

Moarraq

An interesting lamb dish from **Saudi Arabia**¹.

Ingredients

- 450 g diced lamb
- 2 cloves garlic
- 45 ml fresh chopped parsley
- 10 ml cayenne pepper
- 225 g long grain brown basmati **FAIRTRADE** rice
- 315 ml boiling water
- Zaytoun **FAIRTRADE** olive oil
- 1 red pepper
- 5 ml salt
- 6 small onions
- 18 Zaytoun **FAIRTRADE** black olives

Drain the rice and add with the olives to the meat. Cook for 30 minutes until the liquid is absorbed.

To serve

Stir in the parsley at the last moment and serve hot.

Variation

- 1) Use 10 ml dried parsley instead of fresh.
- 2) Add 50 gm **FAIRTRADE** Raisins or Apricots (soaked) with the boiling water.

Method

Preparation

Skin and crush the garlic.

De-seed and chop the pepper.

Top and tail, skin and finely chop the onions.

Wash the rice.

Cooking

Heat the oil and cook the onions for a few minutes.

Add the garlic, meat, red pepper and season and cook for 5 minutes stirring frequently.

Add the boiling water, cover and cook for 2 hours over moderate heat.

¹http://www.fairtradecookbook.org.uk/countries/saudi_arabia.htm