



DOLMADES

Perfect as a snack!

SERVINGS: 30

INGREDIENTS

- 30 ripe, firm vine leaves
- 1 medium red onion, finely grated
- 1 large clove of garlic, finely grated
- 5 large tablespoons of risotto rice
- 100 grams of ground meat of your choice
- 260ml olive oil
- 150ml water
- Juice of 1 medium lemon
- 1 tablespoon of fresh mint, finely chopped
- 1 tablespoon of fresh dill, finely chopped
- Salt and pepper

DIRECTIONS

Preparation for the Leaves:

1. Place the vine leaves in a saucepan and gently bring to a boil over medium heat for around 8 minutes or until soft and pliable.

Preparation:

1. Once softened, drain the water from the saucepan and place the leaves on a clean towel to remove excess moisture. In a large mixing bowl, combine the onion, garlic, minced meat, mint, dill, risotto rice, 3 tablespoons of olive oil, and a pinch of salt and pepper.
2. Working with one vine leaf at a time, place it flat on a clean surface, like a chopping board, with the stem facing you. Spoon a teaspoon of the mixture into the center of the leaf. Fold in the left and right sides to cover the ends of the mixture, then roll the leaf from the closest point to you to the end, creating a neat parcel.