

Vegan Foraged Stuffed Grape Leaf Recipe

Ingredients

- 15 grape leaves
- ½ cup white rice
- 8 oz. king oyster mushrooms (or other mushrooms, to your taste)
- ¼ cup cashews
- 1 tbsp. fresh garlic scapes, chopped (sub with 1 clove garlic, minced)
- 1 tsp. dried dill
- ½ tsp. fennel seeds
- 1/3 tsp. salt
- Zest of one lemon

Steps

1. Start by prepping your grape leaves- remove the stems and inspect for any bug damage. Give your leaves a gentle wash. Bring a pot of water to a boil, and add the leaves. Cook for about 15 seconds, flip, and let cook another 15 seconds. Remove the leaves from the water, and let them dry.
2. Cook your rice as directed on the package. Mince your mushrooms, chop the garlic scapes, and crush the cashews into small pieces. Once the rice is cooked, let cool and then add it to a large bowl. Add the mushrooms, cashews, garlic scapes, spices, and lemon zest. Mix well, and taste to adjust seasonings.
3. Start assembling your grape leaves. Place one in front of you, with the rougher, bottom side of the leaf facing up. Take a heaping teaspoon of filling and place it near the bottom stem end. Fold the sides in over the filling, and roll the leaf over from the bottom to the ends. Set aside, and repeat with the remaining filling and leaves.
4. Prepare a steamer- an inexpensive, collapsible vegetable steamer works well here. Place your leaves in a single layer in the steamer, and bring to a simmer. Let the stuffed grape leaves steam while the water simmers for 30 minutes, and then remove from the heat. Serve as is, or drizzled in olive oil.

