

Grape Leaf Dolma

Tender grape leaves stuffed with a fragrant mixture of rice, herbs, and pine nuts, gently simmered in lemony broth for a tangy and comforting appetizer.


60 min

Total time

Medium

Difficulty

250

kcal / serving

Ingredients

- 6 grape leaves (fresh or jarred)
- 1/4 cup short-grain rice
- 1 tbsp pine nuts
- 1 small onion, finely chopped
- 2 tbsp fresh parsley, chopped
- 1 tbsp fresh dill, chopped
- 1 tbsp fresh mint, chopped
- 2 tbsp olive oil
- Juice of 1/2 lemon
- 1/2 cup vegetable broth or water
- Salt and pepper to taste

Steps

- 1 Rinse grape leaves and blanch in boiling water for 2 minutes if fresh; drain and set aside.
- 2 In a skillet, heat 1 tbsp olive oil over medium heat. Add chopped onion and sauté until translucent.
- 3 Add pine nuts and lightly toast for 1-2 minutes.
- 4 Stir in rice and cook for another 2 minutes, stirring constantly.
- 5 Add chopped herbs, salt, pepper, and half the lemon juice; mix well.
- 6 Remove from heat and let the filling cool slightly.
- 7 Place one grape leaf shiny side down, put about 1 tbsp of filling near the stem end, fold sides over, and roll tightly.
- 8 Repeat with remaining leaves and filling.
- 9 Place dolmas seam side down in a small pot, packing them snugly.
- 10 Drizzle remaining olive oil and lemon juice over dolmas and pour broth to cover halfway.

- 11 Place a small plate on top to keep them submerged.
- 12 Simmer gently over low heat for 40 minutes until rice is tender.
- 13 Remove from heat and let cool slightly before serving.