



Once they are light brown in colour, take them out of the oil and place on a paper towel to soak up the excess oil. Serve with green salad and tahini sauce.

## MIDDLE EASTERN LAMB STEW

### Ingredients:

- 1 kg lamb meat, shoulder cut
- 4 tablespoon olive oil
- 5 green chillis
- 4 tsp ground cumin
- 1 tsp mixed spice (pach phoron)
- A few cardamoms, cinnamon sticks, bay leaves.
- 2 tbs ginger garlic paste
- 1 tbs ground coriander powder
- ½ tsp red chilli powder
- Salt to taste
- Freshly ground black pepper
- 2 medium onions, chopped
- 2 medium tomatoes, diced
- 6 cups chicken broth
- 4 cloves of garlic, sliced/crushed
- ½ can of chickpeas, rinsed
- 1 bunch of baby spinach

### Preparation:

Place lamb in a large slow cooker. Mix oil, cumin, coriander, allspice, whole spices, ginger garlic paste, red chilli powder, salt, green chilli, and black pepper in a small bowl. Toss the meat to coat it in the spices. Place the onion on top of the meat.

Bring tomatoes, chicken broth and garlic to a simmer in a medium saucepan over medium to high heat. Pour over the lamb and onion. Cover and cook until the lamb is

very tender. It may take about half an hour on high heat.

Skim or blot any visible fat from the surface of the stew. Mash 1/2 of the chickpeas with a fork in a small bowl. Stir the mashed and whole chickpeas into the stew, along with spinach. Cover and cook on high until the spinach wilts, about 5 minutes. Serve.

## QAMAR EL DEEN DRINK

- 1 packet Qamar el deen (apricot fruit leather)
- 1 litre water
- 3 tbs honey
- Sugar to taste
- 1 tbs rosewater (optional)

### Method:

Cut the fruit leather into small pieces, place it in a bowl, add water to soak, and leave to soak overnight or for 4-5 hours during the day, stirring every hour or so. To ensure that all pieces have dissolved, place the water and Qamar el Deen mix in a food processor. Taste and adjust sugar and honey to taste. Add rose-water. Keep in refrigerator, and serve chilled.

## VEGETABLE STEW (4-5 Servings)

### Ingredients:

- 1 red bell pepper, seeded and diced
- 1 green bell pepper, seeded and diced
- 2 zucchinis, diced
- 2 carrots, sliced
- 1 tbs garlic, chopped

- 4 tbs olive oil
- 2 stalks of celery, sliced
- 2 potatoes, diced
- 2 tomatoes, diced
- 1 cup cauliflower, chopped
- 1 tsp chilli powder
- ½ tsp turmeric powder
- 2 tbs fresh mint, chopped
- 1 tbs ground cumin
- 1 can of chickpeas, drained and rinsed
- Salt and pepper to taste
- 1 cube of vegetable stock

### Method:

Heat the vegetable stock in a large dish until boiling, then add the pepper, zucchini, carrot, celery, vegetable stock cube, olive oil, and chopped garlic.

Stir over high heat for 2-3 minutes, until the vegetables begin to soften.

Add the potatoes, tomatoes, cauliflower, chilli, turmeric powder, mint and cumin. Add the chickpeas and bring to a boil.

Reduce the heat, cover the dish with a tight-fitting lid and simmer for 15 minutes, or until all the vegetables are tender.

Season to taste with salt and pepper and serve hot, garnished with mint leaves.

**Recipes by Chef Md Billal Hossain**

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**Photo: Collected**



Ramadan Kareem

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