

Tames' Meat and Date Pottage

This interesting and delicious dish is from Saudi Arabia.

Ingredients

2 lbs. lamb **or** beef

2 medium onions
4 garlic cloves
1 cup dates
1 cup rice

5 Tbs. butter
1/4 cup coriander **or** cilantro leaves
1/2 tsp. ground cinnamon
pinch ground allspice
pinch black pepper
salt
water

Utensils

knife and cutting board
measuring cup
measuring spoons
strainer
deep frying pan with a lid
spatula
spoon
serving dish

This dish is seasoned to taste. Peel and chop the onions. Finely chop the coriander or cilantro leaves. Peel and crush the garlic. Cut the meat into 1/2-inch-cubes. The butcher can do this for you. Cut the dates into quarters. Rinse the rice in the strainer. The dish can be prepared up to this point in advance. Melt the butter in the frying pan on the stove over medium heat. Add the meat and sauté until it begins to brown, then add the onions, garlic, and coriander or cilantro leaves. Continue to sauté until the onions turn brown. Add the cinnamon, allspice, salt, and pepper and stir well. Add 1 inch of water and cover the pan with the lid. Cook for 40 minutes or until the meat is almost cooked through. Check partway through the cooking and add water if necessary. Add the dates and rice and more water if necessary. Reduce the heat to low, cover the pan with the lid, and cook for an additional 20 minutes or until the rice is tender but not mushy. Place on the serving dish. Serve hot.