INVITING IDEAS

Root out ingredients at ethnic markets



My pantry and storage unit are always filled with multi-ethnic ingredients, herbs, and spices
- and with good reason, I spend a multitude of hours finding and poking around othnic markets and shops. These unusual ingredients fascinate me.

Chef Rudy (Radwan) Ramal, of Talal's in Dearborn, is the perfect tour guide for Middle Eastern markets. This for-mer Chef of New York's upscale Middle Eastern eatery Al Amir on Second Avenue, has been trained in Lebanon and Paris. Chef Rudy is a talented chef who willingly shares information - and can be cook!

Recently, we went to several markets and bakeries on Warren and Schaefer Road in East Dearborn and did some shopping. As we walked from aisle to aisle, Chef Rudy found numerous ingredients I didn't have a clue about (even a koosa corer – koosa is a delicious squash, typically stuffed) and that's unusual for me with my highly developed interest in Middle Eastern cook-

East Dearborn is a culinary "melting pot." There are a variety of ethnic mar-kets and bakeries on Schaefer Road including Italia Bakery, Alcamo's, an Italian market, Kowalski Sausage Com-pany, Osza Bakery (Polish), and Irish Imports Inc. which also offers specialty food items.

On the east side, specifically Dequin-dre (between 14 and 16 Mile Roads) are all kinds of Asian markets. Don't forget about Eastern Market, Greek Town, and Mexican Village.Windsor has an Italian section on Eric Street and an Asian section on Wyandotte Street.

The following recipe is from Chef Rudy - this very special dish is 500 to 600 years old. Moughrabyah (mougrabia) is some work, but worth it!

MOUGHRABYAH

Ingredients for the sauce:

8 ounces butter

5 ounces flour

4 teaspoon salt

½ teaspoon black pepper a teaspoon ground caraway

Pinch ground cumin

¼ teaspoon cinnamon

2 pound (12 cups) shallots, chopped ኔ pound (1% cups) chickpeas

(soaked the night before in just

the night before - retain water) 15 teaspoons salt

1 pound lamb, cut into inch dice

1 roasting chicken roasted until done, and cut into 8 pieces

1 pound of mougrable pasts (small

5 cup of bolling chickpens (soaked

Ingredients for the pasta:

Ecup corn oil (for frying shallots and

round balls)

1 cup bolling water

water)

(dma)

1 teaspoon black pepper

ኔ teaspoon cinnamon

1 teaspoon ground caraway Pinch of cumin.

* teaspoon ground cloves

Pinch of ground nutmeg % cup corn oil

BETTER

BETTER

LOWER PRICES

CUSTOM

ORDER

% pound butter

Roast chicken in 350 degree F. oven until done. Add 1 cup water to pan drip-pings, reserve. Fry the shallots in 2 table spoons of oil until brown – add 1% cup of rater and boil for 10 minutes.

Boil the chickpeas (from the sauce) in the water they were soaking in. Save the water. In the remaining oil, fry the lamb until browned, and add 2 cups of hot

water and beil for 30 minutes.

Boil the chickpeas (from the pasta) in one cup of hot water, add some salt and black pepper - save the water.

With 8 ounces of butter and 5 ounces of flour, make the roux (melt the butter in a separate pan, add the flour and mix well). To the roux, add cup of the shallot water, 2 cup of the chickpen water, 2 cup of the lamb water and stir well.

Add the shallots and the lamb and 5 of the chickpeas, then add the remaining black pepper, salt, the ground caraway, pinch of cumin, and the cinnamon. Boil it. for 10 minutes and remove from the heat source. In a large pot, mix the spices and the pasta. Add to the pot, 1 cup of boiling water - leave it alone for 10 minutes.

Put the corn oil and the butter in a large pan heat until almost brown add the pasta and stir well for 5 minutes then add the salt and a cup of the chick-pea water, a cup of the chicken water, a cup of the shallot water, add the cup of the cooked chickpeas, and stir well until the water is evaporated.

Serve the pasta (mougrabia) with the pieces of chicken on top of it and the sauce on the side. Serves 8.



