



JORDANIAN MANSAF

The very classical
Jordanian recipe is at the
heart of your home now

Nutrition facts Per 100 grams of Lamb: Calories 717, Protein 67g, Carbs 60g, Fat 24g

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

Preparation Time: 30 min, **Cooking Time:** 2 hours



INGREDIENTS

Jameed Paste
Lamb (600 grams)
Onion
Meat Spices
Rice

Rice Spices
Ghee
Pine Nuts
Almonds
Margoog Bread

METHOD

Cooking Meat and Jameed

1. If desired, give the meat a rinse with room temperature water. Place in a pot & cover with room temperature water with no more than 2 cm excess. Bring to boil over high heat skimming to remove all broth that forms until broth is clear.
2. Add onions and meat spices, cover and reduce heat to low. Cook for 1.5 hours or until lamb is well cooked but not falling off the bone.
3. Strain broth retaining all liquids. Carefully remove the meat chunks to a plate. Discard spices and onions.
4. Measure out the correct amount of broth needed to cook the rice & set aside.
5. Place the jameed paste in the pot used to cook the meat, add about a cup of broth and blend well in hand blender. You can also use a mixer.
6. Place the pot over medium heat and bring to boil stirring frequently, add more broth and keep stirring until you get the desired consistency, ideally, it should be that of cooking cream. Some people prefer it thinner, some like it quiet thick.
7. Optional Step: pass the jameed through a fine sieve and return to pot.
8. Add meat, reduce heat to lowest & keep simmering uncovered

Cooking Rice and Assembly

9. Wash the rice 3-5 times until water runs clear, drain well in colander.
10. Place a lidded pot over medium heat. Add the ghee and heat through.
11. Fry nuts until light golden, remove to absorbent paper retaining ghee in the pot.
12. Add rice & stir gently with wooden spoon until the rice is well coated with ghee.
13. Add the spices then add the measured broth & increase heat to high.
14. Bring to boil, then cover and reduce heat to minimum (if you have a perforated metal plate then place it between the pot and the stove burner).
15. Cook for 20 minutes, check the rice, it should be cooked but not mushy. Remove from heat and stand for 5 minutes or so.
16. To serve: Line serving plate with margoog bread, fluff the rice with a large fork, scoop the rice on top of the bread, arrange the meat on top, sprinkle the cooked nut and serve with jameed on the side.