International Lab menu

Appetizer:

* Dolmades serve with Taziki sauce

Entrée:

* LAHANODOLMADES: Greek Style cabbage rolls with egg lemon sauce
* Indian butter chicken curry

Sides:

* Naan bread
* Basmati rice pilaf

Dessert

* Gulab Jamon

First Appetizer

**Dolmades**

Ingredients

Ingredient Checklist

* 1 15- to 16-ounce jar grape leaves, drained
* 1 pound ground lamb
* 1 cup raw long grain white rice
* ⅓ cup minced fresh parsley
* 2 tablespoons minced fresh mint or 2 teaspoons dried
* .5 tablespoon dried oregano leaves
* 1 tablespoon extra-virgin olive oil
* 1 teaspoons ground cinnamon
* 2 teaspoons ground cumin
* 1 teaspoon salt
* ¾ teaspoon freshly ground pepper
* ½ teaspoon ground allspice
* 1 lemon juice

Procedures

1. Put a large saucepan of water on to boil. Remove grape leaves from the jar and unroll. Separate into two piles--one of whole leaves and one with any torn leaves or pieces of leaves. The whole leaves will be used for rolling. Set aside the others for Step 5.
2. Cook the whole grape leaves in the boiling water for 5 minutes; drain in a colander.
3. To prepare filling: Combine lamb, rice, parsley, mint, oregano, oil, cinnamon, cumin, salt, pepper, and allspice in a medium bowl until well combined.
4. To assemble grape leaves: Lay a clean kitchen towel or paper towel on a work surface. Place 4 to 6 whole grape leaves at a time on the towel with the stem-side up and stem end pointing toward you. Pinch or trim off any long or tough stems. Depending on the size of the leaf, shape 2 teaspoons to 1 tablespoon of the filling into a 1 1/2- to 2-inch log and place it on the leaf, perpendicular to the stem end. Roll the end of the leaf over the filling, tuck in the sides and roll tightly into a cigar shape. Repeat with the remaining grape leaves and filling. (You may have filling or grape leaves left over.)
5. Place the torn or very small leftover grape leaves in a large saucepan, covering the bottom completely; this will prevent the stuffed leaves from sticking as they cook. (No leftover leaves? See Tips.) Place about half of the stuffed grape leaves in one tight layer in the pan and drizzle with 2 tablespoons lemon juice. Make a second layer of grape leaves on top of the first and drizzle with the remaining 2 tablespoons lemon juice.
6. Place the largest heatproof plate you have that will fit in the pot on top of the grape leaves. Place a small-to-medium heatproof bowl on top of the plate and fill it three-quarters full with water (this will act as a weight to keep the grape leaves submerged). Add water to the pan until it reaches the rim of the plate.
7. Timing: Bring to a boil, then reduce heat to a simmer. Cook until the rice is tender, adding water as necessary to keep the grape leaves submerged, about 45 minutes. (To check if the rice is done, carefully remove the bowl and plate, take out one stuffed grape leaf using a slotted spoon and cut it open.)

**Taziki sauce**

Ingredients

* 2 cups plain Greek yogurt, can use dairy-free
* 1 cup shredded or diced cucumber
* 2 Tbsp lemon juice or white wine vinegar
* 2 cloves garlic minced
* 1 Tbsp chopped dill
* Salt and pepper to taste

Instructions

1. Prep cucumber: Meanwhile, sprinkle a pinch of salt onto shredded or diced cucumber and spoon into cheesecloth or paper towels. Let sit for a few minutes then wring it out to draw out moisture.
2. Mix: Mix together yogurt, cucumber, dill, garlic, and lemon. Season with salt and pepper to taste.

First Entrée

**LAHANODOLMADES**: Greek Style cabbage rolls with egg lemon sauce

Ingredients

* 1 large cabbage, stem removed
* 2 carrots
* 3 celery ribs
* For the filling:
* 1 pound ground beef
* 1/4-1/2 cup olive oil
* 1/4 cup water (or more)
* ​1 small onion
* 1/2 cup uncooked white rice
* 1/2 cup chopped parsley
* 1/2 cup chopped dill
* ​1 teaspoon salt
* black pepper to taste
* ​5-6 cups chicken broth or water
* For the egg-lemon​ sauce:
* 3 egg yolks
* 1/2 cup freshly squeezed lemon juice
* 2 tablespoons cornstarch

