

BLACK SEED CUISINE



Delicious Black Seed Recipes



Also Known as *Nigella Sativa* - Black Seeds -
Black Cumin

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Introduction

I am pleased to release my newest eBook on recipes I have created, borrowed or tasted using black seeds (*Nigella sativa*). I found when searching the web that there were many websites selling black seeds, black cumin, *Nigella sativa*, but there were no websites dedicated to the recipes them self.

This short eBook is full of delicious and tasty recipes using this miraculous seed black seed. Black Seeds can be purchased: [Buy Black Seeds here](#)

I wrote a satirical article on how to purchase black seeds called: [How to Get Screwed out of \\$100 by Amazon.](#) - This article shows real black seeds opposed to many other seeds claiming to be the miraculous healing seed.

Like [Aragon Oil](#), there are many types of black seed oil. The very best oil comes from Activation [Products – Panaseeda Black Seed Oil](#) is My Favorite and this oil is used for healing cancer, diabetes, hypertension, etc. It could be cooked with, but it is very expensive for that.

Not all seeds are the Same

In order to use the seeds in the recipes, you must heat them. Removing the tartness is a must. You simply put one cup or so in a skillet and place on low heat. Stir them frequently so they do not burn. Keep tasting them to see when the tartness is gone and they are just very bland. Be careful they do not burn. You can place them on a sheet pan and place them in a low heat over (300 degrees) and heat them slowly. Remove when done and allow to cool. You may hear them pop.

Once they are cool, grind them in a coffee grinder. I love my coffee grinder and use it for all my spices and even my flours.

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Chapter 1

What are Black Seeds?

Black seeds, also known as *Nigella sativa*, black cumin, kalonji seeds and haba al-barakah (Arabic phrase) have been used by people for thousands of years. Some associate black caraway with black seeds and they come from two different plants. Kalonji seeds are found in India and haba al-barakah is an Arabic word and used in the Middle East mainly. Black seeds are commonly used in the kitchen also in many recipes.

Nigella sativa (black seeds), an annual flowering plant that grows to 20-30cm tall, is native to Asia and the Middle East. The flowers of this plant are very delicate and pale colored and white. The seeds are used in Middle Eastern cooking, such as in their local breads. The seeds are also used by thousands for their natural healing abilities.

Black Seed is considered to be the greatest healing herb of our time and it has been much neglected. It is being used to strengthen the immune system, fight and irradiate Prostate Cancer and other tumors, purify the blood and increase longevity. Black seed was found in King Tut's tomb, proving the value of this herb to the Kings.

Nigella sativa or black seeds is from the prophetic remedies. It was used by both Muslims and non-Muslims for thousands of years. The seeds were used by the ancient Romans in cooking and the Asian herbalist for many remedies, including migraines.

The name *Nigella sativa* comes from the Latin word, *nigellus*, meaning black. *Nigella sativa* is small black seeds, with a slightly rough texture and it has an oily interior.

Narrated Abu Hurairah: I heard Allah's Apostle saying "Use this Black seed; it has a cure for every disease except death." (Hadith of the Prophet from Sahih Bukhari)

Prophecy of the Black Seeds

Prophet Mohammad was quoted as saying, "There is healing in Black Seed for all diseases except death." It is also believed that honey was part of the blessed seed treatment. It was part of the tradition to put some honey and ground whole black seeds in the palm of your right hand and lick it up with your tongue. In the days of Prophet Mohammad there was no black seed oil.

Black Seed Oil Treasured by King Tut

Black seed oil was found in the tomb of King Tut proving that the important kings found value in this seed. It was a sign also that of all the gold and diamonds he possessed, black seed oil was part of what he chose to take to the next life. The black seeds were found in his tomb also.

History of Nigella Sativa

To understand the history of Nigella sativa you need to know more of what has happened in the past. Black seeds can be traced back to over 3000 years.

Black seed has been used extensively as an herbal remedy and as a food condiment for thousands of years. It has an abundance of names and is most commonly referred to as black seed or black cumin seed in Western countries.

Mentioned in the Bible

Nigella sativa was referenced in the book of Isaiah of the Old Testament. It was called "ketzah." Ketzah was used for cooking and for a spice. Ketzah is a Hebrew word for black cumin or Nigella sativa. Isaiah compares the reaping of black cumin with wheat. "For the black cumin is not threshed with a threshing sledge, nor is a cart wheel rolled over the cumin, but the black cumin is beaten out with a stick, and the cumin with a rod."(Isaiah 28:25, 27 NKJV).

