



SUMAQQIYYA EXPRESS

Traditional Gazan dish usually made in abundance and served on special occasions at room temperature.

Nutrition Facts/100 grams lamb: Calories 753, Protein 36g, Carbs 60g, Fat 43g

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

Preparation Time: 20 min, **Cooking Time:** 90 min



INGREDIENTS

Lamb (300 grams)

Onion, Garlic

Spinach/Chard

Chickpeas

Sumac

Flour Broth

Gazan Spices, Olive Oil

Tahini Mix, Chili (optional)

Pita Bread

METHOD

1. Dissolve broth cubes in boiling water using 400 ml per cube.
2. In a saucepan combine sumac with dissolved broth. Bring to boil over high heat whisking. Reduce heat to medium & boil for 10 minutes. Strain in a colander retaining all liquid and leave on counter to cool.
3. Place a large pot over medium heat, add oil & heat through. Add onions and sauté until it starts to golden.
4. Add meat and brown for 2 minutes. Add half the spices and stir for a minute further.
5. Add garlic and chili if using & stir for 30 seconds.
6. Add a quarter cup water, cover, reduce heat to low and cook 45 minutes or until very tender. Check every 20 min to make sure it doesn't go dry, if it does, add a little water.
7. Combine flour with cooled broth and whisk well to combine and eliminate all lumps.
8. Uncover pot & keep stirring until liquid evaporates, add greens & chickpeas with a dash of salt and stir till greens wilts.
9. Add remaining spices & stir to combine. Whisk the flour mix again to emulsify then gradually add to the pot stirring all the time.
10. Increase heat to medium, bring to boil stirring, then reduce heat to low & cook for 20 minutes or until thickened.
11. Stir in tahini mix and cook 3 min further.
12. Remove from heat and spoon to serving dish. Serve with pita bread.
Traditionally, this is eaten at room temperature.

BON APPETIT