Over the past 9 months, three events have changed the world in which we live inexorably. First, the COVID-19 pandemic swept across Europe and the United States, exposing weaknesses in our globalized economy, altering our way of life, shifting the political calculus of both the forces of democracy and the forces of authoritarianism, and further undermining an already weakened transatlantic relationship. Next, the heinous murder of George Floyd sparked a growing movement for racial justice in the United States that has spread to Europe and the rest of the world. Last, but not least, the climate crisis continues unabated. California, the new epicenter, is experiencing an unprecedented wave of forest fires, the smoke from which has darkened skies up and down the coast.

The Institute for European Studies has been doing its utmost to respond to our changing world and to continue to provide our constituents with a variety of resources that will help them stay informed and think critically about the contemporary global moment. We are committed to initiating discussions that we hope will facilitate the emergence of the kind of far-reaching, international solutions that these global problems require.

Our first commitment this year has been to help you, our constituents and partners, stay informed about events in Europe. This past Spring saw the debut of our EURO News Summary, a weekly news round-up that provides an overview of European current events focusing on foreign affairs, economics, political developments, and the refugee, public health, and environmental crises. We hope that the News Summary will build a common information base and a sense of community among our constituents, increasing interest in the European Union and European affairs among students and faculty at IU alike.

We have also initiated two event series that we hope will address the contemporary moment. First, we are
continuing and expanding upon the film series that we organized last year, “(En)Countering Dictatorships in Post-WWII Europe.” This year, in addition to providing streaming access to films and hosting virtual discussions, we will be hosting academic talks, including “America and the Greek Colonels: The Making of Cold War Foreign Policy” (Neovi Karakatsanis of IUSB and Jonathan Swarts of Purdue University Northwest), which is on tap for the beginning of the Spring Semester. A screening, followed by a discussion, of Agnes Vardas’ Nausicaa is also planned for the upcoming semester.

We have also launched a new series, “Understanding Race and Racism in Europe,” which we hope will provide our constituents with comparative perspectives on the way that race is conceptualized and racism is mobilized in a variety of European contexts. On November 6, we hosted Jeffrey Coleman of Marquette University, who gave an interesting talk on “Black Spain: Consumption, Rejection & Necropolitics” that included an intriguing exploration of the Spanish candy, Conguitos, which translates as “little Congolese.” We also hosted discussions of two films this semester: Mathieu Kassovitz’s La Haine and a recent documentary produced by the Onassis Center in Greece that is titled “Nine Afro-Greeks Discuss What ‘I Can’t Breathe’ Means in Greece.” The two coordinators of the Nine Afro-Greeks project, Jackie Abhulimen and Eirini Niamouaia Ontoul, joined us for a fascinating discussion of this event. If you missed either the Coleman talk or the Nine Afro-Greeks discussion, we are planning to post videos of them soon.

After being derailed due to the COVID-19 Crisis, our mini-conference on “The Future of the European Union” took place as a virtual event on November 12 and 13. The event featured two panels “What COVID-19 Hath Wrought: How the Pandemic is Altering the European Union” and “The Transatlantic Relationship in the Wake of the American Elections.” The all-star lineup included, Stavros Lambrinidis (the EU’s Ambassador to the United States), Senator Chris Van Hollen from Maryland, Lee Feinstein, Anna Diamantopoulou (former Greek Parliamentary Deputy and Minister, former European Commissioner, and President of the Athens-based think tank, DIKTIO Network for Reform in Greece and Europe), George Papakonstantinou (former Greek Parliamentary Deputy and Minister of Finance and faculty at the European University Institute), Dimitris Kourkoulas (former EU Ambassador to Bosnia and Herzegovina, Bulgaria, and Lebanon), and Meglena Kuneva (Bulgarian and European politician and currently the EU Ambassador to the Council of Europe). Recordings of the two talks are available on our Facebook page.

