

العربية

# Arabic Food Recipes in English



# **AN ARABIC COOKBOOK IN ENGLISH**

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A book of Arabic recipes in English to help foreigners learn how to cook the many wonderful dishes of the Middle East.

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## **Table of Contents**

### **Chapter 1 - Salads:**

[Beetroot Salad](#)

[Carrot and Radish Salad](#)

[Cucumber Salad with Yogurt and Black Seeds](#)

[Fattoush](#)

[Indian Spinach Salad with Yogurt](#)

[Pomegranate and Cabbage Salad](#)

[Swiss Chard Stalks in Yogurt](#)

[Tabouleh Salad](#)

[Yogurt and Cucumber Salad](#)

### **Chapter 2 - Appetizers:**

[Arabic Pickled Turnips](#)

[Baba Ghanoush with Squash](#)

[Easy Fuul Dip](#)

[How to Make Persian Rice](#)

[Hummus](#)

[Stuffed Cabbage Leaves](#)

[Stuffed Grape Leaves](#)

[Stuffed Swiss Chard Leaves](#)

### **Chapter 3 - Soups:**

[Delicious Minestrone Soup with Pesto](#)

[Easy Lentil Soup](#)

[How to Make Harira: Moroccan Soup](#)

[Moroccan Pumpkin and Lentil Soup](#)

[My Curried Sweet Potato and Apple Soup](#)

[Rice and Lentil Soup](#)

[Simple Vegetable Soup](#)

### **Chapter 4 - Main Dish Meals:**

[Chicken Curry](#)

[How to Make Kabsa](#)

[How to Make Mansef](#)

[Maglooba](#)

[Mjaddara with Sweet Potatoes](#)

[Musakhan](#)

[Potatoes with Eggs and Sumac](#)  
[Roasted Leg of Lamb](#)

### **Chapter 5 - Desserts**

[Arabic Simple Cake with Miranda](#)  
[Awwamat – Dough Balls in Syrup](#)  
[Arabic Dessert with Fruit Cocktail](#)  
[Date Balls](#)  
[Date Cookies \(Mamoul\)](#)  
[Katayef](#)  
[Knaafeh](#)  
[Mamoul](#)  
[Rice Pudding](#)  
[Semolina Cake](#)  
[Walnut Crescent Cookies](#)

### **Chapter 6 - Extras**

[Baska Bread](#)  
[Date Preserves](#)  
[How to Make Clarified Butter](#)  
[How to Make Yogurt](#)  
[Zatar Bread](#)

# Chapter 1 - Salads

## Beetroot Salad

Ingredients:

- \*1/2 kilo beets, cooked
- \*3 medium onions cut into rings
- \*1/3 cup to 1/2 cup parsley, chopped
- \*1/2 cup white vinegar
- \*1/4 cup of cold pressed olive oil
- \*1 teaspoon salt

Directions:

1. Place the rings of onions in a large bowl and add in the salt and the vinegar.
2. Peel the beets and then slice them. Make sure you are wearing plastic gloves at the time as they will stain your hands.
3. Place the beets in the bowl with the onions. Add in the parsley and stir.
4. Place the salad on a large serving plate and sprinkle with the oil.

## Carrot and Radish Salad with Feta Cheese

Carrots are very popular in Jordan and this salad is simple to make. You can never go wrong with salad alongside your meal. Salads are served alongside the meal, not as an appetizer, so place small plates of salad around the table. Feta cheese should be soaked prior to use as it is extremely salty.

Ingredients:

- \*4 medium size carrots
- \*4 large radishes
- \*1 cup of feta cheese, chopped
- \*1 small handful of parsley, chopped
- \*Juice of 1/2 lemon
- \*1 teaspoon salt
- \*1/4 cup olive oil
- \*2 cloves of garlic chopped
- \*1 small handful of seedless black olives

Directions:

1. Wash and grate the carrots and the radishes. Beat the garlic and salt together in a mortar and add in the lemon juice and oil.

2. Mix well. Pour this mixture over the salad and mix.
3. Place in a salad plate and top with the seasoning, feta cheese and olives.

This salad is used served alongside meals and topped on kabsa and spicy main meals. Although most Middle Eastern meals are not highly spicy, some like kabsa and Moroccan Foods are.

## **Cucumber Salad with Yogurt and Black Seeds**

**This recipe is from my book: Everything You Ever Wanted to Know About Black Seeds and More.**

Ingredients:

- \*1 pint yogurt
- \*1 large cucumber, chopped
- \*1 garlic clove
- \*1/2 teaspoon salt
- \*1 teaspoon mint
- \*1/2 teaspoon ground black seeds

Directions:

1. In a mortar, pound the garlic clove, salt and mint together. Place the yogurt in a dish and mix in the cucumbers.
2. Add in the garlic mixture and mix well. Check to see if the seasoning is right?
3. Sprinkle the entire dish with the black cumin. Traditionally served along a rice dish.

## **Fattoush**

Fattoush is loved here in Jordan and is made with fried bits of day old bread. If you want a healthier version, then you can bake the bread in the oven until crispy. The bread used is pita bread that is split in the middle and cut into small chunks.

Ingredients:

- \*2 cucumbers, sliced
- \*1 small head of lettuce (romaine preferred)
- \*4 slices of pita bread, cut as stated above
- \*3 tomatoes, chopped
- \*6 small radishes, sliced
- \*1 onion, chopped
- \*1 red bell pepper, chopped
- \*2 cloves of garlic, minced

- \*1 teaspoon salt
- \*1/2 teaspoon pepper
- \*1/2 cup fresh mint leaves
- \*1/2 cup parsley, chopped
- \*1/4 cup olive oil
- \*Juice of one lemon and sumac for garnishing

Directions:

1. Take the bread chunks and fry in some oil. Drain the bread on some paper towels when browned and set aside.
2. Make the dressing: Mince the garlic in a mortar with the salt. Add in the lemon juice and olive oil and mix well, along with the pepper.
3. Add the remaining ingredients and make the salad. Place the salad in individual plates and top with the fried bread and toss.
4. Sprinkle with sumac if you like.

## **Indian Spinach Salad with Yogurt Dressing**

I tried this tonight and it was wonderful. I adapted the original recipe to suit my needs. The original recipe called for frozen spinach with the water squeezed out, yuk and double yuk. I had a small package of fresh spinach and it is now one of my ultimate favorites. Here is the recipe:

Ingredients:

- \*1 1/2 cups baby spinach leaves or however much you want, chopped
- \*1/4 cup fresh mint leaves, chopped
- \*1 medium size cucumber, chopped
- \*1 small handful of coriander leaves or parsley
- \*1/4 cup chopped nuts (I used walnuts and slivered almonds)
- \*1/4 cup raisins (optional)
- \*Arugula leaves -1/3 cup (optional)

### **Yogurt Dressing:**

- \*1 cup yogurt (I used goat yogurt)
- \*Salt and pepper to taste
- \*1/4 teaspoon cayenne
- \*3/4 teaspoon cumin
- \*3/4 teaspoon coriander powder
- \*1/2 cup sour cream (I opted not to use this)

I mixed all the above together and then tasted to see where I was. I then adjusted the spices to suit my taste. I love a spicy dressing and added a bit more. Goat yogurt is

healthier than cow's yogurt, but many may not be able to get goat yogurt, so use what you can find.

Put the salad in a large bowl and dab the dressing all over the salad, using as much as you want. The original recipe calls for putting the salad leaves in the dressing bowl which means you have a thoroughly drenched salad. For some that may be their choice.

## **Pomegranate and Cabbage Salad**

### **Ingredients:**

- \*1/4 cup white or apple vinegar
- \*1/4 cup cold pressed olive oil
- \*1 garlic clove, minced
- \*1 teaspoon salt
- \*3 cups of cabbage, cut fine as in slaw
- \*1 pomegranate, deseeded

### **Directions:**

1. Mince the garlic clove with the salt in a mortar. Wash the cabbage leaves before using.
2. Place the cabbage in a large bowl along with the seeds from the pomegranate and mix.
3. Add in the oil, vinegar, garlic minced with the salt and mix well. Serve in a large salad bowl.

## **Swiss Chard in Yogurt Salad**

For a quick salad to go along with your meal, make this delicious salad.

### **Ingredients:**

- \*1 pound Swiss Chard Stalks, chopped
- \*2 cups yogurt, any kind
- \*4 cloves of garlic
- \*1/2 teaspoon salt

### **Directions:**

1. Place the chopped stalks in a pot of water and bring to boil. After the water comes to a boil, reduce the heat to a simmer and cook for 20 minutes. Rinse the stalks.
2. Place the garlic and the salt in a mortar and pound together. Place the minced garlic and salt in the yogurt and mix well.
3. Add the cooked Swiss Chard stalks to the yogurt mixture. and stir. Serve in small serving bowls around the table.

## **Tabouleh Salad Recipe**

Tabouleh is a Middle Eastern salad that is served often at celebrations, when guests are invited and most any special occasions. It takes a little bit of preparation, but oh so worth the trouble.

Ingredients:

- \*1 cup fine bulgur
- \*2 large bunch of parsley, finely chopped
- \*1/2 cup coriander, finely chopped
- \*1/3 cup mint, finely chopped
- \*1 red pepper, chopped small
- \*2 stalks celery, chopped small
- \*3 large green onions, chopped fine
- \*1/4 cup olive oil
- \*1 lemon, juiced
- \*Salt and pepper to taste
- \*3 large tomatoes, chopped, small

Directions:

1. The greens need to be chopped very fine. Place the bulgur in a bowl along with 2 cups of water, 1 tablespoon lemon juice and 2 tablespoons olive oil and let it sit for 1 hour.
2. Place the parsley, mint and coriander in a bowl. Add in the red pepper, celery, chopped onions and salt and pepper.
3. Drain the bulgur completely of all fluid and squeeze dry. Add the dry bulgur to the salad and mix well.
4. Add in the tomatoes and mix lightly. Spritz olive oil all over the salad with some additional lemon juice.
5. Add some more salt and pepper as needed. Tabouleh is a meal in itself, but can be served with any entree or meal.

## **Yogurt and Cucumber Salad**

Ingredients:

- \*1 quart yogurt
- \*2 cucumbers, partially peeled and diced
- \*2 cloves garlic
- \*1 teaspoon dried mint
- \*1 teaspoon salt

Directions:

1. In a mortar put the garlic, salt and mint together. Pound until the garlic is finely minced.
2. Add the minced garlic to the yogurt and cucumber and mix well.

