

## Aubergine Maqloobeh (مقلوبة الباذنجان)

### Shopping list (for 4 servings)

2 cups rice  
4 large aubergines  
1 kilo chicken with bones  
2 handfuls of any nuts  
½ tsp cinnamon  
½ tsp turmeric  
½ tsp pepper  
Salt  
Vegetable oil for deep frying



### Method

Cut the aubergines into thin slices vertically (0.5–1 cm thick), you can peel them first if you prefer. Sprinkle each slice with salt and leave in a strainer for at least half an hour.

Wash rice, soak in hot water for half an hour, then strain it.

Cut chicken into large pieces and leave to simmer in 2 liters of water for 30 minutes. Add pepper and 2½ tsp of salt.

Remove chicken pieces from the broth, remove bones, and cut the meat into small pieces as desired with your hand or a fork. Keep the broth!

Deep fry the aubergine slices until they become golden.

In a cooking pot, lay the aubergine slices until they cover the bottom in one layer. Add a layer of chicken pieces. Pour half of the rice over chicken carefully. Flatten it with a spoon.

Lay another layer of aubergine over the rice. Then pour the remaining rice.

Add the cinnamon and turmeric into the broth. And gently pour 3 cups of broth in the pot over the rice.

Bring to a boil then cover and leave to simmer on low heat for 30 minutes.

After turning the heat off, wait for 20 minutes then turn the pot upside down over a deep tray.

Lay the remaining chicken pieces on top and sprinkle with toasted nuts.

Bon appetit!



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One in a series of recipes contributed by our volunteers

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