This coming Spring, we will be hosting the Midwest Model EU (MMEU), an annual competition simulating the EU’s legislative process that we have hosted at IUB since 2009, when it moved here from IUPUI. Due to the COVID-19 pandemic, we had to cancel last Spring’s MMEU. This year, we will be hosting the event, the second oldest of its type in the United States, virtually. We are hoping that the virtual format will allow for even wider participation. We are also looking forward to once again hosting the event in person here in Bloomington in Spring 2022.

Every year, EURO’s Title VI grant helps to fund faculty travel to conduct research and to participate in conferences. Please join me in congratulating last year’s winners: Gunther Jikeli, Asaad Ansaleh, Gergana May, Laszlo Borhi, Maria Bucur, Ke-Chin Hsia, Peter Sposato, and Kathleen Meyers. Due to COVID-19-related travel restrictions we are extending the window in which these funds may be used and working with recipients to find other means to utilize the funding. We also fund graduate student research — this past year from donations to our IU Foundation account. This past Spring Semester we made awards to Beatriz Barros, Szabolcs Laszlo, Fionan Mac Gabhann, Hallie Gillespie Chu, Maria Cintra, Kirby Evers Haugland, Jonathan Lanz, and Jessica Storey-Nagy.

The coming semester will be a busy one for our Title VI grant. We continue to make great progress with the Center for Latin American and Caribbean Studies and the African Studies Program on our shared Digital Toolbox project, which provides digital access to cultural objects and standards-ready lesson plans for K-12 teachers. Many thanks to Annie Mangus, our European Content Coordinator, who has been working tirelessly on this project identifying objects from IU collections for the Toolbox, researching them, and developing networks of connections by linking them to other cultural and intellectual resources as well as other objects in the Toolbox. This past year, the topic of our Summer Teachers Institute, which aims to enhance K-8 teachers’ global competence so that
they can create meaningful and high-impact global learning opportunities for their students, was the UN Sustainable Goals. The Institute was held in two virtual sections, one each in Summer and Fall, and was a great success, breaking previous attendance records. In response to the COVID-19 pandemic, EURO collaborated with our fellow National Resources Centers to develop and present a 4-webinar series titled “Teaching in Times of Crisis” that included participants from all over the globe. We also held remote in-service teacher workshops for middle school social studies instructors in different regions of the state that focused on the internationalization of curriculum.

Another grant priority is facilitating collaborations between IU faculty and the faculty of community colleges and minority-serving institutions to expand and improve European course offerings. We were very busy in this area over the summer. On June 30 we hosted a workshop on "How to Teach Europe Online" with over 20 faculty from IU and Florida International University. Many thanks to Esther Ham from Germanic Studies and David Becker, the Quality Matters Lead Coordinator for the IU System, for presenting at this workshop. We also sponsored two curriculum collaborations over the summer. Jason McGraw of the History Department and Michael Sparks of Ivy Tech worked together to add European content to a new course on Latin American History that Michael is developing. Likewise, Ke-Chin Hsia, also of the History Department, worked with Yan Xu of Spelman College on the European content of the World History courses that she teaches.

We are also continuing to support the Bridges Program, which introduces elementary school students to foreign languages and cultures. This year, we will be sponsoring Modern Greek. Two of my students, George Stylianos and Maria Emmanouelides, are co-teaching the classes. Last, we are actively working with our librarian, Luis Gonzalez to build IU Libraries' European Studies collection using Title VI funds.

Before concluding this statement, I’d like to briefly mention two on-going projects. The first is including a culinary feature, “EURO Café,” in our biannual newsletter. I served as the inaugural columnist for this feature, sharing a few reflections on Greek cuisine and three of my favorite recipes. Olga Kalentzidou has contributed the second installment in this series, which focused on the culinary crossroads between Bulgarian, Turkish, and Greek cuisines in Thrace in northwest Greece. I’ll definitely be making her kreatopita recipe in coming weeks!

