



# Rummanieh / Habbet Rumman

Serves **6** | Prep **15 min** | Cook **45 min** | Ready in **1 hour**

- 4 cups water
- 1 cup brown lentils
- 3 medium half peeled eggplant, cut into 2cm inch pieces
- 1 cups pomegranate juice + 3 tbsp lemon juice
- 2 tbsp flour
- 1 tsp chili flakes
- 1 tsp dill seeds
- 1.5 tsp salt
- 6 cloves garlic
- 1 tsp cumin
- 1 onion, finely chopped
- ½ cup olive oil
- ½ cup pomegranate seeds for garnish
- ½ cup parsley leaves

## GARNISH

Crispy onion, parsley, and pomegranate seeds.

## UTENSILS NEEDED

- 1 5L pot
- Chopping board
- Frying pan
- Strainer
- Mortar and pestel (or electric spice grinder)
- Serving plate

Before the class please boil the lentils in the water until half cooked

- Boil lentils in 5 cups of water, until tender but not fully cooked.
- In a cup combine the pomegranate, with 1-2 tbsp water the blend in a food processor, strain (if using molasses mix with 1/2 cup water) + add flour until smooth.
- In a porter crush the salt with dill and chili add garlic
- In the pot add the eggplants to the lentil stir over medium heat for 15 min. then add the spices and stir for 7 minutes, and pomegranate juice and keep stirring until it thickens and full cooked. Top with Fried onion.