



Makluba

Makluba is a traditional middle-eastern dish that is basically vegetables (which can vary depending on the region), meats (traditionally lamb), and basmati rice.

The name “Makluba” (upside down in Arabic) refers to the way we serve the dish in which we flip the pot upside down and lift it up to see a layer of vegetables sitting on top of the rice. It's traditionally served with Greek-style yogurt.

Ingredients:

Oil for deep frying
(canola, corn, or soybean)
Olive oil

Salt/pepper to taste
1 tsp English pepper
1 tsp Ground Star Anise
1 tsp Ground nutmeg
1 tsp Ground cinnamon
1 tsp Ground cumin

A head of Cauliflower
2 Carrots
1 Eggplant
1 yellow onion
2 cloves of Garlic

2 cups of basmati rice
4.5 cups of vegetables stock

Greek yogurt on the side

Instructions:

Dice the onion
Cube the carrot
Separate the cauliflower heads
Cut the eggplant into medium-sized cubes
Mince the garlic

Heat oil to 280 degrees Fahrenheit
Fry the cauliflower and eggplant until golden.

Heat up 4.5 cups of stock

Sauté the rest of the vegetables in a pot with olive oil, starting with the onions followed by the carrots, and finally garlic.

Add the spices

Add the cauliflower and eggplant by layering them on top of the onions and carrots.

Add 2 cups of rice

Add 4 cups of boiling vegetable stock

1 teaspoon salt

Black pepper to taste

Make sure to seal the pot tightly and cook for 15 min on low heat.

After 15 min, turn off the heat and let it rest while sealed for another 5 min.

Take off the cover place a wide sheet tray on top of the pot making sure to use heat gloves to flip the pot onto the sheet pan to rest for 2 min.

Take off the pot and serve.

