

Dolmeh Barge Mo

(Stuffed Grape Leaves)

Ingredients (20-30 Grape Leaves)

- 30-40 grape leaves
- 1 cup rice
- 1 medium onion
- 1/2 cup yellow split peas (lapeh)
- 1/3 cup lemon juice or vinegar
- 250-500 grams ground beef
- 100-250 grams sabzi (herbs: parsley, cilantro, green onions or tareh, shevid (dill), and small amount of Tarragon)
- salt, pepper, turmeric
- oil and water

Prepare the mixture

Chop up the onion and fry it in a pan. Add the meat once the onion is golden in color and fry the meat. Add about half a cup of water and allow the meat to cook. You will add salt, pepper, and turmeric to the meat as well. Allow the meat to cook for at least 20. Once the meat is cooked set it aside and allow it to cool. Heat up water in a pot and boil the yellow split peas for approximately 15 minutes. Then drain and set them aside to cool. Heat up water in a pot and bring the rice to a boil. Drain the rice and set aside to cool. Clean any fresh herbs and chop them up slightly using a food processor (or a knife). If using any dry herbs make sure to use less than you would if using fresh herbs. Certain herbs such as parsley, cilantro, and green onions you can use more of, while you would use less tarragon and dill. I used dry tarragon and dill, while I used fresh parsley, cilantro, and green onions. Mix all these ingredients together in a bowl, add salt and pepper for taste.

Liquid mixture to pour over the Dolmeh's:

Take the 1/3 cup of lemon juice (or vinegar) and add the sugar to it. Add about a cup of water to the juice/sugar and stir everything together. Once the sugar has dissolved pour the contents all over the Dolmeh's in the pot.

Cooking the Dolmeh's:

Place a plate (or something else that's heavy) over the Dolmeh's to make sure they don't move around. Turn the burner on to medium-low heat and place the lid on top of the pot. Allow the Stuffed Grape Leaves to cook for 30-45 minutes.

