

## *Meat and Cauliflower and Laban Sauce*

*Patricia Cooper*

½ stick butter  
2 lbs. sirloin, cut in 1-inch  
cubes  
Salt and pepper, to taste  
2 tsp. cinnamon, or to taste  
2 tsp. allspice, or to taste  
3 garlic cloves, minced  
3 cups water, approximately  
1 bay leaf  
1 medium head cauliflower

### **Laban Sauce:**

2 Tbsp. flour  
1 tsp. salt, or to taste  
4 cups Laban (unstrained  
yogurt) or if using Labani  
(strained yogurt) you will  
need to dilute with milk to  
thin it to the consistency of  
Laban

Melt butter in a 4-quart saucepan. Add meat and season with salt, pepper, cinnamon, allspice and garlic. Brown well, and then add enough water to cover. Add bay leaf. Cover and simmer until tender, about 1 hour. Taste frequently for seasoning and adjust. While meat is cooking, break cauliflower into florets and drop into boiling water. Boil 10 minutes; let drain and set aside.

**Laban Sauce:** Beat flour, salt and laban together until smooth (*use a hand mixer*).

When meat is done, remove all but 1 cup liquid, add Laban Sauce and bring to a boil, uncovered (never cover Laban when cooking or it will curdle). Taste for salt and adjust seasonings, if necessary. Simmer for about 30 minutes, and then add cauliflower. Cook another 15 minutes or until cauliflower is done. Serve over Lebanese Rice Pilaf.