

# Orange Blossom Water

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## Batersh

From: Family Recipe / Servings: 5 People

2 kg eggplants

1 garlic clove, crushed

250 g yogurt, drained in a cloth to dry

2 tbsp tahini

2 tbsp ghee, for mixed nuts

Nuts (almonds halves, chopped walnuts, pine nuts)

2 tbsp ghee, for meat

500 g fat free ground lamb meat

1/2 cup tomato paste

2 tbsp ghee, for mixing with the dish

Salt

Pepper

### Garnish

Flat parsley leaves, finely chopped

### To Serve

Place Eggplant directly on the flame of a gasburner, and turn every few minutes, so it is charred on the outside and the pulp is soft and has a smoky taste. Remove the charred skin of the eggplant, you can rinse with water and that will help in removing the skin. Place the eggplant on a strainer to drain for about 30 minutes.

Mash eggplant using knife (don't use food processor).

This is mashed eggplant.

Add crushed garlic, yogurt, tahini, and salt to eggplants and mix.

Heat 2 tbsp ghee, add the nuts, you should add almonds halves, keep until golden in color, remove them from the pan, drain on a paper towel, then add the pine nuts, keep until golden in color, remove them from the pan, drain on a paper towel, then add to the pan chopped walnuts and do the same thing then remove it.

Heat 2 tbsp ghee, add the meat.

The meat is done.

Add the mixed nuts to the meat and add salt and pepper and stir for few seconds, (Note the meat should be completely cooked before adding nuts, when you cook meat, there's water comes from it, but this water during cooking evaporates, so once this happen and the meat is completely cooked and

Pita bread

not water remains you can add nuts).

Green pepper

Heat the tomato paste.

Melt 2 tbsp ghee for the dish, bring it to high heat and turn off the heat.

Add tomato paste (should be warm, and don't add the whole amount save some for other step) to eggplants mixture, add ghee to the mixture, mix them well.

Serve in flat bowls, and cover with tomato paste and spread it. Add the meat.

Garnish with finely chopped parsley leaves.

Serve with pita bread and with green pepper.

### **Notes and Tips**

How to bring ghee to high heat? Add the ghee to the pan, bring it to high heat until you see the white smoke and change in the color it become little light in color or transparent, then immediately turn off the heat, now your ghee is ready. Then if you want to use it for nuts, meat, or anything, you turn on the heat then add what you want immediately.

You should keep your eye on ghee when heating it, because it could lead to fire hazard.