[Back to the top](#)

## Chapter 2 – Appetizers

### Arabic Pickled Turnips

Arabic pickles turnips are a real treasure here and they are very simple to make. These pickled turnips are served alongside the meal in small plates next to the main dish. They are very salty as is the pickles that they love so much.

Ingredients:

- \*1 large beet,
- \*4 small turnips or 3 medium size,
- \*2 garlic quartered,
- \*Young celery leaves,
- \*1/2 cup white vinegar and water,
- \*1 T. salt

Directions:

1. Do not boil beet, peel quarter and set aside. Drop into boiling water to 2 to 3 minutes the turnips.
2. Remove turnips and peel them. They will have a silky texture. Place in hot sterilized 1-pint wide-mouth jar, packing between each turnip.
3. Now add in the beet quarter, garlic clove (2-3 slivers) 2-3 sprigs of celery leaves. Then add another layer of turnips and then a layer of the beet mixture.
4. Combine and bring to boil white vinegar and water and salt. Fill jar with vinegar mixture, seal and store in warm place 10 days.

### Baba Ghanoush with Squash

Baba Ghanoush is traditionally made with eggplants, but for those who do not care for the taste of eggplants or can't find them in season; this is a wonderful alternative to try.

Ingredients:

- \*1 1 1/2 pound acorn squash
- \*1 1/2 tablespoons virgin olive oil
- \*1 clove of garlic, minced
- \*Juice of 1/2 lemon
- \*2 tablespoons of tahini
- \*Salt
- \*Oil for garnishing
- \*Parsley, chopped for garnishing

Directions:

1. Wash the acorn squash well and then cut in half. Remove all the seeds inside and brush the cut side with olive oil.
2. Bake in a preheated 325 degree oven for 1 1/4 to 1 1/2 hours or until the acorn squash is very soft. Allow to cool.
3. Remove the pulp from the squash and discard the outer skins. Mash the pulp in a large bowl and add in the 1 1/2 tablespoons olive oil, garlic, lemon juice, tahini and enough salt for seasoning.
4. Mix all the ingredients well. Place the baba ghanoush on a large plate and garnish with the olive oil and the chopped parsley.

### **Quick and Easy Fuul Dip**

This is a traditional dip served with the suhoor (snack before starting the fast on Ramadan) or for breakfast. It is very simple to make with prepared beans. If you want to use fresh beans you can.

Simple add in 1 can of fava beans with some salt and pepper. Add in some very good quality cold pressed olive oil and some lemon juice.

Mash the beans to a fine pulp and then add the rest of the ingredients. Mix well. Place the fuul dip on a salad plate and drizzle some more olive oil on top.

Garnish with some chopped parsley and serve with some pita bread.

### **How to Make the Best Hummus in the World**

Hummus (or chickpea dip) is so simple to make and most vegans have this as a regular side dish. It is an Arab dish with many recipes from Lebanon and Syria, but my recipe is the easiest and most delicious and lasts for several days in the refrigerator. Simple, easy and economical for sure.

Some mix in parsley with the hummus when it is being prepared, but the parsley wilts in the hummus if you keep it for days. Add the parsley on top of the hummus after it is prepared for a fresher look and taste.

#### **Hummus 101:**

To make the very best hummus in the world, start with some dried chickpeas. Place 1 pound of chickpeas in a bowl with water covering them with 1 T. of baking soda to take away the gas. Make sure you have plenty of water on them as they will swell.

The next morning drain the water off and rinse the beans well. Place the chickpeas in a pressure cooker and top with plenty of water and nothing else and cook them for twenty

minutes after you hear the whistle. When they are done, drain all the juice off and put them in a food processor and pulse them to a complete mash. Take one cup of the chickpeas and with this, we will make the hummus.

The remaining chickpeas are divided into plastic bags and sealed for future use.

Instructions:

- \*1 cup of chickpeas
- \*1 clove of garlic
- \*1/4 of a hot pepper or some hot pepper flakes
- \*Juice of 1/2 lemon or more as needed
- \*2 T. of tahini (sesame paste)
- \*Salt

Directions:

1. Place the chickpeas, garlic, hot pepper in a small food process and mulch well. This can also be done by hand but it takes longer.
2. You can use a mortar and pound the garlic and pepper first and then add the chickpeas to the mortar. After they are mixed well add in the tahini slowly.
3. After that is mixed well, add the lemon juice and salt to taste. Never add oil to this mixture.
4. Place the hummus on a plate and spread out with a spoon, top with some sumac and some chopped parsley.
5. Drizzle some olive oil on top. This is so delicious and to enhance a full meal you can add some fresh goat cheese that has been grilled and labane.

These are both Arab foods. Labane is merely yogurt drained and thus becoming a cheese like spread. You should drizzle olive oil over this also.

## **Persian Rice Recipes Simplified**

How to Cook Persian Food in a Few Easy Steps

When you go to any meal at a Persian Restaurant or a Persian home, you will be served rice. The very famous *Chelo* is served quite often. *Chelo* is rice made with ghee and the rice is browned on the bottom of the pan and inverted on a plate. The guest will fight for the crusty parts on the bottom, as it is the best part.

## ***Chelo (Persian Rice)***

Ingredients:

- \*2 cups of basmati rice
- \*1 teaspoon of salt
- \*1/4 cup of ghee or butter

Directions:

1. Wash the rice well and remove any stones from the rice. Keep washing the rice, until the water runs clear. Drain the rice well.
2. Bring 2 quarts of water to boil with the salt added. Add the rice now and bring back to boiling. Boil the rice for approximately 5 minutes. Remove from the stove and drain the rice from the water.
3. Heat the ghee or butter in a small pan with 1/4 cup of water. Cook this mixture until bubbling. Place half the mixture on the bottom on the pan and with a swirling action coat all sides.
4. Place one half of the rice in the pan and then add the other half of rice on top in a mound. Make a hole in the center of the mound and pour the remaining ghee on top.
5. Cover the pan with a cloth towel and secure the lid tightly.
6. Using a heat diffuser under the pan, cook the rice on low-medium heat for around ten minutes. Reduce the heat to low and cook for an additional 30-35 minutes.

The cloth absorbs the moisture and makes the rice very fluffy. A lightly brown crust will develop on the bottom during the cooking. Carefully remove the rice and then place the pan in some cold water for a few moments. Carefully remove the crusty bottom with a spatula in one whole piece.

## **Steamed Rice**

Ingredients

- \*1 cup of basmati rice
- \*1 teaspoon of salt
- \*2 quarts of water
- \*1.5 tablespoons of butter

Directions:

1. Bring the water to boil in a heavy bottom pan. Add the rice and salt and bring to a heavy boiling stage. Cook the rice for an additional ten minutes and then drain the rice.
2. In the same pan, melt the butter over medium heat and return the rice to the pan. Place a towel over the pan edges and secure with a tight lid.
3. Cook the rice for 30-35 minutes. The rice will have a steam cloud emerge when you

remove the lid, if it is finished cooking.

4. Remove the rice carefully. To remove the browned crust on the bottom of the pan, place the pan in cold water for a few moments. Then carefully pry the crust loose with a spatula.

Although, these recipes take a bit more time and effort. It is well worth the trouble. This rice is wonderful next to a plate of *Chelo* Kebabs

## **Stuffed Cabbage Leaves**

Stuffed Cabbage leaves have the same basic ingredients as stuffed grape leaves except they use dry mint as a garnish and lots of lemon juice. They are easier to make than grape leaves too.

Ingredients:

- \*1 medium size cabbage
- \*1 cup ground meat
- \*1 Maggi, bouillon
- \*2 teaspoon curry spice
- \*1 cup rice,
- \*1 lemon
- \*1 teaspoon salt,
- \*1 teaspoon pepper,
- \*1/2 t. cinnamon,
- \*8 garlic cloves,
- \*1/2 t. mint,
- \*2 tablespoons virgin olive oil
- \*Cold water
- \*2 teaspoons salt

Directions:

1. Soak the rice in warm water for at least 30 minutes and set aside. With a knife separate the leaves from the cabbage head.
2. Cut out the core and cut away the stems in the middle of each leaf. Bring a large pot to boil and then slowly dip the leaves into the boiling, salted water until they are pliable.
3. Place the pliable leaves in a cold water bath to stop the cooking stage. Drain the leaves.
4. Prepare the rice by draining all the water off. Add in the salt, pepper, cinnamon, 1 tablespoon of oil, the meat, curry, and 1/2 Maggi cube (bouillon). Mix well.
5. Cut the cabbage leaves into smaller sections and place enough rice mixture in the middle of each cabbage leaf. The rice should be laid like a small cigarette on the cabbage leaf.

6. Fold the bottom of the cabbage leaf over the rice and then fold in one side only and roll up like a cigar. Place some blanched leaves of cabbage in the bottom of the pan.
7. Start layering the cabbage leaves, putting the garlic cloves ever so often. When you have finished the cabbage leaves, put a heavy plate or lid on top of the leaves so they do not move.
8. Fill the pan with cold water to 1 inch past the lid. Add in 2 teaspoons of salt in the water.
9. Cook the cabbage leaves for 1/2 hour and then add in the juice of 1/2 small lemon and the mint. Add enough water to continue to cook the cabbage until done.
10. Drain the water and invert on to a platter. Serve with more lemon slices and sprinkle with some dried mint.
11. Place a lid on top and bring the leaves to boil. Let the grape leaves cook for 1/2 hour and then check the water. Add enough water to continue cooking and cook for another 1/2 hour.
12. When the leaves are done, drain all the water off the leaves and invert on a large serving plate. Serve the grape leaves with lots of yogurt.

### **An Arabic Delicacy - Stuffed Grape Leaves**

Stuffed grape leaves can be very healthy if made the correct way with little oil and fat. Stuffed grape leaves do take time to make, but once they are made you will see that they are worth the wait. Stuffed grape leaves are best made when a friend is present. If you are celebrating Ramadan in the fall or winter months then use canned grape leaves.

