



taste. But keep in mind that the softer the vegetable, the more loosely packed with stuffing it should be; if a vegetable like Arabic squash is overfilled, the vegetable will burst during cooking. To serve, either arrange the whole vegetables on dinner plates with the sauce on the side, or split them lengthwise and drizzle the sauce over the top.

Reprinted with permission from Olives, Lemons And Za'atar (<http://www.amazon.com/Olives-Lemons-Zaatar-Eastern-Cooking/dp/1906868840?tag=foodrepu-20>)

Servings: 4

Ingredients

4 baby eggplants, rinsed, stem end trimmed and reserved
4 Arabic squash (or pale-skinned calabacita), rinsed, stem end trimmed and reserved
4 plum tomatoes, rinsed, stem end trimmed and reserved
4 baking potatoes, rinsed, narrow end trimmed and reserved

1 cup extra virgin olive oil
2 medium yellow or red onions, cut into small dice
1 clove garlic, finely chopped (optional)
4 1/2 teaspoons ground allspice
1 tablespoon freshly ground black pepper, or to taste
1/2 teaspoon ground nutmeg
1 teaspoon ground cumin (optional)
1 cup chopped fresh parsley
1/2 cup chopped fresh cilantro
2 tablespoons chopped fresh dill
1 tablespoon dried mint
1/4 cup tomato paste
1 jalapeño or long hot chile pepper, cored, seeded and cut into small dice (optional)
6 plum tomatoes, diced
1/4 cup pomegranate molasses
sea salt to taste
3 cups Egyptian rice or cracked wheat
juice of 2 lemons

Directions:

1. Using an apple corer, remove the insides of the eggplant, squash, tomatoes and potatoes, reserving only the insides of the squash. Place the cored vegetables in a large bowl of cold salted water and set aside.
2. Prepare the stuffing: In a large skillet, heat 1/2 cup olive oil over medium-high heat. Toss in the onions and saute until soft and fragrant, about 3 minutes. Add the garlic, if using, and saute until fragrant, 1 minute. Sprinkle in the allspice, black pepper, nutmeg and cumin, if using, and saute until fragrant, about 30 seconds. Add the parsley, cilantro, dill and mint and stir until the cilantro changes color, about 1 minute. Stir in 2 tablespoons tomato paste, the reserved squash flesh, the chile pepper, if using, tomatoes, and 2 tablespoons pomegranate molasses.
- 3.

dry and spoon the stuffing to within 1/2 inch of the opening. Place the vegetables, vertically with the open end up, in a 5-quart pot. Repeat with remaining vegetables.

5.

Level of Difficulty:

Prep Time:

Cooking Time:

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