

# Greek Dolmades



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Recipe by: Laura Vitale

*Makes about 60*

**Prep Time: 45 minutes**

**Cook Time: 50 minutes**

## Ingredients

- 3/4 cup of White Rice
- 3/4 cup of Olive Oil
- 1 Yellow Onion, minced
- Juice of 1 Lemon
- 1/2 cup of Parsley, finely chopped
- 1/2 cup of Dill, finely Chopped
- Salt to taste
- 1 Jar of Grape Leaves (found in the olives/pickles isle)

1) Rinse the rice really well through a sieve until the water running through is no longer cloudy, set aside.

2) In a saucepan, add 3 Tbsp of olive oil, onions and a light pinch of salt, cook until they soften but don't let them caramelize, add the rice, followed by 1 1/2 cups of water, juice of 1/2 lemon and a good pinch of salt, cook uncovered on medium heat until all the water has evaporated, about 5-7 minutes, stir in the chopped herbs and set aside to cool slightly.

3) Separate your grape leaves and rinse them really well, place them in a colander to drain well.

4) Lay some grape leaves in the bottom of a pan (I like to use a shallow Dutch oven for this) then start rolling your dolmas.

5) Take a grape leaf, lay it shiny side down, cut the tough end of veins then add about one teaspoon of the cooked rice mixture and roll in a somewhat tight cigar with the sides tucked in (think of like a mini burrito, watch video to see exactly how to do this) place them seam side down in your prepared pan (add a second layer if needed)

6) Add the remaining olive oil over the dolmas, then add 2 cups of water and the squeeze of 1/2 lemon over the top, lay a plate over the dolmas, weigh it down with a can or any heat safe item, bring to a boil, reduce the heat to medium low, cook for 40-45 minutes, then remove from the heat and allow to sit for about 20 minutes before placing them in a container and refrigerating.

NOTE: When the dolmas have finished cooking, you will see liquid pooled on the side and top of the plate, do not drain this, allow it to soak in the rice and use the remainder to pour over the dolmas when you put them in a container and refrigerating them.

