

Stuffed Grape Leaves(GF,CF)

To gather fresh leaves they must be unsprayed, wild or domestic, clean, whole, flexible and of medium size. After you've gathered and stacked the leaves, we suggest you use some tongs and dip the stacks in 2 qts. boiling water mixed with 4 tsp. pickling salt for 30 seconds. Drain gently press out excess moisture, wrap, freeze, or go right on with recipe. If using preserved leaves from a jar, thoroughly rinse in cold water and remove any woody stems

40 grape leaves
1 tsp. cinnamon
1 small onion, minced
6 large dried prunes, minced
3 tbsp. olive oil
¼ c parsley, minced
1/3 c pecans, finely chopped
2 tbsp. fresh lemon juice
1/2c cooked brown rice

Sauté onion and pecans in oil until onion is tender. Add rice, cinnamon, prunes, parsley, lemon juice and pepper to taste. Line a heavy pot with grape leaves. On the rest of the leaves, put 1 tsp. mixture in the center of each vein side up. Turn in top of leaf, then sides, then roll up. Place in pot, add ½ tsp vegetable broth. Put a plate on top of them so they stay submerged. Cover the pot and simmer for 30 minutes. Serve cool but not cold.