

# Dolmathakia

## Ingredients

- ⅓ cup medium grain rice
- 250g preserved vine leaves
- 250g minced beef
- 1 large onion, grated
- 1 large ripe tomato, grated, reserve the skin
- 4 tbsp extra virgin olive oil
- Salt and freshly cracked pepper
- 2½ cups water
- Juice of 1 lemon
- 1 tbsp butter



## Method

1. Soften the rice by soaking in hot water for 5 minutes, drain and set aside
2. Blanch the vine leaves in boiling water for 5-7 minutes. Remove from the pan, place in a colander and give them a quick rinse under cold running water and leave to drain.
3. Separate the leaves and lay them out in stacks ready for use. Some leaves will differ greatly in size and some you will not be able to use.
4. Mix together the rice, mince, onion, tomato and 2 tbsps. of olive oil. Season with salt and pepper.
5. Place a vine leaf on a work surface, rough side up and snip off the stem if necessary. Place a spoonful of the mince mixture near the stem end, fold end and sides over the stuffing and gently roll up into a tight roll, squeeze gently to seal. If the leaves are too big you can cut them in half.
6. Line the bottom of a medium-sized saucepan with the reserved tomato skin and pile the dolmathakia seam side down on top in neat layers.
7. Add the water, lemon juice, butter and extra oil, season with salt and pepper then place an inverted plate or saucer big enough to cover the dolmathakia in the saucepan (this stops them from opening during cooking).
8. Bring to the boil; reduce the heat and cook covered for about 30-35 minutes.

## Notes

Serves 8