



RUMANIYYA

This is an amazing vegetarian dish known in many parts of Palestine. The Gazan version that we try to capture here is the spiciest and probably the tangiest.

Nutrition Facts/100 grams eggplant: Calories 332, Protein 10g, Carbs 48g, Fat 12g

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

Preparation Time: 20 min, **Cooking Time:** 30 min



INGREDIENTS

Eggplant (500 grams)

Lentil

Rumaniyya Sauce and Spice Mix
(including dill)

Garlic

Tahinin Mix

Onion, Olive Oil

Pomegranate Seeds

Flour

Pita Bread

METHOD

1. Pick any debris from lentil. Then Rinse with tap water and drain.
2. In a large pot, combine lentils with 3 cups room temperature water, place on high flame until it starts to boil, skim then reduce heat to medium. Cover & cook until tender but not mushy, about 25 minutes.
3. While lentils are cooking, combine flour with sauce and whisk well to homogenize. Set aside.
4. Combine spices with garlic and half the salt and pound with a mortar or press with the back of a spoon.
5. Uncover the lentil pot, increase heat to high then add the eggplants & cook stirring for 15 minutes or until quite soft but not falling apart.
6. Add in the garlic spice mix and stir.
7. Whisk the flour mixture again to re-homogenize., then slowly add to the simmering pot stirring continuously for 5 – 7 minutes or until it thickens. If it becomes too thick to stir, add a little water.
8. Add the tahini mix and stir well to combine. Adjust salt to taste. Remove from heat and pour in serving dish.
9. Place a skillet over medium heat, add oil and swirl to heat. Add onions and cook while stirring until deep golden, do not burn.
10. Sprinkle onions and oil over the Rumaniiyya and garnish with pomegranate seeds. Serve with pita bread. Traditionally this is served at room temperature.

BON APPETIT