

CELEBRATING INTERNATIONAL WOMEN'S DAY



Women in hospitality



Alam Raymon

The Village of Humber Heights

2 at
YEARS | Schlegel
Villages

25 YEARS
in hospitality

What makes you proud to work in hospitality?

The creativity, the passion and the desire to make positive impact on others, my pleasure see others enjoy what is in their plate and wondering about the secret recipe.

What's your advice for women who aspire to work in hospitality?

Love and enjoy what you do, be patient, simmer your idea and your dish, passion disagrees with cutting corners.

Stuffed vegetables - Dolma

This is a traditional dish that we usually prepare in the weekend or when we have a big gathering. You can use the seasonal vegetables for this dish. During winter we replace the grape leaves with Swiss chard. Serves 6–8 people

Ingredients

- 2 green peppers, top off, and seeds removed
- 3 zucchinis, peeled and, cut in a half
- 3 small Italian eggplants, cut in a half
- 2 tsp salt, divided
- 1 pound ground beef
- 1 cup white rice
- 1 small onion, chopped
- 1 punch of parsley, fresh dill, coriander (chop fine)
- Juice of 2 lemons
- 1 cup tomato sauce, divided
- 3 cloves garlic, crushed
- 1 tsp Arabic spice
- 1 (16-ounce) jar grape leaves
- 1 1/2 cup water

Directions

1. Core the inside of the zucchini and eggplant and set the flesh aside.
2. Salt the insides of the vegetables with 1 tsp of salt, and place in a strainer to drain for 30 minutes.
3. Combine the meat, rice, lemon juice, garlic, onions, and half a cup tomato sauce, 1 remaining tsp of salt, and spices. Stuff the vegetables and arrange side by side in a deep pan or pot.
4. To stuff grape leaves, place one tbsp of the filling in the center. Fold the sides to the center and fold the leaf over and roll lightly. Arrange them on top of the vegetables with the seem down.
5. If you are using fresh grape leaves, put them in boiling water to soften them for 5 minutes before stuffing.
6. Arrange the stuffed grape leaves on top of the vegetables. Pour the tomato sauce and water on top.
7. Place a fruit plate on top of the vegetables to keep them submerged. Bring to a boil and reduce heat to a medium. Cook for 30 minutes, covered, until rice is cooked.
8. To serve, cover the pot with a tray or a large platter, and flip the pot on the tray. Serve with bread and yogurt cucumber salad.