Second, Jonathan Van Hecke, our LCTL Instructional Coordinator, and I have been working on a prototype for a podcast series/radio program, that we’re titling “Destination, Language.” The series is designed to promote different language learning opportunities at HLS and IUB. Broadcasts will feature an interview with a language expert that provides an overview of the language and its linguistic features, a brief mini-lesson, and an exploration of the culture. The prototype, “Destination, Language: Modern Greek,” should be in place very soon.

Last, I would like to conclude by welcoming a new staff member: Anna Kwiatkowski. Anna is an MA student in Euro who will be taking over as our Editorial GA. She will be working on our newsletter, our publicity materials, our Title VI reporting, and our News Summary, among other things.

Wishing you a productive and healthy remainder of the academic year,

Franklin L. Hess
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Director, Institute for European Studies.
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By Heather Duemling

As it has been for everyone, the Fall 2020 semester has been a whopper for EURO. We have been faced with pandemic challenges on a regular—sometimes daily—basis. We've been making pivots as quickly as possible, connecting with our academic and outreach communities, and re-imagining our path forward.

Race and racism is an over-arching theme for our programming this year. We hosted Professor Jeffrey Coleman from Columbia University to speak on November 6th. His lecture, “Black Spain: Consumption, Rejection and Necropolitics,” dealt with the paradoxical nature in which Blackness is simultaneously consumed and rejected in Spanish cultural production, politics and daily life. Our film screenings have included La Haine, with a discussion led by Professor Hall Bjornstad (FRIT) on November 9th, and a screening of the Onassis Center’s “9 AfroGreeks Discuss: What does ‘I can’t breathe’ mean in Greece” on December 4th co-sponsored by the African Studies Program. The latter was followed by a vivid discussion, led by Vassiliki Tsitsopoulou, Adjunct Lecturer with the Modern Greek Program, with the film’s producers, Jackie Abhulimen and Eirini Niamouaia Ontoul.

Constantine Vassiliou’s lecture, “Montesquieu’s Moderation: A liberal art for the commercial world,” was co-hosted by the Tocqueville Society on October 23rd. In it, he addressed how 18th-century ideas of moderation may help enrich current discussions on how varied forms of populism since The Great Recession have raised questions about the viability of democratic politics under the existing liberal economic order.

The Future of the EU Mini-Conference included speakers such as Stavros Lambrinidis (EU Ambassador to the U.S.), Chris Van Hollen (U.S. Senator, Maryland), and HLS Dean Lee Feinstein. “What COVID-19 Hath Wrought: How the pandemic is altering the European Union” was the topic of conversation on November 12th (https://www.youtube.com/watch?v=5xwHtKI-oY) and “The Transatlantic Relationship in the Wake of the American Elections” was discussed on November 13th (https://www.youtube.com/watch?v=3w6GpbXAZuk). If you were unable to attend the conference live, you can now watch the recordings at the YouTube links listed here. You can read more about the conference on page 6-7.

As a Department of Education Title VI National Resource Center (NRC), EURO has continued with our outreach efforts on our own and in collaboration with our fellow HLS NRCs. The necessity to function in the virtual realm has brought many exciting opportunities to broaden our impact. In response to the COVID-19 Pandemic public health crisis over the summer, EURO reached out to MSI and community college partners to offer our collaboration and assistance in getting courses with European content adapted to the online platform. This led to work with Spelman College, Florida International University, and Ivy Tech Community College.

EURO participated in two K-12 outreach events in coordination with our fellow HLS NRCs that reached teachers around the world as well as our usual audience of Indiana educators. Indiana teachers were able to discuss teaching during times of crisis with their peers from around the globe. They also learned about using the United Nations sustainability goals as just one way to add international content while teaching Indiana academic standards. Because of the virtual platform, more teachers were reached for both events, and a more rounded discussion was possible.

