

Preserve Grape Leaves for Dolmades

Ingredients

- Multiples of 25 tender vine leaves (best picked in Spring)
- Large pan of strongly salted water.
- A bowl of cold (use some ice cubes) water.



Method

1. Bring the salted water to the boil and half fill the bowl with cold water.
2. Make a stack of approximately 25 vine leaves then roll the stack up from the side (stalk at bottom of roll) and tie it with string or sewing thread.
3. Dip each bundle in the boiling salted water for 5-10 seconds then plunge it into the cold water and leave to cool/drain.
4. Put each bundle in a plastic bag and freeze.

Notes

These will last for up to 12 months in the freezer.

Be aware that you will lose some leaves when defrosted and unwrapped.