

Recipe: Stuffed grape leaves with rice

April 23, 2008

*Preparation time:* 1 hour

*Cooking time:* 1 hour 10 minutes

*Yield:* 10 servings

This recipe for dolmades is adapted from Dean and Catherine Karayanis' book, "Regional Greek Cooking." The recipe hails from Skiathos, a small island in the Aegean Sea.

1/2	cup olive oil
3	yellow onions, chopped
1	cup uncooked rice
1	cup water
2	tablespoons chopped fresh dill
2	tablespoons pine nuts, optional
1	teaspoon salt
1/4	teaspoon freshly ground pepper
1	jar (8 ounces) grape leaves, rinsed in cold water, or 50-60 fresh grape leaves
	Juice of 1 lemon

1. Heat 1/4 cup of the olive oil in a large skillet over medium-high heat; cook onions until soft, about 5 minutes. Add the rice; cook, stirring, until rice begins to color. Cover; lower heat to low. Cook 5 minutes. Stir in the water, dill, pine nuts, salt and pepper; simmer 5 minutes. Let cool. (If using fresh grape leaves, drop them into boiling water and boil 3 minutes. Drain; rinse in cold water. Set aside.)

2. Place a heaping teaspoon of the filling in the center of each grape leaf with the shiny surface down. Fold the sides of the leaf over the filling; roll up loosely (the rice will swell when cooked). Place rolls in layers in a Dutch oven.

3. Sprinkle with lemon juice. Add remaining 1/4 cup of the olive oil and 1 1/2 cups hot water. Place a heatproof plate over the rolls to prevent them from opening. Cover; simmer over low heat 1 hour. Let cool in the pan; refrigerate until ready to serve.

*Nutrition information per serving:* 198 calories, 50% of calories from fat, 11 g fat, 2 g saturated fat, 0 mg cholesterol, 23 g carbohydrates, 3 g protein, 239 mg sodium, 3 g fiber

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