

## tonight is yabrak

this recipe makes 30 4 ounces fresh spinach chopped 2 teaspoon salt and more to taste  
 my mother always cooks my father sometimes cleans and i always eat everything in front of  
 me 1 medium onion chopped ¾ pound lean ground beef lean ground beef lean ground meat  
 my grandpa was a lean 90 pound man ½ cup uncooked long-grain white white  
 very white rice 1 teaspoon harissa or the other spicy chili sauce there are things we know by  
 heart

but this recipe was never something known eyes closed  
 1 teaspoon ground coriander my grandpa knew my mother could read a privilege  
 so he passed down the recipe instead of showing her how to taste  
 how to see ½ cup chopped fresh mint leaves ½ cup chopped fresh parsley 1  
 egg 1 tablespoon olive oil at the Safeway in Palo Alto my mother buys organic  
 everything for the yabrak pepper to taste 2 large heads she learned from her dad as a kid  
 in Indiana there was so much lard romaine lettuce can be switched out for cabbage  
 we usually use the cabbage consume the cabbage culture consumption of  
 culture the culture of consumption or the culture  
 is consumption i don't know where this head came from  
 triple washed ready to eat as a kid i always unwrapped the cabbage only ate the meat

in a colander combine the spinach and onion my grandfather loved california  
 he drove to our house every time my mom made yabrak sprinkle with 1 teaspoon of the salt  
 he'd bring my grandma with him she'd bring jello cups for dessert  
 he'd start with a heineken set aside for 20 to 30 minutes  
 for the salt to draw out moisture from the spinach was alive enough to contain  
 moisture got green enough to look good enough to eat my mother emailed me a  
 picture  
 of the recipe rinse under cold water insides turned out  
 to remove the salt then squeeze i tried making it  
 last night in the same pan that i use to make cheeseburgers  
 i don't think i washed it well enough my yabrak tasted like american  
 cheese the spinach mixture by the handful  
 to remove the water everything removed everything is re-moved  
 a mixing bowl combine the been i've been me for enough  
 time to know the smell of my mother's yabrak i learned my great  
 grandfather's name  
 was Moses from Damascus rice harissa or chili sauce coriander mint parsley egg oil  
 remaining

1 teaspoon of salt and pepper the recipe started with my grandfather Mike i haven't lived  
 long enough to know how to digest these spices properly stir in the spinach mixture

everything removed for safety in a large flameproof casserole bring about 3 inches of  
 water to a boil cut off the bottom 2 inches from the stem ends of the romaine  
 and separate the leaves separate slowly use the larger green leaves for this dish i replaced four  
 items in this recipe because i didn't have them on hand  
 i know it will matter  
 add 4 or 5 romaine leaves at a time to the water and blanch  
 for 10 to 15 seconds to soften them slightly and make them  
 easier to roll over it's all about the ease about avoiding the heat when my  
 grandfather passed away we all had yabrak in his honor using tongs remove  
 re-move and remove the leaves from the water and rinse with  
 cold water to stop the leaves from cooking from continuing to cook  
 from progressing it's all about temperature the memory of this lean man  
 from indiana lives in the yabrak i've lived long enough to know  
 that seems suspect but i let it sit in a colander feels like home while you  
 blanch the remaining leaves working with one leaf at a time shave off the thick  
 outer rib sometimes i cook yabrak to make my apartment  
 smell like home near the stem end if it's too stiff to roll too permanent  
 to flatten  
 on a board, place the leaf rib what kind of home am i  
 the smell of side down with the stem end  
 closest to you my home in california mimicking the smell of my mother's  
 home in indiana mimicking the idea of a home  
 land place about 2 heaping tablespoons of the meat mixture of my mixture

of a mixture about 2 inches up from the bottom of the leaf

roll up the leaf from the bottom on the wednesday before thanksgiving my

mom always makes yabrak

to cover the meat mixture tuck in the two sides and continue rolling up swaddling

swaddle meat meat i mean don't make the rolls too tight the rice

will expand during cooking trying to contain expansion means

explosion place

it smells like home tonight the bundles seams down on a plate and roll the remaining

leaves with the remaining filling in the same way remaining

my mother unwrapped my yabrak for me even though i've

lived long enough to know how to eat food how i like it

is steaming smells of organic vaguely middle eastern notes and i eat

everything in front of me