Ingredients:

- \*1/2 pound fresh grape leaves (500 gr)
- \*2 cups veal or lamb, ground
- \*1 cup short grain rice
- \*1 teaspoon salt,
- \*1/2 t. pepper
- \*1/2 t. cinnamon
- \*2 teaspoons curry (bahar)
- \*4 cups cold water
- \*2 teaspoon salt
- \*1 medium tomato, diced,
- \*1 large tomato sliced
- \*1 green onion
- \*1 chicken bouillon
- \*1 tablespoon olive oil

### Directions:

1. Rinse the rice under the water several times. Then place the rice under warm water for 1/2 hour.
2. Make sure to trim all the stems off of the grape leaves before beginning. Bring a large pot of water to boil.
3. Blanch the grape leaves by placing them a few at a time in the salted, boiling water. Wait for the leaves to turn color slightly and remove to drain.
4. Set the leaves aside, while you prepare the rice. Drain the rice and add in the curry, cinnamon, salt, pepper, 1 teaspoon of the oil and half of the bouillon cube.
5. Mix the rice together well. Add in the chopped tomatoes and the meat.
6. Take one olive leaf and lay flat on the table. Add in one teaspoon of stuffing in the middle of the olive leaf.
7. Begin by folding the bottom of the leaf over the stuffing and tucking in both sides. Continue to roll up all the way to make it look like a cigar.
8. Place the sliced tomatoes in the bottom of a heavy saucepan. Place the green onion in the middle of the pan on top of the tomatoes.
9. Start layering the grape leaves on top of the tomatoes in a very uniform manner. When you have finished the last leaf, lay a heavy plate or lid on top of the leaves so they cannot move around.
10. Fill the pan up with water to one inch above the leaves and the pan lid. Add in 2 teaspoons of salt, the other half of the bouillon cube and the rest of the oil.

## **Homemade and Easy Stuffed Swiss Chard Recipe**

Delicious Rolls Prepared With a Delicate Filling of Rice

Rolled Swiss chard is a special meal that is available only in the summer. Swiss Chard may be served many ways from yogurt and Swiss chard to fried Swiss chard with garlic.

### Ingredients for Swiss Chard Rolls

- \*1/2 kilo of Swiss chard
- \*1/2 cup of minced lamb
- \*1 cup of rice (soaked in hot water for one hour)
- \*1 teaspoon of curry
- \*1 tablespoon of virgin olive oil
- \*Salt and pepper to taste

### **Method for Preparing the Rolls**

1. In a large pan of boiling water, place the leaves and leave for 30 seconds only. The leaves are very tender and should not be left long. Drain the leaves in a strainer and set

aside.

2. In a bowl place the rice, lamb, curry, oil and salt and pepper. Mix well and set aside.
3. On top of a large colander place the leaves, one by one. Separate the leaves very gently.
4. In a medium saucepan, place thick slices of tomato on the bottom of the pan. With a large cutting board or tray begin the assembly.
5. Spread open one leaf or two small ones together and in the middle place a small amount of the rice mixture. Starting at the top of the leaf, roll down over the rice mixture, folding in both sides, as in an envelope.
6. Roll the leaf down to the very end and set inside the pan prepared with tomatoes. Keep rolling the Swiss chard until all the leaves are used up.
7. Boil some water and pour over the rolled Swiss chard leaves. Pour the water two inches above the leaves.
8. Add in some salt, around 1 teaspoon and mix in the water. Place a lid or saucer over the leaves to hold them in place and then cover the pan with a tight lid.
9. Cook the Swiss chard leaves for 30 minutes. Check after 30 minutes to see if the rice is cooked and the leaves are tender. Drain the water off and serve on a platter with some lemon wedges.

### **Ingredients for Vegetarian Filling**

- \*1 cup of red (soaked in hot water for one hour)
- \*1 tomato
- \*1/2 cup of parsley, cilantro and mint mixed
- \*1 tablespoon of virgin olive oil
- \*1 teaspoon of curry
- \*Salt and pepper to taste

### **Method to Prepare the Vegetarian Rolls**

1. In a blender place the tomatoes that have been cut into small pieces. Pulse the tomatoes until they are completely mixed. Pour the tomatoes in a bowl.
2. Add in the rice, oil and seasonings. Chop the parsley, coriander and mint and add to the rice mixture.
3. Follow the above directions for the completion of the rolls.

### **Tomato and Cucumber Salad**

- \*3 tomatoes, chopped
- \*2 cucumbers, peeled and chopped
- \*1 small onion, peeled and chopped (green onion is the best)
- \*Fresh mint or 1 teaspoon of dried
- \*Salt and pepper to taste

Place all the ingredients in a bowl and mix slightly. Add the juice of a half of lemon and some extra virgin olive oil as a dressing. Serve in small bowls to serve.

Rolled Swiss chard is made the same way as grape leaves and cabbage rolls. They have similar fillings, but each has its own special flavors. Arabic cooking is simple with the serving of a salad and a few bowls of yogurt on the side. Water and drinks are typically served after the meal and then it is traditional to serve a cup of tea with some mint or sage.

[Back to the top](#)

## Chapter 3 – Soups

### Easy Lentil Soup

This soup is used with red split lentils. It is a traditional soup in the Middle East and is eaten year round. It is the poor man's soup. The traditional way to make this soup is with cumin, a common spice here. I prefer to use dried coriander instead. It gives it a nicer flavor.

Ingredients:

- \*1 liter of water
- \*1/2 cup red lentils
- \*1 medium onion, chopped
- \*1 tablespoon oil
- \*1 teaspoon dried coriander
- \*Salt and pepper to taste

Directions

1. Place the water in a pan along with the red lentils and bring to a boil. Make sure the lentils are very well washed and free of all debris and stones.
2. In a separate small skillet, add in the oil and heat. Add in the chopped onion and sauté' until light brown. Add the onion to the lentils.
3. Cook the lentils with the coriander and seasoning. Some people like to add chicken bouillon to the soup, but I do not.
4. Cook the soup for around 40 minutes and then remove from the stove. You can add some chopped coriander if you prefer.

### How to Make Harira: A Moroccan Soup

A Ramadan Tradition Served Daily

Many will tell you that this is the best soup in the world, or maybe half the world. It is full of flavors from the African continent, including the jewel of the sea, saffron. Saffron, extremely expensive, but only a small pinch is needed for this robust flavor.

The best saffron comes from Iran. Many think that the Spanish saffron is the best, but this is greatly misleading. Many of the Indian dishes are made with saffron also. It is more of a ratatouille soup. It has so many ingredients, that you will feel as though you emptied your entire refrigerator.

You can use chicken, turkey or beef, but you must include the bones. The bones are the ones that give it the best flavor. There are thousands of recipes and none better than the

simplest and the local one. This is a traditional starter soup, but many consider this their entire meal.

#### Ingredients:

In 2 liters of water, place the following ingredients.

- \*2 chicken breast and 2 thighs with the skin and the bones
- \*8 tiny onions peeled but left whole
- \*2 stalks of celery chopped
- \*2 cups of chicken stock
- \*1 Tablespoon of paprika
- \*Pinch of saffron
- \*1 teaspoon of salt
- \*1/2 teaspoon of ground pepper
- \*1 Tablespoon of butter

#### Directions:

1. Bring this mixture to boil and then reduce the heat to simmer for two hours. After the soup is finished cooking, remove the chicken from the bones and skins. Toss the chopped chicken back into the pot.
2. While the chicken mixture is cooking, in a separate pan place 3/4 cup of lentils and bring to boil and cook for 45 minutes or until well done. Do not add salt, as salt will cause the lentils to harden and take longer to cook. After the lentils are finished cooking, drain them and add the juice of 1 lemon.
3. In the blender place 6 whole tomatoes, 1 cup of water and 1 Tablespoon of flour. Blend well and add to the chicken mixture.
4. Using the blender again add in 1 bunch of parsley and 1/2 bunch of coriander, along with 1 cup of water. Blend well.
5. Place this in the soup also. Add in 1/2 cup of vermicelli, lentils and one more additional tablespoon of butter. Cook on low heat for 15 minutes

Many Muslims will sit down to break their fast and enjoy this soup. As the steam rolls over the top of the bowl and the children's eyes get huge, the entire family will finish every last bite of this very delicious soup.

## **Absolutely Delicious Minestrone Soup with Pesto**

A Fabulous Meal Made with Fresh Basil and Many Vegetables

This is an absolutely wonderful soup and needs to be made often. It is the kind of soup that will make anyone want more and more. Of all the recipes that are posted here, this is the one that needs to be copied right now.

### Ingredients of the Minestrone Soup

- \*1 tablespoon of virgin olive oil
- \*1 large onion, peeled and chopped
- \*2 cloves of garlic, peeled and minced
- \*4 tomatoes, peeled and chopped
- \*2 cups of chicken stock
- \*1 cup of green beans
- \*1/2 cup of fresh okra
- \*1/2 cup of corn
- \*1 cup of white beans
- \*1/2 cup of peas
- \*1/2 cup of potatoes
- \*The rind of parmesan cheese
- \*1/3 cup of very tiny macaroni

### Instructions on How to Cook the Soup

1. Place the oil in a large pot and heat. After the oil is hot, add the onions and sauté for 5 minutes or until the onions are lightly brown.
2. Add in the minced garlic and cook slightly. Now add the tomatoes and stir the tomatoes well with the onions.
3. Add the rest of the veggies except the peas. Add the chicken stock to the soup now. Drop in the rind of the parmesan cheese.
4. Cook the soup until all the veggies are almost tender. At this point add the peas in and the macaroni pieces. Cook for 15-20 minutes until the macaroni is done.

### Ingredients for the Pesto

In a small food processor place the following ingredients:

- \*1 cup of spinach or basil
- \*2 tablespoons of walnuts
- \*1/4 cup of parmesan cheese
- \*Salt and pepper to taste

Directions:

After the above ingredients are mixed and chopped, slowly pour in the oil.

\*1/4 cup of virgin olive oil

Add the above pesto to the soup now. Cook only for a few moments and taste to see if the soup needs any seasoning such as salt and pepper.

Place the soup into bowls and top with some more parmesan cheese. Serve this soup with a nice arugula salad topped with some pomegranate seeds. Top the salad with a lemon and olive oil dressing.

Serve this salad and soup with some garlic toast.

To make the toast. Butter some French toast with butter and place in the oven to toast. After the toast is nice and crusty, remove from the oven and rub some fresh cut garlic cloves over the toast.

This soup will keep for several days in the refrigerator, but it is suggested to freeze what is not eaten in a few days.

