

Ingredients

1 cup hulled barley (natural or organic barley which is available in wholesale markets)
 1 tbsp apple cider vinegar
 1/2 cup green peas
 2 tbsp pure ghee
 1 large lamb shank (the shin and calf of the leg)
 2 large onions, chopped
 2 garlic cloves, peeled and sliced thin
 1 tsp garlic paste
 2 medium carrots, chopped
 1 large white radish, thin round slices

Pinch of fresh celery

1 tsp dried thyme
 2 bay leaves
 1 bunch Kangkon leaves of kalmi shaak
 Salt and pepper to taste

Method

Place the barley in a small bowl with about 1 cup warm water and stir in cider vinegar. Leave both bowls in a warm room for 12

other ingredients. Then add enough water to add about 3 inches water above the content. Add the drained barley and the peas as well. Bring the soup to a boil, turn the heat to low, cover and simmer for about 2 hours at which point the lamb shanks will begin to fall apart. At this point take the lamb out and add the chopped Kalmi shaak to the broth and cook it until it is tender and you are satisfied with the texture. You can add the lamb again at this point.

Serving: Add chopped coriander or mint leaves and serve with hot, crusty bread.

STEWES

From a Chili con carne to a goulash to shorba, stews come in many forms and have been brewing over communal fires for centuries now. Since 8th century BCE, evidence shows how the bellies of animals or hard shells like tortoises, etc. were used to cook a watery meat dish. Hence a stew is a mixture most often of vegetables and meat

2 large onions, diced
 2 cloves garlic, crushed
 1/2 teaspoon cumin
 1 tbsp coriander
 1/2 tsp Arab allspice
 8 cups water
 Salt and pepper to taste

All spice:

2 tbsp ground black pepper
 2 tbsp paprika
 2 tbsp ground cumin
 1 tbsp ground coriander
 1 tsp ground cloves
 1 tsp ground nutmeg
 1 tsp ground cinnamon
 1/2 tsp ground cardamom

In a large saucepan, brown meat with olive oil for about 3-4 mins then add onions and garlic and saute till translucent.

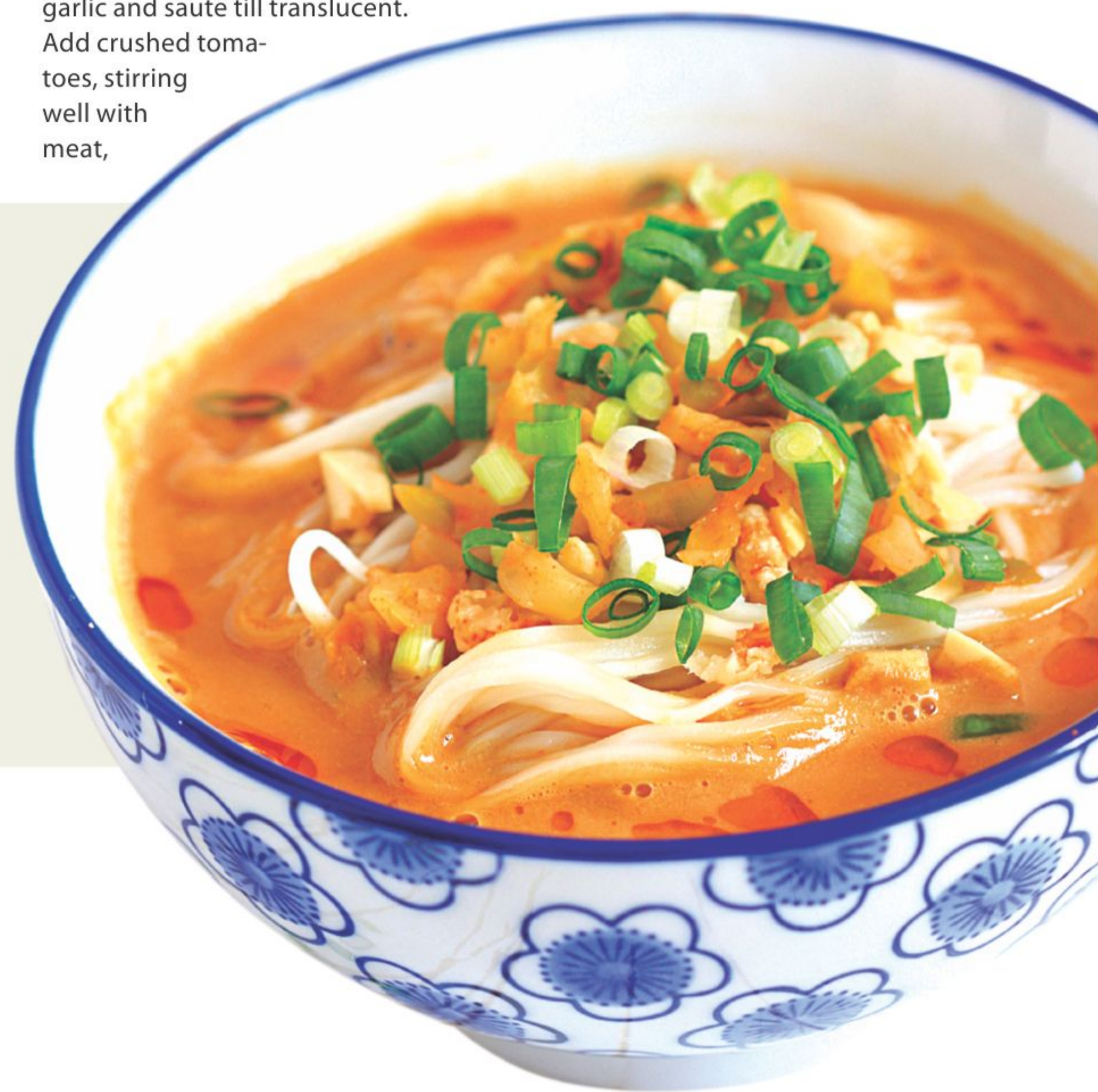
Add crushed tomatoes, stirring well with meat,

