

# JANINE'S UMTO MAHA'S MAQLOOBA

Food is the way my family connected with our Palestinian heritage. My Umta (paternal aunt) is the family's rock and masterful chef. Maqlooba is a traditional Palestinian dish which consists of spiced meat, rice and vegetables cooked in a pot which is flipped upside-down when served, hence the name maqlooba which translates from Arabic to "upside-down."

PREP TIME: 1 hour

COOK TIME: 3 hours

SERVINGS: 12

## INGREDIENTS

- 4-5 lbs. chicken
- 1 large head cauliflower (broken into florets)
- 1 yellow onion
- 6 potatoes (peeled, sliced)
- 3 tomatoes (sliced)
- 3 carrots (peeled, sliced) (optional)
- Garbanzo beans (optional)
- 4 c. Jasmine or Basmati rice
- 32 oz. chicken broth
- Allspice
- Bay leaves
- Cardamom
- Chicken bouillon
- Cinnamon
- Cloves
- Coriander
- Cumin
- Salt and pepper, to taste

## DIRECTIONS

### Chicken and Broth

1. Pressure cook or boil chicken with 1 onion, 1 tomato, 4 cups of chicken broth, 4 bay leaves, 1 teaspoon cardamom, 1 teaspoon cinnamon, 1 tablespoon coriander, 2 tablespoons cumin and 1 teaspoon black pepper. Let the pressure release naturally. Take out chicken and strain the broth keeping the liquid for cooking the rice later.

### Rice

2. Soak the rice in water for about one hour. After you soak, drain the water. Mix the rice with 1 teaspoon allspice, 1 teaspoon chicken bouillon, 1 teaspoon cardamom, 1 teaspoon cinnamon, ½ teaspoon cloves, 1 teaspoon coriander, 1 tablespoon cumin, 1 tablespoon oil, ¼ teaspoon pepper and 3 tablespoon salt.

### Vegetables

3. Bake or fry cauliflower and potatoes until golden brown. Bake carrots until soft. Cook garbanzo beans according to directions or use canned.

### Layer Ingredients in Large Pot

4. Layer 1: cover the bottom of the pot with 1/2 cup rice;
  5. Layer 2: layer sliced tomato on top of rice;
  6. Layer 3: add cooked chicken;
  7. Layer 4: add baked/fried veggies;
  8. Layer 5: add remaining rice;
  9. Layer 6: cover with strained broth from cooking the chicken
- \*Rice should be completely covered with broth. Add plain chicken broth if needed.*
10. Bring to a slow boil, reduce heat to a simmer, cover and cook until rice on the top is done (around 45-60 minutes). To serve, turn pot upside down onto a large serving tray.

Optional: Serve with cucumber yogurt or Arabic salad

### Cucumber Yogurt Recipe

- 32 oz. plain yogurt
- 1 clove garlic (pressed or minced)
- 1 English cucumber (diced)

Salt to taste

Mix together and enjoy on top of or beside maqlooba