

Temani Beef Soup (Faqha)

YIELD: 8-10 SERVINGSTIME: 2 HOURS



Ingredients

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- 2 tablespoons neutral oil
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- 6 garlic cloves, chopped
 - 3 onions, sliced
 - 1½ pounds beef stew meat (such as chuck), cut into large chunks
 - 1 tablespoon kosher salt
 - 1 teaspoon freshly ground black pepper
 - 7 1-inch pieces beef marrow bones
 - 6–8 chicken drumsticks
 - 14 cups water
 - 4 carrots, sliced into 2-inch rounds

- 6–8 Yukon Gold potatoes, peeled and cut into large chunks
 - 1 red bell pepper, chopped
 - 1 red spicy chili pepper, diced
 - 1 bunch cilantro, chopped (divided)
 - 1 tablespoon hawaij
 - 1 tablespoon turmeric
 - ½ tablespoon dried coriander
 - ½ tablespoon ground cumin
 - 1 tablespoon chicken soup mix, or 1 chicken bouillon cube
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Preparation

- STEP 1

In a large heavy-bottomed pot, heat the oil over medium heat. Add the garlic and onions and sauté until lightly golden, about 5-6 minutes.

- STEP 2

Add the stew meat to the pot. Season with salt and black pepper. Cook until the meat is browned, stirring occasionally, about 5-7 minutes.

- STEP 3

Add the marrow bones and chicken. Pour in enough water to just cover the ingredients (about 14 cups), and bring to a boil.

- STEP 4

Reduce the heat to low, cover, and simmer for 30 minutes. Occasionally skim any foam or impurities that rise to the surface.

- STEP 5

Add the carrots, potatoes, red bell pepper, chili pepper, and half of the chopped cilantro. Bring the soup back to a gentle boil.

- STEP 6

Reduce heat to medium. Add hawaij, turmeric, dried coriander, cumin, and chicken soup mix. Stir well.

- STEP 7

Reduce the heat to low, cover and continue to simmer gently for 1-1½ hours, until the vegetables are tender and the flavors are well developed. Skim the surface occasionally to remove excess fat or foam.

- STEP 8

Taste and adjust seasonings if needed. Add the remaining chopped cilantro, stir, and simmer for another 5–10 minutes uncovered. Serve hot.