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### **ARABIAN STUFFED SWISS CHARD (MAHSHI SILQ BI ZAYT)**

3 lbs. Swiss chard  
1 1/4 cups rice  
1/2 cup hummus (chick peas)  
3/4 cup chopped parsley  
1/2 cup chopped mint  
1/2 cup minced scallions  
1 cup chopped tomatoes  
1 cup olive oil  
1 1/2 tsp. salt  
1/2 tsp. pepper  
1/4 tsp. cinnamon  
1 1/2 cups water  
1/2 cup lemon juice \*  
1 tomato, sliced  
Several garlic cloves  
Several small white onions

This dish is similar to the stuffed vine leaves but more zesty. Remove chard stems. Soften leaves by dipping one at a time in boiling, salted water for a minute. Drain and pile in deep dish while preparing stuffing. Wash and drain rice. Crack hummus (which has been soaked overnight) with rolling pin. Discard skins which come off during rolling. Mix rice, hummus, parsley, mint, chopped onions, tomatoes, salt, pepper, cinnamon, oil and most of the lemon juice. Reserve small amount of lemon juice to sprinkle on chard rolls near end of cooking. Stuff one leaf at a time using a heaping teaspoonful of stuffing. Fold up from bottom over stuffing and fold in from each side to center; then roll up like a cigar. Place in layers with open end down in pressure cooker, over the sliced tomatoes, onions and garlic. Sprinkle lemon juice and half teaspoon salt over top layer. Pour in water to cover. Cook under pressure 15 minutes. Uncover and simmer to reduce sauce. Turn out onto serving platter. Serve cold.

### **INDIAN STYLE STUFFED PEPPERS (MAHASHA)**

1 1/2 cups Long Grain Rice  
Salt  
1/2 lb Chicken breast  
1 inch piece of fresh Ginger, grated fine  
2 Garlic cloves, minced  
3 tablespoons vegetable oil  
Juice of 1 lemon  
1-2 tsps. Sugar  
1/2 teaspoon ground Turmeric  
2-3 tablespoons finely chopped fresh mint  
Pepper  
6 medium Bell Peppers

Cook the rice according to package directions in salted water for about 15 minutes, or until just tender. Drain thoroughly. Chop the chicken, using food processor if you like. In a large bowl, mix rice, chicken and balance of ingredients (except peppers). Cut peppers with a sharp pointed knife around the stem ends, to use as "caps". Place a hollowed out pepper on a large square of aluminum foil, and fill with the rice mixture. Trim the undersides of the pepper "caps" and replace on the top of the stuff pepper. Bring up the the ends of the foil and twist closed at the top. Arrange foiled peppers side by side on the rack in the pressure cooker. If they don't all fit easily cook in two (or more) batches. Pour enough water in the cooker to just come to the top of the rack. Bring to pressure over high heat and cook for 10 minutes. Cool quickly under cold water and open the lid when the pressure drops. Use oven mitts or a large spoon to lift of the foil wrapped peppers out of the cooker and carefully open the packets. Dish the pepper on a platter and serve with crusty sliced bread. Yield: 6 servings

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### **ARABIAN LENTILS (MUJADDARAH)**

2 cups lentils  
1/3 cup rice  
1 cup chopped onion  
3/4 cup olive oil  
1 teaspoon salt

Here is a well flavored and filling dish for lunches. An excellent substitute for baked beans. Eat it with raw relishes or a crisp cabbage salad, lettuce salad, cucumber and tomato salad. Pick over and wash lentils well. Soak overnight. Put in pressure cooker with enough fresh water to cover. Cook under pressure for seven minutes. Add rice and cook under pressure another seven minutes. Fry onions in olive oil until brown. Mix lentils and rice with onion and simmer uncovered for 10 minutes, stirring occasionally to prevent sticking. Pour onto large serving platter. Serve hot, lukewarm or cold. May be garnished with onions which have been sliced and fried dark in olive oil. It is very good with pickled turnips and laban(plain yoghurt) see below. To prepare mujaddarah in an open kettle, boil lentils in water to cover until tender. Add rice and cook until it is soft. Combine with fried onions and stew gently for about 10 minutes, stirring often. Yield: 10 portions

### **LEBANESE RICE PUDDING (MOGHLIE)**

1 Tbsp. pounded rice  
1 1/2 Tbsp. sugar  
1 cup water  
1 tsp. caraway seed  
1 tsp. anise  
1 tsp. powdered ginger

This is an excellent quick method of preparing a

small amount of this favorite Lebanese pudding. Pound rice in a mortar until fine and powdery. Mix rice with water in a dish that will fit inside your pressure cooker. Add the rack to the cooker and place the dish on the rack, Add enough water to the pressure cooker to come half way up the side of the dish. The rice will expand so use a large, deep dish. Bring the water to a boil with the lid off, stirring constantly until water is at a rolling boil. Quickly lock on the lid and cook under pressure for five minutes. Reduce pressure quickly under running water, open cooker and add sugar, caraway, anise, cinnamon and ginger. Stir and cook uncovered until the consistency of thick cream. Pour into individual serving dishes. Decorate with blanched almonds, walnuts, pine nuts, pistachios and coconut.

### **LEBANESE SQUASH SALAD (SALATIT KOUSA)**

6 small green or zucchini type squash  
juice of one lemon  
1 Tbls olive oil  
1 clove crushed garlic  
1/3 cup chopped parsley  
1 cup water

Add water to pressure cooker. Use a steamer basket and the cooking rack to lift the squash clear of the water. Arrange the squash loosely in the steamer. Bring to pressure and cook over high heat for 12 minutes. Use the quick release to immediately drop the pressure and remove the squash. Slice squash into one-half inch slices while they are still warm. Mix gently with a dressing of lemon juice, olive oil, crushed garlic and finely chopped parsley. Serve warm with heated garlic bread.

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