



## Manttu

Appetiser, Serves 8

30 ml/2 tbsp. ghee (clarified butter)  
 1 onion, finely chopped  
 1 kg./2.2 lbs. minced beef  
 1.5 g./1 tsp. ground allspice  
 Salt and pepper to taste  
 500 g./4 cups all-purpose flour  
 140 ml./1/2 cup boiling water  
 2 large eggs  
 8 hot green chiles  
 8 hot red chiles  
 8 sprigs fresh oregano or  
 thyme for garnish  
 200 ml./1 cup hot sauce

- In a large skillet, heat the ghee over medium-high heat. Add the onion and cook until golden. Add the beef and stir, breaking up chunks, for 2 minutes. Stir in the allspice and season with salt and pepper. Reduce heat, cover the skillet, and cook 15 minutes more. (If it becomes too dry, add a little water.) Remove from the heat and cool.
- In a large bowl, combine the flour and water. Stir until just mixed. Add the eggs and continue to stir until you have a smooth dough. Add more water or flour if necessary, and knead until the dough is pliable. Cover and let rest 30 minutes.
- Pinch off balls of dough and roll out on a floured surface into thin circles. Brush edges with water. Place some meat mixture on the dough, fold over to enclose, and use your fingers to seal the edges.
- Place the dumplings in a steamer basket and steam until cooked through. Garnish the dumplings with hot chiles and herb sprigs and serve with hot sauce on the side.

## Lamb Kabsah with Dokkos

Main Course, Serves 8

1 1/2 kg./3 1/3 lbs. lamb  
 (shanks, ribs or other bone-in cut)  
 100 g./1/2 cup coarse salt  
 140 ml./1/2 cup vinegar  
 60 ml./1/4 cup vegetable oil  
 3 large onions, sliced  
 4 preserved lemons  
 7 g./1 1/2 tbsp. kabsah spices  
 4 cinnamon sticks  
 3 bay leaves  
 3 cardamom pods  
 Salt and pepper to taste  
 600 g./3 cups basmati rice, rinsed  
 Chili sauce for serving

- Rinse the lamb under cold running water. Place in a large bowl and add the coarse salt, vinegar and cold water to cover. Soak for 15 minutes. Rinse and set aside.
- In a large, deep nonstick pan, heat the oil over medium-high heat. Add the onions and cook until golden. Add the meat, lemons, kabsah spices, cinnamon sticks, bay leaves, cardamom and salt and pepper to taste. Add 250 ml./1 cup water and bring to a boil. Reduce the heat, cover the pan and simmer gently until the meat is very tender, 1 1/2 to 2 hours. Add water occasionally if needed.
- Remove the lid from the skillet, raise the heat, and cook until meat is lightly browned. Remove meat from the skillet and set aside.
- Add 1 litre/4 cups water to the skillet and bring to boil. Add rice, remove from heat, and leave until water is almost absorbed. Return to low heat, cover the skillet, and cook until the rice is tender, 25 to 30 minutes, adding more water if necessary.
- Remove and discard the whole spices and lemons. Place rice on a large platter or on individual plates. Top with the meat and serve with chili sauce on the side.

## Mishabic

Dessert, Serves 8

10 egg whites  
 5 ml./1 tsp. vanilla extract  
 500 g./3 1/3 cups corn flour  
 3 g./1 tsp. baking powder  
 Vegetable oil for frying  
 500 ml./2 cups sugar syrup

- In a large bowl, whip the egg whites until they hold soft peaks. Beat in the vanilla.
- Sift together the flour and baking powder, and fold the mixture into the egg whites. Transfer the mixture to a pastry bag fitted with a plain tip.
- Heat the oil in a large pot until very hot. Pipe the batter into the hot oil and fry until golden brown. Remove with a slotted spoon, drain, and serve drizzled with sugar syrup.



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