



TURKEY

DINNER

PRINTABLE RECIPE PDF

Turkish Etli Yaprak Sarma

Etli Yaprak Sarma is a traditional Turkish dish made of vine leaves stuffed with a flavorful mixture of ground meat, rice, and spices. This dish reflects the Ottoman

PREP

30 min

COOK

60 min

SERVINGS

4

DIFFICULTY

Medium

SHOPPING LIST

Ingredients

- 500 g ground beef
- 200 g rice - washed and drained
- 1 medium onion - finely chopped
- 2 cloves garlic - minced
- 1 teaspoon paprika
- 1 teaspoon black pepper
- 1 teaspoon cinnamon
- 1 bunch fresh parsley - chopped
- 1 bunch fresh dill - chopped
- 300 g vine leaves - blanched if using jarred
- 3 tablespoons olive oil
- 500 ml chicken broth or water
- 1 lemon juiced

WHY THIS WORKS

About this recipe

A printable Turkish Etli Yaprak Sarma recipe PDF with ingredients, cooking times and step-by-step instructions.

MEDITERRANEAN NOTE

Etli Yaprak Sarma is a traditional Turkish dish made of vine leaves stuffed with a flavorful mixture of ground meat, rice, and spices. This dish reflects the Ottoman culinary heritage, where stuffed vegetables are a common and

ORIGIN & TRADITION

Mediterranean context

Etlı Yaprak Sarma is a traditional Turkish dish made of vine leaves stuffed with a flavorful mixture of ground meat, rice, and spices. This dish reflects the Ottoman culinary heritage, where stuffed vegetables are a common and cherished part of the cuisine, often served during family gatherings and special occasions.

METHOD

Step-by-step instructions

1

In a large mixing bowl, combine ground beef, washed rice, chopped onion, minced garlic, paprika, black pepper, cinnamon, parsley, and dill. Mix well until all ingredients are thoroughly incorporated.

2

Lay a vine leaf flat, vein side up, and place a spoonful of the meat mixture at the base of the leaf. Fold the sides over the filling and roll it tightly towards the tip. Repeat until all filling is used.

3

In a large pot, drizzle olive oil and arrange the rolled vine leaves in tight layers. Pour chicken broth or water over them and squeeze lemon juice on top. Place a plate over the rolls to keep them submerged.

4

Cover the pot and cook on low heat for about 40-50 minutes, until the rice is tender and the meat is fully cooked. Allow to rest for 10 minutes before serving.

CHEF'S TIP

For an authentic touch, use home-pickled vine leaves if available, as they offer a unique depth of flavor.

NUTRITION PER SERVING (EST.)

Calories	450 kcal	Fat	22 g
Protein	28 g	Fiber	4 g
Carbohydrates	30 g	Sodium	500 mg

SERVING SUGGESTION

Serve warm with a side of yogurt and a sprinkle of sumac for added tanginess.

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