Main dishes / Yemen

Fahsa



Boiling lamb stew in a stone bowl, topped with frothy fenugreek hulba.

Time 160 min **Servings** 5

What you'll need.

- ☐ 1 kg Lamb — meat with a little bone
- ☐ 4 piece Tomatoes
- ☐ 6 clove Garlic
- ☐ 50 g Coriander
- ☐ 1 piece Lemon
- ☐ Salt — to taste
- ☐ 60 g Ground fenugreek
- ☐ 1 piece Onion
- ☐ 3 piece Green chilli
- ☐ 1 tbsp Hawaij spice mix
- ☐ 5 piece Flatbreads — to serve

Let's make it.

01 Cover the ground fenugreek with cold water and leave it six hours, changing the water twice.

02 Simmer the lamb with the onion and salt for an hour and a half, keeping the broth.

03 Break the meat into small pieces and return it to the strained broth.

04 Pound the garlic, chilli and coriander into a sahawiq paste in a mortar.

05 Add the tomatoes, hawaij and half the paste to the stew and reduce it to a thick body.

06 Drain the fenugreek and whip it with a spoon of cold water into a white froth.

07 Ladle the stew into scorching bowls, spoon the froth over and serve it boiling with flatbread.

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