



# *OLIVE OIL LEAF WRAP*

*It originated in Ottoman cuisine, and leaf wrap in Turkey is known and made in every region of Turkey. It is a dish made by putting bulgur or rice, and other internal ingredients that vary according to the region, into the vine leaves.*

## MATERIALS

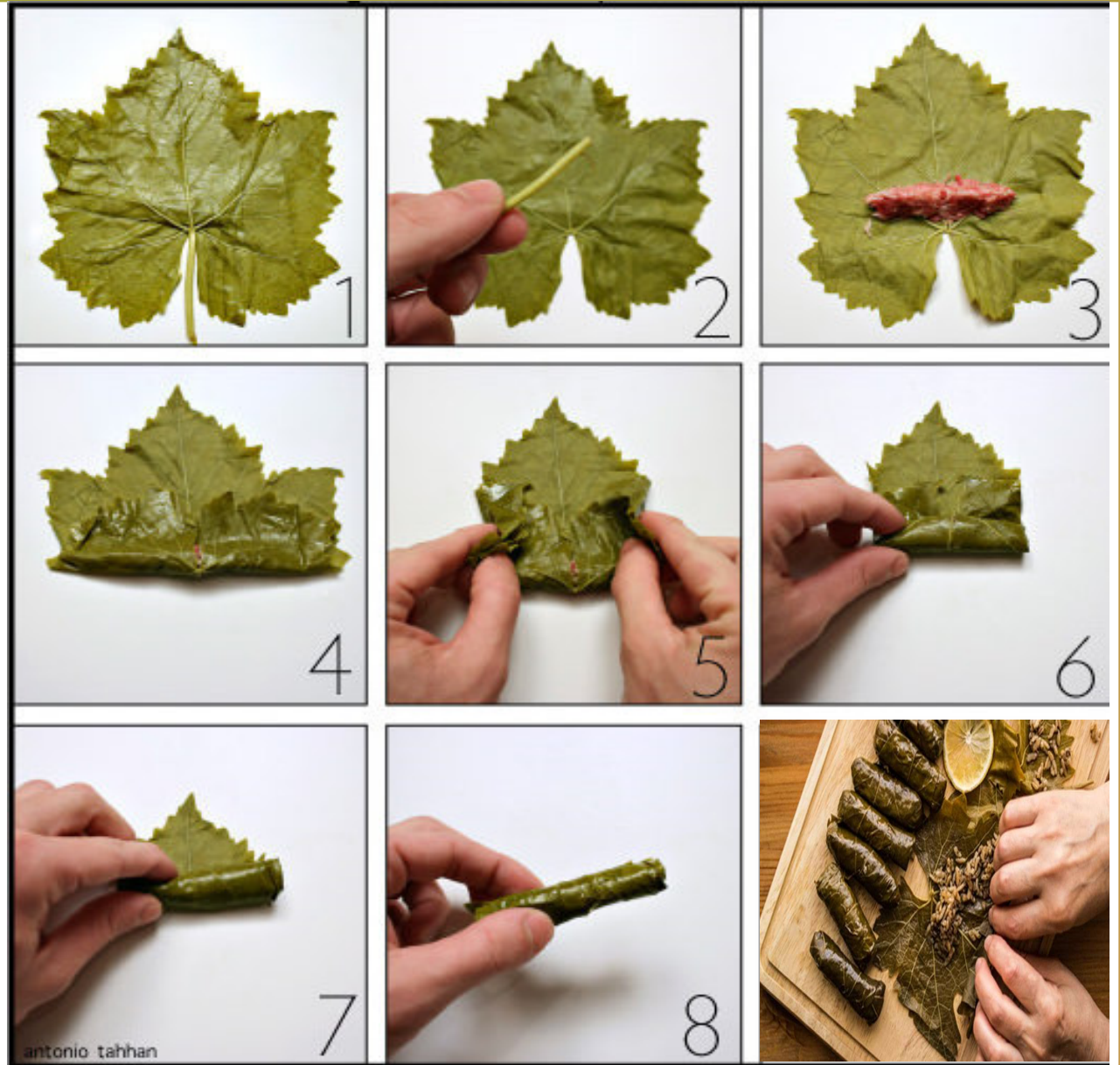
*(4 - 6 people, 30 minutes preparation, 25 minutes cooking time)*

- Tokat leaf
- 2 onions
- 2 cups of rice
- 1 teaspoon of olive oil
- ½ teaspoon of black pepper
- ½ teaspoon allspice
- 1 teaspoon cumin
- 1 teaspoon of salt
- ½ bunch of parsley
- 1 lemon (for serving)
- 1 teaspoon dried mint (fresh mint can also be used)
- 1 glass of water (inside while frying)
- 2 glasses of water (inside while cooking)



# PREPARATION

- Olive oil is poured into our pot, the onions are finely chopped and roasted.
- Add the rice and fry it.
- Add the last spices and 1 glass of water, keep it on the stove until the water is absorbed.
- The parsley is cut thinly, when we close the bottom of the pot, it is put into it and mixed. A little rest.
- The inner mortar we prepared is put inside the leaves and wrapped thinly.



# COOKING

- The wrapped leaves are arranged in the pot.
- Mix 2 glasses of water, salt and olive oil in a bowl. It is poured over the wraps. A flat plate is placed on top of the wraps so that they do not move while they are cooking.
- The pot is put on medium heat. After it starts to boil, it is reduced to six and cooked for about 25 minutes.





*ENJOY YOUR MEAL...*