

Orange Blossom Water

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<http://www.orangeblossomwater.net/index.php/2010/06/30/mtabbal-al-bestani/>

Mtabbal Al-Bestani

From: Family Recipe / Servings: 2 - 3 People

380 g medium eggplant

2 tbsp finely chopped flat parsley leaves

3 tbsp pomegranate arils

2 tsp Samneh Arabi (Syrian ghee made from sheep's milk)

Garnish

Pomegranate arils

To Serve

Pita bread or Arabic flat bread

Prick each eggplant several times with a toothpick, then place eggplant directly on the flame of a gas burner, and turn every few minutes, so it is charred on the outside and the pulp is soft and has a smoky taste.

Remove the charred skin of the eggplant, you can rinse with water and that will help in removing the skin.

This is the eggplant after removing the skin.

Place the eggplant in a strainer to drain for about 30 minutes.

Mash eggplant using knife (don't use food processor).

This is mashed eggplant.

Put mashed eggplant in a bowl.

To mashed eggplant, add finely chopped parsley leaves.

Add pomegranate arils.

Add Samneh Arabi (Syrian ghee made from sheep's milk).

Add salt, and mix very well.

Serve in a plate.

Garnish with pomegranate arils.

Serve immediately, or keep in the refrigerator for about 30 minutes, then serve it.

Serve with pita bread or Arabic flat bread.