



Stuffed Vine leaves & Veggies / Koupepia & Gemista

PrepTime: 20-30 minutes
Cook Time: 30-40 minutes
Serves 6 people
Cypriot cuisine

*Allergens: Eggs



Ingredients

- 60 fresh, frozen or brined vine leaves (boiled for 5 mins)
- 1/3 cup olive oil
- 500gr. Pork mince*
- 1 cup parsley, finely chopped
- 3 - 4 tbsp dried or fresh mint, finely chopped
- 2 cups fresh ripe tomatoes, pureed or 1 cup concentrated tomato juice
- 1/2 cup Carolina rice and 1/2 Parboiled rice
- 2 cups water
- Vegetable stock
- Salt, pepper
- 1/4 tsp cinnamon
- 1/2-1 cup lemon juice

Preparation

Vine leaves

1. Wash the fresh vine leaves and blanch them for 5 minutes.
2. Add cold water and drain. If using jarred brined grape leaves, boiled for 10-15 mins, wash, rinse and drain them.



Filling:

3. In a skillet heat half of the olive oil and sauté the onion until Translucent.
4. In a bowl add all ingredients (keep some tomato and lemon juice for later), and mix well.
12. Cover with the lid, reduce heat and simmer for about 30 - 35 minutes.
13. Allow to rest for a while before serving.
14. Serve with Talatouri Dip!

Enjoy!

Assembly:

5. Put a leaf on a plate, vein side facing up, remove stem and put about a tbsp of the mixture near the stem.
6. Neatly fold left edge and then right edge and then roll all the way.
7. Wrap up into a cigar shape (don't fold too tight as the rice will expand during cooking).
8. Repeat with the remaining grape leaves and filling.

In da pot:

9. Place neatly in the pot seam side facing down, starting from the edge, moving in a circle towards the center. Second and third layers may be placed on top.
10. Add the remaining tomato, olive oil as well as lemon juice and then cover them with a plate (which must be about the size of the pot).
11. Finally add water to cover the plate and bring to a boil.



With the same filling we can make “gemista”, stuffed vegetables such as tomatoes, Zucchini, onions, eggplants, peppers.

💡 Tips:

Tomatoes: Before we stuff the tomatoes with the filling we sprinkle them with some sugar.

Zucchini are more tasty if we lightly fry them before.

Gemista are extra yummy When we oven bake them.

🇬🇷 Greek γεμιστά (*gemistá*), a collective neuter plural of γεμιστός (*gemistós*, “filled with, stuffed”)



Talatouri Dip

Traditional Cypriot dip, that is called Talatouri, which is also a yogurt based sauce very similar to Greek tzatziki.

Ingredients

- 1 cucumber (graded)
- 1-2 cloves of garlic, minced
- 2 cups strained Greek yogurt
- 1 tablespoon vinegar
- 2-3 tbsp chopped mint (fresh or dry)
- a pinch of salt

Preparation

Prepare this traditional Talatouri sauce for your friends and family and serve as a delicious dip with some warm pita breads aside, or as a sauce for Greek-style souvlaki.

- Grate the cucumber into a large bowl (if you wish
- remove the skin and the seeds).
- Season with salt and leave aside for 10 minutes.
- Squeeze the cucumber in order to get rid of the excess water.
- In a bowl, add the cucumber, the minced garlic, the yogurt, vinegar, mint, a pinch of salt and stir until all combined.
- Store in the fridge and always serve cold.

*Allergens: Milk / Dairy

Enjoy!

