

Orange Blossom Water

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Fasouliyah Habb Bel-Bandourah

From: Family Recipe / Servings: 5 - 6 People

350 g dried white beans	This is white beans.
Water, for soaking white beans	Rinse white beans with water in several changes, then cover with water and soak overnight.
Water, for cooking white beans	Next day, drain white beans.
250 g fat free boneless lamb meat, cut into cubes	In deep pot, put white beans, and cover with water.
Water, for meat	Cook on medium heat until it start to boil, once the water is boiling, lower the heat and let it boil on low heat, during boiling a foam will occur on surface of water.
1 tbsp ghee, for meat	
2 medium red onions	Skim any foam that rises to surface.
3 L Water, to cover meat and onion	
Salt	White beans took 30 minutes to become soft (time may varies according to the brand), don't cook them too long or they will get mushy. Turn off heat, keep white beans in the pot with the water, and set aside.
1 cup tomato paste	
<u>Rice with Vermicelli</u>	Meanwhile, cut meat into cubes.
3 3/4 cups Egyptian short grain rice	Put the meat in a pot and cover with water.
Boiling water, for soaking rice	Turn on heat, and keep until boil and a foam occur on surface.
2 tbsp ghee	
3/4 cup vermicelli	Once the foam is formed, you can see it very clearly, turn off heat, and take the pot and put under water so all the foam is washed and removed.
5 5/8 cups water	

Salt

This is meat after removing the foam.

To Serve

In deep pot, heat ghee.

Red radish, sliced

Add meat cubes and stir for 5 minutes.

Cut onions into small pieces.

Add onion to the meat and stir for 5 minutes.

Add 3 L water to meat and onion, and add salt.

Cover the pot, and put on medium heat, and check until it starts to boil vigorously.

Once water is vigorously boiling, lower the heat, and cover the pot, and check on it until the meat is cooked and tender, it took 2 hours until it is well done and tender.

After two hours, this pot contains meat, onion and water.

This pot contains white beans and water.

Take white beans with 500 ml of water (from the pot in picture 22), and add them to the pot that contains meat and onion (the pot in picture 21).

Now, we have only one pot contains white beans, meat, onion, water, and salt. Let the mixture boil on medium heat for 30 minutes.

After 30 minutes, prepare tomato paste.

Add tomato paste to the pot, and stir.

Let it boil for 30 minutes on low heat, then turn off heat and serve.

Rice with Vermicelli

Rinse rice with water in several changes.

Boil water, then soak the rice in boiled water for 10

minutes, and set aside.

Melt ghee and bring it to high heat.

Prepare vermicelli.

Add vermicelli to ghee, and stir until golden brown in color, then turn off heat and let it cool for minutes.

Turn on heat, then add 5 5/8 cups water and salt to the vermicelli, and let it boil.

Meanwhile, drain rice, then rinse it with cold water in several changes.

This is the water which had been added to the vermicelli, it is boiling.

Once the water is boiling vigorously, add rice.

Check samda (know more about samda in [Maqloubat Al-Bathenjan](#)), and keep the rice for 5 minutes over high heat so it will boil vigorously, then lower heat and cover pot and keep for 15 – 20 minutes till rice is cooked, when it is completely cooked, turn off heat, stir and serve.

Serve Fasouliyah Habb Bel-Bandourah hot with rice and sliced red radish.