



Dolmades



Ingredients

- 120g long-grain rice, cooked
- 250g minced lamb
- 1 tsp dried oregano
- 1 small onion, finely chopped
- 3 tbsp finely chopped parsley
- salt and freshly ground black pepper
- 1 tbsp tomato purée
- 250g preserved, drained vine leaves
- 2 tomatoes, sliced
- 2 garlic, cloves sliced
- 1 lemon, juice only

Method

Preheat the oven to 180c/350f.

First, make the filling. In a bowl, combine the rice, meat, onion, herbs and seasoning. Fold in the tomato puree.

Place one vine leaf on a plate, vein side up. Take a heaped teaspoon of the filling and place in the centre of the leaf near the stem edge. Fold the stem end up over the filling then fold both sides towards the middle and roll up like a small cigar. Don't roll too tightly as the rice will expand.

Line the bottom of a large ovenproof dish with a layer of tomato slices. This will prevent the stuffed leaves from sticking to the bottom and burning.

Pack the stuffed leaves in layers on top, pushing small pieces of garlic between them.

Sprinkle with lemon juice and around 150ml of cold water. Cover with oiled foil.

Place the leaves in the oven for 45 minutes, adding extra water if necessary.