**Note:** Swiss Chard may be substituted for the spinach and basil.

## **Extremely Tasty Moroccan Pumpkin and Lentil Soup**

Taste this Wonderful Soup Made From Butternut Pumpkins

Moroccan soups are traditionally hot and spicy and this one fits the same scenario. It has onions and garlic and the special flavor of lentils. Red lentils are used in this recipe not to be confused with the traditional brown lentils. The red lentils cook quicker and add an extra thickening for the soup.

Now is the time of year for those luscious pumpkins to be picked. There are many kinds of pumpkins from butternut to the traditional pumpkin used at Halloween. The soup of the day has to be full of flavor and spice. The best pumpkin soup out there is from Morocco and it is a soup that will warm your whole insides.

Serves 5-6 people

Ingredients:

\*2 pound butternut squash, peeled and de-seeded

\*2 medium onions

\*2 cloves of garlic crushed

\*1/2 cup of red split lentils

- \*1 teaspoon Arabica Ras el hanout spice blend
- \*The zest of 2 medium oranges and the juice
- \*1 tablespoons of virgin olive oil
- \*2 tablespoons of coriander to garnish
- \*Salt and pepper to taste

Directions:

1. Peel and de-seed the pumpkin and clean the insides. Cut the pumpkin into medium size chunks.
2. Place the oil in a pan and heat and add the chopped onions and cook until translucent.
3. Add the garlic, the spices, orange zest and the pumpkin. Continue to cook for another 6 minutes.
4. Add in one liter of hot water and the lentils. Leave the soup to simmer for 25 minutes.
5. Remove from the heat and then when cool, place in a food processor or blender. Add the orange juice and season to taste.
6. Top the soup with some chopped coriander and some yogurt. Some crispy pieces of bacon or pancetta may be added on top for an alternative to this dish.

This soup would go great with a hot roast beef sandwich and a dipping sauce. The meat should be topped with some Swiss cheese and melted in the oven before cutting. Cut the sandwich on a diagonal and serve with some bread and butter pickles.

### **Arabica Ras el hanout spice blend Recipe**

- \*1 teaspoon of ginger and coriander.
- \*3/4 teaspoon of cumin, cardamom, black pepper and nutmeg.
- \*1/2 teaspoon of turmeric, allspice, Spanish paprika and cinnamon.
- \*Also a pinch of saffron threads.

Mix all the spices together and store in a tightly closed glass jar.

### **My Curried Sweet Potato and Apple Soup**

This is a very delicious recipe with some kick. It has a lot of flavor and is very healthy. You can adjust the spices as you like.

Ingredients:

- \*3 medium sweet potatoes, chopped
- \*3 tablespoons butter
- \*1 medium onion, chopped
- \*2 cloves of garlic, minced

- \*2 teaspoons minced ginger
- \*1/4 teaspoon freshly grated nutmeg
- \*1/2 teaspoon turmeric
- \*1 teaspoon cumin
- \*1/2 teaspoon coriander powder
- \*1/2 teaspoons red chili powder
- \*Kosher salt and freshly ground pepper
- \*2 cups low-sodium chicken broth
- \*1 1/4 cups chunky applesauce
- \*1 tablespoon virgin olive oil
- \*Chopped coriander for garnish

Directions:

1. Take the sweet potatoes and take one of them and cut it in half. Set it aside. With the other sweet potatoes, cut them into small pieces.
2. Place the butter in a heavy bottom sauce pan and sauté' the onions and garlic until they are soft. Add in the spices and cook one minute more.
3. Add the chicken broth, sweet potatoes and two cups of water to the pot. Bring the soup to boil and then reduce the flame.
4. Add the applesauce to the soup and mix well. Cook the soup for 20 minutes or until the potatoes are soft.
5. Let the soup cool slightly and then puree the entire soup. Season the soup with more salt and pepper as needed.
6. With the remaining 1/2 sweet potato, cut it into very thin slices. You can peel if you like. Sprinkle the sliced potatoes with olive oil, salt and pepper.
7. Bake them in a very hot 425 degree oven until crispy. Ladle the soup into bowls and garnish with some coriander and a few of the sweet potato chips.

**Note:** You can use fresh apples in the soup if you do not have applesauce and you do not have to put the chips on top. Some have made the soup alone without anything but coriander.

## **Rice and Lentil Soup**

This is an adaptation of a Persian soup recipe. Lentils are very healthy and this is a soup for vegetarians who do not want to eat any meat.

Ingredients:

- \*1 1/2 tablespoons olive oil
- \*1 medium onion, sliced thinly

- \*1/3 cup parsley, chopped
- \*4 cups tomatoes, chopped
- \*9 cups chicken stock
- \*1/4 cup mint leaves, chopped
- \*1 cup lentils
- \*Juice of 1 lemon
- \*1/4 cup basmati rice, chopped coarse in blender
- \*1/2 cup bulgur
- \*2 tablespoons tomato puree
- \*Pinch of sugar
- \*2 teaspoons sumac
- \*2 teaspoons advieh (recipe below)
- \*Salt and pepper to taste

#### Directions:

1. In a large heavy bottom saucepan, put the oil to heat. Add in the parsley and the onion. Sauté the onion for a few minutes and then add in the chopped tomatoes.
2. Sauté the tomatoes for a few minutes and then add in the chicken stock, mint, lentils and lemon juice. Bring the soup to a boil and then reduce the heat and cook for 30 minutes.
3. Add in the rice and bulgur and simmer uncovered for 1 hour. Add the remaining ingredients and cook for a few minutes more. Serve hot with big chunks of bread.

#### **Advieh Recipe**

- \*1 tablespoon of rose petals, dried - buy from a spice shop to make sure they are edible
- \*1 tablespoon cinnamon
- \*1/4 teaspoon cardamom seeds
- \*1/4 teaspoon black peppercorns
- \*Pinch turmeric
- \*1/2 teaspoon nutmeg
- \*1/2 teaspoon cumin seeds
- \*1/4 teaspoon coriander seeds

Put all the spices in a blender and grind. Store in an airtight container.

#### **Simple Vegetable Soup**

Arabs like to have soup with meals before they eat. a small bowl of some kind of soup is necessary with all large gatherings and desired at small family meals. This is a very simple vegetable soup that can be both delicious and accommodating.

Ingredients:

- \*1 Maggi or chicken bouillon cube
- \*1 potato, diced
- \*1 small onion diced
- \*1/2 cup peas
- \*1/2 cup cauliflower pieces, finely diced
- \*1 small tomato, diced
- \*1/4 cup vermicelli macaroni (hair like macaroni or any small type will do)
- \*Salt and pepper for seasoning
- \*Chopped parsley

Directions;

1. Put 4 cups of water in a pan along with the bouillon cube, potato, onion, peas, cauliflower and tomato. Season the soup and bring to a boil and cook for 20 minutes.
2. Add in the vermicelli and cook for another 10 minutes. Serve in small bowls topped with chopped parsley.

[Back to the top](#)

## Chapter 4 – Main Meals

### Kabsa

There are hundreds of kabsa recipes, but this is a traditional way to make this in the Middle East. Many will make the Saudi kabsa with vegetables, such as carrots, peas and potatoes, but this one is the best tasting. It is simple to make.

#### Ingredients:

- \*1 cup of basmati rice
- \*1 tablespoon oil
- \*1 tablespoon ghee (clarified butter)
- \*2 cups chicken stock
- \*4 medium sized onions, chopped
- \*6 tomatoes, chopped
- \*3 chicken breasts, chopped into large chunks
- \*1 teaspoon cumin, cardamom, salt
- \*1/2 teaspoon black pepper, cinnamon
- \*Yogurt
- \*Slivered Almonds, fried
- \*Chopped parsley for garnish

#### Directions:

1. Soak the rice in hot water while preparing this meal (at least 30 minutes). Place the ghee and the butter in a Teflon or non-stick skillet. When the oils are hot add in the chopped onions.
2. Add in the chicken pieces also and sauté the onions and brown the chicken on both sides. Add in the tomatoes and the stock.
3. Stir well and then add in the seasoning, tasting to see if you need more. Cook the chicken for thirty minutes or until 3/4 way done.
4. Drain the rice and add in enough water to cover the rice by two inches. Cover the kabsa with a lid and reduce the heat to medium.
5. Check periodically on the kabsa as you may need some more hot water. Never add cold water when cooking with rice.
6. Once the rice is done and the water is absorbed, set the rice on the counter to rest. Now take a bit of oil and heat. Add in the slivered almonds and fry until a light golden brown. Drain the almonds on a paper towel to remove excess oil.
7. Place the kabsa on a large platter and surround the kabsa with chopped parsley and the slivered almonds. Serve with yogurt or yogurt and cucumber salad (salatat khiar ma'a laban).

## **Lebanese Potatoes and Eggs with Sumac**

This is a very simple dish and yes I learned how to make this from a Lebanese recipe, but it is a common dish made here in Jordan and we may have 25 Lebanese in my entire town. It is indeed a meal I make often.

Ingredients:

- \*2 large potatoes
- \*1 onion, sliced thin
- \*2 eggs, slightly beaten
- \*1 tablespoon oil
- \*Salt and pepper to season with
- \*Sumac

Directions:

1. In a small saucepan with in the sliced potatoes to cook 3/4 way done. When the potatoes are done, drain the water off.
2. In a non-stick pan put the oil and heat. Add in the onions and the potatoes and cook until slightly brown. Pour the eggs over the potatoes and onions. With your spatula move the eggs and potatoes around to be evenly coated. Season with salt and pepper.
3. Let the potatoes and egg brown on the bottom and then gently slide them on to a large plate. Turn the skillet on top of the plate and flip the eggs and potatoes back into the skillet.
4. Brown on the other side and then slide back onto the plate again. Sprinkle sumac all over the eggs and enjoy.

## **How to Make Mansef with Meat or Chicken**

Authentic Instructions and Recipe for this Arab Tradition

Mansef is as much part of the Middle East as steak and bake potato is to Texas. It is a very easy meal to prepare, but with many steps. For the huge wedding parties and dinners of condolences, the head of the lamp is placed on the mansef. This is not a sight many will like to see.

Mansef may be served with the laban on the rice already or in separate bowls. It is traditional to serve in separate bowls and then each guest pours their own laban on their portion. The mansef is served on one huge tray and each guest is given a spoon or fork to eat from the large tray. For any guest not caring to eat this way, separate plates should be provided.

## How to prepare the meat

Meat is traditionally used, but chicken can be used instead. A guest in the Middle East would be insulted if served chicken, but for family it is okay.

