



GREECE

APPETIZER

PRINTABLE RECIPE PDF

## Greek Dolmades (Stuffed Grape Leaves)

Dolmades are a quintessential part of Greek cuisine, often enjoyed as a meze (appetizer) or served as part of a larger feast. Traditionally made during spring

PREP

20 min

COOK

40 min

SERVINGS

2

DIFFICULTY

Easy

### SHOPPING LIST

### Ingredients

- 200 g vine leaves - fresh or jarred, if using jarred, rinse well
- 100 g long-grain rice - rinsed and drained
- 1 medium onion - finely chopped
- 2 tbsp olive oil - plus more for drizzling
- 1 tsp dried mint - can substitute with fresh mint, chopped
- 1 tsp dried oregano - preferably Greek oregano
- 1/2 tsp salt - to taste
- 1/4 tsp black pepper - freshly ground
- 1 lemon juiced - for flavoring
- 300 ml water - for cooking
- 1 lemon sliced - for serving

### WHY THIS WORKS

### About this recipe

A printable Greek Dolmades (Stuffed Grape Leaves) recipe PDF with ingredients, cooking times and step-by-step instructions.

### MEDITERRANEAN NOTE

Dolmades are a quintessential part of Greek cuisine, often enjoyed as a meze (appetizer) or served as part of a larger feast. Traditionally made during spring when vine leaves are abundant, they reflect the agricultural heritage

## ORIGIN &amp; TRADITION

## Mediterranean context

Dolmades are a quintessential part of Greek cuisine, often enjoyed as a meze (appetizer) or served as part of a larger feast. Traditionally made during spring when vine leaves are abundant, they reflect the agricultural heritage of Greece and the Greek love for fresh, seasonal ingredients.

## METHOD

## Step-by-step instructions

1

In a pan, heat 2 tablespoons of olive oil over medium heat. Add the chopped onion and sauté until soft and translucent, about 5 minutes.

2

Stir in the rinsed rice, dried mint, oregano, salt, and pepper. Cook for an additional 2 minutes, ensuring the rice is coated with the oil and spices.

3

Add 300 ml of water to the pan, bring it to a boil, then reduce the heat, cover, and simmer for about 10-12 minutes until the rice is cooked and the water is absorbed. Let it cool for a few minutes.

4

Lay the grape leaves on a clean surface, shiny side down. Place about 1 tablespoon of the rice mixture at the base of each leaf, fold in the sides, and roll tightly from the base to the tip to form a small package.

5

Place the rolled dolmades seam-side down in a pot. Drizzle with a little olive oil and lay lemon slices on top. Pour enough water to cover them and cook on low heat for about 30 minutes.

6

Remove from heat and let them cool slightly before serving.

## CHEF'S TIP

To keep the dolmades from unraveling during cooking, place a heatproof plate on top of them in the pot to keep them submerged.

**NUTRITION PER SERVING (EST.)**

|               |                 |        |               |
|---------------|-----------------|--------|---------------|
| Calories      | <b>180 kcal</b> | Fat    | <b>6 g</b>    |
| Protein       | <b>3 g</b>      | Fiber  | <b>2 g</b>    |
| Carbohydrates | <b>30 g</b>     | Sodium | <b>330 mg</b> |

**SERVING SUGGESTION**

Serve warm or at room temperature with lemon wedges on the side. They pair wonderfully with Greek yogurt or tzatziki.

**PRINTABLE MEDITERRANEAN RECIPE PDF**[medtableai.com](https://medtableai.com)