

Orange Blossom Water

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Jilantin Al-Lahem

From: Family Recipe / Servings: 4 People

640 g fat free ground lamb meat	Put ground meat in a bowl.
1 medium red onion, grated then squeezed to get the juice	Using coarse grated, grate onion.
3/4 cup finely chopped flat parsley leaves	Hold a sieve above the ground meat and put grated onion and squeeze so you get the juice only, then discard the shredded onion.
1/2 cup + 1 tbsp bread crumbs	Finely chop parsley leaves.
2 1/4 tsp ground nutmeg	Transfer chopped parsley to the bowl that contains ground meat.
1 1/4 tsp salt	Add bread crumbs.
1/4 tsp black pepper	Add ground nutmeg.
1 egg	Add salt and black pepper.
Flour, for dusting	Make a well in the center, and add egg.
<u>For Cooking</u>	Mix all the ingredients until well combined.
Water	Prepare a white clean cotton cloth.
2 medium onions, cut in quarters	Dust the cloth with flour.
1 whole nutmeg	Roll the mixture into log, I got three logs.
Salt	Wrap the log in the cloth, and tie with strings and twist the ends together and tie with the strings.
Black peppercorn	
<u>Sautéed Potatoes</u>	Fill a pot with water, and add onion quarters, whole nutmeg, salt, and black peppercorn, bring this water

17 small potatoes

to boil.

Water, for boiling potatoes

Once water is boiling vigorously, add the wrapped logs, the water should cover the logs.

Salt, for boiling potatoes

20 g salted butter

Cover the pot, and cook on medium-low heat for one and a half hours to two hours, but make sure during this time to check every once in a while and if you noticed that the water level is decreased, you have to boil extra water and add it to the pot, you have to keep the logs covered with water all the time.

1 tbsp corn oil

Dash of salt

Dash of black pepper

After one and a half hours to two hours, it should be cooked so turn off heat and drain.

Garnish

Finely chopped parsley leaves

Unwrap the logs.

To Serve

Let them cool then slice and serve cold.

Arabic flat bread

Sautéed Potatoes

Lemon wedges

Choose small potatoes, and peel the potatoes.

Fill a pot with water and salt, add potatoes, and boil for 7 - 10 minutes, what we did is called parboil (to cook partially by boiling for a brief period).

Drain the potatoes, and allow to sit for a moment to dry out.

In a pan, heat butter and corn oil.

Add potatoes and sprinkle with a dash of salt and black pepper, remember to stir/toss throughout to prevent the potatoes from sticking to the pan. Half way through the cooking, turn them over. You know when to turn them over when they are light golden.

When both sides are light golden remove from pan and transfer to a baking dish.

To the potatoes, add the butter corn oil mixture that remained in the pan.

Cover the potatoes with aluminum foil, and cook in the oven at 302 °F (150 °C) for 10 minutes, then remove the foil and cook for 5 minutes more, just until potatoes become golden from all sides.

Garnish with chopped parsley leaves, and serve Jilantin Al-Lahem cold with sautéed potatoes, Arabic flat bread and lemon wedges.

Notes and Tips

I do not recommend using aluminum foil or plastic wrap instead of the cotton cloth, I did a test and found that the best method for cooking this is to wrap it using the cloth, the foil and the plastic wrap changed the taste and wasn't tasty.

I learned the recipe of sautéed potatoes from a Lebanese chef on TV.

I like to sprinkle the sautéed potatoes with cumin.