

# Orange Blossom Water

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<http://www.orangeblossomwater.net/index.php/2009/11/15/shesh-barak/>

## Shesh Barak

From: Family Recipe / Servings: 7 People

### Mini Sambousek

Crush garlic and set aside (we will use this in the "Taqliyeh steps").

#### Dough

4 cups all purpose flour

1/4 tsp instant yeast

1/4 tsp salt

3 tbsp corn oil

Warm Water

#### Filling

1 large yellow onion, finely chopped

1 tbsp ghee, for onion

1 cup chopped walnuts

1 tbsp ghee, for walnuts

1 tbsp ghee, for meat

500 g fat free ground lamb meat

Salt

Black pepper

### Yogurt Sauce

### Mini Sambousek

#### Dough

Combine flour, yeast, salt, corn oil, and warm water. Knead to form a nice soft dough, and let it rest for two hours.

#### Filling

Finely chop onion, add salt to chopped onion, then rinse with water and strain.

Heat 1 tbsp ghee and saute onion until transparent, then set aside.

Finely chop walnuts.

Heat 1 tbsp ghee, and add walnut and keep until golden in color, then remove, drain on paper towel and set aside.

Heat 1 tbsp ghee.

Add meat.

Once the meat is cooked, add chopped onion.

Add walnuts to meat, add salt and pepper and stir for few seconds then turn off heat, (Note the meat should be completely cooked before adding walnuts, when you cook meat, there's water comes

2/3 cup Egyptian short grain rice

Boiling water, for soaking rice

8 cups drained yogurt (Laban Arabi)

7 cups water

Salt

### **Taqliyeh - Required**

5 tbsp ghee

4 tbsp crushed garlic

### **Garlic Coriander Taqliyeh – Optional**

Ghee

Crushed garlic

Finely chopped coriander leaves

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 walnuts).

Filling is ready.

After two hours, bring the dough, and knead it.

Transfer to a floured surface.

Roll out the dough, and cut into small circles.

Follow the pictures (16 - 22) to fill and shape. the dough, On picture 22. this is the required shape.

Put on a greased baking sheet (grease the baking sheet with oil), the total number of mini sambousek is 135 pieces.

Bake until light golden in color.

### **Yogurt Sauce**

Rinse rice with cold water in several changes, then boil water and soak rice in boiled water for 10 minutes, then drain rice and rinse it with cold water in several changes and set aside.

In pot, add 8 cups drained yogurt (if you are not using Laban Arabi, you must add cornflour (cornstarch)). And keep stirring (use wooden spoon).

Once yogurt begins to simmer as in picture 29, you can see the bubbles, add 7 cups water and salt to it.

Keep stirring. Once yogurt begins to simmer, add rice to yogurt.

Stir very well, then check the rice, once is cooked as picture 34, add the 135 pieces of mini sambousek , and keep stirring for 5 minutes.

### **Taqliyeh – Required**

Meanwhile, melt 5 tbsp ghee.

Bring it to high heat.

Add 4 tbsp crushed garlic (we prepared garlic in step 1)

Keep until golden in color, do not brown.

Add the mixture of ghee and garlic to the pot.

Stir for few seconds, turn off heat.

Serve Shesh Barak immediately in bowls

### **Garlic Corinader Taqliyeh – Optional**

Melt ghee and bring to high heat.

Add crushed garlic.

Add finely chopped coriander leaves.

Then add this mixture on top of the Shesh Barak

### **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 Shesh barak, drain the yogurt), then after all the quantity drained well to dry, I measured 8 cups drained yogurt for cooking yogurt sauce.