

## **Recipe from a Night of Mediterranean Cuisine**

### **Prepare Filling:**

Meat Grape leaves Filling is made with 1lb meat (lamb or beef) , 2 cups rice, 1 table spoon allspice, 1 table spoon salt.

Vegetarian Grape leaves is filled with rice, parsley, tomatoes, chickpeas, etc.

**Wash Grape leaves** with cold water and snip stem. If it's a fresh leaf, use warm water.

**Lay out leaves**, veins up, on a flat surface and put a teaspoon of filling in the shape of a finger on the bottom of the leaf.

**Roll the Grape leaf** like a cigar, tucking the edges in on both sides.

Put them in a round pan nice and tight so they don't float up. Fill with water. It's important to put potato slices or lamb or beef fat on the bottom of the pot so the leaves don't burn. Top the filled pot with a round dish before you simmer so the rolled leaves stay put.

**Simmer** for 40 minutes so the rice and meat cooks.

Add a squeeze of lemon.

Enjoy!