



Symmetry

Chiropractic
A different approach

The Community Resource Center For Optimal Health And Healing

LAMB DOLMAS

- 1 ½ Lb lean ground lamb
- ½ medium sized leek (finely chopped)
- 5 cloves garlic (minced)
- 2 lemons (zested and juiced)
- ½ tsp ground cumin
- 1 tsp red pepper flakes
- 2 tbsp olive oil
- 2 eggs
- small handful of mint leaves (chopped)
- small handful parsley (chopped)
- small handful fresh dill (chopped)
- 2 tsp mustard
- 1 1/2 tsp sea salt
- black pepper to your liking
- 1 jar grape leaves (drained of brine and soaked in fresh cold water)



Place a medium to large size sauté pan over medium heat. Add about a tablespoon of grape seed or olive oil and lightly cook leeks and garlic till softened but not browned (about 5 minutes), to cool. set aside

After allowing leeks to cool, add all ingredients except grape leaves in a sufficient mixing bowl. Begin to mix filling until just thoroughly combined making sure not to over mix . Refrigerate for at least 1 hour or up to 4 hours.

Lay out a clean towel or some paper towel. One at a time, take a grape leaf, place shiny side down on towel stem facing yourself. Add a couple small spoonfuls of lamb mixture to center of grape leaf. Firmly tuck in left and right side of leaf, then with both of your thumbs tightly roll forward. (You can do this one by one or lay ten leaves out at a time)

Place each dolma on a lightly sprayed (with olive oil) sheet pan seam side down. Place sheet pan on middle rack in a preheated 400 oven and bake for about 8 minutes or until internal temperature is 140 degrees.

Makes 25 dolmas. ENJOY!

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