

# Orange Blossom Water

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<http://www.orangeblossomwater.net/index.php/2009/10/16/mehshi-al-batata/>

## Mehshi Al-Batata

From: Family Recipe / Servings: 5 - 7 People

15 small potatoes

Wash potato.

### Filling

Peel potato.

1 medium red onion, finely chopped

This utensil is called “Syrian Munara” or “Squash corer”, we use for “kousa mehshi / stuffed marrow”, and we will use it here in this recipe.

1/2 cup finely chopped flat parsley leaves

Hollow the potato from one end with the squash corer leaving about 1/4 inch thick shell all around , and be careful to leave one end of potato intact, if you don't have squash corer try to use apple corer.

1 tbsp ghee

250 g fat free ground lamb meat

Salt

This is the final result.

Pepper

Soak hollowed potatoes in water and salt and set aside.

### Frying

### Filling

250 g vegetable ghee

Finely chop onion and set aside.

### Assemble

Finely chop parsley leaves and set aside.

1 medium red onion, sliced

Melt ghee and bring it to high heat, then add meat to it.

### Sauce

10 tbsp tomato paste

Once the meat is cooked, add chopped onion.

1000 ml water

Add parsley to meat, add salt and pepper and stir for few seconds then turn off heat, (Note the meat should be completely cooked before adding parsley, when you cook meat, there's water comes from the meat, but this water during cooking evaporates, so once this happen and the meat is

Salt

Pepper

completely cooked and no water remains you can add parsley).

### Rice with Vermicelli

3 3/4 cups Egyptian short grain rice

The filling (meat mixture) is ready.

Boiling water, for soaking rice

Drain potatoes.

2 tbsp ghee

Stuff potatoes with the meat fully to the brim.

3/4 cup vermicelli

The stuffed potatoes are ready.

5 5/8 cups water

### Frying

Salt

Heat vegetable ghee in deep frying pan.

### To Serve

Deep fry stuffed potatoes, until golden in color.

Red radish, sliced

Put the fried potatoes in an oven dish, with slices of onion.

### Sauce

Prepare the sauce, dissolve tomato paste in water.

Pour the sauce over potatoes, add salt and pepper, and put the dish in the oven for about an hour.

### Rice with Vermicelli

Rinse rice with water in several changes.

Boil water, then soak the rice in this 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 stuffed potatoes with rice, and sliced red radish.