



## **DOLMADES**

Makes 30

Dolmades are one of those Mediterranean specialities that have graced the tables of family homes and cafes for centuries. From Lebanon to Georgia and back to Greece they are a true symbol of our way of eating: platters to share, food is social and can bring everyone together (unless they start talking about who made them first, of course...)

### **Ingredients:**

30 ripe, firm vine leaves  
2 medium red onions, finely grated  
1 large clove of garlic, finely grated  
5 large tablespoons of risotto rice  
260ml olive oil  
150ml water  
Juice of 1 medium lemon  
1 teaspoon of corn flour  
1 tablespoon of fresh mint, finely chopped  
1 tablespoon of fresh parsley, finely chopped  
1 tablespoon of fresh dill, finely chopped  
Salt and pepper

### **Preparation:**

- Place the vine leaves in a saucepan and gently bring to the boil over a medium heat for around 8 minutes or until soft and malleable
- Once the leaves have softened, drain the water from the saucepan and place the leaves on a clean towel to remove excess moisture
- Combine the onion, garlic, mint, parsley and dill together with the risotto rice, 3 tablespoons of olive oil and a pinch of salt and dash of pepper in a large mixing bowl
- Working with just one vine leaf at a time, place the leaf flat onto a clean surface like a chopping board with the stem of the leaf facing you
- Place a teaspoon of the mixture into the centre of the leaf. Fold in the left and right sides of the leaf to cover the ends of the ball of mixture and then roll the leaf from the closest point to you up to the end, so that you have a tidy little parcel
- Place the dolmades in the bottom of a medium saucepan (not on the heat) in a circular pattern, you will need to make a few layers depending on the size of the saucepan, the dolmades need to support one another but don't pack them in too tightly as each one needs some space

- Add the water and the remainder of the olive oil and bring to the boil on a medium-high heat for 35 minutes, checking regularly and adding more water if the level in the saucepan starts to get close to the bottom of the pan
- In a small mixing bowl mix the lemon juice and the flour until smooth. 5 minutes before the end of the cooking time for you dolmades, pour this mixture into the pan, covering as many of the dolmades as possible, leave to cook for the remaining time and remove from the heat
- The dolmades are ready when they look nice and juicy and are glistening, test one to see that the rice is soft
- Remove from the heat and plate immediately, garnish with a lemon wedge and serve with a generous portion of tzatziki
- Dolmades are a great addition to any social gathering and compliment a nice dry white wine very well
- If you want to add your favourite meat to the dolmades, like pork or beef then add around 150g to the mixture at the start of the recipe and make sure that the meat is thoroughly cooked before serving

Καλη σας ορεχι!