

Sarma

(Stuffed Grape leaves with Meat -served Hot)

INGREDIENTS:

FILLING:

- 1 1/2 lbs. ground lamb or 3/4 lb each lamb and lean ground top round
- 1/2 cup rice or bulghour, or a combination
- 1/4 cup green bell pepper [chopped fine]
- 1/4 cup Armenian or Italian parsley [chopped]
- Cayenne pepper to taste
- 1 teaspoon basil
- 1 teaspoon black pepper or to taste
- 1 teaspoon salt or to taste
- 1 medium yellow onion [chopped]
- Combine the above ingredients and knead into a dough. A little water may be added to ease the blending.

PREPARATION:

- 1 quart **Yergat** brand grape leaves
- 1 cup water or 1 can chicken broth or beef broth
- 8 oz crushed tomatoes or tomato sauce
- 1/4 cup lemon juice

Take a large teaspoonful of the filling and place on the grape leaf and roll up turning in the ends. Take a few of the large tougher leaves and line the bottom of a covered casserole. Place the rolled grape leaves side by side and layer upon layer. Pour over the crushed tomatoes or tomato sauce, lemon juice and broth or 1 cup of water. Cover and cook in a preheated 350 degree oven for about 1 hour. Try this dish with a large dollop of plain yogurt or sour cream on top.



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HOW TO FILL GRAPE LEAVES, CABBAGE AND OTHER VEGETABLE LEAVES.



LAY GRAPE LEAF FLAT WITH STEM SIDE UP.
REMOVE THE STEM AND ADD ABOUT A TABLESPOON
OF FILLING.



FOLD IN THE SIDES OF THE GRAPE LEAF
TOWARD THE CENTER.



GENTLY ROLL THE FILLED GRAPELEAF AWAY FROM YOU.



ROLL UP TO COMPLETE THE CIGAR SHAPED CYLINDER.
ROLL SNUGLY BUT NOT TOO TIGHT TO ALLOW FOR
PLUMPING OF THE RICE FILLING.