

# Etlı Dolma

Traditional Turkish Etlı Dolma recipe with meat and rice stuffing. Learn to make authentic Turkish stuffed vegetables with step-by-step instructions.

20 min

HAZIRLIK

40 min

PIRME

1h

TOPLAM

4

PORSİYON

Medium

ZORLUK

Etlı Dolma

## Malzemeler

- 1.1 lb ground beef
- 1 cup rice
- 1 onion
- 3 clove garlic
- 0.5 tbsp tomato paste
- 0.5 tbsp pepper paste
- 1 tsp cumin
- 0.5 tbsp black pepper
- 0.5 tbsp salt
- 0.5 cup olive oil
- 1 tomato
- 2.2 lb bell pepper

## Yapılışı

- Prepare the filling**

Combine 1.1 lb ground meat, 1 cup rice, 1 finely diced onion, and 3 minced garlic cloves in a large bowl. Add 1 tsp salt, 0.5 tbsp black pepper, 0.5 tbsp cumin, 0.5 tbsp tomato paste, and 0.5 tbsp olive oil.
- Mix all filling ingredients thoroughly with your hands until evenly combined and the mixture holds together when squeezed, about 2-3 minutes of mixing.**
- Prepare vegetables**

Core the 2.2 lb vegetables (bell peppers, tomatoes, or zucchini) by cutting off tops and removing seeds and pulp, leaving walls about 1/4 inch thick.
- Stuff the vegetables**

Fill each vegetable with the meat and rice mixture, leaving 1/2 inch space at the top to allow rice to expand during cooking.
- Make cooking liquid**

Mix 0.5 cup water with remaining tomato paste and a pinch of salt in a small bowl until smooth.

**6 Arrange for cooking**

Place stuffed vegetables upright in a heavy-bottomed pot or Dutch oven. Pour the tomato mixture around the vegetables and add enough hot water to come halfway up the sides.

**7 Cook the dolma**

Bring to a boil over medium-high heat, then reduce heat to low and cover. Simmer for 35-40 minutes until vegetables are tender when pierced with a fork and rice is fully cooked.

**8 Remove from heat and let rest for 5 minutes before serving. Check that internal temperature reaches 160°F (71°C) and rice is tender throughout.**

## ?puçlar?

Choose vegetables of similar size to ensure even cooking times, and don't overstuff them as the rice will expand during cooking.

Pre-cook the rice slightly before mixing with the meat - this prevents the filling from being too wet and ensures proper texture.

Save the tops you cut from tomatoes and peppers to use as natural caps, securing them with toothpicks if needed.

Layer the bottom of your pot with vegetable trimmings or extra tomato slices to prevent the dolma from sticking and burning.

Don't skip the weight on top during cooking - use a heat-proof plate to keep the dolma submerged and cooking evenly.

Add a tablespoon of sugar to the cooking liquid if your tomatoes are very acidic - this balances the flavors beautifully.

Let the dolma rest for 10-15 minutes after cooking to allow the flavors to settle and make them easier to serve intact.

Taste and adjust the seasoning of your filling before stuffing - it should be slightly over-seasoned as it will mellow during cooking.