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Dolmeh Barge Mo

دِلمهُ برگ مُو



Little Green Parcels of Persian Hospitality.
An illustrated guide to cooking, culture, and connection.

By Mozhgan



Rooted in Nature. 100% Plant-Based.

Wholesome rice, golden split peas, and fragrant herbs wrapped in tender grape leaves. Made with vegetable stock, this traditional masterpiece is entirely vegan.

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Giah -Khar (گیاهخوار) – Vegan

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The Anatomy of Dolmeh

Barg-e Mo (برگ مو):
Tender grape leaves



Berenj (برنج): Rice





Ab-e Limoo (آب لیمو):
Fresh lemon juice





Sabzi Dolmeh (سبزی دلمه):
Fresh herb mix



Lapheh (لپه):
Yellow split peas

Plus: Onion, turmeric, black pepper, and olive oil.

By Mozhgan

Step 1: Soften & Sizzle

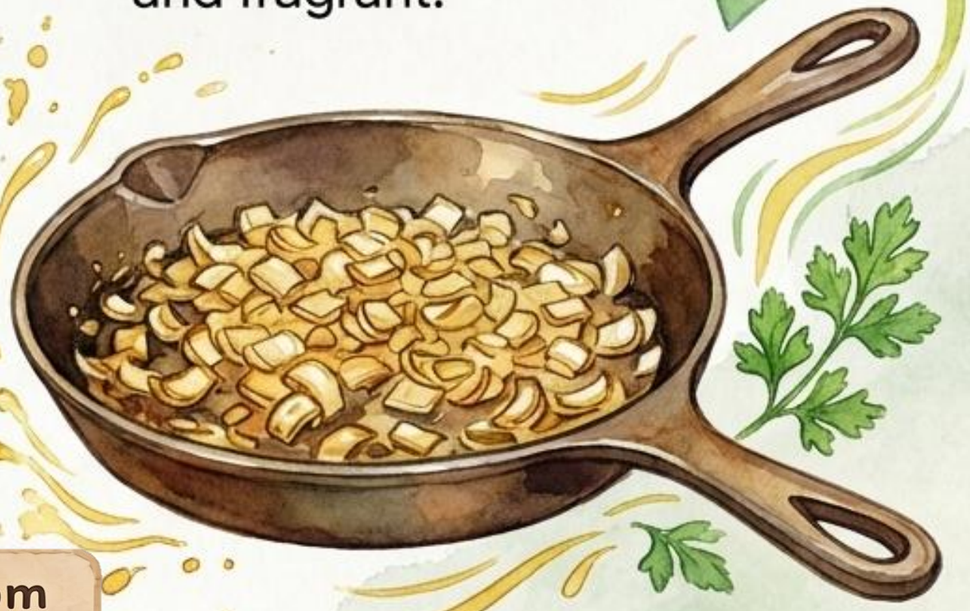




BOIL:
Partially cook the *Berenj* (rice) برنج and *Lapheh* لپه (split peas) until just tender.

FRY: Sauté the finely chopped onion with turmeric until golden and fragrant.





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Step 2: The Fragrant Filling

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CHOP: Finely mince the *Sabzi Dolmeh* (سبزی دلمه) (parsley, dill, mint).



MIX: Combine herbs with warm grains, golden onions, spices, and a splash of *Ab-e Limoo* (آب لیمو)



FOLD: Gently toss to create a cohesive, aromatic stuffing.



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Step 3: The Art of the Fold



1. FILL: Place 1 tbsp of filling on the vein-side of the

Barg-e Mo.

2. TUCK: Fold the bottom bottom lobes upward.

3. FOLD: Bring the sides in snugly.

4. ROLL: Roll tightly toward the tip to seal the parcel.

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Step 4: The Snug Fit

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LINE: Cover the bottom of the pot with spare or torn leaves to prevent sticking.

ARRANGE: Pack the Dolmeh tightly side-by-side, seam-side down.

INSIGHT: Snug nesting ensures the parcels hold their beautiful shape and don't unravel while cooking.

