

Zeytinyağı Dolma

Traditional Turkish zeytinyağı dolma recipe with aromatic rice filling. Learn to make perfect stuffed vegetables in olive oil, served at room temperature.

25 min

HAZIRLIK

40 min

PIRME

1h 5min

TOPLAM

4

PORSIYON

Medium

ZORLUK

Zeytinyağı Dolma

Malzemeler

- 2.2 lb bell pepper
- 3 onion
- 1 cup rice
- 0.5 tbsp tomato paste
- 0.5 tbsp pepper paste
- 3 green pepper
- 3 clove garlic
- 1 cup olive oil
- 1 tbsp sunflower oil
- 0.5 tbsp salt
- 0.5 tbsp black pepper
- 1 lemon
- 0.5 tbsp chili flakes
- 2 tomato

Yapılışı

- Prepare the vegetables**

Remove stems and carefully hollow out the 2.2 lb of vegetables (bell peppers, tomatoes, or zucchini), leaving walls about 1/4 inch thick. Use a small sharp knife to cut around the top, then scoop out flesh with a spoon. Reserve any tomato pulp if using tomatoes.
- Make the filling base**

Heat 1/2 cup olive oil in a large skillet over medium heat (160°C/320°F). Finely dice the 3 onions and add to hot oil. Cook for 5-6 minutes, stirring occasionally, until onions are soft and translucent.
- Mince the 3 cloves garlic and add to the onions. Add 1/2 tablespoon tomato paste and 1/2 tablespoon red pepper paste. Cook for 2 minutes, stirring constantly, until pastes are fragrant and darkened slightly.**
- Add 1 cup rice to the skillet and stir to coat with the oil and vegetables for 2 minutes. Add 1 tablespoon sugar, 1/2 tablespoon salt, and 1/2 tablespoon black pepper. Mix well to distribute seasonings.**

- 5 Pour in 1 cup hot water and bring to a boil. Reduce heat to low, cover, and simmer for 8-10 minutes until rice is partially cooked but still firm. Remove from heat and stir in 1/2 tablespoon lemon juice. Let cool for 10 minutes.
- 6 **Stuff and arrange**
Fill each hollowed vegetable about 3/4 full with the rice mixture, leaving room for expansion. Place stuffed vegetables upright in a heavy-bottomed pot. Top each with a slice from the 2 tomatoes if desired.
- 7 **Cook the dolma**
Mix 2 cups warm water with any reserved tomato pulp and pour around (not over) the dolma. Drizzle remaining olive oil over the vegetables. Place a heatproof plate on top to keep dolma in place.
- 8 Bring to a gentle boil over medium-high heat, then reduce to low heat (90°C/195°F). Cover and simmer for 35-40 minutes until vegetables are tender when pierced with a knife and rice is fully cooked. Let cool in pot for 15 minutes before serving.

?puçlar?

Choose vegetables of uniform size and shape to ensure even cooking times - they should all reach perfect tenderness simultaneously for the best results.

Never overstuff the vegetables with rice filling, as the rice will expand significantly during cooking and may cause the vegetable walls to split or burst open.

Rinse the rice thoroughly in cold water until the water runs clear to remove excess starch, which helps prevent the filling from becoming gluey or sticky.

Place a heavy heatproof plate or tight-fitting lid directly on top of the arranged dolma while cooking to prevent them from floating and shifting around in the pot.

Taste and adjust the cooking liquid seasoning before adding to the pot - it should be well-balanced with salt, bright lemon juice, and fruity olive oil.

Allow the finished dolma to cool completely in their cooking liquid, as this crucial step helps them retain moisture and absorb maximum flavor.

For optimal flavor development, prepare the dish a full day ahead and serve at room temperature rather than immediately after cooking.

Reserve some of the aromatic cooking liquid to drizzle over the dolma just before serving - it's intensely flavorful and adds appetizing moisture and shine.