



HOW TO MAKE YALLANGI (STUFFED VINE LEAVES)

This recipe is brought to you by the Grand Hyatt Amman. When cooking, be sure to get help from a parent or adult.

INGREDIENTS

- 8 oz. vine leaves
- ½ cup onion, chopped
- 2 tbsp. salt
- ½ cup olive oil
- ¾ cup tomato, chopped
- ½ cup lemon juice
- 1/3 cup fresh parsley, chopped
- 3 tbsp. pomegranate syrup
- 2 tbsp. garlic, finely chopped
- 12 oz. white rice
- 1 bunch of mint leaves (with leaves and stalks)

INSTRUCTIONS

1. Prepare the vine leaves by boiling in water for approx. 10 minutes, or just until soft.
2. Soak the rice in warm water for 15 minutes, then drain.
3. Mix the rice, onion, salt, tomato, parsley, and garlic together in a large bowl. Add ¼ cup of olive oil, ¼ cup of lemon juice, and 2 tbsp pomegranate syrup and mix by hand.
4. Test the mix by forming a ball with your hand. The rice mixture should hold a ball shape; if too dry, add more olive oil and lemon juice by the teaspoon.
5. Place a small ball of the rice mixture – approx. 2 tbsp – in the center of a flat leaf. Fold the sides in first then roll loosely, leaving room for the rice to expand. Squeeze the rolled leaf gently to seal.
6. Lay the mint leaves and stalks on the bottom of a large pot, forming a bed. If you have leftover parsley leaves or stems, use these as well.
7. Place the stuffed grape leaves in the bottom of the pot. Put a plate over the stuffed leaves to prevent from floating, and then cover with water. There should be at least an inch of water above the plate.
8. Add the remaining oil, lemon juice, and pomegranate syrup to the water.
9. Bring the pot to a boil, then immediately reduce heat to medium and simmer for approx 40 minutes.
10. Drain the remaining water, careful not to spill the grape leaves out, then let cool on the bed of leaves for approx 15 minutes, or until just warm. Then, enjoy!