

PICKLED GRAPE LEAVES (Makes 1 quart)

2 dozen grape leaves
1 tablespoon sea salt
4 tablespoons whey (if not available, use an additional 1 tablespoon salt)
2 cups filtered water

Pickled grape leaves are used to make dolmas (the recipe follows).

Wash leaves well. Place water, salt and whey in a large bowl. Soak grape leaves in the liquid for about 1 hour. Place all the leaves together and roll up. Stuff into a quart-sized, wide-mouth mason jar. Pour in enough soaking liquid to cover leaves. The top of the liquid should be at least 1 inch below the top of the jar. Cover tightly and keep at room temperature for about 3 days before transferring to cold storage.

STUFFED GRAPE LEAVES (Dolmas) Serves 8

3 dozen home pickled grape leaves
3 large onion, finely chopped
4 tablespoons extra virgin olive oil
2 cups cooked brown rice
1 cup fresh parsley, chopped
1 bunch green onions, chopped
3 tablespoons pine nuts
juice and grated rind of 2 lemons
sea salt and pepper

Rinse grape leaves and spread on paper towels to drain. Saute onions in olive oil until soft. Remove from heat and stir in remaining ingredients. Place the grape leaves on a board, shiny sides down, and put 1-2 tablespoons of rice mixture in the center of each leaf. Fold the sides of the leaves to the center, then roll them up tightly, starting from the stem end. Serve with lemon wedges and yoghurt sauce.

These recipes are from ***Nourishing Traditions*** by Sally Fallon