

MAIN COURSE

Maqluobe





The National Palestinian dish

Maqloube is one of the most popular Arabic dishes made from Palestinian and Jordanian spiced rice which is mixed with fried cauliflower, eggplant, potatoes and meat.

In Arabic, Maqlube (Makloubah or Maqlooba) means "upside down" because once cooked the pot with the rice is turned directly on the serving plate so that the rice remains compact like a cake.

Maqlouba is the Palestinian national dish and is served on all great occasions in large trays. It is a symbol of celebration and sharing.

Here is the recipe!

Maqloube



Difficult



2 h



6 pax

Ingredients

- 1 kg **rice**
- 1 **cauliflower**
- 3 **potatoes**
- 2 **eggplants**
- 1 **onion**
- 6 **chicken drumsticks**
- 2 tablespoons **spices**
- 2 **stock broth cubes**
- **fry oil**
- **salt to taste**

Preparation

1. Start by frying the chicken with salt and pepper, a few bay leaves and the chopped onion. When it is golden in color, cover the chicken pieces with water and boil with the nuts. (KEEP THE BROTH TO SIDE)
2. Meanwhile, cut the cauliflower flower by flower and soak it in water to clean it.
3. Soak the rice too. Leave it to soak for 15 minutes until the water turns white.
4. While you wait, start cutting the potatoes and eggplant into slices. Once finished, collect the cauliflower and cut it into smaller pieces. When all the vegetables have been cut, fry them in turn in the oil.
5. At this point, drain the rice and add some spices. Then start putting the rice like this. Put a first layer of rice, then lay the chicken covered with another layer of rice. The vegetables are added to the second layer of rice and covered with the remaining rice. Then cover all the layers with the chicken broth, up to two centimeters above the last layer. Cook everything on low heat for 20 minutes. When the broth has been absorbed, let it rest for 5 minutes for the rice to solidify.
6. Cover the pan with a very large plate and turn the pan upside down quickly so as not to break the cake.

