

YAPRAKE – STUFFED GRAPE LEAVES WITH BEANS

Makes: 6 Servings

Ingredients:

1 bottle Grape Leaves (16oz, 450g)
2 cups Haricot or Great Northern Beans
1 lb (500g) Veal Shin (or stewing beef)
4 Tbsp Corn Oil
2 Lemons Juiced
1 Tbsp Tomato Puréed
Salt and Pepper to taste

Filling:

1 lb (500g) Lean Ground Beef
½ cup Rice
2 Tbsp Corn Oil
½ cup Water
2 Tbsp Chopped Parsley
Salt and Pepper to taste



Method:

Soak the beans overnight then drain and boil in water until almost done.

Prepare the filling by mixing all the ingredients together and seasoning to taste. Rinse and flatten the vine leaves one at a time, then lay flat, vein side up on a board. Place one teaspoon of filling at the lower center of the leaf. Fold in the left and right edges then roll up from the base to form a tight roll slightly larger than a thumb. Set aside. Reserve a few vine leaves.

Brown the veal in 3 Tbsp oil in a deep saucepan, add water and simmer covered until the meat is almost ready. Add par-cooked beans on and around the meat then layer with the prepared Yaprak tightly packed. Add another layer of beans and tightly packed Yaprak and end with a layer of beans. Add lemon juice, puréed tomato and remaining oil. Top with the reserved vine leaves and a weighted, inverted dinner plate to prevent Yaprak from bursting or absorbing water. Add water to the level of the plate and simmer, covered, for 2 hours, adding water only if needed. The pieces of Yaprak should stay moist. Serve hot.

Note:

Canned beans may be used. Drain and rinse twice before using.

Recipe from the cookbook “Las Comedicas de Rodis” by Salomon Menashe