

# Orange Blossom Water

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<http://www.orangeblossomwater.net/index.php/2009/06/03/chicken-luncheon-meat/>

## Chicken Luncheon Meat

From: Manal Alalem / Servings: 5 - 6 People

500 g chicken breast fillets

4 garlic cloves

1 cup bread crumbs

1 egg

1/2 cup sliced green olives  
or 1/2 cup pistachios

1 long green pepper

1 tsp salt

1/4 tsp black pepper

1 tsp ground sweet paprika

### For cooking chicken in water

Water

1 tbsp white vinegar

1 tbsp salt

1 bay leaf

Grind chicken, long green pepper and garlic using meat grinder. Add the other ingredients (bread crumbs, egg, sliced green olives or pistachios, black pepper, salt) to the chicken and mix very well.

Roll the mixture into log, then wrap in cling wrap, and tightly twist the ends together and tie with strings.

Fill a pot with water, salt, white vinegar, and bay leaf, and bring it to boil, then add the wraps, and cook it for about an hour.

After one hour, remove from water, unwrap, let the chicken cool, then cut, and serve cold.