



Upside Down Maqluba

Jacob · 29/09/2024



Prep Time

1 hr 40 mins

Difficult

Medium

Servings

6

Description

This perfect meal features all four food groups It is inspired by the Arabic dish called Maqluba which translates to upside down When the meal has finished cooking you take the pot and flip it upside down onto a large serving platter and everybody helps themselves

Ingredients

- - 7 cups water - 2 onions
- chopped - 1 tablespoon chopped garlic - 1 teaspoon ground cinnamon - 1 teaspoon ground turmeric - 2 teaspoons garam masala - 1 pinch salt and ground black pepper to taste - 2 cups cooking oil - 2 cups lamb meat
- cut into small pieces - 1 large eggplant
- cut into 3/4-inch slices - 2 zucchini
- cut into 1/4-inch slices - 1 cup broccoli - 1 cup cauliflower - 1 ½ cups jasmine rice - 1 (16 ounce) container plain yogurt

Instructions

1. Bring to a boil the water
2. onion
3. garlic
4. cinnamon
5. turmeric
6. garam masala
7. salt
8. and pepper in a large pot. Add the lamb; reduce the heat to low and simmer 15 to 20 minutes. Separate the lamb from the liquid and set aside. Transfer the liquid to a bowl. While the lamb mixture simmers
9. heat the oil in a large
10. deep skillet over medium heat. Fry the eggplant slices in the hot oil
11. assuring the pieces do not touch
12. until brown on both sides; remove to a plate lined with paper towels to drain. Use the same procedure to fry the zucchini and the cauliflower. Cook the broccoli in the oil until hot and remove to a paper towel-lined plate to drain. Layer the lamb into the bottom of the large pot. Arrange the eggplant
13. zucchini
14. broccoli
15. and cauliflower on top of the lamb in layers. Pour the rice over the meat and vegetables
16. shaking the pot gently to allow the rice to settle into the dish. Pour the reserved cooking liquid from the lamb over the mixture until it is completely covered. Add water if needed. Cover the pot and simmer over low heat until the rice is soft and the liquid is absorbed
17. 30 to 45 minutes. Remove the lid from the pot. Place a large platter over the pot and flip the pot so the dish is "upside down" on the platter. Serve with yogurt on the side. Recipe Tip You can use beef or chicken instead of lamb if you like. Use about 2 cups
18. cut into bite-sized pieces.