

MAQLOBEH (Upside Down)

INGREDIENTS

- 2-4 lbs. of bone-in chicken (as desired)
- 0.5 -1 kg (2-4 cups) long grain rice
- 1 medium-sized (0.5 kilos) cauliflower head
- 2 large potatoes
- 0.5 liters oil
- 2-3 teaspoons salt
- Black pepper (to taste)
- Mixed spices (allspice, turmeric, or other assorted spices as desired)
- Maggi, if available (an international brand of chicken seasoning similar to chicken bouillon)
- Plain yogurt for serving (optional)



COOKING UTENSILS

- Large Plate
- Spatula
- Mixing Spoon
- Knife
- Small or Medium Stock Pot
- Frying Pan

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