



## STUFFED ZUCCHINI AND VINE LEAVES

**Nutrition Facts (assuming 5 servings):** Calories 603, Protein 32g, Carbs 67g, Fat 24g

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

**Preparation Time:** 10 min, **Cooking Time:** 130 min



## INGREDIENTS

Stuffed Vine Leaves, Stuffed  
Zucchini & Lamb Chunks (total  
2.5 KG)

Sour Grape Concentrate

Lemon Juice

Garlic

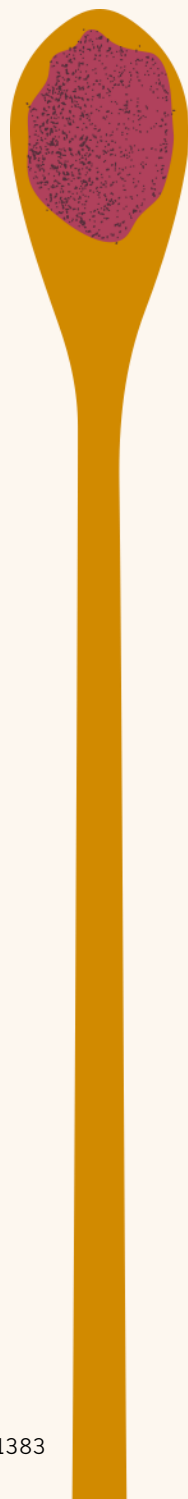
Salt

Black Pepper

Dry Mint

# METHOD

1. Dissolve sauce in 2 cups room temperature water & set aside.
2. Place a large pot with lid over medium heat, add oil & swirl to heat.
3. Brown the rubbed meat on all sides & remove to a plate, set aside.
4. Add a ladle or two of dissolved sauce to the pot to deglaze. Take away from heat, arrange browned meat in single layer if possible.
5. Arrange stuffed zucchini on top of meat followed by the vine leaves. Distribute halved garlic between the layers & on top.
6. Add the sauce, place a plate on top add a heat proof weight (I use a stone mortar), cover the pot with lid & place over low heat.
7. Cook for 2 hours or until cooked & tender. Remove weight & plate, carefully decant sauce into a bowl.
8. Rest pot for 5 minutes or so. Place a large deep dish on top of the pot & carefully turn the pot upside down on the dish. Be careful & use heat resistant mittens.
9. Serve immediately with cooking sauce on the side.



**BON APPETIT**