MAQLUBEH

Posted on December 20, 2024 by admin



ingredients
Lamb and Stock:

- 2 kg bone-in lamb shoulder, cut in 2-inch pieces
- 4 whole cloves
- 1 yellow onion
- 5 cardamom pods
- 6 allspice berries
- 1 cinnamon stick
- 3 dried bay leaves
- 1 clove garlic, bruised
- 1 tsp each salt, black pepper, allspice, cardamom and cinnamon

---

Cauliflower:

- 1 head cauliflower, cut into 2-inch florets
- Vegetable oil, for frying
- ½ tsp salt and ground black pepper
- ¾ tsp ground allspice, ground cardamom and ground cinnamon

Eggplant:

- 3 large eggplants, sliced lengthwise into ½-inch slices
- 2 tbsp olive oil
- ½ tsp salt and ground black pepper
- ¾ tsp ground allspice, ground cardamom and ground cinnamon

Rice:

- 3 cups long-grain or basmati rice
- 2 tsp each salt, ground black pepper and ground allspice
- 1½ tsp each ground cardamom and ground cinnamon

Assembly:

- 1 large potato, thinly sliced
- 1 large tomato, thinly sliced
- 2 tbsp ghee

Cucumber-Mint Yogurt (Labal bil Khyar):

- 3 mini cucumbers, cut into small dice
- 750 g plain 3% yogurt
- 1 tsp salt
- 1 tbsp dried crushed mint
- 2 cloves garlic, crushed
- Dried mint, for garnish
- 2 tbsp olive oil

Diced Salad (Salata Na'meh):

- 1 head green leaf lettuce, thinly sliced
- 3 mini cucumbers, cut into small dice
- 4 tomatoes, cut into small dice
- ½ cup fresh parsley leaves, finely chopped
- 1 lemon, juiced

- 1 tsp salt
- 2 tbsp olive oil

Garnish:

- ¼ cup finely chopped parsley
- ¼ cup pomegranate seeds

instructions

1. To cook the lamb, in a large pot, combine the lamb, onion, bay leaves, cinnamon stick, cloves, and garlic. Pour in enough room-temperature water to cover by 3 inches.
2. Bring the mixture to a boil over high heat. Reduce the heat to medium-high, and cook the lamb, skimming off any foam, until tender, about 1 hour (add more boiling water, as needed, to cover the lamb). Discard the onion, bay leaves, cinnamon stick, cloves, and garlic. Reserve 6 cups of the stock (you can save any remaining stock for making soup another time). Season the meat on all sides with the salt, black pepper, allspice, cinnamon, and cardamom.
3. To cook the cauliflower, in a pot over medium heat, heat ¾ inch of the vegetable oil. Working in batches and adding more oil as necessary, fry the florets, flipping once, until golden brown, 3 to 4 minutes. Transfer to a paper towel–lined baking sheet and let drain.
4. Season with ½ tsp each salt and pepper, and ¾ tsp each of the allspice and cinnamon. (For a lighter version, brush the cauliflower with 2 tbsp of olive oil and roast the florets at 400 F for 30 minutes.)
5. Preheat the oven to 400 F.
6. Brush both sides of the eggplant with the olive oil, and sprinkle with the salt and black pepper. Arrange the eggplant in a single layer on a baking sheet, and roast until golden brown, about 35 minutes. Season with the allspice and cinnamon and set aside.
7. In a small saucepan over medium heat, bring the reserved stock and 1 cup of water to a boil, and then turn off the heat.
8. To prepare the spiced rice, rinse the rice under running water until the water runs clear, and then drain.
9. In a large bowl, combine the rice with the salt, allspice, and cinnamon together with black pepper and cardamom. Mix well.
10. To assemble the dish, in a large non-stick pot, rub 2 tbsp of the samneh baladi over the bottom of the pan and up the sides. Arrange the potato slices evenly over the bottom of the greased pot. Arrange the eggplant slices all around the outer edge of the pot (so half of each slice curves up the side and the other half covers the bottom). Top with 1½ cups of the spiced rice, spreading it evenly over the ingredients and up the sides. Arrange the tomato slices evenly over top, and then do the same with the lamb. Alternate the cauliflower and the meat pieces

in-between and overtop. Finish with the remaining spiced rice. Gently shake the pot to allow the rice to fall into any cracks, and then, using your hands, gently pack everything down.

11. Cook over high heat for 3 to 4 minutes, just until you hear a sizzle, and then pour in the stock. Carefully tilt the pot to remove any air pockets. Bring the mixture to a boil and cook, uncovered, for 8 minutes. Cover the pot with the lid, and then reduce the heat to medium. Cook for 25 minutes, until the liquid has substantially evaporated. Reduce the heat to low, and continue to cook, covered, for 30 to 35 more minutes (this allows the rice at the bottom of the pot to form a nice crust). Turn off the heat and allow to rest for 20 minutes.
12. Place a flat serving platter over the pot. Quickly invert the pot onto the platter. Place a kitchen towel over the bottom of the pot and tap gently. Let stand for 5 minutes, and then carefully remove the pot.
13. To make cucumber-mint yogurt, cut cucumbers into a small dice and add to the yogurt. Add the crushed garlic, and sprinkle with crushed dried mint, and salt. Mix well until well combined. Drizzle with olive oil.
14. To make salata na'meh, slice the lettuce into a thin strip, then add the diced cucumber and tomatoes and parsley. Add the lemon juice, salt, and olive oil and mix well until combined.