



## TRADITIONAL GREEK RECIPE : DOLMA

Chef Nektaria from Karma Minoan resort shares her final recipe in our Greek classic recipe series for the year! Traditional Greek dolmades (stuffed grapevine leaves) are the perfect 'finger food' dish to bring to picnics and gatherings.

Says Chef Nektaria: 'The best part about dolmades is you can be creative with the stuffing and include any vegetables you like.'

While the Karma Group's Greek island resort closes for the season at the end of October, we'd love to see Members' pics on how you prepare this epic dish.

### Ingredients

60 vine leaves, drained and rinsed  
250g rice (1 cup)  
1 cup olive oil  
2 onions, finely chopped  
2 cups warm water  
Juice of 2 lemons  
2 tbsps dill, chopped  
1/2 a cup parsley, chopped  
Salt and pepper

### Prepare Vine Leaves

For this dolmades recipe, use either vine leaves sold in jars or fresh (if you are lucky enough to find them). If you use the ones in a jar, rinse the vine leaves, remove the stems, and leave them in a colander to drain. If using fresh vine leaves, wash them thoroughly, remove the stems and blanch them in boiling hot water. Remove the leaves with a slotted spoon and place them in a colander to cool down completely.



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### Prepare Vine Leaves

- Place the rice in a colander and rinse with running water. Heat a large saucepan over medium heat and add 1/3 of the olive oil and the chopped onions.
- Sauté the onions, until translucent (but not coloured).
- Add the rice and sauté for 1 more minute.
- Pour in 2 cups of warm water and half lemon juice and simmer for about 7 minutes, until the rice absorbs all the water and is parboiled.
- Season with salt and pepper, stir in the herbs, remove from the stove and set aside to cool down for a while. This will be the filling for the dolmades.
- Layer the bottom of a large pot with some vine leaves (use the ones that are a little bit torn) and start rolling the dolmadakia. (this is probably the most difficult part of the traditional dolmades recipe).
- Place one vine leaf (shiny side down) on a flat surface and add 1 tsp of the filling at the bottom end (stem). Be careful not to overfill the dolmades, as the rice will expand during cooking. Fold the lower section of the leaf over the filling towards the center; bring the two sides in towards the center and roll them up tightly. Place the stuffed vine leaves (fold side down) on the bottom of the pot and top in snugly layers. Be careful not to leave any gaps between the dolmades to prevent them from cracking open when cooking.
- Drizzle the stuffed vine leaves (dolmathes) with the rest of the olive oil and lemon juice and season with salt and pepper.
- Place an inverted plate on top to hold them down when cooking and pour in enough water just to cover them.
- Place the lid on and simmer the dolmades for about 30-40 minutes, until the water has been absorbed and the dolmades remain only with the oil.
- Remove the pot from the heat, remove the lid and plate and let the dolmades cool for at least 30 minutes.
- Serve this delicious Greek appetizer cold or at room temperature with a squeeze of a lemon.