

Ingredients

4 tablespoons ghee

10 fried kibbeh plates

2 tablespoons ghee

tablespoon pepper beads

lemon peel

big onion

Cinnamon stick

3 dry lemons

5 carnations

10 hel

4 bay leaves

Beef seasoning:

1.5 tsp salt for bulgur

2 tablespoons ghee

1 teaspoon salt for milk and jameed

¼ teaspoon turmeric

Half a kilo of liquid Jameed

1.5 liquid yoghurt

1 kilo of bulgur

2 kilos of lamb meat

Directions

To boil meat: In a bowl, put onions, cardamom, cloves, bay leaf, cinnamon, dried lemon, lemon peel, peppercorns, ghee, then put the pot on the fire and roast the spices, then add the meat to the bowl, boil it a little with spices, and then add Pour the boiling water into the pot and leave it until the sigh appears in the pot, after it appears on the surface of the water, we dispose of it, then close the pot and reduce the heat of the fire, and leave the pot for two hours, that is, until it is level, and after two hours we take it out of the pot. To prepare the bulgur: In a bowl, we put ghee and melt it, then add the bulgur to the bulgur pot, roast it a little with ghee, then add some of the meat broth to the bulgur pot, add salt, close the pot and leave it until the bulgur is cooked on a low heat.

To prepare the milk: we put in a bowl the yogurt, jameed, water with starch, salt, then we mix the ingredients well with the hand whisk, then we pour the mixture into a bowl and put it on the fire and leave it until it boils with constant stirring, and after it boils we add from the meat broth to the bowl, then We add turmeric and mix them, then add the pieces of meat to the bowl and leave it for about a quarter of an hour on a low heat, then pour the bulgur, meat and fried kibbeh into the serving bowl and add the melted ghee, then the mansaf is ready.