SUMAC
the joy of home cooking

PEA STEW

A popular Middle Eastern stew loved by kids and adults.

Nutrition Facts Per Serving: Calories 555, Protein 19g, Carbs 92g, Fat 9g

Cooking process and additional ingredients added at home will affect the total value.

Preparation Time: 10 min, **Cooking Time:** 18 min

INGREDIENTS

Peas

Carrots

Onions

Diced Tomatoes

Garlic

Tomato Paste

Olive Oil

Middle Eastern Spices

Blanching Mix

Black Pepper & Salt

Rice

METHOD

1. Place peas in a pot and cover with cold water with 2 cm excess. Add blanching mix then place pot over high heat and bring to boil. Reduce heat, and simmer uncovered for 1-2 minutes or until peas start to change color (brighter green). Do not overcook, drain discarding water. Rinse with cold water to stop cooking.
2. Place a pot over medium heat and add oil. When hot add onions and half the salt, cook until translucent.
3. Add carrots & cook until it changes color. Add garlic & toss for 30 seconds.
4. Add ¼ cup water, bring to boil, cover, reduce heat & cook for 2 min
5. Add peas and stir gently. Add ME spices, a dash of black pepper, and diced tomatoes, & bring to boil.
6. Dissolve tomato paste in some hot water until it becomes like a thick sauce, add to pot.
7. Reduce heat to low, cover & simmer for 5 -7 minutes or until veggies are tender but not mushy. Remove lid & simmer uncovered 5 minutes until thick & bubbly. If more gravy is desired, add ½ - 1 cup of water and return to boil. Check seasoning, transfer to serving dish

Steamed Plain Basmati Rice

1. Place rice in a suitable container & cover with excess cold water 2cm above rice. Gently run fingers through & stir to release starch.
2. Decant water taking care not to dump any rice. Repeat 3-5 times or until water runs clear, strain in colander for about 5 min to get rid of excess water.
3. Place pot over high heat and add water (as per instructions on package) & salt. As soon as the water starts boiling add rice & swirl pot or stir very gently.
4. Return to boil then cover, reduce heat to low & simmer for about 15-20 minutes then remove from heat & keep covered for 5 minutes more. Gently fluff with fork and serve.

BON APPETIT