

Tibbit, Light Recipe

From Yvette Dabby

Spice Mix

2 oz roses
2 1/2 oz cinnamon
1 oz muscat
3 oz cardamom
2 1/2 oz English pepper
1 oz cloves
1/2 oz ginger

Stuffing

1/4 lb minute steak diced
1 small onion diced
1/4 cup vegetable oil
1 cup basmati rice
1/2 teaspoon black pepper, coarse grind
1/2 teaspoon salt
1 small tomato diced
1 tablespoon Tibbit spices
1 teaspoon tomato paste
2 1/2 cups water

Tibbit Ingredients

1 1/2 chicken cut in 1/8ths, skinned
1/2 cup oil
3 cups jasmine rice
1 large onion diced
1/2 teaspoon black pepper, coarse
2 teaspoons salt
3 small tomatoes diced
6 oz tomato paste
4 whole cardamom cracked
5 1/2 cups water
1 whole peeled onion

Stuffing Directions

Saute onion, pepper, and salt.
Add meat and saute.
Add tomato and saute.
Add tomato paste, Tibbit spices, and water.
Bring to a boil.
Add 1 cup rice; cook on low heat until done.
Set aside.

Tibbit Directions

Combine spices.

Prepare stuffing (see directions).

Soak 3 cups rice in water.

Saute onion, then add salt and pepper. Add chicken and saute. Add tomatoes and saute.

Add tomato paste, water, and cracked cardamom. Bring to a boil. Cook 25 minutes. Remove chicken and set aside.

Add soaked rice and put pot in oven on 350° for half an hour. Remove from oven.

In nonstick pot, layer 1/2 of the rice, 1/2 of the stuffing, then all the cooked chicken. Top with remaining stuffing; and then remaining rice. Add a whole peeled onion to the pot for flavor.

Place in oven for 90 minutes at 350°.

Lower the heat to 250° then cook for another 90 minutes. Then lower the heat to 200° and continue to cook for 3 hours.

Flip tibbit over onto a serving tray for elegant presentation.