Instructions

1. Boil the cabbage in salted boiling water with the cored part facing down. Flip it around and boil an additional 10-15 minutes until the leaves begin releasing easily and have become somewhat translucent. They should not be overcooked to the point where they become soft and mushy.
2. Pull the leaves out as they detach from the cabbage and set them in a colander to drain.
3. When you peel off most of the leaves and you get to the core with the smaller leaves it will be difficult to remove the leaves without ripping them. At this point just remove the small bunch with the core attached and place in the colander. It will be easier to separate them once they are cooled. Most of these leaves will be too small to use for the cabbage rolls so they will be used as the bed or cover.
4. Roughly chop the carrots and celery into large chunks and place them in the bottom of your pot. These will be the bed that the cabbage rolls will sit on so that they do not come in direct contact with the heat and cook more gently. This will prevent them from falling apart while simmering.
5. Use some of the small and shredded pieces of cabbage to cover the vegetables.
6. Place half of the onion in a food processor and pulse until it is finely chopped. Add the parsley and puree until smooth. Place this mixture in a large mixing bowl.
7. Pulse the remaining half of the onion until finely chopped. Add the dill and puree until smooth. Place this mixture in the mixing bowl.
8. ​Add the ground beef, salt, pepper, rice, olive oil, and water to the pureed​ ​herbs​ and onion and mix well to combine. The best way to do this is by hand. Break up the ground beef and add 1/4 cup more water if the mixture is not very moist.
9. ​A very moist, wet filling will make the best tasting cabbage rolls.
10. ​To assemble the cabbage rolls, take a cabbage leaf and lay it flat on your work surface. Cut of the thickest part of the stem. Place a full tablespoon of the filling in the center, fold the left and right sides of the leaf over the filling then roll it up.
11. ​Continue the same process adjusting the amount of filling depending on the size of the cabbage leaves (smaller leaves get less filling). Keep in mind that when the filling is cooked, the rice will expand a bit. Roll them up tight but giving enough room for the rice to expand.
12. ​Some leaves may be very large. You can cut those in half and use them to make 2 rolls.
13. ​Layer the cabbage rolls in the pot fitting them snug together.
14. ​Cover them with cabbage leaves.
15. Place a plate over them inverted. This will keep them in place so that they do not fall apart while cooking.
16. ​Pour enough water or chicken broth to come right up to the plate.
17. Cover the pot and bring to a boil. Reduce to a simmer and cook for 30-45 minutes.
18. ​Carefully remove the plate and the extra cabbage leaves from the pot.
19. ​Combiner the egg yolks, cornstarch, and lemon juice in a bowl. Whisk well until smooth.
20. Add some of the hot broth to the egg mixture. Whisk well.
21. ​Season with some more salt and pour the egg-lemon​ mixture into the pot. Carefully shake the pot from side to side to distribute the egg-lemon​ sauce.
22. ​Bring to a boil. Taste the seasoning and add more salt if necessary. Remove from heat and allow to rest for at least 15 minutes before serving. The sauce will thicken as it sits.

Second Entree

**Indian butter chicken curry**

Ingredients

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| For chicken:* 2 lb. boneless, skinless chicken breasts/skinless chicken thighs, cubed
* 2 tsp chili powder
* 1 tbsp lemon juice
* 2 tbsp olive oil
* 1 cup Plain yogurt or Greek yogurt
* 6 tbsp butter (2 tbsp melted)
* 2 tbsp garlic paste
* ½ tsp turmeric
* Salt To Taste
 | For sauce:* 1 small yellow onion, diced
* 2 tsp garam masala
* 1 tsp ground cumin
* 1 tsp cayenne pepper
* 1 tbsp freshly grated ginger
* 2 cloves garlic, minced
* 1 cinnamon stick
* 1 14 oz can tomato sauce
* 1 cup heavy cream
* 1 cup water
* Salt and pepper
* 4 oz of AP flour
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Procedure

