



## Ramadan recipes inspired by Edgware Road

### Second in Marble Arch London's Ramadan series

*These two recipes are inspired by traditional Ramadan foods made by experts on Edgware Road. The first is malfouf from Mrs. Hiyam, who runs Green Valley at 36-37 Upper Berkeley St, W1H 5QF. The second is Fattoush – a crisp, refreshing summer salad of seasonal salad vegetables and crunchy pita chips – perfect for the hot weather. Often the pita pieces are fried but we prefer this version, with grilled chips which are healthier and less hassle.*

#### **Malfouf (stuffed cabbage rolls)**

This recipe was inspired by a lady called Mrs. Hiyam, who runs Green Valley. She was born to Lebanese parents in Ghana, but now struggles to identify herself either as African, Lebanese or British. Her shop is one of the most successful in the area, which seems to be down to her fastidious nature as there is a lot of competition. 'They all want to be like us,' she told us.

When we ask what her favourite Lebanese dish is, she names, malfouf, a dish of cabbage leaves stuffed with rice, minced lamb and spices, cooked gently in a garlicky broth.

#### ***Ingredients***

1 white cabbage (Lebanese if you can get one, but otherwise a standard white cabbage is fine)

200g rice, soaked overnight, rinsed and drained

250g minced lamb

Pinch of ground allspice

½ teaspoon cinnamon

1 teaspoon ground cumin

Vegetable or chicken stock, for cooking the cabbage leaves

1 bulb garlic, cloves peeled and chopped into a few pieces each

1 lemon

100ml olive oil

Yoghurt, lemons and bread, to serve

#### ***Method***



Remove any damaged outer leaves from the cabbage. It helps to remove the base of the core so the leaves come away more easily.

Bring the stock to a boil, and then submerge the whole cabbage into it. After a few minutes, test to see if the outer leaves can be separated. Keep doing this until all the leaves are freed (if you try to peel the leaves from the raw cabbage, they will tear easily).

In a bowl, combine the rice, minced lamb, spices, ½ tablespoon salt, some pepper and olive oil.

Remove the large central 'rib' from each leaf, and use them to line a large saucepan. Spread the remaining leaf flat on a work surface and fill with about 1 tablespoon of the filling, making a sausage shape towards the edge of one side. Don't go right up to the edges. Roll the leaf up. You don't need to seal the sides. Squeeze the roll tight and add it to the pot.

When you have a full single layer of rolls, scatter over half the chopped garlic. Add another layer of rolls, the rest of the garlic, and then cover with water and add the juice of the lemon. Cover with a lid, reduce the heat to minimum and cook for 45 minutes, or until the rice is cooked through. Take care not to let the pot dry up during this time, there should be some liquid left at the end.

Serve the cabbage rolls with some of the sauce spooned over, the yoghurt, bread and extra lemon wedges.

## Fattoush

### *Ingredients*

1 small lettuce of your choosing (one with a little bit of crunch is best), leaves broken into bite size pieces

About 15 cherry tomatoes, lovely and ripe, halved (you can of course replace with larger tomatoes)

1 Lebanese cucumber, or ½ regular British cucumber (de-seeded if the latter) and sliced

2 spring onions, very finely sliced

1 Lebanese flatbread, or 1 large pita bread, toasted until crisp (if using the pita you may need to split it and re-toast), broken into pieces

1 large bunch of mint, leaves picked

1 large bunch of parsley, leaves picked

### *For the dressing*

1.5 tablespoons lemon juice



1 tablespoon pomegranate molasses

1 teaspoon white wine vinegar

5 tablespoons olive oil

1 clove garlic

2 teaspoons sumac

Salt to taste

### ***Method***

Toast the pittas until very crisp, and then mix with a very small amount of oil. Mix the salad vegetables together in a bowl. Make the dressing by whisking all ingredients together with 1 teaspoon of the sumac and seasoning with salt and pepper. When you're ready to serve the salad, toss in the dressing and bread pieces and scatter with the remaining sumac.