

Orange Blossom Water

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Maqloubat Al-Bathenjan

From: Family Recipe / Servings: 5 - 7 People

1 1/2 kg medium eggplants	Peel eggplants, then cut to circles, rinse, then add salt.
250 g vegetable ghee, for frying	Fry eggplants in vegetable ghee until golden brown, and drain on paper towel, (try to drain it several times, change the towels and drain so that will remove excess ghee).
2 tbsp ghee, for meat	Heat 2 tbsp ghee, and add ground meat.
500 g fat free ground lamb meat	Heat 2 tbsp ghee, and add nuts (you can see the way of adding nuts step by step in Batersh).
2 tbsp ghee, for nuts	Add nuts to meat, add salt and pepper and stir for few seconds then turn off heat, (<u>Note</u> the meat should be completely cooked before adding nuts, when you cook meat, there's water comes from it, but this water during cooking evaporates, so once this happen and the meat is completely cooked and not water remains you can add nuts).
Nuts (chopped walnuts, almonds halves, pine nuts)	Prepare a pot with water and salt, add the fried eggplants to it, and let boil 8 - 10 minutes.
Water, for eggplants	During eggplants boiling, measure rice.
3 3/4 cup Egyptian short grain rice	Rinse rice with cold water.
Boiling water, for soaking rice	Boil water.
Salt	Soak rice in boiled water for 10 minutes.
Black pepper	Remove eggplants from water.
<u>To Serve</u>	
Salad	
Laban Ayran (yogurt drink)	

Keep the water, you will need it.

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

Add rice, when you add the rice, the water must be boiling vigorously.

Test that the water is enough for rice, by placing a spoon in the center, the same way in picture, if spoon stands still so the amount of water is perfect (this process we call it in Syria “Al-Samda” or “Rice Samda”), if the samada doesn’t success, that the spoon fall and not stand like the picture, it means the water is too much and you should drain some water and test again.

Keep the rice for 5 minutes over high heat, then lower heat and cover pot and keep for 15 – 20 minutes till rice is cooked.

Rice, eggplants, meat are ready, it is time to assemble the dish.

In your plate:

Stir rice, then add it to the plate.

Add eggplants

Add rice again

Add meat on top.

Enjoy with salad (tomato, cucumber, flat parsley, mint, onion, olive oil, lemon juice and salt), or you can drink with it Laban Ayran (yogurt drink).