

Stuffed grape leaves

Stuffed grape leaves is a traditional dish in several Eastern European and Mediterranean countries, including Turkey, Greece, and Albania. These delicate rolls, often filled with a savory mixture of rice, herbs, and sometimes meat, are enjoyed both warm and cold. Their bright, tangy flavor and tender texture make them a beloved staple at family gatherings and festive celebrations.

4 people

16 young soft grape leaves (light green in colour)

Sauce

280 grams cherry tomatoes (or another tomato sauce)

3 to 4 tablespoons of grated sheep's cheese

Filling

2 carrots, 1 onion, 3 stalks of celery, 1 egg, 5 tablespoons grated aged sheep's cheese, 3 tablespoons breadcrumbs, 1 tablespoon chopped parsley, 4 tablespoons extra-virgin olive oil, 1 teaspoon salt and 0.5 teaspoon pepper.

Implementation

Wash the grape leaves and blanch them for 3 to 4 minutes in plenty of boiling water.

Drain them and let them dry on a cotton cloth.

Wash and clean the vegetables.

Cut them into small pieces and put them in a thick-bottomed pan with slightly heated olive oil.

Season with salt and pepper and stir constantly (!) while cooking the chopped vegetables over medium-high heat for about 10 minutes.

Turn off the heat and leave to cool.

When cool, carefully mix the vegetables in a bowl with the sheep's cheese, breadcrumbs, parsley and beaten egg into a homogeneous mixture.

Put a spoonful of filling in the centre of each leaf.

Then roll it up and seal it tightly with, for example, a toothpick at the ends.

Spread a few tablespoons, cherry tomato sauce or any other tomato sauce over the bottom of a baking dish and place the rolls side by side on top.

Cover them with the remaining sauce and top with a little grated sheep's cheese.

Place in a preheated oven at 180°C for 40 minutes.

Halfway through cooking, remove the dish from the oven and drizzle the rolls with the sauce from the bottom.

If they are too dry, also add 2 tablespoons of water.

After baking, rest the rolls for at least 15 minutes before serving.

MIX, STIR & SMILE!