

Turkey Meat- Liz Abdelnour Recipe (Sandi)

Tablee

- 1 lb. of ground dark turkey (or 1 lb ground beef)
- 1 1/2 cups of Uncle Bens rice
- 3 1/2 tsp of salt
- Pepper to taste
- 3-4 large mashed garlic (Trader Joe's sells cubes in their freezer department)
- 1 stick of soften butter

(NOTE: Ground turkey grape leaves are a little drier. This is just a good alternative to beef that my daughter enjoys.)

After stacking in pot, sprinkle with salt and olive oil.

Liquid

- 2 1/2 cups of water
- 1/2 cup of lemon juice
- (You'll need 1/2 cup of lemon juice for after cooking.)

Instant Pot settings

11 minutes (8 minutes for beef), quick release.

Stovetop Pressure Cooker

8 minutes after pressure has built up and the rocker is rocking and hissing.

Removing from pot

After you take off lid, pour 1/2 cup of lemon juice over leaves. While holding the small plate in place, pour all liquid into a small bowl. Remove small plate. Hold a large plate or platter over pot and flip all grape leaves onto that plate. Pour liquid from small bowl over grape leaves again so they get good and lemony. Serve.



Salaam Club of Florida October 2019



Brought to you by:
Monica Mackenzie, Missy Holcomb,
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1st things 1st - The Vine

- If you need a cutting, see Missy! She transplanted daddy's (Sam Rady) original vine into her back yard.
- Best time to cut your vine back is after the last freeze (usually March is safe in Jax)
- If you want to make rootings, save thick stems and keep them at about 1 foot. Put a bunch in @4 to 5 inches of water. Add water every so often. After a few weeks you will see growth and roots! Once the roots are substantial put in in the ground! Water it EVERY DAY! Once its established (after a few months) you don't have to water everyday.
- It needs a fence or trellis. It will need lots of space especially after a couple of years. Don't get upset if you don't get lots of leaves in first year, be patient.
- When fall rolls around the leaves start falling. It will look dead but it's not...wait until March to cut back.
- Tobacco dust works well as a pest deterrent. You can get it at the feed store at 1236 Kings Rd, 32204. If you see leaves with holes or bugs or whatever cut them off.
- Every so often sprinkle the vine base with rich soil for fertilizing...no need to use chemicals!

Prep work-Prepare the grape leave

- If leaves are fresh- snip off stems, rinse well to remove dirt, then blanch in boiling water until leaves turn deep green color. Allow to cool before rolling.
- If leaves are in a brine*- rise very well then soak in water for 20-30 minutes changing the water several times.
- If leaves are frozen**, just remove & allow to thaw. May thaw under running cold water.

Julia's Brine Recipe *

12 cups water, 1 cup salt and 1 cup vinegar
Mix well to dissolve salt. Keep refrigerated.
Ways to keep leave in the brine:

- Roll several stacks and place upright in a jar and pour brine over.
- Place flat in a food storage container with enough brine to cover leaves.

Freezing freshly picked grape leaves**

Skip blanching! Wash leaves & clip stems. Stack 50 leaves rough side up together while still damp. Squeeze excess water out and dab dry. It's OK if they are a little damp. Wrap snugly in plastic wrap, then in foil, then place in ziplock bag. Squeeze all the air out of bag. When they thaw, they are tender and ready to roll. Advantages: No rinsing of the brine and saves space if your fridge is full.

Traditional Meat- Shahood Girls (Monica)

Tablee

- 1/2 lb ground beef + 1/2 lb ground lamb or any combo of beef & lamb that totals 1 lb.
- 1 cup raw, long grain white rice, rinsed
- 6 oz tomato paste + rinse can with 1/4 can water poured into tublee
- 1/2 tsp salt
- 1/2 tsp lemon salt (citric acid)
- 1/2 tsp pepper
- 2 large cloves garlic, finely chopped
- 2 Tbsp dried parsley or 4 Tbsp fresh chopped parsley

Stack in Instant Pot nice and snug, crisscross each layer until pot is 2/3 full.

Liquid

- 2 1/2 cups water
- 1/2 tsp salt
- 1/2 tsp lemon salt
- Squeeze 1/2 lemon
- Cover with small plate.

Instant Pot Settings

Pressure cook for 4 minutes. Quick Release and remove from pot immediately.

If packing for freezing, pour excess juice over top.

Vegetarian (Missy) Yield: Approximately 50

Tublee

1 cup chopped portobello
 1/2 cup chopped sweet onion
 2 T butter
 2 large garlic cloves
 1/2 teaspoon of salt
 1/2 teaspoon of pepper
 1/2 teaspoon of lemon salt
 3 or so dashes of hot sauce
 About a tablespoon of lemon juice
 2-3 tablespoons of fresh chopped parsley
 1 cup of long grain white rice
 1 6 oz can of tomato paste

Saute onion and mushroom in butter for 10 seconds to coat. Mix all together in bowl.

Liquid: Water (same as others), 1 large lemon and Dash of salt and lemon salt

Instant Pot Settings: Pressure cook for 4 minutes. Quick Release and remove from pot immediately.