### **Ingredients**

- \*1 1/2 kilos of lamb, cut into medium chunks
- \*2 large onions, peeled and chopped
- \*5 pieces of cardamom
- \*1 cinnamon stick
- \*Salt and pepper to taste
- \*2 tablespoons of virgin olive oil

### Directions:

1. In a large pot filled half-way with water, add the lamb. The lamb should be rinsed of all blood prior to placing in the pot.
2. In a separate skillet place the olive oil and when heated, add the onions. Sauté the onions until translucent and lightly browned. Add these onions to the pan of meat.
3. Bring the meat to boiling and then reduce the fire to a medium heat. Cover the pan and cook until the meat is tender and done. If preferred, a pressure cooker may be used. The meat in the pressure cooker should be cooked for 40 minutes.

### **How to make the rice**

1. Place two cups of rice in a bowl and add some hot water to cover the rice by two inches. Let the rice soak in the water for one half hour.
2. Drain the water from the rice.
3. Place the rice in a saucepan and cover the rice with boiling water. The water should be two inches above the rice in the pan.
4. Add salt to taste and 1/4 teaspoon of turmeric. Simmer the rice in a covered pan for twenty minutes or until the rice is tender.
5. Add more very hot water as needed. Take a fork and fluff the rice.

### **How to make the Laban or yogurt**

There are two ways to prepare the laban. The first is the easiest and the cheapest.

1. Take one kilo of yogurt (goat is preferred) and place in a blender. Add one egg to the yogurt and blend on high until the yogurt is well blended.
2. Place in a pan and continually stirring for ten minutes. Add in the meat and the "shourbat" or meat water. The mixture should be thin. Heat the meat only.

## **Second Laban Recipe**

1. Take one half kilo of "Jameed" (solid laban in cakes) and pound the laban with a hammer. The laban should be very fine with some small chunks. Add 1 cup of boiling water to the jameed and let it sit for ten minutes.
2. Place the jameed in the blender along with one half kilo of regular yogurt (again goat is preferred but cow's yogurt may be used). Blend on high speed until well mixed.
3. Place in a pan and follow the above instructions.

## **Frying the pine nuts, almonds or peanuts**

Place some virgin olive oil in a pan, enough to cover the bottom of the pan. Add the nuts of your choice and brown them. Remove from the pan and drain the oil. The traditional nut is pine nut, but due to the cost many Arabs use almonds or peanuts.

## **Assemble the Mansaf**

On the bottom of the tray should be some very, very thin wheat bread. Then put the rice on top of the paper thin bread. Top with the meat pieces around the rice and a sprinkle of nuts. The final garnish should be some chopped parsley.

Place the yogurt in separate bowls for the guest to use as needed. The traditional way to eat Mansaf is with your fingers, but forks will be supplied for the inexperienced.

## **How to Make Maglooba - Arabic Upside Down Meal**

If you ask any Arab what we are cooking and they would simply say, "Upside down." Upside down means when you invert the meal, what is on the bottom is now on the top. So you put the meat in first and then the veggies and then the rice. Some in Jordan will put the meat and the rice and fry the eggplant or cauliflower separate and then place the veggie around the maglooba and not inside. Either way, it is easy to make. We will make this meal with chicken as it is the easiest to serve.

Ingredients:

- \*1 chicken, cut into 8 pieces
- \*Oil for frying
- \*Salt and pepper
- \*Water
- \*1cauliflower, cut into pieces
- \*2 potatoes, cut into chunks
- \*2 cup short grain rice.
- \*2 bouillon cubes (Maggi)

Directions:

1. Place the rice in some warm water to soak while you are preparing the chicken and veggies. Put enough oil in a large skillet to fry the chicken.
2. Salt and pepper the chicken and then place in hot oil for frying. Once the chicken is completely cooked, remove from the oil and drain on some paper towels.
3. Use separate oil for frying the veggies. Once the new oil is hot fry the cauliflower until browned slightly and then the potatoes.
4. Once the potatoes are browned and done, remove from the oil and drain on paper towels. Place the chicken at the bottom of the saucepan.
5. Then layer the cauliflower and potatoes on top of the chicken. Add the drained rice on top of the chicken and cauliflower and potatoes.
6. Add enough water to cover the maglooba by 2 inches. Add in the two Maggi cubes or you can use chicken stock already prepared.
7. Add salt to the maglooba also. Cover the pot and bring to a boil and then reduce the heat to a medium heat. Cook for approximately 20 to 30 minutes or until the rice is cooked and done.
8. Invert the maglooba on a large platter and serve. It is traditional to serve with a tomato and cucumber salad.

## **Musakhan Recipe - Arab Meal With Chicken**

Free Step-By-Step Instructions on How to Prepare Musakhan Bread

Mama Qadomi passed this down through the ages and as each Palestinian family makes this dish, they will always remember and be thankful for Mama Qadomi. The touches in this recipe are not listed anywhere else as this is the absolute best recipe for the feast of Kings. Mama Qadomi's recipe for Musakhan will not only make everyone happy and proud, but will also cause the world to remember the woman of Musakhan.

Ingredients for Musakhan

- \*2 whole chickens cut up and the skin left on.
- \*Sage leaves
- \*Whole cardamom smashed (10)
- \*4 bay leaves
- \*Salt

Place all the ingredients in a huge pot and cook on low heat until the chicken is well done.

## **How to Prepare Musakhan**

1. In a food processor or by hand, add in ten peeled and chopped onions. Pulse the onions until small pieces, but not mashed.
2. Put the onions in a large pot and add in 1/2 liter of virgin olive oil. Add 2 teaspoons of salt, 1 tablespoon of curry and 1 teaspoon of cumin.
3. Add in 2 cups of the chicken stock from the chickens being cooked. Continue to cook the onions until soft and well done.
4. After the chicken is finished cooking, place the chicken in the onion mixture and cooked for a few minutes. Then place the chicken on a baking sheet and season with salt, pepper and sumac. Bake in an oven until slightly crunchy.
5. Cook 1/3 cup of pine nuts in some oil in a small skillet, stirring often until browned. Remove from the oil and drain well.
6. Place large pita style Syrian Bread on a huge cooking sheet and add the onion mixtures with some oil, spread this over the entire bread. Sprinkle the entire layer or onions with sumac.
7. Layer the chicken on top. Put in a very hot oven of 400 degrees and cooks slightly to brown the bread edges and the chicken also. Do the same thing to every layer of bread. Top each layer with a sprinkle of pine nuts.

To serve the Musakhan, place all the layers on top of each other and place the huge trays in the middle of the table. This must be served with lots of yogurt and tomato and cucumber salad.

**Note:** If the large Syrian bread is not available, use any large pita style bread and make several small ones.

## **Tomato and Cucumber Salad**

- \*3 tomatoes, chopped
- \*2 cucumbers, peeled and chopped
- \*1 small onion, peeled and chopped (green onion is the best)
- \*Fresh mint or 1 teaspoon of dried
- \*Salt and pepper to taste

Place all the ingredients in a bowl and mix slightly. Add the juice of a half of lemon and some extra virgin olive oil as a dressing. Serve in small bowls surrounding the table where the musakhan is placed.

A day where musakhan is served, is a day where many people will be running to eat. It is a day of celebrations and a day when many drinks are served. After the meal, it is traditional to serve hot tea with mint.

## Quick and Easy Chicken Curry

Hot and Spicy Curries from India with Hot Chilies and Ginger

Curry is a traditional stew-like meal that is very hot. It is served over rice and can be cooked with either chicken or fish. If using fish add it at the very end of cooking, as it takes only a few minutes to cook. It is traditionally very hot, but for the ones with weak stomachs, lessen the spices and cut the chilies in half, removing all seeds.

Ingredients of the Chicken Curry

- \*2 chicken breasts or fish fillets, cut into small pieces
- \*2 tablespoons of virgin olive oil
- \*1 tablespoon of ghee or butter
- \*3 green chilies, diced
- \*1 large onion, peeled and chopped
- \*4 cloves of garlic, peeled and minced
- \*1 1/2 inch of fresh ginger, peeled and minced
- \*1 large can of tomatoes or 5 medium tomatoes
- \*1 eggplant, sliced
- \*2 tablespoons of curry
- \*Salt to season

### Cooking Instructions

1. Using a wok or heavy bottom skillet, place the oil and the butter in the pans. Let the oils heat till very hot and add the diced chilies, onions, garlic and ginger.
2. Stir fry these items quickly in the hot oils. Add in the sliced chicken pieces. Brown the chicken pieces and cook all the veggies until tender and lightly brown.
3. Add in three cups of water and the tomatoes. Mix very well and then add the spices. Evenly coat all the veggies with the spices.
4. Add the cut pieces of eggplant. It is not necessary to soak the eggplant.
5. Cook the curry mixture until thick and greatly reduces as in a thick soup. The eggplant and chicken should be tender and thoroughly cooked.

**Note:** Fish fillets may be used instead of chicken, but add in the very end of cooking as it takes only a few minutes. Substitute any other vegetable also permitted. If eggplant is not desired.

### How to Make Basmati Rice

No Indian curry could be complete without a plate of basmati rice. If basmati rice is not available, use any other rice.

Bring one liter of water to boil. Add in one cup of thoroughly washed rice and 1/2 teaspoon of salt. Mix the rice and salt together well. Add in 1/4 teaspoon of turmeric. Cook the rice for 30 minutes or until tender. Drain the excess water off and return to the hot pan. Fluff with a fork and place a lid on top to keep the rice hot.

### **Hot to Plate the Meal**

Again fluff the rice with a fork before using. Divide the rice into two different plates. Top with the eggplant curry mixture and then sprinkle with some chopped coriander. Around the edges of the plate placed some sliced cucumbers.

### **Recipe for Tomato Cucumber Raita**

The perfect side dish for curry is always some tomato cucumber raita.

- \*1 cup of yogurt
- \*1 tomato, chopped
- \*1 large cucumber, peeled in sections and chopped
- \*1/4 teaspoon of chili powder
- \*1 jalapeno pepper, diced very tiny|
- \*1 teaspoon of garam masalsa
- \*Salt and pepper to taste

Mix all the ingredients in a medium side bowl. Chill in the refrigerator for half an hour and then top with some olive oil and freshly chopped coriander.

