

## Dolmathes

Submitted by Linda Lopos

1 cup canola oil	2 Tbsp. pine nuts
1 lb. chopped onions	1 Tbsp. salt
1 cup uncooked rice	¼ tsp pepper
½ cup black currants (optional)	50-60 grape leaves (1 15 oz. jar)
1 Tbsp. each dried mint and dried dill	1 lemon
1 cup hot water	

Heat ½ cup canola) oil in a frying pan and sauté the onions until soft. Add rice and cook, covered, for 5 minutes. Add all remaining ingredients, except grape leaves, lemon and remaining olive oil. Simmer for 5 minutes. Cool. Carefully remove grape leaves from jar into the sink. Rinse the grape leaves in cold water, and drain. Set aside the larger, torn leaves.

Select whole leaves and cut off the stems.

In the center of each leaf, shiny/smooth surface of leaf down, place a heaped teaspoon of the filling. Fold ends of leaf over the filling and roll up. Do not roll too tightly as the rice will swell. Cover the bottom of a saucepan with large, torn leaves. Place the dolmathes, side by side, seam side down, in layers. Sprinkle with juice of 1 lemon. Add the remaining ½ cup of oil and 1 ½ cups of hot water (dissolved with 1 tsp. Chicken (or vegetable) bullion) or 1 ½ cups of chicken (or vegetable) broth. Place a heavy plate on top of dolmathes to prevent them from opening. Cover and simmer over low heat about 1 hour. Allow to cool in the pan. Serve as a cold entrée or as an appetizer.

*“Consider well my soul: Dost thou fast? Then despise not thy neighbor. Dost thou abstain from food? Condemn not thy brother”  
Sunday of Orthodoxy, Matins. - "The Lenten Triodion"*