

# Orange Blossom Water

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## Zaher Matboukh

From: Family Recipe / Servings: 5 - 7 People

3 kg white cauliflower, cut to florets	Cut white cauliflower into florets, put the florets in large bowl and add water to cover and allow to soak for 10 minutes, then drain very well.
500 g vegetable ghee, for frying	
1 tsp ghee, for meat	Heat vegetable ghee, and deep fry cauliflower florets in vegetable ghee until light golden brown in color.
250 g fat free ground lamb meat	
5 tbsp crushed garlic	Drain fried cauliflower florets on paper towel, and try to drain several times, change the towels and drain so that will remove excess ghee.
4 tbsp ground cumin	
900 ml water	In deep pot, heat 1 tsp ghee.
Salt	Add ground meat, and add salt.
<u>Rice</u>	Stir meat until completely cooked.
2 tbsp ghee	Once meat is completely cooked, add crushed garlic and stir for 5 minutes.
3 cups Egyptian short grain rice	Add fried cauliflower florets to the pot.
Boiling water, for soaking rice	Stir gently the mixture of meat, crushed garlic and fried cauliflower.
4 1/2 cups water	
Salt	Add ground cumin to the pot, and stir gently.
<u>To Serve</u>	Add 900 ml water to the pot.
Lemon Wedges	Cover the pot, and keep it on low heat for one hour, but check every 20 minutes and stir gently, do not forget to cover the pot after you finish checking and stirring every 20 minutes. Taste and decide if it
Turnip Pickles	

needs salt or not, so you can add salt.

### Rice

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

Rinse rice with cold water in several changes.

Boil water.

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 Zaher Matboukh hot with rice, lemon wedges and turnip pickles.