

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.

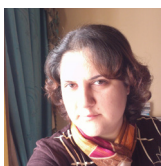
Add the cinnamon and turmeric into the broth. And gently pour 3 cups of broth in the pot over the rice.

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!



Contributed from Syria by
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One in a series of recipes contributed by our volunteers

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