Vegetarian- Bernie Abdelnour's Mom

Tublee

2 cups rice
 1 small can garbanzo beans, drained & rinsed (smashed is easier to roll)
 1 med chopped onion
 1 bunch chopped parsley
 1 lb can tomato puree or crushed tomatoes
 1/2 cup olive oil
 Salt & Pepper

Liquid

Water, lemon juice, diced tomatoes, powdered garlic, dried mint, S & P (figure out your own measurements!)

Put some canned tomatoes in the bottom of the pot.

Cook as above using any of the cooking methods.

This recipe hasn't been tested in the Instant Pot.

Stuffing the Leaves

Situ Says- the best work surface is your clean kitchen counter

- Place leaf vein side up with the stem stub pointing toward you.
- Using a teaspoon (the kind you eat with) place a about a spoon-full of tublee about 1/2 inch from stem/top of the leaf. Amount will vary depending on size of leaves.
- Begin to roll the leaf away from you tucking the tublee in as tight as possible.
- After one roll, tuck in the left and right "wing flaps" of the leave into the center and continue to roll until complete. BE SURE TO KEEP THE ROLL TIGHT or tublee will fall out during cooking.

Situ Says- to make things easier fill a cereal bowl with tublee and scoop from there.

Stacking them in Pot

- Stack into layers in instant pot or pressure cooker side by side.
- Put each layer in opposite direction of each other like this #.
- Fill pot to about 2/3 full.
- Pour liquid mixture into pot.
- Place small plate on top to prevent them from floating.
- Cook according to directions, depending on type of pot using (pot on stove, pressure cooker on stove or Instant Pot.)

Cooking the Leaves in regular pot

- Sprinkle grape leaves in pot with salt
- Pour 2/3 cup lemon juice and 1 1/3 cups water over grape leaves. Note- this amount will vary depending on the size of your pot. There should be enough liquid to cover the rolls. Just be sure to keep the ratio the same.
- Put dish on top of grape leaves & place lid on pot.
- Heat on high until boiling, reduce heat to low-ish, simmer for 20-25 minutes.
- After 20 minutes test one of the leaves to see if the rice is cooked through (this of course is the worst part =) Continue cooking if needed.
- Remove from heat and let sit for 5-10 minutes with lid off to cool.
- Then STUFF YOUR FACE because HOLY CRAP there is nothing better than fresh hot grape leaves!!!!

If using a Pressure Cooker

- Sprinkle grape leaves in pot with salt.
- Pour 2/3 cup lemon juice and 1 1/3 cup water over grape leaves (per 2 c rice; double liquid if double recipe).
- Put Dish on Top of Grape Leaves.
- Seal the pot. Heat on high until rocker starts to rock.
- Reduce to medium- Cook for 8 minutes-Good Rocking.
- Remove from heat and allow to rest for a few minutes.
- Run cool water over the pot until the pressure “popper” goes down. This step is very important or you will blow your face off when trying to open the pot! • Break the seal and allow to cool for 5 minutes.
- Then STUFF YOUR FACE because HOLY CRAP there is nothing better than fresh hot grape leaves!!!!

If Using an Instant Pot:

Follow directions above except Pressure Cook for 7 min & then use quick release.

Need some Instant Pot Inspiration? Search Theresa Johnson Instant Pot on YouTube.

IMPORTANT NOTE ABOUT INSTANT POTS!

Newer models of the Instant Pot have two pressure settings - high and low. For all recipes in this cookbook, use the high setting if your Instant Pot gives you a pressure option.

Instant Pot tip:

The sealing ring absorbs the aroma of the last dish you prepared in the Instant Pot. Best way to remove that aroma is to wash the ring in the dishwasher.

General Notes:

- 1 recipe make ~75 grape leaves using 1 tsp of tublee / leaf
- Uncle Bens (par boiled/converted) rice takes longer to cook than long grain
- If you prefer to roll, freeze raw and cook later, use Uncle Bens; if you roll, cook and then freeze, use long grain.
- If freezing cooked rolled leaves, pour some liquid over leaves, then freeze.
- The grapes leaves are fragile so you shouldn't remove them with metal tongs.

Three methods for removal of hot grape leaves from pot:

1. Make a Grape Leaves “cake” See Sandi's recipe for details
2. Have fingers of one hand in bowl of ice water, remove leaves with other hand. Switch hands every few grape leaves. (Monica & Missy)
3. Silicone tipped tongs - very carefully! (Candy)

Hedy's Super Delicious Veggie Grape Leaves (Candy)

Tublee

- 1 bag Morning Star Crumblers-defrosted
- 2 cups Uncle Ben's rice (it holds up best for freezing according to the general situ community; Mahatma is just fine)
- 1 stick butter-melted
- 2 tlbs dried mint
- 2 tsp salt
- 1 tsp pepper
- 4 large cloves of garlic-pressed
- 1 6oz can tomato paste
- 6 oz warm water

Direction for preparing the Tublee

- Rinse rice in hot water to remove the starch then strain off excess water
 - In a LARGE mixing bowl combine crumblers, washed rice. Put the mint, salt, pepper and garlic in the melted butter then drizzle over the mixture.
 - Dilute tomato paste by adding one can of warm water and stir
- Situ says- make sure you scrape off all the extra tomato bits from can-don't waste them*
- Pour the tomato mixture over the other ingredients and mix well.

Situ says- The best mixing tool is your hands.