

Dolmades

From the garden: parsley, vine leaves, spring onions, mint, lemon, garlic

Equipment: Measuring cups and spoons Measuring scales Kitchen knife scissors Chopping board Frying pan Cooking pot Small plate Wooden spoon Small bowls Tea towel	Ingredients: ¼ cup olive oil 5 spring onions, sliced finely 2 garlic cloves, diced finely 1 cup long grain rice 15g dill, finely chopped 15 g mint leaves, finely chopped 30g parsley, finely chopped zest of 1 lemon 3 tablespoons lemon juice 1 teaspoon salt ¼ teaspoon pepper Pinch nutmeg 2 tablespoons capers, chopped approx. 40 vine leaves in brine** EXTRA 1 large lemon, sliced into 3 mm slices
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What to do:

FILLING

1. Heat up oil in a large, shallow pot with a matching lid. Add spring onion and sauté for about 5 minutes, stirring from time to time.
2. Add chopped garlic and keep on cooking until the onion becomes soft, stir the mixture often.
3. Next add par cooked rice, turn off stove and stir to coat rice in oil and mix through onion. Next add in chopped herbs, lemon zest, salt, pepper, nutmeg and capers and stir everything well.

ASSEMBLY

4. While the filling is cooling, cut the stem off the vine leaves with a pair of kitchen scissors. Rinse the vine leaves in plenty of water and dry them on a clean kitchen towel. Work in batches, be gentle. set
5. Line a medium size pot with any small or torn leaves. Arrange a layer of lemon slices on top of the leaves. These two layers prevent the bottom dolmade from getting burnt.
6. Place a vine leaf on a clean surface, veiny side up. Place a heaped teaspoon at the bottom of the leaf – be sure not to overfill.
7. Fold the bottom flaps up, then fold the sides over the filling and roll upwards like a burrito. Roll the dolmade tight but leave a little bit of slack to allow the rice to expand during cooking.

8. Arrange rolled up leaves, seam down, in the prepared pot, as close together as you can. Once you complete the first layer, create the second etc. It doesn't matter how you arrange them, you could place them all in a circle or in rows, if they fit in fairly snugly – it minimises the chance of them getting unravelled.

COOKING

9. Add approximately 1½ cups of boiling water, 3 tablespoons of olive oil and 3 tablespoons of lemon juice. You want the liquids to just cover all of the dolmade.
10. Weigh the rolls down with a heavy plate to make sure they do not unravel while being cooked.
11. Allow the pot to come to a gentle simmer (low heat). Simmer for about 45-60 minutes. Turn the heat off and allow the pot to stand for another hour. After this time all the extra water will get absorbed – the rice will be cooked to perfection and the vine leaves will be perfectly soft.