Main dishes / Armenia

Pasuts tolma

A lenten dolma of soured cabbage leaves with lentils, beans and grains.

Time 150 min **Servings** 8

What you'll need.

- ☐ 800 g Soured cabbage leaves
- ☐ 150 g Lentils
- ☐ 100 g Cracked wheat
- ☐ 4 piece Onions
- ☐ 120 ml Vegetable oil
- ☐ 40 g Coriander
- ☐ 150 g Red beans — soaked overnight
- ☐ 100 g Chickpeas — soaked overnight
- ☐ 100 g Rice
- ☐ 3 tbsp Tomato paste
- ☐ 1 tbsp Paprika
- ☐ Salt and pepper — to taste

Let's make it.

01 Boil the beans, chickpeas and lentils separately until soft; each takes its own time.

02 Parboil the cracked wheat and the rice and drain them.

03 Fry the chopped onion in oil until golden and add the tomato paste and paprika.

04 Combine all the grains and pulses with the onion, season, and stir in the coriander.

05 Rinse the cabbage leaves of excess brine and pare down the thick ribs.

06 Roll the filling in the leaves into tight parcels, packing them in layers in a pot.

07 Add water to the level of the top layer, cover with a weighted plate and cook an hour on a low heat. Cool it completely.

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