



# Fah-Fah

The food of Djibouti is a melting pot of French, Asian, and Arabic influences. Djibouti is called the “land of exchanges and meetings” because it is situated in Africa between the Red Sea and Indian Ocean. This is the second busiest sea route in the world! Even though seafood is plentiful in Djibouti, lamb, chicken, and other meats are preferred by locals. When making this soup, feel free to substitute other vegetables and meats that you have on hand. The ease of cooking and delicious spice mixture will ensure a great taste.

**Prep Time:** 50 minutes

**Cook Time:** 20 minutes

**Total Time:** 1 hour 10 minutes

## Ingredients ↓

- 2 tablespoons vegetable oil
- 1 pound lamb (or beef if lamb is unavailable) cut into pieces
- Salt and pepper to taste
- 3 medium potatoes, chopped into 1 inch pieces
- 2 carrots, peeled and chopped into 1 inch pieces
- 2 leeks, finely sliced
- ½ cabbage, finely sliced
- 1 small yellow onion, chopped
- ½ green pepper, chopped
- 2 garlic cloves, chopped
- 2 fresh tomatoes, chopped, or 1 cup canned diced tomatoes
- 1 green chili, finely chopped
- Pinch of crushed red pepper flakes
- ¼ cup fresh cilantro, chopped
- 2 teaspoons dried coriander
- 1 teaspoon cumin
- Juice of half of a lemon

## Equipment ↓

- Measuring spoons
- Heavy saucepan with lid
- Knife
- Measuring cups
- Vegetable peeler
- Long-handled spoon
- Cutting board

## Directions ↓

- 1 Heat oil in a large saucepan or pot over medium heat.
- 2 Add lamb and cook lamb until browned on all sides. Season with salt and pepper.  
(About 10-15 minutes)
- 3 Add potatoes, carrots, leeks, cabbage, onion, green onion and green pepper and stir to combine.
- 4 Add enough water to cover all the ingredients and bring to a boil.
- 5 Reduce heat to low, cover and simmer for 20 minutes.
- 6 Add garlic, tomatoes, chili, crushed red pepper, cilantro, coriander and cumin.
- 7 Add another 2 cups of water and bring to a boil.
- 8 Reduce heat to low and let soup simmer, covered for 30 to 40 minutes, or until meat is tender and vegetables are cooked through.
- 9 Add lemon juice and additional salt and pepper to taste.
- 10 Ladle into soup bowls and serve.