

Mansaf 6 portions

Ingredients

- ½ kg lamb meat (with bones cut in big pieces 6 pieces)
- ¾ cup clarified butter (preferably use samna or ghee for taste)
- 1 medium onion, cut in 4 pieces
- 2 big pieces of Jameed (or 3 cups salted Greek yoghurt)
- ¼ cup whole blanched almond
- ¼ cup pine nuts
- 4 -6 loaves pita bread (Shrak, very thin Arabic pita-type bread used in Jordan)
- 3 ½ cups rice, raw measure, cooked (Short grain Egyptian rice)
- 2 bay leaves
- 1 stick cinnamon
- 1 spoon starch
- Salt



Directions:

Wash meat pieces and dry it with paper towels.

Melt ¼ cup of the clarified butter in heavy skillet over medium-high heat. Drain and pat dry meat pieces. Place in skillet and cook for 10 minutes until browned on all sides. Add enough hot water to cover meat. Put onion, bay leaves and cinnamon stick with the water. Reduce heat, cover and cook for 1 hour or more until tender.

Sauce:

Break the big pieces of Jameed and souk it overnight until tender. put jameed in the blender and put in pot to boil.

Add the soft boiled pieces of meat.

Use a skillet to add 1 ½ cup of meat stock.

If you use Jameed. Do NOT use salt, as it is very salty.

Incase you didn't find Jameed: while meat and onion are cooking, place yogurt in a large saucepan and whisk over medium heat until liquid.

Melt two teaspoons of starch in cold water,

Pour it slowly onto the yoghurt while steering it constantly, add 1 teaspoon of salt.

Add the soft boiled pieces of meat with one cup of meat stock and leave to boil. Simmer gently for 15 minutes. Taste and adjust seasonings, as needed.

In a small skillet, melt 2 tablespoons of clarified butter. Add almonds and cook till golden. After removing almond stir in pine nuts and cook till golden. Remove from heat and set aside.

Clarified butter notes:-

Clarified butter is necessary for frying since it doesn't burn.

One stick (or 1/2 cup of butter) will yield about 6 tablespoons of clarified butter. So for this recipe, you will need to clarify approximately ¾ cup of butter.

Rice:

Wash and soak 3 ½ cups of rice in hot water to remove starch.

Melt 2 spoons of clarified butter and add 4 ½ cups of water to it until it starts to boil

Add 1 tsp of salt to the water (NOTICE: Jameed is already salty)

Wash off the water from the soaked rice and add to the boiling water to cook.

Boil rice for 10 min and then lower the heat to low fire for another 10 min (till water evaporates and rice is cooked)

Split the khubz (bread) loaves open and arrange, overlapping on a large serving tray. Melt 2 tablespoons of butter and brush over the khubz to soften. Arrange rice over the khubz leaving a well in the center of the rice. Spoon the meat into the rice well and then spoon the butter and nuts over the meat.



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a double good health