

# Orange Blossom Water

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<http://www.orangeblossomwater.net/index.php/2010/05/30/al-hboub/>

## Al-Hboub

From: Family Recipe / Servings: 2 - 3 People

60 g peeled wheat berries (Qameh Maqshour)	This is peeled wheat berries. Measure peeled wheat berries.
Water, for soaking peeled wheat berries	Put peeled wheat berries in a pot and rinse with water in several changes, then cover with water.
20 g dried chickpeas	Soak them for twelve hours.
Water, for soaking chickpeas	Measure dried chickpeas .
30 g Egyptian short grain rice	Put dried chickpeas in a pot and rinse with water in several changes, then cover with water.
28 g almond halves	Soak them for twelve hours.
Water, for cooking chickpeas	Measure Egyptian rice, and set aside.
900 ml water, for cooking peeled wheat berries	Measure almond halves, and set aside.
Boiling water, for soaking rice	<u>After twelve hours</u>
10 - 12 tsp sugar, or adjust to taste	Bring soaked chickpeas and drain.
1 1/4 tsp ground anise seeds	Cover dried chickpeas with water, and turn on heat.
1 1/4 tsp ground fennel seeds	Keep on high heat until boiling vigorously.
<u>Garnish</u>	Once water is boiling vigorously, lower the heat and cook chickpeas until tender and you can peel them. For me, the whole time was 40 minutes (steps 11 - 13 ) and the chickpeas were ready and could be peeled.
Ground anise seeds	
Ground fennel seeds	

Desiccated coconut

Peel the chickpeas.

Almond flakes

Halve the chickpeas, and set aside.

Slivered pistachios

Bring soaked peeled wheat berries and drain

Sugar coated fennel seeds

Rinse peeled wheat berries in several changes with water, then cover with 900 ml water, and turn on heat.

Keep on high heat until boiling vigorously.

Once water is boiling vigorously, lower the heat and cook peeled wheat berries until tender and become cooked.

Take a little taste of wheat berries to be sure it is cooked. For me, the whole time was 25 minutes (steps 18 - 21 ) and the peeled wheat berries were ready. Keep the wheat berries and the cooking water in the pot.

This is Egyptian rice (measured in step 8).

Rinse rice with cold water in several changes.

Soak rice in boiled water for 10 minutes, then drain rice and rinse it with cold water in several changes (you should do the (steps 22 - 24) while you are cooking the wheat berries (steps 18 - 21), so you can use the rice immediately after the wheat berries are cooked).

Add rice to the pot that contains the wheat berries and the cooking water and stir, keep on high heat until boiling vigorously.

Lower the heat, and cook the rice, take a little taste of the rice to be sure it is cooked, if it is still crunchy so it is not cooked. For me, the whole time was 20 minutes (steps 25 - 26 )and the rice was ready.

Once the rice is cooked add sugar, ground anise seeds, ground fennel seeds, and stir.

Add almond halves and chickpeas halves, and stir.

Keep for 5 minutes on low heat.

Turn off heat, and serve immediately in bowls.

After serving in bowls, decorate with ground anise seeds, ground fennel seeds, desiccated coconut, almond flakes, slivered pistachios and sugar coated fennel seeds

Keep at room temperature until cool.

Then put in the refrigerator to cool, and serve cold.

### **Notes and Tips**

Peeled wheat is known in Arabic as (Qameh Maqshour), to know more about peeled wheat click these links:

[Package of peeled wheat](#)

[Peeled Wheat](#)

Try to adjust the amount of sugar according to your taste, an important note about Al-Hboub that when you taste it hot you will notice that it is sweet, but when it cools you feel that it needs more sugar.

People like to add dried fava beans and dried white beans, before adding them you have to do the same steps that you applied to chickpeas.