

Stuffed Grape Leaves (Dolmades)

Swick

Makes 30 dolmades | Active Time: 1 hour | Total Time: 2 hours

Chef's Notes

- Grape leaves can be found at specialty markets, online retailers, and many mainstream grocery stores.

Step 1: Making the Dolmades

- 1/3 cup extra-virgin olive oil, divided
 - 1 cup uncooked long-grain white rice
 - 1/2 large onion, finely chopped
 - 1/4 cup chopped fresh dill
 - 1/4 cup chopped fresh mint leaves
 - 4 cups good-quality low-sodium vegetable broth, divided
 - 1/4 to 1/3 cup fresh lemon juice, divided
 - 30 grape leaves*, drained and rinsed
- In a large pan, sauté at medium heat 2 tablespoons olive oil, rice, onion, dill, and mint for about 6-7 minutes.
- Stir in half of the broth and bring to a boil. Once boiling, immediately reduce heat and simmer for 10-15 minutes, or until rice is almost cooked through.
- Add 2 tablespoons of lemon juice, stir, and remove from heat.
- On a clean surface, place one grape leaf with the stem facing up and the shiny side down.
- Place 1 heaping teaspoon of the rice mixture at the stem end of the leaf.
- Fold both sides of the leaf toward the center; then roll up from the stem to the top.
- Place rolled grape leaf into a large pot, seam side down.
- Repeat this process until your rice mixture or leaves are gone, placing the stuffed leaves right next to each other with no space in between—this keeps them from opening during cooking.
- Sprinkle rolled grape leaves with remaining lemon juice and olive oil.
- Pour the rest of the broth to just cover the grape leaves; cover pot and cook on medium heat. Lower heat as necessary to keep pot at a low simmer. Make sure not to boil, which will make the grape leaves burst.
- Simmer for about 50 minutes. Remove from heat and let cool without cover for 15-20 minutes before serving.