

STUFFED GRAPE LEAVES

INGREDIENTS

- About 20 fresh grape leaves
- ½ lb raw ground beef
- ½ cups raw cauliflower rice
- 1/8 cup fresh mint, roughly chopped
- 1/8 cup fresh dill, roughly chopped
- ½ tsp. sea salt
- ½ tsp. freshly ground pepper
- 1 cups chicken broth, vegetable broth, or water
- 1½ lemon

PREPARATION

1. Blanch the grape leaves.
2. In a large bowl, add the ground beef, cauliflower rice, fresh herbs, salt, and pepper. Mix well to combine.
3. Lay the grape leaf shiny side down.
4. Put about 1-2 tablespoons of filling generously in the center of the leaf.
5. Fold up once, then fold the sides toward the center, continue rolling the sides in until you reach the end.
6. Finished rolls should be approximately 1½ inches to 2 inches long, depending on the size of the leaf.
7. Line the bottom of a large pan with several grape leaves. This keeps them from sticking or scorching when cooking. Place the wraps, seam side down into the pot. When the bottom layer is completed start a second layer on top of the first.
8. Pour a cup of broth or water into the pan, so it reaches about halfway up the bottom layer of wraps.
9. Squeeze the juice from ½ a lemon over the top of all the rolls. Then take one lemon and cut it into slices and lay those on top. Save the remaining lemon for serving. Finally, place a heavy, heat-resistant plate on top of the wraps to prevent them from unrolling.
10. Cover the pan with a lid and bring the liquid to a boil. Reduce the heat to simmer and allow them to cook slowly for 20 minutes. Add more liquid if necessary, as they cook.
11. Wraps are done when they can easily be pierced with a fork and the rice is fully cooked.
12. Remove from the heat, drain off excess liquid and serve with fresh lemons and feta cheese.
13. Can be served warm, at room temperature or cool.