While our 2020 EURO Faculty Travel/Research Award recipients had to put many of their activities on hold, we will honor those awards until such time as they can be used. If you are an IU faculty member, please see our application for the 2021 EURO Faculty Travel/Research Awards. We will also be accepting applications for the 2021 Graduate Student Travel/Research Awards. Funds need not be used exclusively to benefit travel. They will be available to assist our faculty and graduate students more broadly in furthering their research.
We have had to think outside the box this semester—and in planning for the next—but we have found hidden opportunities all along the way. Our conversations have reached and benefited from a broader audience. We have formed and gained much from new academic partnerships that have resulted in collaborations that will last beyond the Pandemic. We have stepped into this new era, and we will continue to learn from it, present relevant programming, and offer our resources to students, faculty, and academic partners.

Heather Duemling
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Before COVID-19 became a reality to us in the US last Spring, EURO, in collaboration with DIKTIO – Network for Reform in Greece and Europe, was preparing for what we hoped would be a major event in our year, a two-day conference on how the EU as a body would continue on in an age of increasing authoritarianism and nationalism in the West. What were the possible futures, the paths, the pitfalls?

The conference, which was scheduled for April 2020 in the IMU, was doomed, or as it turns out delayed. We went home in mid-March and have yet to return to normal office life. But there is one fortunate advantage to our collaborative lives being reduced to video conferencing: anyone anywhere can be all together in one room.

We knew early on in the pandemic that the Future of the EU Mini-Conference would be going virtual. This change in format allowed us to cast a wider net for panelists who could speak on the fate, hopes, and fears for the EU. Our roster grew and grew to include current and retired EU ambassadors, a sitting US Senator, an EU parliamentarian, professors in political science and the dean of our own Hamilton Lugar School (see the detailed panelist lists below). In moving the conference to Zoom, we made the most of our new normal, gathering together panelists and viewers alike from across the US and Europe.

The Panels

Thursday, November 12
“How COVID-19 Hath Wrought: How the Pandemic is Altering the European Union”
Panelists:
Meglena Kuneva, EU Ambassador to the Council of Europe
George Papaconstantinou, Professor at the European University Institute and Former Greek Cabinet Minister
Dimitris Kourkoulas, former Greek Deputy Minister of Foreign Affairs and former EU Ambassador to Lebanon, Bulgaria and Bosnia and Herzegovina
Anna Diamantopoulou, President of DIKTIO and former EU Commissioner and Greek Cabinet Minister
Eva Kaili, EU Parliamentarian for Greece
John McCormick, IUPUI Professor of Political Science (moderator)

Our first panel addressed the most immediate problems of the moment. The COVID-19 Pandemic has tested the European Union in ways that not even the Sovereign Debt Crisis of 2010 and 2011 did, exposing organizational weaknesses and political fissures. Have the institutions of the EU been up to the task of responding to the pandemic? Has the experience of 2020 changed the way that member states think about the EU? Will it lead to improvements in bureaucratic efficiency and greater economic and political integration or will it spark the devolution of responsibilities as member states feel the need to reassert local control over public health policy and their economies? These are only a few of the questions our panelists had to grapple with. And they are questions which then as now in mid-December could not be fully phrased, let alone fully answered—the event is still unfolding.

Watch the panel here:
https://www.youtube.com/watch?v=_5xwHtKl-oY

Friday November 13
“The Transatlantic Relationship in the Wake of the American Elections”
Panelists:
Stavros Lambrinidis, EU Ambassador to the United States
Chris Van Hollen, US Senator, Maryland
Dimitris Kourkoulas former Greek Deputy Minister of Foreign Affairs and former EU Ambassador to Lebanon, Bulgaria and Bosnia and Herzegovina
Our second panel would have gone quite differently if it looked like Donald Trump would be given four more years at the helm following November's general election. Over the past 4 years, the Trump administration has systematically chipped away at the bipartisan foreign policy consensus that has guided American foreign affairs since World War II. Another term for Trump likely would have meant a significantly weakened transatlantic alliance and even the end of NATO. But Joe Biden's win does not signal an automatic reset of American foreign policy. The US will have to re-earn the trust of its allies and work with them to find viable solutions to the many places where American and European interests increasingly seem to diverge. American isolationism has translated into greater EU independence from the US. The overall sense of our panel seemed to be that both sides would be open to rebuilding torn relationships, but Europe will not readily take a backseat for the sake of things returning to normal. However much Biden bills himself as a rebalancer who is returning us to the status quo of the Obama years, the reality is that the old way will no longer work. The lively discussions of this panel focused on exploring the new constellations of power that could emerge in the near future.

