

Orange Blossom Water

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Kabab Hendi

From: Family Recipe / Servings: 5 - 7 People

5 1/2 kg red tomatoes	Bring red tomatoes.
3 medium white onions	Peel tomatoes completely, do not use the method of boiling tomatoes then peel them, it is very easy to bring a knife and peel tomatoes without boiling them. Do not discard tomato skins.
2 tbsp ghee, for onion	
1000 g fat free ground lamb meat	Cut peeled tomatoes into half.
4 tbsp warm water	Remove seeds, and do not discard the seeds.
3 tbsp ghee, for meat	Cut tomatoes into chunks, and set aside.
1 tbsp ghee, for pine nuts	
1/3 cup Pine nuts	These are the tomato skins and seeds, put them in a deep pot, and add salt to them.
Salt	Bring them to boil on medium heat for about 30 minutes.
Black pepper	After 30 minutes, strain.
<u>Rice with Vermicelli</u>	
3 3/4 cups Egyptian short grain rice	After straining, save the liquid, and discard the skins and seeds.
Boiling water, for soaking rice	Cut onion into quarters, then cut each part into slices.
2 tbsp ghee	Heat ghee, and add onion.
3/4 cup vermicelli	Keep the onion for about 5 minutes, until soft.
5 5/8 cups water	Bring a deep baking oven dish (my dish capacity is 5.5 qt = 5 L) , add half of the tomato chunks.
Salt	

To Serve

Green pepper, sliced

Add onions, over the tomato chunks.

Add the other half of the tomato chunks over the onion.

Pour the liquid that you saved over the tomato chunks, and add salt, and place the dish on the bottom rack of the oven on 518 °F (270 °C) for 30 minutes, but make sure that after the first 15 minutes to turn off the upper burner of the oven.

Meanwhile, bring fat free lamb ground meat.

Add 4 tbsp warm water to the meat.

Add salt and black pepper to the meat.

Mix well.

Wet your hand.

Shape the meat into kabab, small size.

This is meat kabab.

Heat ghee, and add meat kabab.

Cook the meat kabab until light brown in color from all sides.

This is cooked meat kabab.

After 30 minutes in the oven, remove baking dish from oven, and add the meat kabab on the surface of the tomato chunks. Reduce the heat into 431 °F (220 °C), and turn on the upper burner of the oven, then return the baking dish to the oven on the bottom rack of the oven.

After 15 minutes, remove the baking dish from oven, you will notice that the meat kabab is dark brown in color from the upper side. Turn meat kababs, and return the baking dish to the oven.

Turn meat kababs, and return the baking dish to the

oven so the meat kababs will become dark brown from other sides.

After 15 minutes, remove baking dish from the oven, and mix the meat kabab with the tomato chunks and onion, return to the oven and keep for 30 minutes.

Heat ghee, add pine nuts, and keep until golden brown in color, then remove the pine nuts and put on a paper towel, and set aside.

Top Kabab Hendi with pine nuts before serving.

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 Kabab Hendi hot with rice, and sliced green pepper.