

Dinner & A Book Recipes

Episode #1404 – The Alchemist

Stuffed Grape Leaves

Use a jar of grape leaves which are in brine. Rinse off the brine. Pat leaves dry and set them out with the vein side up.

Rice Stuffing for the Grape Leaves

- Warm water
- 2 T. olive oil
- 3 T. raw pine nuts
- 1/2 onion, finely chopped
- 1 c. long-grain white rice
- 1 T. sugar
- 1 ½ t. ground cinnamon
- 2 c. hot water
- Juice of 1 freshly-squeezed lemon
- 2 T. finely-chopped fresh dill weed or fresh mint leaves
- 2 T. finely-chopped fresh parsley leaves
- Salt and freshly-ground pepper to taste

Instructions

Heat the olive oil in a medium saucepan over medium heat. Add pine nuts; stir and cook the pine nuts for about 2 minutes or until they are golden brown. Add pine nuts, onion, white rice, sugar, cinnamon and hot water; stir the mixture, cover the pot and cook gently for about 15 minutes or until the water has been absorbed. Remove from heat and stir in the lemon juice, dill weed, and parsley.

Season to taste with salt and pepper. Let the stuffing cool for 30 minutes before stuffing the grape leaves.

Use the largest leaves. Spread it on a flat plate. Place about 1-2 T. of the rice stuffing near the stem of the leaf. Press the stuffing into a small sausage-like shape.

Fold the stem end of the leaf over the filling, then fold both sides toward the middle and then roll up in to a cigar shape. Rolls could be about 2 inches long. Repeat with all the grape leaves.

You can find instructions on how to roll the leaves on Google.

Arrange the stuffed grape rolls in a large pan, or baking dish, seam-side down, packing them close together. Make a new layer.

Two to three layers is fine.

When the bottom is completely covered, pour the 2 c. hot water, olive oil and lemon juice over them. Cover the baking dish with a lid. Bake in a 350 degree oven for about 45-60 minutes until the grape rolls are tender and the water, absorbed. Transfer grape rolls to a serving dish. Cover with plastic wrap and chill them. Serve at room temperature with Yogurt Cucumber Sauce.

Cucumber Yogurt Sauce

- 1 c. plain yogurt
- ½ c. sour cream
- 1/3 c. diced cucumber
- ¾ t. dried dill weed

In a bowl, combine yogurt, sour cream, cucumber and dill weed. Allow flavors to blend in the refrigerator 2 hours before serving.