Watch the panel here:

https://www.youtube.com/watch?v=3w6GpbXAZuk

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While the mini-conference had to become something other than what we at first envisioned it as, it was all the same a major success of our pandemic-era programming. And if this year and this inaugural conference are any indication, the future of the EU is a question that won't wear itself out.
Indiana University’s Global Gateway Network strives to support and expand the university’s global presence by hosting conferences, workshops, and other academic events; supporting IU faculty research; and promoting collaborative activities with universities and researchers in the region that each Global Gateway serves. At present, the network consists of 5 Global Gateways: the ASEAN Gateway in Bangkok, the China Gateway in Beijing, the Mexico Gateway in Mexico City, the India Gateway in New Delhi, and the European Gateway in Berlin. Each Gateway has a Bloomington-based Academic Director who works in coordination with a locally based staff to develop events at the Gateway and coordinate its outreach activities. As with all other facets of our existence, however, the COVID-19 pandemic has dramatically altered the terrain on which IU’s Global Gateways operate. We asked Tim Hellwig, Remak Professor of Political Science and Academic Director of the IU Europe Gateway, to discuss how the pandemic has changed their programming, how they’ve adapted to the changing terrain on which they operate, and what their future holds.

EURO: Tell us a little bit about the Berlin Gateway. Where, exactly, is it? What sorts of groups or programming can it accommodate? How long have you been the academic director?  

Hellwig: The IU Europe Gateway is located in the Kreuzberg neighborhood in Berlin. This location places the Gateway in a vibrant city at the heart of Europe and facilitates collaborations with IU partners Freie Universität and Humboldt Universität, both located nearby. While located in Berlin, the Gateway is charged with representing IU and for building bridges across Europe. Aside from Germany, the Gateway has hosted events focusing on Eastern Europe and Russia, the Balkans, and on pan-European issues.

Our offices are located within the Council on International Educational Exchange (CIEE) Global Institute. Our space includes an administrative office and two mixed-use meeting/seminar rooms, which can also be used as an office space by visiting scholars. We also have access to seminar and lecture spaces to accommodate small working groups as well as larger plus public-facing lectures with audiences of up to 100 people.

We are fortunate to have two excellent staff members working out of Berlin. Andrea Adam Moore is our on-site director and has been with us since 2015, and Annabell Türk is our program and communications manager. I have served as Academic Director since January 2019, taking over from Hannah Buxbaum, who is now Vice President for International Affairs at IU. My job is to promote the gateway and devise ways for faculty and students to get involved throughout the IU system.

EURO: How has the COVID-19 Pandemic affected Gateway activities? What programming have you been able to offer?

Hellwig: The pandemic has upended many of our activities. We had a full schedule of activities lined up for the spring but had to cancel nearly all of them, including a planned visit from President McRobbie and IU alums in June. All of IU’s gateways (we have 5 of them) have had to reinvent ourselves as we work though the pandemic’s uncertainty. We have launched several webinar series (one on Art in the Time of Corona, another tied to the College’s Themester program on Democracy), and we have a new platform we call “European Encounters” which organizes coffee chat-like conversations between IU and Europe-based scholars. We also connect faculty with partners in Europe—academic and
beyond—for engagement of guest speakers or classroom collaboration projects through our Global Connections initiative. Lastly, we have taken advantage of the limitations on travel to work more closely with other gateways at IU and to expand and deepen our relations with IU partner institutions abroad.