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Step 5: The Weighted Simmer

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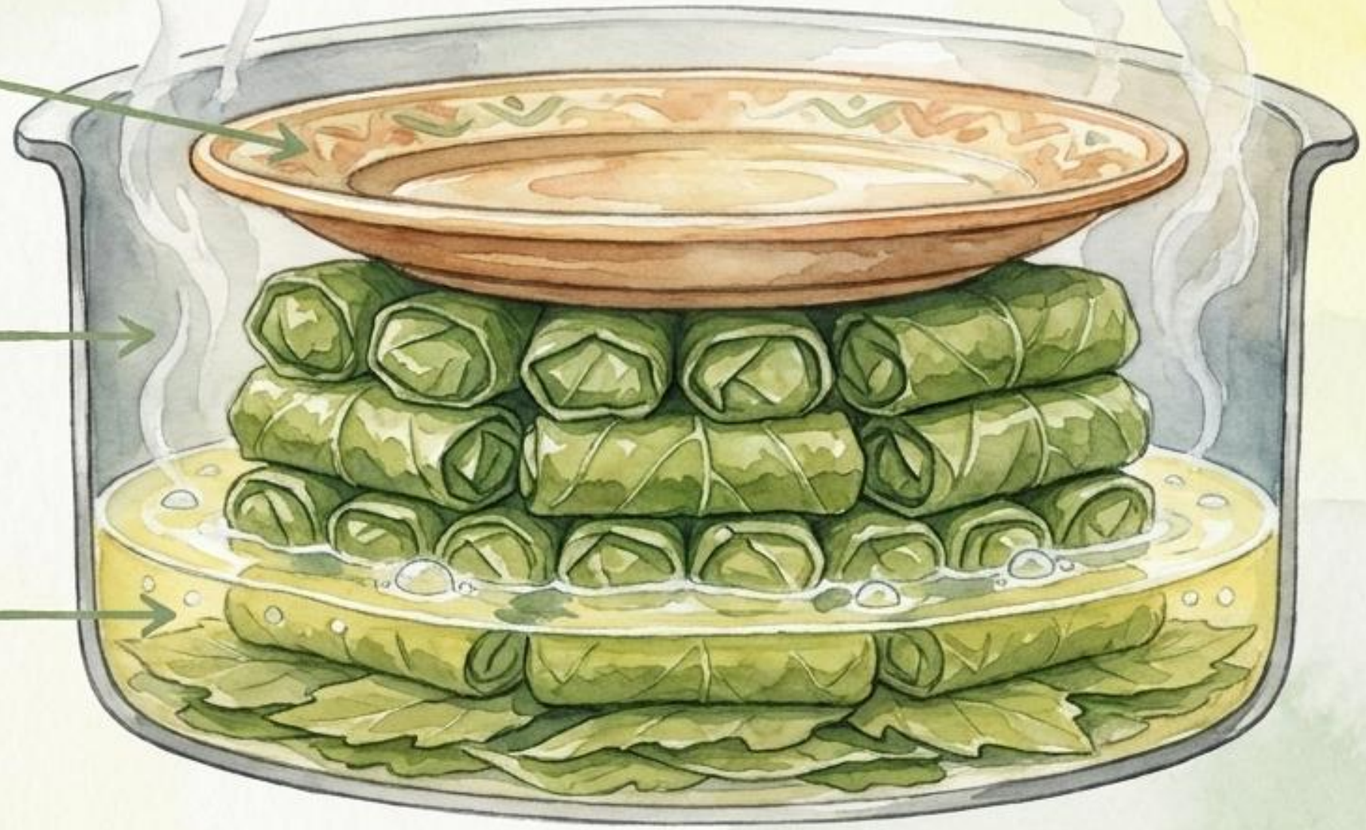
WEIGHT: Place an inverted heat-proof plate directly on the Dolmeh.

SIMMER: Cover and cook gently on low heat until tender.

POUR: Add a simmering broth of water, olive oil, and Ab-e Limoo.



INSIGHT: The plate acts as a gentle anchor, keeping the delicate parcels from floating or bursting as the grains expand.

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Step 6: The Final Masterpiece

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COOL: Allow them to rest—they are often best served at room temperature.

GARNISH: Adorn with fresh lemon wedges, barberries, or ruby pomegranate seeds for a burst of tartness.

DRIZZLE: A final touch of olive oil for a beautiful, appetizing shine.


The Joy of the Sofreh
Whether served warm or cool, Dolmeh Barge Mo is meant to be shared. Tear off some warm flatbread, add fresh herbs, and enjoy the magic of Persian hospitality.
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Nooshe Joon
May it nourish your soul!

By Mozhgan