

Mulukhiyah - Jews Mallow Soup Recipe

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Mulukhiya (Mallow soup/stew)

Serves: 6-8

Difficulty: Medium

Prep Time: 2 hours

6 cups hydrated or fresh Jews mallow (mulukhiya leaves)

2 lbs cooked beef chunks with onions and broth

1 cup chopped onions

2 cups chopped fresh cilantro (coriander leaves)

1 tbs dried cilantro (coriander leaves)

8 tbs minced garlic

1 cup lemon juice

4-5 tbs vegetable shortening

6 tbs olive oil

2 tsp salt

1/2 tsp cayenne pepper (optional)

Cook beef chunks with onions in broth until tender, set aside. The day before you want to prepare this dish, you will need to soak the mallow leaves in warm water, let stand overnight. Then next morning, pour off the water and soak until ready to cook. When ready to cook, pour off water and drain completely. If using fresh mallow leaves, you can skip the overnight soaking and just rinse the leaves when ready to cook. In a large pot on medium heat, add 1 tbs vegetable shortening and about 1 or 2 cups of the mallow leaves, saute for about 4-5 minutes, repeat until all of the leaves are sauteed. Next add about 6 cups of water to the pot, cover and let cook on medium heat for about 20 minutes. After cooking, pour off the water/broth and return to heat. Add 6 cups of the beef broth to the mallow leaves and add the beef chunks with the onions. In a pan, add 3 tbs of olive oil and saute 1 cup of chopped onion until brown in color 5-7 minutes, add to the pot. Next, add 3 tbs to the pan and saute half of the fresh cilantro and half of the minced garlic, saute for 3 minutes then add to the pot. Finally add the rest of the fresh cilantro, minced garlic, salt and dried cilantro to the pot, cover and let cook on medium/low

heat for 1 hour 15 minutes until leaves are tender. When the leaves are tender then add the lemon juice and cayenne pepper, combine well and then serve with rice (see recipe) and pita bread.