

Elbabour Galilee

Entrance to old market, 04-6455596

www.elbabour-shop.com



Elbabour Suggestions for Christmas Dishes

King of stuffed vegetables

Ingredients:

35-40 small zucchini or squash

Vegetable oil

Handful of pine nuts, lightly toasted in a pan

[Elbabour fried minced meat](#) (for recipe see here)

[Elbabour cooked yoghurt sauce](#)

(for yoghurt recipe see here)



1. Wash zucchinis well and cut off the ends
2. Place the zucchinis on a baking sheet, oil them and bake for 1 hour at 180 celcius, turning them occasionally to ensure they bake evenly
3. Remove the zucchinis from the oven and let them cool. Carefully cut them lengthwise not all the way through, leaving both sides attached.
4. Stuff the zucchinis with fried minced meat and push them slightly closed. Place in a large baking pan that can withstand stove-top heat. Crowd the zucchinis together.
5. Sprinkle them with the pine nuts.
6. Sprinkle a bit of water on the zucchinis to keep them moist. Place the baking pan on the stove on medium heat and boil gently for 10 minutes.
7. Add the Elbabour cooked yoghurt sauce and cook for 5 more minutes.

Serve the zucchinis with white rice or white rice and minced meat.

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Elbabour - Galilee Mill
Nazareth