

COOKING CUISINE

13th July 2022

Greek Dolmades (Stuffed Vine Leaves)

Serves 8

Equipment

- Saucepan
- Bowls
- Chopping board & knife

Ingredients

- 450 gr (1 lb) vine leaves (collard greens or kale leaves)
- 13 350 gr long grain rice (3 cups)
- 6 spring onions (finely chopped)
- 1 red or yellow onion (peeled and chopped)
- 2 cloves garlic
- 2 lemons
- 1 cup extra virgin olive oil
- 4 tbs fresh chopped herbs (parsley, coriander, mint, chives, dill, etc)
- Freshly ground pepper and salt to season



Directions

- Heat 3 tbsp of olive in a saucepan and add the vegetables.
- Sauté over medium heat for 8-10 minutes, or until the onion becomes translucent.
- Add the rice to the pan and sauté with the vegetables for a few more minutes, stirring everything through to make sure the rice grains are coated in the oil.
- Add one cup of boiling water and simmer, stirring occasionally.
- When the water has boiled down, add a little more water.
- Once the rice is half cooked and all water has evaporated (remember to stir occasionally reaching the bottom of the pan, to prevent sticking), add salt and pepper.
- Remove the pan from the heat and cover with a lid.
- Add the chopped herbs and green onions
- Put the rice filling in a bowl or plate and let cool down to room temperature.

Preparing the leaves

1. Bring a pot of water to the boil and blanch the leaves for 2 minutes
2. Remove and rinse the leaves with cold water (do in batches, if necessary)
3. Line the bottom of a sauce pan with a layer of leaves (to protect the dolmades whilst cooking)

4. Spread out one or two grape leaves at a time (depending on size)
5. Place a tbps of rice stuffing over the leaf/leaves and roll the dolma folding the sides in as you go along to make parcels.
6. Place in the pot and finish the process with the rest of the leaves and filling.
7. Pour the lemon juice and rest of the olive oil over the dolmades
8. Place a plat small enough to fit inside the pot over the dolma to prevent them floating up.
9. Submerge the rolls with water, and a little salt. Cover the lid and simmer gently for around 35-40 minutes.
10. Add more water, if needed, during the cooking process.

11. Remove the Dolmades with a spoon or slotted spoon and serve warm or at room temperature with tzatziki or another preferred sauce or dip.

For alternative fillings:

include grilled sardines (popular in Thessaloniki)

Jewish 'Yaprakes Finos' – stuffed with rice, pine nuts, tomatoes and onions

Iranian 'Dolma Bargh' – stuffed with rice, peas, cilantro (coriander) and spices

Armenian 'Yalachi Sarma' – rice, parsley, tomatoes and cinnamon.