

Ma'aloubeh 4-5 portions

Ingredients

2 Onions
2 medium sized eggplant
1 medium sized Cauliflower
1 KG meat (veal) fillets or 1 full chicken cut into 6 pieces
2 cups Rice
2tsp Turmeric powder
½ tsp allspice
1 tsp salt
¼ tsp black pepper
1 lemon juice



Recipe

Lamb/Veal or Chicken

1. wash the lamb/veal fillet or chicken pieces with cold water and dry them. Place lamb/veal chops into a pot soaked in water, if you are boiling meat add an onion chopped into quarters and 2 bay leaves, and leave to boil for 30 minutes. Take the chops out of the water and save the stock

2. peel and cut up the eggplant into thick horizontal slices marinate them in salt and leave it for 5 minutes until the water comes out of the eggplant

3. cut cauliflower into smaller pieces

4. wash the eggplant in water to get rid of the salt, and then pat dry the slices

5. fry the eggplant followed by the cauliflower in a pan using vegetable oil until almost golden, then place it on paper sheets to dry

(you can also broil the sliced eggplants and cauliflower after brushing them with olive oil and a little vinegar in a large pan)

6. soak 2 cups of rice in warm water 1 teaspoon of salt and 2 tablespoons turmeric powder and leave for around 30 minutes

Time for the stacking

7. in a large pot fry 1 sliced slice fresh tomatoes and line on the bottom of the pan then stack the meat/chicken on top of the tomatoes, followed by the cauliflower on one side and the eggplant on the other follow by adding the soaked rice on top

8. add salt, turmeric powder to the chicken stock then pour it on top of the meat eggplants and cauliflower. Make sure the sauce covers the rice 1/2cm over.

9. place it on high fire for 7 minutes. Then cover it and leave on low fire for 40-45 minutes.

10. keep checking the pot to make sure the water is evaporating and the rice is cooking,

11. when the water has fully evaporated and the rice is fully cooked. Take the pot off the heat and leave to cool for about 10 minutes (try wrapping it in a blanket)

12. flip the pot onto a serving plate and slowly and carefully remove the pot leaving a cake of rice meat eggplant and cauliflower

This meal is usually eaten along with yoghurt and farmers salad. Enjoy,

 sahtain:
a double good health