garlic and onion. Add cumin, coriander, salt and pepper, and allspice. Cook until the oil separates from the mixture, then add water and tomato puree. Stir and combine well and once it simmers add the okra and bring to boil. Reduce heat to low and simmer for 2 hours, or until meat is tender and done. The sauce will keep thickening as it cooks. If it does not, add 1/2 cup all purpose flour.

Serving:

Serve with white rice and a green papaya salad.

Photo: Collected



hours. Drain the water. 3-4 hours prior to cooking. Take the lamb shank and rub it with some salt, oil and garlic paste and place in a pre-heated oven, covered in foil for about 2 hours during which it softens and grills somewhat. Now in a pot heat the onions in the ghee until translucent then add carrots, celery and garlic to sauté for another few minutes. Now add the lamb to the pot and add the thyme, bay and any

cooked in a watery presentation. Today I bring to you something from the kitchens of an Arab household.

Bamia Or Beef Stew With Okra**Ingredients:**

250g chunks of beef
 300g okra whole (both ends only cut off)
 1 kg tomatoes, peeled and blended
 2 tbsp tomato puree (canned can be used here)

LS PICK

Stew be or not stew be!

On cold winter evenings you want nothing more than to snuggle up on your sofa with a blanket, your favourite show on TV or a book, and a piping hot bowl of sheer comfort.

Winter foods do not call for finesse or gourmet presentations. Winter cuisine does not demand the delicacies you would expect in the summer. You want a bowl of something that might not necessarily be pretty to look at, but it will warm you up from the inside, from your head to your toes.

Dishes like soups, stews and broths are perfect for this kind of weather because you can throw everything into a pot, let all the flavours infuse and leave it to boil for an hour or so. It's as simple as it gets, and it does not require a lot of fussing around in the kitchen – the more time you can spend wrapped up warm in bed, the better!

Soups, particularly chicken-based ones, have always been used as home remedies for colds. For starters, the hot soup itself is good for loosening up mucus in the throat and clearing your blocked nose. It may be an old



wives tale but the nutrients in the soup are said to have healing properties and provide the hydration you need

to fight off your infection.

Of course, soups are not just consumed for their medicinal properties. Chunky soups and stews are good for using scraps of meat and leftover vegetables to create a hearty, healthy meal that will not break the bank. They are filling, especially with some buttered toast on the side, and will definitely stave off hunger pangs for hours, so they are perfect if you are on a diet.

And speaking of diets, a good broth recipe is essential to keep in your arsenal. They are light, healthy and you know you are not consuming unnecessary grease or unhealthy fats.

Broths are a good way to extract all the nutrients in whatever vegetables you use, and even though they are not as hearty or heavy as stews, they will still fill you up. Broths made from bones – whether you use chicken, beef, or fish – are loaded with protein and if you work out regularly, they are great for repairing your muscles.

By Zahrah Haider