

STUFFING

(FOR TURKEY, LAMB OR PORK)

INGREDIENTS:

1. 1/3-1/2 lb for ground beef
2. salt, black pepper, cayenne pepper (or crushed chili pepper), mixed cooking spice
3. cooking oil
4. 1.5 cups of Basmati Rice
5. 3 Cups of boiled water
6. handful of unsalted almonds (of whole, can be coarsely crushed)-optional
7. a handful of golden raisins -optional

COOKING the meat

1. in a nonstick pot, add a bit of oil, the meat, the salt and spices (over spice)
2. cook at high heat, mixing a few times until all meat juices are gone
3. cook in the golden raises for about a minute or two
4. you can now save the meet in the fridge for a day or two before adding the rice.
5. If kept in the fridge, heat up before adding the rice. Use stiffing when hot.

MAKING the STUFFING

1. With the meat hot, add the rice and quickly mix in
2. Quickly add the boiling water and mix in
3. You might want to add more salt now that you have added the rice
4. Cook covered on medium heat (6-8) till water is absorbed
5. Mix once, and now cook at very low heat for another 10min (2-3). Putting a paper towel under the lid seems to improve the texture (optional)
6. Stuff your animal while the stuffing is hot, never use cold stuffing.

COOK YOUR ANIMAL at 325F FOR a GENERAL 20MIN PER POUND.

ENJOY

{{ For a vegetarian alternative to the meat, use mushrooms and chestnuts. Instead of the meet, cook a diced onion, 3 cloves of garlic, and a fine chopped stick of celery in a bit of oil. Once that is done, add a pound of mushrooms until mixture dry. Then add half a cup of chicken broth, 1/2 cup of roasted chestnuts and a handful of dried cranberries and cook a bit more until broth is absorbed. Now, you can conPtinue with making the stuffing by adding the rice as above) }}