

# S H E E P   T R I P E

## Ingredients

filling:

a kilo of rice

Half a kilo of meat

tablespoon salt

tablespoon cumin

Half a tablespoon of pepper

3 tablespoons of ghee

## Directions

We wash the lamb's head, the leg and the lamb tripe (after washing, we straw it until it turns white, and then put it in water, salt and lemon) and sausages (after washing, we soak them in water, salt and lemon for 10-15 minutes). To prepare the filling: In a bowl, put rice (an hour according to the type of rice), meat, pepper, cumin (crushed), salt, ghee, then mix all the ingredients.

Stuffing stage: we stuff each of the sausages, the capes (after the stuffing, we tie it in a thread and spread the rice) and the tripe (we cut it according to its size, then we stuff the pieces and then we sew the pieces with a thread and a needle). Application stage: In the cooking pot we put the head with the ingredients, then the sausages and the tripe, then put the pot on the fire and add hot water to it, leave it for a little while then add the onion pieces, bay leaf, cinnamon sticks (according to the quantity), cardamom pods, salt, and then We close the bowl and leave it for an hour and a half - two hours, after which it is ready.

C H E F   O M A R

Bon Apetit!