

5th Ave Recipe Share

Molokhiya Soup



This recipe was prepared and photographed by former Bay Ridge BID 360 Fellow, Sarah Aita. She found frozen Molokhiya spices and chicken broth for this recipe at Balady (7128 5th Ave, Bay Ridge, Brooklyn).

Ingredients:

- 1 bag of frozen molokhiya
- 2-3 garlic cloves (finely chopped)
- 1 tbsp butter
- 4 cups chicken broth
- 2 tbsp dried coriander
- 1 teaspoon sugar
- 1 tbsp cumin
- 1 teaspoon cardamom seeds
- Salt and pepper to taste



Cooking Instructions:

In a pot, bring 3 cups of broth to a boil. Add frozen Molokhiya to the broth and wait till it starts boiling again (around 10 mins). Meanwhile, pour oil (or butter) in a saucepan. Add garlic. When the garlic starts turning brown, turn down the heat and add sugar, cumin, coriander, salt and pepper. Stir for two minutes.

Once the Molokhiya starts boiling, add sauce pan ingredients to the pot. Turn the heat down and let it simmer for 5 mins. Serve hot, alongside rice or pita bread.