



Samak Quwarmah



INSTRUCTIONS

- Begin by simmering chopped onions in ghee or butter until they turn translucent.
- Then add long grain rice, toasting it as well before measuring in stock, tossing in a bay leaf, covering, and cooking, bringing to a boil before letting it rest for 14 minutes.
- Salt and pepper the fish, cutting it into bite-sized portions and setting aside.
- In a pan, heat ghee (or butter), garlic, freshly grated ginger, chili peppers, turmeric, Baharat seasoning (black pepper, cumin, coriander, clove, cardamom, paprika, cinnamon, and nutmeg, ground and blended), lemon zest, and a piece of cinnamon bark until the garlic is nicely toasted.
- Then add a can of tomatoes and their water.
- Simmer for 5-8 minutes, until the water starts to reduce and form a sauce.
- Add fish and cook for an additional 5-8 minutes, or until the fish cooked through, with nice flakey skin, but not overcooked.
- Plate the rice first, topping it with the curry, and garnishing with fresh mint and/or cilantro.

SHOPPING LIST

- 2 Filets of frozen white fish
- 1 Cup of Long Grain Rice
- 1 Can of diced Tomatoes
- 1 Diced Onion
- 1 Small Chili Pepper
- 1/4 tsp. Baharat Seasoning (to taste)
- Pinch of freshly grated or dried Ginger
- Lemon Zest
- 3 Garlic Cloves Chopped
- Chicken/Beef Stock
- Ghee or Butter 1 Bay Leaf

Baharat Spice Blend:

- 1 tsp. Ground black pepper
- 2 tsp. Ground nutmeg
- 2 tsp. Paprika
- 1 tsp. Ground Coriander
- 1 tsp. Ground cinnamon
- 1 tsp. Ground Cloves
- 1 tsp. Cumin
- 1/4 tsp. Ground cardamom