A perfect meal for any two people who are really hungry. Serve with plenty of ice tea and water, as this meal is really hot. A meal that will leave everyone wondering how to cook more Indian food.

### **Mjaddara with Sweet Potatoes**

This is a favorite in Jordan and used all the time. There are many variations for this delicious meal including adding sweet potatoes. I tried this out one day when I had extra sweet potatoes and to this day, it is my favorite. This meal is very easy to make.

Ingredients:

- \*1 cup lentils
- \*6 cups water
- \*1/2 cup rice
- \*1 medium onion diced
- \*1 medium sweet potato, chopped
- \*2 tablespoons virgin olive oil - not extra virgin

\*1 teaspoon salt

\*1/2 teaspoon pepper

Directions:

1. Wash the lentils well and place them in a heavy bottom saucepan along with the water.
2. Bring to boil and cook for an hour and half or till they are soft and done. Add the oil to a small frying pan and then sauté' the sweet potatoes and onions.
3. Add the rice to the lentils along with the onions and sweet potatoes. Add in the salt and pepper.
4. Cover the pan and cook for another 20 minutes or until the rice is done and the water is absorbed. Be careful not to burn the meal.

Serve this meal with yogurt and cucumbers.

## **Roasted Leg of Lamb**

Leg of lamb is a traditional meal here in Jordan for the rich and famous. Leg of lamb is an expensive cut of meat and one that is not afforded by many. It is extremely easy to prepare. If you have a bit of garlic, some fresh rosemary and some oil, you can make this local delicacy.

Ingredients:

\*1 leg of lamb

\*Olive oil or ghee

\*Several sprigs of fresh rosemary

\*3 cloves of garlic, chopped

\*Salt and pepper

Directions:

1. Take a paring knife and insert holes all over the leg as pictured above. Brush the entire leg with oil and then season well with salt and pepper.
2. Place one small chunk of garlic and one small sprig of rosemary in each hole made with the paring knife. Place on a large baking pan.
3. Bake the leg on in a hot preheated oven of 400 degrees for 40 minutes. Reduce the heat to 325 and roast the lamb leg for another 40 minutes (rare).
4. If you want your meat medium or well done, then cook it longer. If the lamb gets too brown, cover with some aluminum foil.
5. Use a meat thermometer and check the temperature. 140 degrees for rare and 145 to 150 for medium.

If you do not have a thermometer, then check the meat with a small insertion of a knife.

[Back to the top](#)

## Chapter 5 – Desserts

### Date Balls

Traditionally date balls are made very simply. They take a package of dates and roll them into balls. They then stuff each one with a whole almond and then roll in coconut or pistachios. These date balls are very delicious and so easy to make. Why are they non-traditional? Because I use Rice Crispies. If you do not have Rice Crispies you can fry up some basmati rice. Just heat some oil real hot and add in a few pieces of rice at a time.

#### Ingredients:

- \*1 7.5 oz. Package of dates, finely chopped,
- \*1/4 lb. butter,
- \*1 egg beaten slightly with fork,
- \*1 bag fine coconut,
- \*1 t. vanilla,
- \*1 cup sugar,
- \*2 cup rice crispy cereal

#### Directions:

In a large pot, combine dates, butter, sugar and egg. Bring to a boil stirring constantly until dates melted. Add vanilla and cereal and roll into small balls and then roll them in coconut. Place in refrigerator until molded.

### How to Make Date Cookies (Mamoul)

Recipe of Some of the Best Arabic Cookies for EID (Holiday)

Eid Al-Fitr, the holiday after Ramadan has arrived and the guest are at the door. They expect to be served with the traditional cookies of the Holiday. A day full of happy smiles, Arabic coffee and Cake of Eid.

It is a time to bring gifts for the children, put on newly purchased clothing and visit as many relatives and friends as possible. This is a time of great happiness and of great feasting. No household would dare not have some special treats ready for the guest. No house is complete without "Kahk" or holiday cake.

This recipe takes a lot of work and many neighbors will gather to help make these cookies. The preparation of this sweet snack is a chore that is said to bring many blessings.

## **Recipe for Cake of EID**

In a very large bowl put

- \*5 cups of flour
- \*1/2 cup of sugar
- \*2 teaspoon of baking powder
- \*3 tablespoons of milk powder
- \*2 teaspoon of mystic, ground
- \*1 tablespoon of matlap, ground

Note: To grind mystic, place a 1/2 teaspoon of sugar with the mystic and grind in a coffee grinder.

Mix all of these ingredients very well and use your hands. This is the tradition. Now add in:

- \*2 eggs
- \*1 cup of melted ghee (purified butter, or butter)
- \*1 cup of vegetable oil
- \*1 tablespoon of vanilla

Mix all of these ingredients well with pushing the mixture through the fingers. Continue to mix and add 1/2 cup of anise or yansoon tea. Mix thoroughly the cookie mixture and add more yansoon (anise) tea as needed.

**Note:** To make yansoon tea place one cup of water and 2 teaspoon of anise seeds on the fire and bring to boil. Remove from the fire and let set until the tea is cool. Do not use hot tea on the cookie mixture.

After the cookies are thoroughly mixed, cover with a damp cloth and let it set for at least one hour.

In the meantime, prepare the date filling.

**Note:** Yansoon is anise.

### **Filling**

- \*Date puree (1 small package)
- \*Cinnamon
- \*Nutmeg
- \*Olive oil (Virgin)

Using a strong food processor mix the above ingredients together or by hand. Decide from tasting which amount of spices is necessary.

### **Making Mamoul**

1. To make the mamoul, make some small balls, about the size of a tablespoon. Roll the dough out and in the center place a small amount of date mixture. Pull the edges up around the date mixture and seal.
2. After this, roll the small mamoul in a cylinder and square the edges off. Pat both ends.
3. You may leave the mamoul as a round cookie if you desire not to go the extra length. Many Arabs have special instruments to make the mamoul with, but this is in case you do not.
4. Bake the mamoul in a medium hot preheated oven of 350 degrees, until lightly brown. After they are taken from the oven, sprinkle with powder sugar. Store in an airtight container

### **How to Make Katayef Dessert and Homemade Batter**

A Delicious Ramadan Treat That You Will Love

Ramadan is a month of fasting and a month of worshipping Allah. It is also a month of much eating and laughter. As the Muslims break their fast to many tasty and delicious prepared foods, the aroma of the katayef fill the room. There is nothing so traditional during Ramadan, than katayef.

Katayef is reported to have originated in Egypt as the many vendors sold this on the streets, but some say Syria was the first to sell this famous treat. Either way, each country has their own recipe and none can be better than this one. It is easy and very simple to make.

#### **Atayef Batter**

In a bowl place 1 tablespoon of dry yeast and 2 tablespoons of warm water. Make sure the water is not too warm because at 130 degrees you will ruin the yeast. Let it ferment for 5 minutes.

In the same bowl add:

- \*1 cup of flour
- \*1 cup of water
- \*Dash of salt

With a mixer or in your food processor mix this batter very well. Cover and let this batter rise for 1-2 hours or until the batter has doubled in size. When the batter has risen, add 1/2 teaspoon of baking soda (bicarbonate) and 3 drops of lemon juice.

Heat a heavy based skillet on high heat and brush the skillet with some oil. Drop the pancake batter on to the skillet in rounds of 10 cm and cook only on one side. You will see the top start to bubble from the baking soda. Remove the pancakes from the skillet and place on a platter to cool.

### **Traditional Katayef Filling**

- \*1 cup of chopped walnuts
- \*1/4 cup of sugar (alternative method use some honey)
- \*1/4 cup of coconut
- \*Dash of cinnamon
- \*1/4 cup of raisins (optional)

Mix all the ingredients together and take one tablespoon and drop on to each pancake and seal with your fingers. Place the sealed pancakes on a well greased pan and brush the top of each katayef with some meter butter. Bake in a hot oven of 400 degrees. When the katayef are browned, remove from the oven.

**\*Note** - Many Muslims will fry the katayef in oil, opposed to baking them.

### **Katayef Atter (syrup)**

Place in a pan:

- \*1 cup of water
- \*1 cup of sugar
- \*Dash of cinnamon
- \*4 drops of lemon juice

Bring this to boil for one minute only. Do not boil longer, as the atter will harden and not be usable.

### **Cheese Katayef**

- \*1 pound of white cheese
- \*3/4 pound of softened butter

Mix the two ingredients together. Place a tablespoon of the mixture on the pancakes and seal with your fingers. Bake as you do the traditional recipe or fry in oil.

## Serving

It is traditionally served with the katayef dipped in the syrup. But with many choosing to reduce the sugar in their diets, you can place small bowl of the syrup or atter by a plate of katayef. Katayef is a tradition in all Arab countries. Let it be a tradition in your house today.

## How to Make Knaafeh: String Pastry with Cheese

A Delicious Lebanese Sweet Desert that is a Must in all Households

This scrumptious dessert is not just for Ramadan, but it is definitely served during those times. Traditionally, *knaafeh* is served at wedding parties, graduations, parties, engagements and just ordinary days. *Knaafeh* is seen all over the country and many shops have many different kinds, from the rolled cylinder type *knaafeh*, to the triangle folded *knafeh*, to the regular kind in this recipe.

Whatever the choice is, the desert is worth the effort. Many use mozzarella or ricotta cheese as a substitution for the white cheese. Both ricotta and mozzarella are excellent and delicious in this dessert.

### Ingredients

\*1 1/2 pounds of string pastry (store bought)

\*3/4 cups of butter or ghee (purified butter)

\*2 pound of white cheese unsalted

**Note:** If you buy the white cheese that has salt, just soak the cheese in water for one day and then change the water and soak again.

### Atter

\*3 cups of sugar

\*1 cup of water

\*3 drops of lemon juice

\*1/4 cup of orange blossom water

### Directions

1. Prepare a 25cm round shallow pan, by greasing the entire pan in ghee. Prepare the atter syrup by bringing all the ingredients to boil and let boiling for 2 minutes.
2. Let it cool now. Heat the ghee or butter and then pour the ghee over the string pastry.
3. Stirring the pastry very good, make sure all the pastry is coated in the ghee. Place the pastry on the round 25cm pan and bake in the oven until golden brown around 12-15 minutes.

4. While the cheese is cooking, cut the cheese in very thin strips of 1/2 inch cm and soak them in water for 10 minutes and then drain them. Place the cheese slices over the *knaafeh* string pastry.
5. Place a very thin layer of the pastry over the cheese now. Place a larger pan over top the 25cm pan and invert the pastry.
6. Cook in a low heat oven for 15 minutes. Pour the atter on the *knaafeh* when finished cooking and serve hot.

