

Orange Blossom Water

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Mjaddaret Al-Aruz and Mjaddaret Al-Burghul

From: Family Recipe / Servings: 5 - 7 People

500 g whole green lentils	Bring whole green lentils.
3 L water	Rinse green lentils in several changes with water.
8 - 10 red onions, cut into slices	Cover with 3 liters water, and bring it to boil for 30 minutes or until cooked.
Ghee, for frying onions	During boiling, a foam will occur on surface of the water.
Olive oil, for frying onions	
2 1/4 cups Egyptian short grain rice	Skim any foam that rises to the surface.
Water, for soaking rice	This is after skimming the foam, after 30 minutes of boiling or so, the lentils must be cooked , so turn off heat, and let it cool.
2 tbsp ghee	
2 cups coarse bulgur wheat	Cut onions into slices.
200 ml olive oil	Fry half of the onions in ghee, and deep fry the other half in olive oil.
200 ml water, extra	Fry the onions until golden brown in color.
Salt	
<u>Zreqa</u>	Put the fried onions on paper towels and set aside. Don't mix the onions which are fried in ghee with the onions which are fried in olive oil.
2 tbsp pomegranate molasses	When the lentils cooled, divide them, half of the lentils will be cooked with rice, and the other half will be cooked with bulgur.
8 tbsp water	
1/2 tsp crushed garlic	
	Reserve the cooking water of the lentils.
	In a pot, add half of the lentils, with 500 ml of

1/2 tsp dried mint

1/2 tsp olive oil

1/8 tsp salt

cooking water, and turn on heat to bring it to boil.

Rinse rice with cold water in several changes.

Bring water to boil.

Soak rice in boiled water for 10 minutes.

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

Add rice to lentils, the water must be boiling vigorously before adding the rice.

Stir.

Keep the rice for 5 minutes over high heat so it will boil vigorously, then lower heat and cover pot and cook on low heat for 15 – 20 minutes till the rice is cooked.

When the rice is completely cooked, in a pan bring ghee to high heat, then add the ghee to the pot of the rice, turn off heat, keep it for 10 - 15 minutes, then stir and serve. If you don't want to serve it immediately, don't stir, just turn off the heat, stir only before serving.

This is coarse bulgur wheat.

Rinse bulgur with cold water in several changes.

In a pot, add 150 ml of olive oil.

Add the other half of the lentils, and turn on heat.

Add 500 ml of cooking water, plus 200 ml extra water, and add salt.

Bring to boil

Once the water is boiling vigorously, add bulgur.

Stir.

Keep on high heat until boiling vigorously

Once boiling vigorously, lower the heat and cover the pot, and cook on low heat for 30 minutes, or until the bulgur is cooked.

When the bulgur is completely cooked, in a pan heat 50 ml olive oil, then add the olive oil to the pot of bulgur, turn off heat and keep for 10 - 15 minutes, then stir and serve. If you don't want to serve it immediately, don't stir, just turn off the heat, stir only before serving.

Zreqa

In a bowl, add pomegranate molasses.

Add water and stir.

Add crushed garlic, dried mint, olive oil and salt, and stir, and put in the refrigerator to cool.

Top rice mjaddarah with ghee fried onions, and top bulgur mjaddarah with olive oil deep fried onions. Serve mjaddarah with cold Zreqa, or r you can serve mjaddarah with salad (salad is prepared from tomato, cucumber, flat parsley, mint, onion, lemon juice, olive oil and salt),or yogurt, or eggplants pickles.