

Orange Blossom Water

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Makmour

From: Family Recipe / Servings: 5 - 6 People

12 cups finely chopped white cabbage	Finely chop white cabbage, and set aside.
1 tbsp ghee, for meat	In a deep pot, heat ghee.
200 g fat free ground lamb meat	Add ground meat to ghee.
2 tbsp + 1 tsp crushed garlic	Stir meat until completely cooked.
5 tbsp cumin	Once meat is completely cooked, add crushed garlic to meat.
Salt	Stir garlic with the meat for 5 minutes.
1500 ml water	Add cumin and salt to the mixture of meat and garlic.
3/4 cup Egyptian short grain rice	Stir.
Boiling water, for soaking rice	Add finely chopped cabbage to the pot.
1 tbsp ghee, for the final mixture	Stir the mixture of cabbage, meat, crushed garlic, cumin and salt.
<u>To Serve</u>	
Black pepper	Add 1500 ml water to the pot, and stir.
Arabic bread	Keep it on medium heat until boil.
Lemon wedges	Once the mixture is boiling, reduce the heat, cover the pot, and let it cook for 1 1/2 hours, but check every 20 minutes and stir, do not forget to cover the pot after you finish checking and stirring every 20 minutes.
Turnip pickles	

Meanwhile, this is Egyptian rice.

Rinse rice with cold water in several changes.

Drain rice.

Boil water, and soak rice in boiled water, and set aside.

After 1 1/2 hour, this is the mixture in the pot.

Make an indentation in the center, there is water in the center

Drain rice and rinse in several changes with cold water, then add the rice to the center, the water in the center must be boiling vigorously before adding rice.

Do not stir the rice with the mixture of the cabbage, but use a spoon to bring the mixture of cabbage up and over the rice, and cover the center.

This is after covering the rice.

Cover the pot, and keep on low heat until rice is cooked, take a little taste of the rice to be sure it is cooked, if it is still crunchy so it is not cooked, keep on low heat until the rice is cooked, once rice is cooked, stir the mixture, and turn off heat.

Once the rice is cooked and the heat is off, in a pan bring ghee to high heat.

Add ghee to the mixture in the pot.

After adding ghee, let the mixture rest for 15 minutes, then stir and serve.

Sprinkle Makmour with black pepper, and serve with Arabic bread, lemon wedges and turnip pickles.