

Yalanchy Sarma (Stuffed Grape Leaves)



INGREDIENTS

1. 1 cup rice, extra long grain
2. 1/2 cup pure olive oil
3. 1/4 cup vegetable oil
4. 2 ^{1/2} pounds onions, chopped (equal to 5 heaping cups)
5. 1 tablespoon salt
6. 1/4 teaspoon black pepper
7. 1/4 teaspoon red pepper
8. 1 ^{1/2} cups water
9. 1/2 cup fresh lemon juice, squeezed and strained
10. 1 tablespoon pignoli nuts
11. 1/2 cup fresh parsley, chopped
12. 1 tablespoon dried dill or 2 tablespoons fresh dill, chopped
13. 9 ounces grape leaves

Method:

1. Heat vegetable oil in a 4-quart stainless steel saucepan. Add pignoli nuts and onion to heated oil. Mix well. Stir in salt, black pepper, and red pepper. Cook over medium heat, stirring constantly. Do not brown onion. Cook until soft or until color changes from pure white to off-white.
2. Add washed and drained rice. Mix well. Add chopped parsley and dill, mixing well with ingredients in pan. Add 1 1/2 cups water and cook approximately 15 minutes, stirring often so bottom and sides won't stick to pan or burn. Add lemon juice. Mix well. Remove from heat. Empty ingredients into bowl. Add 1/2 cup olive oil to rice mixture, stirring frequently so oil is evenly distributed.

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3. Line bottom of another 4-quart stainless steel pan with grape leaves, to prevent burning.
4. Cut stems off grape leaves and unfold. Hold leaf on left palm with stem side away and vein side up. Place tablespoon of rice mixture near stem. Fold top down and the 2 sides over. Roll toward the inside of palm, covering all the rice, in the shape of a cigar.
5. Lay wrapped grape leaves end to end in circle in bottom of pan. Continue to layer in circular fashion until all stuffed grape leaves are included. Add 2 cups water to pan and cover. Cook until it comes to a boil. Reduce heat and cook 30 minutes. Turn off heat and let stand for approximately 15 minutes. Remove lid. Let cool.
6. Carefully take out rolled leaves and place on shallow serving dish or glass bowl. Cover with plastic wrap. Refrigerate. Serve cold or at room temperature. Garnish with lemon wedges or parsley sprigs.

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