

Orange Blossom Water

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<http://www.orangeblossomwater.net/index.php/2010/11/02/salbin-bel-lahmeh/>

Salbin Bel-Lahmeh

From: Family Recipe / Servings: 2 People

420 g salbin (gundelia)

1 tbsp ghee

250 g fat free finely ground
lamb meat

700 ml water

Salt

To Serve

Black pepper

Arabic flat bread

Yogurt

This is salbin (gundelia) after cleaning, blanching and freezing. I'm using frozen salbin, remove frozen salbin from freezer and put it on a strainer and allow to defrost.

In a deep pot, heat ghee.

Add meat.

Stir meat until cooked and browned.

Add salbin.

Add 700 ml water and add salt. Bring it to boil on high heat, once water is boiling vigorously lower the heat and cover the pot and cook it for 40 minutes or until salbin is tender, then uncover the pot and continue cooking for 70 minutes or until all water evaporates.

Sprinkle with black pepper and serve hot with Arabic flat bread, and yogurt.

Notes and Tips

[Here](#) is a photo of fresh salbin (gundelia).

[Here](#) is a photo of the method of cleaning gundelia.

[Here](#) is a photo of gundelia after cleaning, blanching and freezing.

The 420 g of salbin (gundelia) is the weight after cleaning, blanching and freezing.

Traditionally, sheep/Lamb tail fat is used as fat for cooking this dish not the ghee.

Some people add meat cubes, but I prefer finely ground meat.

When cooking fresh gundelia, you will need to add more water.

This is not one of my favorite dishes, I prefer the other version with tahini.