**Note:** This recipe may be doubled and using a 40 cm pan instead of the 25cm pan.

Any household will be running to the table, now that this wonderful dessert is finished cooking. Many cooks use a bit of red food coloring on the *knaafeh* strings to give it that traditional look. Almost all *knaafeh* has the red look. It is traditionally cut into squares and then placed on small plates and then additional syrup is poured on top.

It is not necessary to have more syrup, but it is desirable. Alongside this dish you can place some nice date mamoul cookies.

## **Lebanese Sweets: Awwamat, Dough Balls in Syrup**

Recipe for Soft, Delicate Dessert Balls that Will Melt in Your Mouth

The one thing about visiting an Arab home is the hospitality. The guest will and should be treated not as a guest, but as a member of the family. As the guest enters the door, they are greeted with the words, "ahlam wa-salam." Which means welcome to my home in Arabic? One of the ways to welcome the guest is with Arabic coffee and a sweet treat. One of the favorite treats, of course is *Awwamat*.

In the Arab society, hospitality is everything. It is traditional that a family will serve a lot more than a guest could eat, as not to cause shame to the family. Nothing would be more humiliating, then a guest to go away from the table hungry.

*Awwamat* is as traditional as Apple Pie is in America. Almost all bakery shops and street vendors in Arab countries carry this sweet treat, as it is so loved. *Awwamat* can be eaten hot or cold, but the favorite way is hot. There are many varieties of *Awwamat* and some recipes use 1/2 cup of corn flour instead of all whole wheat flour.

Dough Ball Ingredients

\*4 cups of plain flour

\*3 cups of water

\*5 cups of oil

\*2 teaspoons of instant yeast or 2 teaspoons of dry yeast dissolved in 2 tablespoons of warm water

Instructions to Prepare Dough Ball Batter:

1. Dissolve the yeast and set aside, if using regular yeast. Let the yeast dissolve, for up to ten minutes.
2. Sift together the salt and the flour and place in a large bowl, add in the water and the yeast and mix very well. Beat the batter well with hands until the batter becomes very smooth and pliable.
3. Cover the batter now and let it set until the batter doubles in size. Around three to four hours. Beat batter again with hands to make sure no bubbles arrive.

### **Syrup Recipe**

Ingredients:

- \*1 1/2 cups of water
- \*2 tablespoons of orange blossom water
- \*4 drops of lemon juice
- \*5 cups of sugar

Instructions for Syrup

Place the ingredients in a pan and bring to boil. Let the mixture boil for one to two minutes only.

### **Cooking the dough balls**

1. Heat the oil in a heavy duty saucepan or large skillet. Using a teaspoon, place a rounded teaspoon in the hot oil. (If difficult to drop the batter then place the spoon in water first.)
2. After the balls float to the top of the oil and are brown, remove them and place on a paper towel to soak up the excess oil. Place the balls in the prepared syrup.
3. Remove the balls promptly and serve.

Serve the *Awwamat* with some Arabic coffee and plenty of napkins. *Awwamat* is a Lebanese and Arab treat that will send the guests home smiling and wishing to return once more.

### **Mamoul - A Walnuts and Dates Cookie Recipe**

Ramadan's Sweets: A Traditional Gift for a Special Guest

This mamoul is called mamoul bi Jaws wa Tamr. A cookie with walnuts and dates. A different pastry and a different way to make the dates, but a true delicacy. Each country and each culture has their own recipe for perfection.

### Ingredients:

- \*1 1/2 pounds of seminola
- \*1 1/2 cups of plain flour
- \*1/2 pound of ghee or butter
- \*1/2 cup of sugar
- \*1/4 cup of orange blossom water
- \*1/8 cup of rose water
- \*1/2 cup of water
- \*2 teaspoon of yeast dissolved in 1/4 cup of warm water
- \*3/4 cup of powdered sugar for dusting

### Directions:

1. In a large bowl, combine the seminola, flour, sugar, and ghee and work it through with a pastry cutter or manually with the hands. Work the mixture until it is the consistency of very rough flour.
2. Add in the rose water and the orange blossom water and mix very well. Cover the bowl and let it sit for at least 5 hours.

### **Walnut Filling**

- \*1/2 pound of walnuts
- \*1/2 cup of sugar
- \*2 tablespoons of rosewater
- \*Date Filling
- \*1/2 pound of seeded dates
- \*2 tablespoons of ghee or butter

### Directions:

1. Chop the walnuts into very fine pieces. Add the remaining ingredients and mix well.
2. Chop the dates into small pieces. Place the ghee on the stove and heat. Let the ghee cool down.
3. Add the ghee to the dates and knead both together. Divide the dates into small balls and set aside.
4. Dissolve the yeast and set aside for 15 minutes. Add the seminola mixture to the yeast and the water. Work the seminola well with hands until the dough becomes pliable.
5. Divide the dough into small amounts around the size of tablespoons. Roll each piece of dough into smooth balls.
6. Place a hole in the middle of the balls and add the dates or the nut filling and close. A mould can be used if it is available or leave as round balls and flatten them. You can also

choose to make the cookies into cylinder logs.

7. Place on a cookie sheet and bake in a very hot 450 degree oven for 20-25 minutes.

When the cookies are cool, dust them with some powdered sugar and store them in an airtight container.

The mamoul are famous throughout all the Middle East and they are the one cookie that everyone expects to taste on the holiday following Ramadan. This is a traditional cookie served also on the holiday following the pilgrimage. It does take a lot of work, but the benefit is, when the guest bites into the cookie for the first time. It will be a sweet dessert that is worth the trouble.

## **Rice Pudding**

Rice pudding is made in the Middle East just a little differently than Americans. You can make it the traditional way or make adjustments to suit your tastes. I personally do not like mastika and avoid this step. This is used for thickening, but the rice pudding will thicken on its own.

Ingredients:

\*3/4 cup short grain rice

\*8 cups whole milk (low fat can be used, but will not have the best taste)

\*1 cup sugar

\*1/2 cup orange blossom water

\*1/3 cup finely chopped pistachios nuts (optional)

\*1/2 teaspoon mastika pieces and 1tablespoon of sugar finely ground together

Directions:

1. Soak the rice in boiling water for one hour. Drain the rice and add it to a saucepan and add in one cup of water. Bring to boil and stir for 10 minutes.

2. Add in the milk and stir constantly for 1/2 hour to 3/4 hour. Add in the sugar.

Mix the ground mastika sugar with the blossom water.

3. Add this to the rice pudding and stir well. Remove from the heat and pour into a rectangle serving dish.

4. Allow to get very cold before serving. You can garnish with the pistachios or you can sprinkle with some ground cinnamon.

**Note:** I omit the mastika and blossom water and instead of this I add in one teaspoon of vanilla and some ground cinnamon. Yes, I am too use to the American way of making

rice pudding. Sometimes I will put it in the freezer to get it ice cold or slightly frozen, for a nice treat.

## **Semolina Cake**

If you like sugar and something very sweet, you will love this cake. Sugar syrup is poured and poured and poured on this cake. The cake is soaked with the syrup to give it that very moist look. Arabs do love this cake and it is called harissa in Arabic.

Ingredients:

- \*1/2 cup butter, melted
- \*1 cup white sugar
- \*2 medium eggs
- \*2 cup semolina flour
- \*1 teaspoon baking powder
- \*1/2 teaspoon baking soda
- \*Almonds, blanched and peeled
- \*Syrup

Directions:

1. Place the butter and sugar in a bowl and cream together and then beat in the eggs. Stir in 1/2 cup of water.
2. Sift together the semolina, baking powder and soda and stir into the butter mixture to form a smooth batter. Preheat the oven to 350 degrees F.
3. Lightly grease an 8 x 12 inch cake pan and pour the batter in slowly and spread it evenly with the back of a spoon. Score across the top of the cake parallel lines going from the bottom left corner to the top right and vice versa, to form diagonal shapes.
4. Place an almond in the center of each diamond. Bake the cake in a preheated oven for 35-40 minutes until the cake is light brown.
5. Prepare the syrup as describe below and pour it spoonfuls at a time over the hot cake. Stop when the cake will not absorb any more and set the cake aside to cool before serving.

Syrup

- \*2 1/4 cups sugar
- \*1 1/2 cups water
- \*Juice of 1` lemon

Directions:

Over a medium heat, dissolve the sugar in 1 1/2 cup water, add the lemon juice and bring to boil. Reduce heat and gently boil the syrup for 10 minutes.

### **Simple Arabic Cake with Miranda Soda**

Most Arab families are very simple minded and poor. You will not see any Betty Crocker cake mixes in Arab homes and they use the simplest of ingredients. This cake recipe was given to me by my sister-in-law named Laela.

Ingredients:

- \*2.5 cups flour
- \*1 cup Miranda (orange soda)
- \*4 tablespoons baking powder
- \*2 teaspoons vanilla
- \*4 eggs
- \*1 cup sugar
- \*3/4 cup vegetable oil

Directions:

1. Beat the egg whites until stiff. Add the rest of the ingredients in one bowl and gradually add in the egg whites.
2. Pour into a greased Bundt pan and bake in a 375 degree oven for 45 minutes or until done. After the cake is done, let it rest for 10 minutes before removing from the pan. Dust with powder sugar.

### **White Sweet - Arabic Dessert with Fruit Cocktail**

My sister-in-law Laela gave me this recipe. It is very simple to make and oh so very delicious.

Ingredients:

- \*1 can fruit cocktail plus juice
- \*1 pk of biscuits (square flat cookie type), sweet
- \*1 cup sugar
- \*1 egg
- \*1 cup water
- \*4 T. of cornstarch
- \*1 can cream

\*1 banana

\*Coconut

Directions:

1. Drain the juice off of the fruit cocktail. Add in the juice of the fruit, sugar, egg, water, and the cornstarch in a pan.
2. Bring to boil and stir until it thickens. Add in the can of cream and then add in the fruit cocktail and 1 sliced banana.
3. Place the biscuits in a large rectangle pan. Pour the fruit cream mixture over the biscuits.
4. Sprinkle coconut over the entire white mixture. Place in the refrigerator to cool.

