

Orange Blossom Water

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Sheikh Al-Mehshi

From: Family Recipe / Servings: 7 - 8 People

46 vegetable marrows
each approximately 2.5 - 3 inches
(6.4 - 7.6 cm)

You can see in the picture vegetable marrows (marrow squash), choose vegetable marrows that each approximately 2.5 - 3 inches (6.4 - 7.6 cm) long, then rinse vegetable marrows with water and drain.

Filling

1 tbsp ghee, for nuts

Cut off the stem of the vegetable marrows as you see in the picture.

1/3 cup pine nuts

Use a knife to remove the round caps at the ends of the vegetable marrows as you see in the picture.

1 cup finely chopped walnuts

2 1/2 cup finely chopped flat parsley leaves

This is squash corer.

1 tbsp ghee, for meat

Hollow the vegetable marrow from one end with the squash corer leaving about 1/8 inch (0.3 cm) thick shell all around, and be careful to leave one end of vegetable marrow intact, if you don't have squash corer try to use apple corer.

1000 g fat free ground lamb meat

Salt

This is the final result.

Black pepper

Set aside.

Frying

250 g vegetable ghee

Prepare pine nuts. Heat 1 tbsp ghee, and add pine nuts until golden brown in color, then remove and drain on paper towel, and set aside.

3/4 cup olive oil

Prepare finely chopped walnuts, after removing the pine nuts from the pan, add walnuts to the same pan, and keep until golden brown in color, then remove and drain on paper towel, and set aside.

Cooking

Water

Finely chop parsley leaves, and set aside.

Salt	Heat 1 tbsp ghee.
<u>Yogurt Sauce</u>	Add ground meat.
2 cups drained yogurt	The meat is cooked.
2 cups water (explained in directions about this water)	Add finely chopped parsley, add salt and black pepper (<u>Note</u> 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 completely cooked and no water remains you can add parsley).
Salt, if needed	
<u>Tahini Sauce</u>	
3 tbsp pomegranate molasses	
1/2 cup tahini	Add pine nuts and walnuts to meat, stir for few seconds and turn off heat.
Water (explained in directions about this water)	Filling is ready.
Salt, if needed	Stuff vegetable marrows with the filling fully to brim.
<u>Rice</u>	Try to press using your finger inside the vegetable marrow to make sure that it is fully stuffed, and if you pressed with your finger and find that you can add more filling add again and press, but make sure not to break the vegetable marrows.
2 tbsp ghee	
3 cups Egyptian short grain rice	
Boiling water, for soaking rice	Fully stuffed vegetable marrows (they have to be really fully stuffed, as much as you an).
4 1/2 cups water	Stuffed vegetable marrows are ready.
Salt	Bring a tissue and clean the outside.
	Ready for frying.
	Mix ghee and olive oil, heat, and deep fry the stuffed vegetable marrows.
	Deep fry until light golden brown in color, then drain on paper towel.
	Prepare a large deep pot, and arrange tablespoons on the bottom of the pot (it doesn't matter how they are arranged, try any way you are comfortable with,

also 3 tablespoons were good for the size of my pot).

Add the flat pot lid over the tablespoons (I used the small pot lid because the size is perfect for my pot). The tablespoons and the pot lid work as a protection for the stuffed vegetable marrows; to prevent the direct contact between the stuffed vegetable marrows and the heat.

Arrange the stuffed vegetable marrows, they are 46 pieces. 46 pieces will be cooked in one pot, then they will be divide and cooked in two kind of sauces.

Put a plate over the stuffed vegetable marrows.

Add a heavy thing over the plate, this is a piece of marble (actually there is a special too used for mehshi, but mine is broken).

Add water and salt to the pot.

The water level must be more than the top level of the stuffed vegetable marrows.

Put the pot over high heat uncovered for 10 minutes, then lower the heat.

Once the water starts to boil vigorously, remove the heavy piece.

Cover the pot, and leave it over low heat for 30 minutes.

Yogurt Sauce

Meanwhile, In pot, add 2 cups drained yogurt (if you are not using Laban Arabi, you must add cornflour (cornstarch)). And keep stirring (use wooden spoon).

The yogurt begins to simmer as in picture 56.

Once yogurt begins to simmer, take two cups water

from the pot that contains the stuffed marrows.

Add the water to the yogurt and stir.

Yogurt sauce is ready, taste and decide if it needs salt or not.

Take 23 stuffed vegetable marrows from the pot, and add them to the yogurt sauce.

Let it boil for about 10 minutes over low heat. It is ready.

Tahini Sauce.

The remaining stuffed vegetable marrows are also 23, they are still in the pot with the water, these will be used for the other sauce which is tahini sauce, and will be cooked in their pot.

Add pomegranate molasses to the remaining stuffed vegetable marrows in the pot, and let it boil for 10 minutes over low heat.

After 10 minutes, take water from the pot, and add it to the tahini and mix well.

The tahini mixture is ready.

Add tahini mixture to the pot and stir, taste and decide if it needs salt or not, and let it boil for 10 minutes over low heat.

Rice

Melt 2 tbsp ghee and bring it to high heat, then turn off heat.

Rinse rice with cold water in several changes.

Bring water to boil.

Soak rice in boiled water for 10 minutes.

To ghee, add 4 1/2 cup water, and add salt, then

turn on heat and let it boil.

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

Once the water is boiling vigorously 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 Sheikh Al-Mehshi hot with rice.

Notes and Tips

If you don't have “Laban Arabi”, you have to add cornflour (cornstarch) to the yogurt to prevent curdling.

I have a big quantity of yogurt about five kilograms, so I drain all the quantity of yogurt in a cloth to dry (the day before you plan to make Sheikh Al-Mehshi, drain the yogurt), then after all the quantity drained well to dry, I measured 2 cups drained yogurt for cooking yogurt sauce.