

# Stuffed Zucchini

# كوسا محشي



كوسا مغسول ومحفور

الحشوة:

رز + لحم مفروم + ملح و بهار + ثوم مفروم  
+ حامض + قليل من دبس الرمان + زيت +  
ملعقة كوب معجون  
تخلط معا ونحشي الكوسا بالخلطة  
اذا راد حشو ممكن نحشي طماطه او فلفل

المرقة:

معجون + ماء مغلي + ثوم مفروم + حامض  
+ قليل من دبس الرمان + ملح و بهار + نعنع  
يابس

نضع زيت قتي قعر الجدر ونقلب الكوسا مرة  
واحدة لياخذ قليل من اللون ثم نضيف المرقة  
نهدئ النار بعد ان يفور .  
يرفع عن النار عندما تستوي الكوسا

*This is a cherished family recipe from the heart of Syria and Lebanon, passed down through generations. My mom's original Arabic recipe is on the right. If you are missing something like pomegranate extract or dry mint, don't worry. It will still turn out delicious. It's all about the joy of cooking. Measures are approximate, allowing you to tailor it to your taste. It is what my mom calls "eye-measure." Enjoy this dish, made with a lot of love, and savour the deep flavours.*

## **Ingredients:**

1. **Zucchini:** Washed, cored, and stripped peeled.
2. **Stuffing (raw):** rice (1/3 -1/2 cup), ground beef (250-300g), salt, spice (I use black pepper, cayenne pepper, seven-spice), finely diced or minced garlic, lemon juice (a little bit of pomegranate extract would add great flavour), olive oil, a bit of tomato paste.
3. **The sauce (which should not be watery):** boiling water, tomato paste, diced garlic, lemon juice (a little bit of pomegranate extract would add great flavour), salt, spices, and a bit of dry mint

## **Cooking:**

1. Stuff the zucchini with the rice-meat mix. If the zucchini is too deep, I use a chopstick to push it in.
2. If you have stuffing left, cut the top of a pepper and stuff it. Add it to the pot to cook.
3. Cover the base of the pot with cooking oil and lightly fry the zucchini.
4. Add the sauce to barely cover the zucchini, bring it to a boil, then simmer on low heat. It will take about 45-60min to cook. It is done when the zucchini is soft (but not falling apart).
5. Enjoy warm with some fresh bread. The leftovers can be kept in the fridge, and you can eat them either warm or cold.

## **Bonus dish:**

Don't throw away the cored portion of the zucchini. Fry some diced onions in a generous amount of olive oil. Once softened, add the core zucchini (give a squeeze with your hand over the sink so it's not too watery). Add salt and black pepper. Cover and cook for about 15 minutes on low heat. This is a great vegan meal to have with some pita bread, warm or cold.