

Root out ingredients at ethnic markets



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 cookery.

MOUGHRABYAH

8 ounces butter
5 ounces flour
½ teaspoon salt
½ teaspoon black pepper
½ teaspoon ground caraway
Pinch ground cumin
½ teaspoon cinnamon
½ pound (1½ cups) shallots, chopped
½ pound (1½ cups) chickpeas
(soaked the night before in just
enough water to cover - save the

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

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

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