

Sunvil Supper Club

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September 2015 - Koupepia (Stuffed Vine Leaves)



Ingredients (Servings: 4-6)

2-3 tbsp of olive oil
2 onions, finely chopped
1kg of coarsely minced pork
400g can of chopped tomatoes
1/2 bunch of parsley, finely chopped
Handful of dried Cypriot mint, crumbled
1 tsp of ground cinnamon
200g of pudding rice
Salt and pepper to taste
1 bunch of fresh vine leaves, destalked (or use canned leaves in brine)
Juice of 1 lemon

Method

Heat the olive oil in a pan, add the onions and cook gently to soften, but not brown.

Crumble in the pork and gently cook for 5 minutes or until the pork has coloured.

Stir in the tomatoes, parsley, mint, cinnamon and rice. Season well with salt and pepper and cook for a few minutes more.

Lay your vine leaves in a stack, vein side up and ensure that you have a shallow circular ovenproof dish ready to put the koupepia in.

To form the koupepia, place 1 tsp of the pork mixture into the centre base of the leaf. Fold the leaf over the mince from the base. Then fold in the left hand side of the leaf followed by the right side. Now roll up, not too tightly to make a little cigar shape.

Continue making until all the koupepia are packed in the dish. Squeeze on the lemon juice and cover with any remaining vine leaves, like a blanket.

Place an inverted plate on top of the vine leaves.

Carefully pour boiling water in around the edge of the dish. There should be enough water to touch the inverted plate on top.

Cover with foil, cook in a preheated oven at 200 degrees centigrade / Gas Mark 6 for 30 minutes, then reduce the heat to 180 degrees centigrade / Gas Mark 4 for a further 30 minutes.

Serve warm or cold.

Cyprus was where it all started for Sunvil 45 years ago, and the Mediterranean island will always have a special place in our hearts and in our stomachs.

Cypriot cuisine is a unique blend of Greek, African and Middle Eastern dishes. Meals are often lengthy affairs and involve many courses. The Cypriot Mezedes is probably what the island is most famous for. Mezedes are a rich selection of appetisers and savouries served in small dishes.

Koupepia - also known as dolmades - are often included in the Mezedes. Our chairman, enjoys his Koupepia served with natural yoghurt.

Find out more about holidays to Cyprus - www.sunvil.co.uk/cyprus