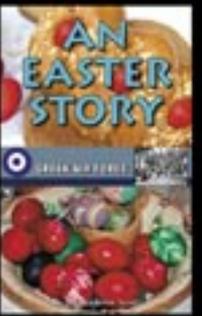
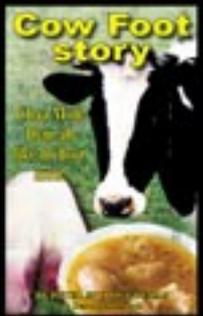
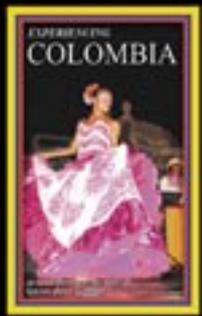
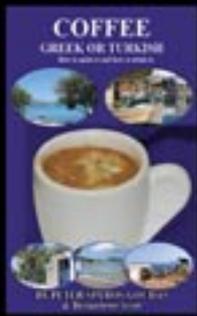
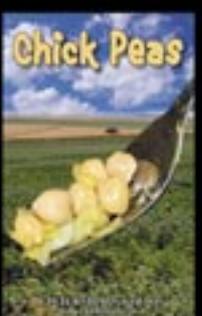
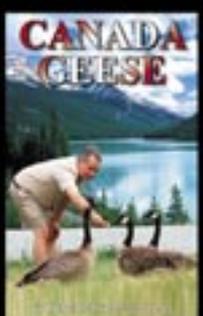
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