



SOUR LAMB

A delicious traditional Syrian dish that – sadly – has almost disappeared. We choose the bone-in lamb to enhance the flavor.

Nutrition Facts Per Serving: Calories 809, Protein 55g, Carbs 93g, Fat 21g

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

Preparation Time: 10 min, **Cooking Time:** 90 min



INGREDIENTS

Lamb	Measured water (2 persons: ¼ cup. 4 persons: ½ cup. 6 persons: ¾ cup)
Onion & Garlic	
Pomegranate Molasses	
Olive Oil	Rice (water for rice as per instruction on package)
Spices & Salt	

METHOD

1. Wash & tap dry the lamb (optional).
2. Place a heavy pot over medium heat, add oil & when hot add the lamb & brown on all sides for about 2 minutes.
3. Add onions & continue cooking for about 2 minutes.
4. Add garlic & spices & toss for ½ minute. Reduce heat to low, add half the water, cover & simmer for about 45 minute or until lamb is well cooked but not falling apart checking frequently for moisture & adding water only if the lamb is too dry.
5. Add salt & stir the pomegranate molasses, cover & simmer for 15 minutes longer or until lamb is **very tender**.
6. Remove cover & simmer while stirring frequently for 5 minutes or until sauce is thickened. Serve immediately with rice.

Steamed Plain Basmati Rice

1. Place rice in a suitable container & cover with excess cold water 2cm above rice. Gently run fingers through & stir to release starch.
2. Decant water taking care not to dump any rice. Repeat 3-5 times or until water runs clear, strain in colander for about 5 min to get rid of excess water.
3. Place pot over high heat and add water (as per instructions on package) & salt. As soon as the water starts boiling add rice & swirl pot or stir very gently.
4. Return to boil then cover, reduce heat to low & simmer for about 15-20 minutes then remove from heat & keep covered for 5 minutes more. Gently fluff with fork and serve.



BON APPETIT