EURO: Will Spring and Summer 2021 differ from Fall 2020 as far as programming or travel opportunities for the Europe Gateway activities?

Hellwig: We do have some tentative workshops and conferences planned for spring/summer 2021. We are keeping our fingers crossed that travel restrictions will be lifted and done so in a safe manner to allow these to happen.

EURO: How have you been able to plan for the future of the Gateway?

Hellwig: I hope to broaden the set of IU faculty who have the opportunity to use the Gateway’s facility. This means reaching out to faculty in the humanities and social sciences, but also the natural sciences and professional schools, in Bloomington, Indianapolis, and the regional campuses as well. We also have been working with other centers at IU to see if a European perspective can enrich their work. Finally, I hope we at the Gateway can serve as a source of information for IU faculty and students for funding and travel opportunities to the region.
Welcome to the EURO Cafe!

Culinary Crossings

By Olga Kalentzidou

As the holidays approach, the rich culinary history of my homeland occupies my thoughts. The foodways of Greek Thrace, my ancestral home, have been heavily influenced by the wider Balkan region during Ottoman times and its proximity to Istanbul and the spice routes of the Silk Road. Political animosities among Southern Balkan countries aside, it is the culinary convergences that span five centuries that bring the region together and celebrate its gastronomic uniqueness. Culinary borrowings echo in the heavy use of spices, such as paprika (spicy and mild), coriander, cumin, fenugreek, cloves, allspice, and cinnamon. Commonly shared terms regarding food preparation techniques (i.e. kapama, yuvetsi, burek), names of dishes (for example, pastirma, kavourma, sarma), and serving styles (meze and large dishes made for sharing) connect the region. People still exchange food knowledge through farmers’ markets that fuel regional economies and support local and seasonal products. Such markets create multi-sensory experiences, and connect diverse ethnic and religious groups.

Each year, in my immigrant kitchen, I perform food rituals that link me to my Greek heritage and connect me to my Balkan roots: lahanodolmades (sarma, sarmi, sarmale), stuffed pickled cabbage with rice to serve on Christmas Eve as part of the ritual of the Nine Foods; meat pie with leeks and spiced ground beef (kreatopita), which is served on New Year’s Eve and in which a good-luck coin is hidden; and kavourma, lamb or beef stewed in its own juices which is enjoyed by itself or in buyurdi, rich saganaki-type dishes baked in the oven in clay pots. I dream of the stickiness of soutzouk loukoum; the spiciness of leek and pork sausage; the comfort of a cheese pie made with handmade phyllo; pickled cabbage salad with spicy paprika; red beets served warm with vinegar, olive oil and a dollop of yogurt; and strong tsipouro to warm up cold nights that bring family and friends together.

I hope you enjoy my recipes for stuffed cabbage leaves and meat pie. Happy Holidays!

Kreatopita (meat pie)

Ingredients
- 4 cups of finely sliced leeks
- 1 red onion, finely diced
- ¼ cup of lard (or melted butter) to butter the phyllo
- 1 lb. ground beef
- 1 lb. ground pork
- ¼ lb. phyllo pastry sheets - approximately 20 sheets per box, or handmade phyllo dough (recipe included below)
- 1 teaspoon salt
- 1 teaspoon pepper
- ½ teaspoon, or more, red pepper flakes
- 1 teaspoon cumin
- 1 teaspoon paprika
- ½ teaspoon ground allspice
- 1 egg (for egg wash)
- 2-3 tablespoons sesame seeds

Instructions
For the homemade dough
- 500 grams all-purpose flour
- 1 teaspoon salt
- 1/4 cup olive oil
• 1 tablespoon red wine or other vinegar, or tsipouro
• 200 ml warm water (about 1 cup)

Instructions
• In a large bowl, add the flour. Create a well and add the salt, olive oil, vinegar and most of the water (add more or less water based on the type of flour you have).
• Knead thorough, incorporating the flour into the wet ingredients until you have a pliable and soft dough that is not sticky.
• Cover the dough and let it rest at room temperature for at least half an hour.
• Divide the dough into 6 balls. Open them using a long and narrow rolling pin.
• Note: This amount of dough is enough to make several layers of phyllo for a 35 x 30 cm (14 x 12 inch) or 30 cm - 12” diameter baking tin.

