

Stuffed Grape Leaves (Dolmades)

Tender grape leaves wrapped around a zesty mixture of rice, fresh herbs, and crunchy pine nuts, served chilled with a refreshing lemon-yogurt dipping sauce. A perfect balance of tangy and savory flavors in every bite.


60 min

Total time

Medium

Difficulty

320

kcal / serving

Ingredients

- 8 grape leaves (preserved or fresh)
- 1/4 cup long-grain rice
- 1 tablespoon pine nuts
- 2 tablespoons finely chopped fresh parsley
- 1 tablespoon finely chopped fresh dill
- 1 tablespoon finely chopped fresh mint
- 1 small onion, finely chopped
- 1 tablespoon olive oil
- 1/2 teaspoon salt
- 1/4 teaspoon black pepper
- 1/4 teaspoon ground allspice
- Juice of 1/2 lemon
- For the dipping sauce:
- 1/4 cup plain Greek yogurt
- 1 teaspoon lemon juice
- 1/2 teaspoon olive oil
- Pinch of salt

Steps

- 1 Rinse the grape leaves well if using preserved ones, then blanch in boiling water for 1-2 minutes to soften. Drain and set aside.
- 2 In a small pan, heat olive oil over medium heat. Add the finely chopped onion and pine nuts, sauté until onion is translucent and pine nuts are golden.
- 3 Add rice to the pan and stir for 1-2 minutes.
- 4 Add 1/2 cup water, salt, pepper, and allspice, cover and simmer on low heat until the water is absorbed but rice is only half cooked (about 10 minutes). Remove from heat.
- 5 Stir in chopped parsley, dill, mint, and lemon juice into the rice mixture, and let cool.

6

Place one grape leaf shiny side down on a flat surface. Put about 1 tablespoon of filling near the stem end.

7

Fold the sides over the filling and roll tightly from the stem end to the tip to form a small parcel. Repeat with remaining leaves and filling.

8

Arrange the dolmades seam side down in a pot snugly.

9

Place a small plate on top to keep them from unraveling, cover with water, and simmer gently for 30-35 minutes.

10

Let cool completely before serving.

11

Mix the yogurt, lemon juice, olive oil, and pinch of salt for the dipping sauce.

12

Serve the chilled dolmades with the lemon-yogurt sauce on the side.