



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

Stuffed Leek

Pırasa Dolması



2.2 pounds thick leeks
1 onion
8.8 ounces ground meat
1/3 cup rice
4 tbsp vegetable oil
1 tsp salt
1/2 tsp black pepper
7-8 parsley stems
1 tsp dried mint
2 cup hot water
1 tbsp tomato paste

- # Separate the green parts of leek for another meal.
- # Cut the white parts into pieces, 2 inches each pieces.
- # Add the leek pieces into the boiling water with salt. Cook until leeks soften.
- # Take from the hot water and wash with cold water.
- # Slit the leek pieces break into leaves.
- # Prepare the stuffing. Dice the onions, add ground meat, washed rice, tomato paste, black pepper, salt, 2 tbsp oil and 1/2 cup water, and mix.
- # Put walnut size stuffing on the leek leaf, crease the leaf as a triangle, and adjust the remaining sides of the leaf to it.
- # Repeat this until all leaves end.
- # Place into the pot, add 2 tbsp oil and 2 cup water, cook for 45 minutes over medium heat.

Note: You can cook this recipe with onions instead of leek, in that case you should curl the leaves adjusting to the onion leaves, not triangles.