For the pie filling
• Preheat the oven to 350 F.
• Wash the leeks thoroughly and dice them finely. Saute leeks and onion in lard (or butter) until wilted and golden. Add a sprinkle or two of salt and pepper. Remove from pan and set aside in a bowl.
• Wipe the pan clean, add the remaining lard or butter and brown the meat. Add remaining spices and set aside to cool, then add the reserved leek and onion mix and combine.

Assemble the pie
• Lightly oil (use butter or lard) a 12-inch round x 2-inch deep pan, or a large baking pan. (If you are using homemade dough, substitute 2 sheets for each step below). Layer 6-7 sheets of phyllo, one sheet at a time, brushing each with melted butter/lard. Overlap the sheets concentrically so that the overhanging phyllo looks almost like the points of a star. Turn in the overhanging edges to form a ring. Alternatively, layer the phyllo in a rectangular pan, folding in the edges to form a rim once you’ve poured in the filling. Add 1/2 of the meat/leek filling into the pan over the phyllo (if using for New Year’s Eve, hide a coin in this layer). Add 6-7 more sheets of phyllo, each oiled and slightly crumpled to fit in the pan. Then add the remaining meat/leek filling. Add the remaining phyllo sheets, individually oiled, and fold in the edges to form a rim. Oil the top sheet, pour in an egg wash and sprinkle liberally with sesame seeds. Score/cut the phyllo into desired pieces with a sharp knife before baking. This will allow steam to escape and the filling to bake through.
• Bake for about 40-50 minutes until the top is golden brown.
• Cool for 15 minutes before serving. Serve alone, or with a beet salad on the side.

Stuffed Cabbage Leaves (lahanodolmades) with Rice
Ingredients
1 large white cabbage, about 3 lbs (alternatively, you may use pickled white cabbage, but soak it to remove excess salt and decrease the amount of salt in the filling)
4 yellow or red onions, minced
2 cups short grained Arborio-type rice
1 ½ cups olive oil
1 tablespoon paprika
½ teaspoon cayenne pepper or red pepper flakes (less if you do not wish the dish too hot)
A pinch of cinnamon
A pinch of sugar
1 teaspoon salt
½ teaspoon black pepper
1 cup dill, chopped
½ cup parsley, chopped
1 tablespoon tomato paste (optional)
Juice of 3 lemons
How to make:

- Prepare the cabbage: in a large stock pot, bring water to a boil. Add the whole cabbage until it is soft and pliable (but not mushy). Check the cabbage often – it may take up to 30 minutes for the cabbage to get soft. When ready, remove from the pot and let drain completely. Then separate individual leaves.

- In a large sauté pan, add 1 cup olive oil and heat until it bubbles. Sauté the onions until soft. Add rice, tomato paste (if using), dill, cinnamon, pinch of sugar, paprika, cayenne (or red pepper flakes), salt, pepper and the juice of one lemon. Bring to a boil, then turn off the heat and let the mixture cool off.

- Line a large pot with a few cabbage leaves.

- Roll the cabbage dolma as you would a grape leave dolma. Then arrange them in a circular way in the pan on top of the cabbage leaves. When the first layer is done, add more cabbage dolma on top in the same manner. Pour the olive oil, juice of 1 lemon and two cups water. Add a plate on top – this will prevent the dolma from unravelling during cooking. Bring to a boil, then immediately lower the heat to simmer. Simmer for about 20 minutes (may take longer) until they are soft, and the rice is cooked thoroughly.

- To serve: remove to a large platter, add juice of the remaining lemon, and sprinkle some fresh black pepper on top. Eat them with feta and fresh bread.