



LEBANON

APPETIZER

PRINTABLE RECIPE PDF

Lebanese Warak Enab

Warak Enab, or stuffed grape leaves, is a beloved staple in Lebanese cuisine, often served as a starter in family gatherings and celebrations. It reflects the

PREP

30 min

COOK

60 min

SERVINGS

4

DIFFICULTY

Medium

SHOPPING LIST

Ingredients

- 1 jar grape leaves - preferably pickled or preserved
- 1 cup short-grain rice - rinsed and drained
- 1 cup ground lamb or beef - optional for a meat variant
- 1 large onion - finely chopped
- 2 cloves garlic - minced
- 1 cup fresh parsley - chopped
- 1/2 cup fresh mint - chopped
- 1 tsp allspice
- 1 tbsp salt
- 1 tsp black pepper
- 1 lemon juiced
- 2 cups vegetable broth - for cooking

WHY THIS WORKS

About this recipe

A printable Lebanese Warak Enab recipe PDF with ingredients, cooking times and step-by-step instructions.

MEDITERRANEAN NOTE

Warak Enab, or stuffed grape leaves, is a beloved staple in Lebanese cuisine, often served as a starter in family gatherings and celebrations. It reflects the Mediterranean tradition of using fresh, locally grown

ORIGIN & TRADITION

Mediterranean context

Warak Enab, or stuffed grape leaves, is a beloved staple in Lebanese cuisine, often served as a starter in family gatherings and celebrations. It reflects the Mediterranean tradition of using fresh, locally grown ingredients, showcasing the region's agricultural richness.

METHOD

Step-by-step instructions

1

In a large bowl, combine the rice, ground meat (if using), onion, garlic, parsley, mint, allspice, salt, and black pepper. Mix well until thoroughly combined.

2

Rinse the grape leaves in cold water and pat dry. Lay a leaf flat on a clean surface, vein side up. Place about 1 tablespoon of the filling at the base of the leaf and fold the sides over the filling. Roll it tightly from the base to the tip. Repeat until all filling is used.

3

In a large pot, layer any leftover or torn grape leaves on the bottom. Arrange the stuffed grape leaves tightly in the pot. Add the lemon juice and pour the vegetable broth over the leaves, covering them generously. Place a plate on top to keep them submerged.

4

Cover the pot and simmer on low heat for about 60 minutes until the grape leaves are tender and the rice is cooked. Serve warm or at room temperature.

CHEF'S TIP

For added flavor, add a splash of olive oil over the stuffed leaves before cooking.

NUTRITION PER SERVING (EST.)

Calories	250 kcal	Fat	7 g
Protein	5 g	Fiber	3 g
Carbohydrates	45 g	Sodium	600 mg

SERVING SUGGESTION

Serve Warak Enab with a side of yogurt or tahini sauce and fresh lemon wedges for an authentic experience.

PRINTABLE MEDITERRANEAN RECIPE PDF

MedTableAI.com