1. Remove the skin and bones off the chicken thighs and then cut them into large dice (1” cube).
2. Place chicken in a glass dish or bowl with lemon juice, chili powder, and a good pinch of salt. Toss to coat chicken entirely; cover dish and refrigerate for at least 30 mins.
3. Combine yogurt, garlic paste, turmeric, butter, and oil in a medium bowl. Season with salt and pepper. Pour yogurt mixture over chicken, cover, and return to the refrigerator to marinate for another 30 mins.
4. Preheat large pan with Ghee or blended oil and sauteed the chicken.
5. Remove the chicken and put it in a hotel pan to hold, then melt 2 tbsp of butter in the same pot, then add the onion, garam masala, remaining teaspoon of chili powder, cumin, ginger, garlic, cayenne, cinnamon, salt and pepper. Sauté over medium heat until fragrant. Add the flour and cook until it absorbs all the moistures.
6. Add the tomato sauce, water, and cream, and bring to a simmer.
7. Transfer the chicken to the pot, cover, and simmer for another 10-15 minutes, or until chicken is cooked through and thickens.
8. Stir in the last 2 tablespoons of butter and season to taste.

Naan Bread

Traditional Naan Bread recipe yields 4 pieces

Mix all ingredients together to a dough

* Instant Yeast……..1 tsp.
* Sugar……..1 tsp.
* Salt……….1/4 tsp.
* Warm water….1/4 cup
* AP flour …….1 cup
* Yogurt ………1/4 cup
* Oil …………..1 TB
* Add the yeast mix
* ½ cup of AP after mixing, then mix into a smooth dough
* Rub with oil and ferment for 1 hour

1. Punch dough and portion into 4 round balls.

2. Roll out one dough at a time and apply water to it then stick it on a saute pan (do not use non-stick). Start heat the pan up with the dough until it starts to bubble then turn the pan over with the naan bread in it so the other side could cook over the open flame or other types of heat.

Basmati rice pilaf

Ingredients

* 2 tablespoons butter
* ½ cup yellow onion, diced small
* 6 garlic cloves, chopped
* 1 cup washed and soaked basmati rice
* 2 ½ cups chicken or vegetable stock
* Salt and ground pepper to taste

Instructions

1. In a wide pan with a lid, melt butter over medium-high heat. Add onion and cook, stirring occasionally, until translucent and just starting to brown, about five minutes. While onion cooks, rinse rice in a fine-mesh sieve until the water runs clear and shake out any excess water.
2. Add garlic to pan and cook, stirring, until very fragrant, about a minute. Add rice and stir to coat with butter, then cook, stirring once or twice, for two minutes. Pour in stock and give it all a good stir. Bring to a boil over high heat. Then cover pan, lower heat to maintain a gentle simmer, and cook until broth is absorbed, 15 to 20 minutes.
3. Off the heat, place a clean kitchen towel between the pan and the lid to absorb excess steam and let pilaf rest for 5 to 10 minutes.

Gulab Jamon

INGREDIENTS

* 1.5 cup milk powder, unsweetened
* 1 cup AP flour
* 1 tsp baking powder
* 4 tbsp ghee / clarified butter
* 1 cup milk (for kneading)
* ghee or oil (for frying)

**for sugar syrup:**

* 4 cup sugar
* 4 cup water
* 4 cardamom pods
* 0.5 tsp saffron / kesar
* 2 tsp lemon juice
* 2 tsp water

INSTRUCTIONS

1. firstly, in a large bowl take ¾ cup milk powder, ½ cup AP flour and ½ tsp baking powder.
2. mix well.
3. now add 2 tbsp ghee and mix well making the flour moist.
4. further, add milk until it forms a dough.
5. combine well forming a soft dough. do not knead the dough.
6. cover and rest for 10 minutes.
7. meanwhile, prepare the sugar syrup by taking 2 cup sugar, 2 cup water, 2 cardamom and ¼ tsp saffron.
8. mix well and boil for 5 minutes or until the sugar syrup turns sticky. do not attain any string consistency.
9. turn off the flame and add 1 tsp lemon juice and 1 tsp water. lemon juice is added to prevent sugar syrup from crystallizing.
10. cover and keep the sugar syrup aside.
11. after 10 minutes or resting the dough, start to prepare small ball sized jamuns.
12. make sure there are no cracks in the jamun. if there are cracks then there are high chances for jamuns to break while frying.
13. deep fry in medium hot oil.
14. stir continuously and fry on low flame about 320F.
15. fry until the jamuns turn golden brown.
16. drain off and transfer the jamun into a hot sugar syrup.
17. cover and rest until jamuns absorb the sugar syrup and doubles in size.