



VEGETARIAN VINE LEAVES (WARAQ ENAB)

Nutrition Facts Per 100 grams of vine leaves: Calories 413, Protein 5g, Carbs 42g, Fat 25g

Cooking process and additional ingredients added at home will affect the total value.

Preparation Time: 10 min, **Cooking Time:** 90 min



INGREDIENTS:

Rolled Vines Leaves (450 grams)

Vine Leaves Mix (with pomegranate molasses)

Olive Oil

METHOD

1. Dissolve sauce mix in measured water (2 persons 500 ml, 4 persons, 1000ml, 6 persons 1500 ml).
2. Into a suitable pot, arrange rolled vine leaves gently and tightly and as evenly as possible.
3. Cover with a heat proof plate, then place over low heat. Place a weight over the plate. I use a stone pestle and mortar. Make sure it is heat and moisture proof and can be cleaned easily.
4. Cook over low heat for 1½ hours or until most liquid is absorbed and vine leaves are soft. Remove from heat and rest 5 minutes or so.
5. Carefully tip extra liquid into a bowl and set aside for serving.
6. Remove weight and carefully remove plate. Place a large, semi-deep serving dish over the pot and using heat mittens carefully turn the pot over the plate. Tap a few times then lift the pot. Serve immediately with collected sauce.

BON APPETIT