

From the Chefs Corner



### Stuffed Grape leaves

Serves 4-6 people

Always wash fresh produce prior to using

- 8 - 12 each "Upper Meadows Farm" Grape leaves
- ½ cup Sun dried tomatoes, reconstituted and julienne
- ½ cup Feta cheese, crumbled
- ½ cup Orzo pasta, cooked al dente and chilled then coated with olive oil
- 1 T "Upper Meadows Farm" Greek Oregano, chopped
- 1-bunch Field greens or any variety of lettuce
- 2 oz Balsamic vinaigrette (see recipe)
- 4 each "Upper Meadows Farm" Kale leaves

Sea salt – to taste

Cracked black pepper – to taste

Grape leaves –

Cut off bottom of stem.

Bring a small pot of water to a simmer and blanch grape leaves for 1 minute

Remove, place in paper towel and let chill in refrigerator

To stuff grape leaves –

Place a leaf on flat surface, rib side down. Place a small amount of orzo in center of leaf and top with a few slices of sun-dried tomato and top with crumbled feta cheese, then sprinkle with Greek oregano and a dash of salt and pepper. Press mixture so it firm in center of leaf. Fold each side of leaf into the center over the mixture if possible, and then from the end begin to roll forward until finished and closed.

Kale –

Remove stem and chop into thin slices. Heat some oil in fry pan and when hot slowly add kale; using a pair of metal tongs cook until crispy. Remove, place in paper towel to remove excess oil, sprinkle a dash of salt and pepper. Reserve

To serve –

Cut each stuffed grape leaf on bias and expose stuffing, serve with salad tossed with balsamic dressing and use the crispy kale as garnish.

t – teaspoon

T – tablespoon

Jeffrey R. Perry CEC