



Eat and drink, but waste not by excess (Al-A'raf 31)
Banu Atabay's Mütevazî Lezzetler® Turkish cooking recipes

Brined Grape Leaves

Yaprak Salamurası



2.2 lbs grape leaves
2.2 lbs rock salt
Enough water

- # Do not wash the grape leaves. Cut off the stems, but let 1 inch stem with the leaf. Boil the water and let it cool down.
- # Lay the first leaf onto the bench. Make the nervues of the leaf stand upside. Sprinkle 1 pinch salt all over the leaf.
- # Place the second leaf onto the first one and sprinkle salt all over the second one also.
- # By the same way transpose about 10-15 leaves. Transfer them into a tray and rest for overnight.
- # The day after, fill these leaf groups into proper size jars by forcing on them.
- # Place a flat clean stone over the leaves in the jar as a weight. Pour the water which is boiled one day before.
- # Close the cap of the jar properly. Place the jar into a cool place. 10 days later, if its water level decreases add salty water.
- # You may keep it for about 1 year.

Note: Rest it in water for overnight and wash it well with too much water just before using.