



# STUFFED MARROW

A delicious classic recipe loved by all ages.

**Nutrition Facts per 100 grams of marrow:** Calories 153, Protein 6g, Carbs 25g, Fat 3g

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

**Preparation Time:** 10 min, **Cooking Time:** 70 min



## INGREDIENTS

Marrow, Ground Beef

Rice, Dry mint, Cumin

Safflower, Garlic, Lemon Juice

Tomato Paste, Pomegranate

Molasses

Filling:

Onion, Apple Cider Vinegar

Garlic, Olive Oil, Pita Bread,

Black Pepper, Salt,

# METHOD

1. Arrange the stuffed marrows in a large pot.
2. Dissolve the sauce in about 500 ml of water.
3. Add the sauce to the pot, then add enough water to just cover the marrow. Swirl pot gently to mix.
4. Add garlic halves, then place pot over medium heat and bring to boil.
5. Cover pot, reduce heat to low and cook for 1 hour or until tender.
6. Remove cover, simmer for 10 minutes then remove from heat, transfer to deep serving dish along with remaining sauce. Serve immediately.

## **Marrow Filling**

7. Place a deep skillet or saucepan over medium heat. Add oil and swirl to heat.
8. Add onions and a dash of salt, stir quickly until the color starts to golden. Reduce heat to low.
9. Add garlic and cook stirring quickly for 30 seconds. Add half the vinegar.
10. Simmer until most vinegar is evaporated then add the marrow inners and stir.
11. Add half the remaining salt, mint and black pepper and stir well to combine.
12. Cover and cook for 30 minutes checking and stirring every 10 minutes. If too dry add water a tablespoon at a time.
13. When done check salt and vinegar and adjust to taste.
14. Serve warm with pita bread as a side dish to the stuffed marrows.



**BON APPETIT**