I R A Q I D O L M A

Ingredients
Half a teaspoon of sumac
Half a teaspoon of mixed spice (Aleppo spice)
quarter tea spoon of black Peper
Half a teaspoon of salt
4 tablespoons condensed tamarind juice
¼ cup pomegranate molasses
Half a tablespoon of pepper molasses
Half a tablespoon of tomato molasses
half a liter of water
For broth:
bone-in meat (to taste)
chard
2 tomatoes
4 colored peppers
Half a kilo of onions
Half a kilo of grape leaves
Half a kilo of eggplant
kilo zucchini
1 cup olive oil (200ml)
3/4 teaspoon cinnamon powder
Half a teaspoon of cardamom
teaspoon paprika
1 teaspoon mixed spice (Aleppo spice)
3 teaspoons sumac
3/4 teaspoon black pepper
1.5 teaspoon salt
4 tablespoons condensed tamarind juice
Half a cup of pomegranate molasses (90 ml)
Juice of 4 lemons
Half a parsley
2 medium size onions
2 medium size tomatoes
1 tablespoon of pepper molasses

Ingredients

2 tablespoons tomato molasses

Half a kilo of meat

Kilo rice

For the filling:

Directions

To prepare the filling: In a bowl, put rice, meat, tomato molasses, pepper molasses, tomatoes, onions, parsley, lemon juice, pomegranate molasses, tamarind, salt, sumac, black pepper, mixed spice, paprika, cardamom, cinnamon, olive oil, then Mix all ingredients. We dig the zucchini, eggplant, colored peppers, tomatoes, then chop the onions and put them in a warm bowl, add the boiling warm water to the bowl, leave them a little, and then take them out of the bowl.
We stuff onions, zucchini, chard, peppers, vine leaves, eggplant, tomatoes. To apply the cooking pot: put the meat in the cooking pot, then put the stuffed onions, then put the green beans, vine leaves and chard, eggplant and peppers, tomatoes and then zucchini and then put the pot on high heat for ten minutes. To prepare the broth: In a bowl, put water, salt, condensed tamarind, Aleppo spice, sumac, cinnamon, black pepper, tomato molasses, pepper molasses, pomegranate molasses, then mix the ingredients well and then add the broth to the cooking pot, leave it until it boils a little and then reduce the fire We leave the cooking pot for an hour and a half, and then it is ready.

C H E F O M A R

Bon Apetit!