

Orange Blossom Water

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Kousa Mtabbaq

From: Family Recipe / Servings: 5 - 7 People

2 kg vegetable marrows (marrow squash)	Cut vegetable marrows (marrow squash) into circles, fry in vegetable ghee.
250 g vegetable ghee, for frying	Drain on paper towel, try to drain several times to get rid of excess ghee.
2 tbsp ghee, for meat	In a pot, melt 2 tbsp ghee and bring to high heat, add ground meat, and keep until cooked, then add crushed garlic, dried mint, and stir for 3 –4 minutes.
250 g fat free ground lamb meat	
14 garlic cloves, crushed	
3 tsp dried mint	To same pot, add fried vegetable marrows.
7 1/2 cups water (you can see in directions where to use)	To same pot, add 7 1/2 cup water, then add pomegranate molasses, salt, then let it boil for 30 minutes on medium heat.
3 – 4 tbsp pomegranate molasses	Measure Tahini.
1/2 cup tahini	After 30 minutes (30 minutes of step 6), take from the pot about 1 1/4 cups water, and add to tahini.
Salt	You can see, the water is added to tahini, then stir.
<u>Rice</u>	Add tahini mixture to the pot.
3 cups Egyptian short grain rice	This is the final mixture, let it boil for about 20 minutes.
Boiling water, for soaking rice	
2 tbsp ghee, for rice	<u>Rice</u>
4 1/2 cups water (you can see in directions where to use)	Measure rice.

Salt

Rinse rice with cold water in several changes.

To Serve

Boil water, and soak rice in boiled water for 10 minutes.

Raw onions

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

Melt 2 tbsp ghee and bring to high heat then turn off heat, and add 4 1/2 cup water, and add salt, then turn on heat and let it boil.

Once the water is vigorously boiling add rice.

Check if the water is good for the rice by this method which is called “Al-Samda” (Read more about Al-Samda in the post [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 kousa Mtabbaq hot with rice, and with raw onion.