## **Free Recipe for Walnut Crescent Cookies**

Another Ramadan Treat That Can be Eaten Anytime of the Year

The holy month of Ramadan brings many treasures and pleasures. None of those rewards at the holidays, after Ramadan can match walnut cookies. They are delicate with a hint of heaven. They are crunchy with the right spices and yes they are very easy to make.

Traditions in Ramadan are many and these are generally served with some nice hot Arabic coffee which is regular Persian Coffee, without any sugar. A guest who refuses to drink some Arabic coffee, has insulted the host. So when in Rome, do as the Romans do.

Dough Ingredients:

\*1- 8 ounce package of cream cheese (any brand)

\*2 sticks of butter or margarine at room temperature

\*1 egg

\*1.5 tablespoon of sugar

\*6 cups of whole wheat flour (alternative would be to use half white and half whole wheat)

\*Dash of salt

\*3/4 cup of cold water ( try this slowly to see if you need this all)

Put all of the above ingredients in a bowl and mix very well. After wards, roll into a log, at least 10 inches long. Wrap in some plastic wrap and put in the refrigerator. Keep this in

Filling

\*1/2 stick of butter or margarine

1/4 kilo of walnuts ground to a slight chunky state

\*1/2 cup sugar

\*1/2 cup of milk plus one tablespoon

\*1 t. vanilla

Directions:

1. Place all the filling ingredients in a bowl and mix well. The walnuts can be placed in a plastic bag and with a rolling pin, hit the bag until the walnuts are small but still have some chunks. You can substitute some almond milk in place of the regular milk.
2. Using just a part of the dough, roll out to very thin circles. Placing a small amount of the filling on each circle and seal tightly with your fingers.
3. Place on a well greased cookie sheet. Bake 15-20 minutes in a preheated oven of 350 degrees. Check the cookies oven to make sure they are lightly brown and that they do not burn.
4. Remove from the oven and quickly sprinkle with some confectioner's sugar. Let these cookies cool and then place them in a air tight container to store. You can freeze these delights but many homes will not have any to freeze.

**Note:** An alternative to using the traditional confectioner's sugar is to use regular sugar that has been ground up to a fine mixture. Take the sugar and place in a coffee grinder or a blender and grind to a white powdery texture.

[Back to the top](#)

## Chapter 6 - Extras

### Date Preserves

You will find many recipes in the Middle East for dates. We just love dates. There are hundreds of kinds of dates. In fact dates are used as a means of protection from jinn a well know recipe to rid yourself of ascaris worms. Just take 7 dates before sleeping to get rid of worms or if you want to get rid of jinn and be protected in your life, eat 7 dates when you awake. Also be aware that dates are very fattening. 10 dates have 235 calories.

#### Ingredients

- \*3 pounds dates or 1.5 kilos
- \*3 cups of water
- \*4 cups of sugar
- \*Juice of 1 1/2 lemons
- \*Cloves
- \*3/4 cup of almonds, peeled and blanched

#### Directions:

1. Take your knife and slit open each date on one side. Place in a heavy stainless steel pan.
2. Add the water and simmer on low heat until tender. Removed from the heat and strain the water from the dates.
3. For each cup of measured water add in 3/4 cup of sugar and the lemon juice and stir until completely dissolved.
4. Deseed the dates, by simply pushing on one end. Place one almond and one clove in each date.
5. Place the sugar water on the fire and bring to boil and cook for 5 minutes. Add in the dates and cook for a further 15 minutes.
6. Place the dates in a jar and pour the liquid on top. Seal tightly.

### How to Make Clarified Butter

In many Arab dishes, the first ingredient is "Ghee." Learning how to make ghee or purified butter is not difficult and this article will show you how it is done.

*Ghee* is clarified butter or butter that is cooked to separate the fat, which is then removed. It is a simple and easy process. Once you have a container or jar of *ghee*, you will never want to go back to regular butter again. The best *ghee* is made from raw butter. Raw

butter can be obtained from a local farmer or holistic store specializing in fresh dairy products.

Instructions :

1. Place one pound of butter in a heavy based metal pan.
2. Turn the heat on low to simmer the butter. Keep the pan partially covered. This process will take around 12-16 minutes. Do not stir the pan, just tilt the pan slightly to see how the bottom of the pan is doing.
3. When most of the froth is gone and the bubbling has subsided, it is time to turn off the *ghee* and remove it off the stove. Let the *ghee* or purified butter cool at this point.
4. After the *ghee* is completely cooled, strain the *ghee* and place it in a glass jar. It is important at this point to use a glass jar.
5. The *ghee* will keep for months in the refrigerator. The *ghee* will harden in the refrigerator, so when it is needed, just use a knife or spoon to take out what is needed or defrost it for a little while.

This recipe can be safely doubled.

As there are many recipes and some claiming to be the best, always try and be careful not to let the *ghee* burn. Some recipes will say to cook the *ghee* for up to 45 minutes. Do not follow these recipes as the *ghee* will be ruined.

Here is a video that will show you step by step how to make *ghee*. The video is called ["How to make Ghee."](#)

## **How to Make Faysa's Baska Bread With Black Cumin**

Step-By-Step Instructions for This Arabic Sweet Loaf

On a day when many will gather to visit and give thanks for such friends and companions, a platter of baska bread will bring smiles and laughter. It is not an easy bread to make, but it is surely one of the most delicious breads that Arabs have to offer. This recipe is from Faysa Abu Sbeh, a local woman who is known for her delicious treats.

Ingredients:

- \*1 kilo of flour
- \*1 cup of vegetable oil
- \*1 cup of milk powder
- \*1 cup of sugar
- \*2 eggs (1 to be used for egg wash)

- \*Warm Water
- \*2 tablespoons of anise seeds
- \*2 tablespoons of black cumin seeds (Nigella Sativa)
- \*1 tablespoon of fennel seeds
- \*2 tablespoons of sesame seeds
- \*2 packages of yeast
- \*Extra oil to brush the bread mixture with

### Directions to Make Baska Bread

1. On a large working surface put the flour, milk powder and sugar. Mix the dry ingredients with a fork.
2. In a separate small bowl add in the yeast to some lukewarm water to dissolve. Let the yeast and water set for at least 5 minutes.
3. Make a hole in the middle of the flour and add the yeast mixture, 1 egg and oil. With a fork start mixing the flour mixture with the wet ingredients.
4. In a coffee grinder add in the fennel seeds and one tablespoon of the anise seeds and grind them to a fine powder. Add them to a small bowl along with the black cumin seeds, sesame seeds and the other tablespoon of anise seeds.
5. Add the seeds to the bread and mix well. After the bread dough is mixed together, add in some extra water to finish making the bread dough the right consistency.
6. Knead the bread for 10 minutes or until the bread is very soft and pliable. Work the dough into a ball and brush the ball with oil and cover with a bowl right on the working surface.
7. Let the bread double in size and then cut the bread into 20-24 individual loaves. With each individual loaf, roll them out to a circle about the size of a 6 inch pita.
8. With each pita, brush them with oil again on both sides and let them rise on an oiled large baking sheet. Cover the bread so they do not dry out and let rise a second time for around 45 minutes to one hour.
9. After the bread has risen again the second time, brush them with an egg wash. This can be one egg beaten or one egg beaten with some water.
10. Bake in a preheated oven of 350 degrees until brown on both sides. This bread is better served hot.

Baska bread is normally served on special holidays or occasions, but it may be served at anytime to guests or family members. When this is served with some mint tea, the guest will feel very important and special.

### **How to Make Yogurt**

I usually get fresh goat yogurt from a farm, but now there are no babies and the mom's are pregnant so there is no milk. Oh my goodness. So I am going back to making homemade

yogurt again. So thought you guys might make some with me.

You have to have a candy thermometer or a electronic one like I have.

\*You need 3 kilos of milk (1 kilo = 2.2 pounds or you can reduce the amount)

\*1 cup to one cup and a half of yogurt for a starter.

\*A clean container to put the yogurt in

\*A very heavy blanket or towel

Place the milk in a large pan and bring the milk to a temperature of 180 degrees F.

Make sure the heat is on medium and not high and that you stir occasionally to prevent the burning of the bottom of pan, as this will taint the taste of the yogurt. Remove from the heat and place on a hot pad to cool down to 115 degrees F.

While you are waiting for the milk to cool, place the yogurt in a bowl and stir to make sure that you have no lumps and to get the milk to be at room temperature.

Prepare your container that will be used to store the yogurt. I use a jar with a locking lid so to keep the heat inside the jar.

When the milk is cooled take a small amount of the milk and place it in the yogurt and stir well. Now pour the yogurt mixture into the milk and stir with a whisk to make sure no lumps. Now you must move quickly as not to lose the temperature on the milk.

Quickly pour into your container and put in a dark area that will not be opened such as a closet. Cover completely with a blanket or very heavy towel and leave for around 12 hours to 24 hours depending on your diet. Yogurt will set after 8 hours, but I like to leave it for around 12 hours. The longer you leave the yogurt fermenting, the more sour it will get. Understand the SCD diet requires fermenting of 24 hours.

After the time is up, place in the frigerator for several hours without disturbing or using. My choice is to drain the whey off of the yogurt and make a labane cheese for spreading and making the Budwig mixture.

## **Zatar Bread**

Zatar bread is a bread dough with a zatar mixture or oregano mixture mixed with olive oil and then baked in the oven. This is traditionally served for breakfast.

Ingredients:

- \*3 cups flour
- \*3/4 cup yogurt
- \*1/4 cup virgin olive oil
- \*Pinch salt
- \*1 Tablespoon instant yeast
- \*Warm water to mix with
- \*1 cup virgin olive oil
- \*1/2 cup dried oregano
- \*1 Tablespoon sumac
- \*1 Tablespoon sesame seeds
- \*1 teaspoon salt

Directions:

1. Make the bread dough by placing the flour on a large working surface. Add in the yogurt, oil, yeast and salt.
2. Mix all the ingredients together and with both hands combine all the dough together. Add in enough water to make a soft pliable dough.
3. Let the dough rise for 1 hour or until double. Roll the dough out into a large circle and put in an oiled pizza pan. In a separate bowl add in one cup of olive oil, oregano, sumac, sesame seeds and salt. Mix well.
4. Spread the zatar mixture on top of the bread dough. Bake in a very hot 400 degree oven.

When the bread is done, cut into large triangle pizza type pieces and serve with Arabic coffee. This holiday bread can be served any day of the week.

***THE END***