

C A B B A G E S T E W

Ingredients

4 kilos of cabbage

1 kilo of rice

Half a kilo of meat

2 teaspoons salt

1 teaspoon pepper

1 teaspoon Mahlab

2 teaspoons cumin

3 tablespoons vegetable oil

1 tablespoon of ghee

4 teeth garlic

broth:

2 liters of water

2 teaspoons salt

1 teaspoon pepper

1 teaspoon Mahlab

1 teaspoon cumin

Juice of 5 lemons

garlic (to taste)

Directions

We cut the cabbage pulp and get rid of it, and then we put the head of cabbage in a pot on the fire containing hot water, then we leave it a little and we separate each leaf of cabbage in the pot, then we take out the paper from the pot and we spread them on a tray and leave them a little, and then we cut the part Annealing of each sheet (with kitchen scissors). To prepare the filling: we soak the rice in water between an hour and a quarter - for an hour and a half, and then we filter the rice, then add the meat, garlic, salt (as desired), white pepper, cumin, Mahlab, ghee, vegetable oil, and then mix The ingredients are well, and then we stuff each cabbage leaf and roll it up. Method of application: In the cooking pot, we put the night slices at the bottom of the pot, then the heads of garlic, then we put the cabbage leaves in the pot, then add the broth to the pot, and raise the pot over high heat for 20-30 minutes, and after boiling we reduce the temperature to half Approximately, then we close the bowl and leave it for about an hour and a half, and then we check the levelness of the cabbage leaves, then add to them 10 garlic teeth, mint, lemon juice, then close the bowl and leave them for 10-15 minutes, and then they are ready. To prepare the broth: In a bowl, put drinking water, salt, white or black pepper, cumin, Mahlab, and then mix all the ingredients until dissolved.

C H E F O M A R

Bon Apetit!