Recommended by the Prophet Muhammad (Peace be Upon Him)

Prophet Mohammad (peace be upon him) stated, "Hold on to the use of the black seed for indeed it has a remedy for every disease except death." "Hold on," indicates that one should take the remedy daily and take it often and regularly.

Assyrian Herbal Book

An Assyrian herbal book explains black cumin seed as a remedy internally for stomach problems and externally for ears, eyes, mouth and many skin problems, such as itching, rashes and sores. Nigella sativa was also used for herpes.

King Tut's Tomb

The black cumin oil and seeds were found in King Tut's tomb proving how valuable it was. The honey and seeds were also found in the tomb indicating that this was a prescribed way he took this miraculous medicine. Cleopatra was also known to use the oil for her beauty and her health. Queen Nefertiti who was admired for her beauty, also used the black seed oil. Doctors and the Pharaohs used the black seed oil and the seeds to treat people with such ailments as: colds, headaches, digestive problems and allergies.

Used by all Naturopathic Masters

The blessed seed *Nigella sativa* was also used by Hippocrates in the 5th century B.C. He claimed that *Nigella sativa* was a valuable remedy in hepatic and digestive disorders. Pliny, the elder, used the seeds in the first century extensively and wrote in his "Naturalis Historia" (Natural History) about *Nigella sativa* and referred to it as "Git".

Pliny used its remedy for scorpion stings and snake bites, callosities, tumors, abscesses and skin rashes (eczema). Due to its anti-inflammatory qualities, the seeds were used for head injuries.

Greek physician Dioscorides used the blessed seeds for a variety of ailments to include: intestinal worms, headaches, toothaches and nasal congestion. The seeds were also used as a diuretic, to increase milk production and to promote menstruation in women.

Appreciated in Ayurveda

Black cumin or *Nigella sativa* was appreciated for its many qualities and bitter, warming stimulant nature. In tradition and typology of the 3 doshas, black cumin reduces vata and kapha and increases pitta.

Black cumin was used for a wide variety of complaints, such as anorexia, certain disorders of the nervous system, discharge and venereal disease.

Nigella Sativa Used in Orient

Nigella sativa was used in the orient for stomach problems, diarrhea, flatulence, constipations, jaundice, dandruff, hair loss, skin care, congestion, dementia, infections, worms, menstrual problems and bronchial disorders.

In the 16th to 18th century the German Medical Encyclopedias, Hieronymus Boch, "New Kreutterbuch 1539 and Jacobus Theodorus Tabernaemontanus, and "The new Complete Herbal Book," all gave great respect to *Nigella sativa*. The oil was used traditionally as others did, but now it was being used on dogs, cats and horses.

How to Heat Black Seeds for Use in Cooking

Black seeds, also known as Nigella sativa, black cumin and haba al-barakah must be heated prior to use. Black seeds are very tart and harsh on the stomach in their original form. To heat them you simply place a small amount, 1/2 cup to 1 cup in a dry skillet on very low heat. Every few minutes stir the seeds and taste them to see if the tartness is gone. The seeds should have a very bland taste. Once the seeds are bland, remove them from the stove and allow to cool before grinding.



To grind, use a small coffee grinder to get that very fine texture. Blending may leave the seeds in a rougher state. I use a [Krups coffee grinder](#) and I have had wonderful results with it for years. A coffee grinder can be used for all of your spice needs such as oregano, mint, flax , pollen and more.

Heating Seeds to Not Cause them to Lose Efficacy

In a recent study at the UAE University in United Arab Emirates they investigated the use of Nigella sativa, onion and garlic on mice who had gastric ulcers. They used boiled Nigella sativa and their findings showed 100% that boiling the seed changed nothing. So as I have said for years, heat your seeds before grinding them so they do not upset your stomach.

Krups Coffee Grinder

<http://www.dovepress.com/comparative-effect-of-garlic-allium-sativum-onion-allium-cepa-and-blac-peer-reviewed-article-RRMC>

Chapter 2

Appetizers

Cheese and Black Seeds Roll-ups

In Jordan we have food called "grass." These are breads that have different things as fillers. We have spinach and oregano, potato with hot peppers, meat, oregano spices and we have goat cheese and oregano. This recipe I have created takes the wonderful goat cheese and mixes it with oregano and black seeds. **Oregano** is full of many health benefits too.

If you are in the Middle East or part of this world, then your goat cheese will come packed in jars of salty water. If you have your goat cheese soaking in salty water, you must remove the salt. There are a few ways to do that. If you are short of time, you can boil the cheese for 10 minutes, rinse the water off and put fresh water on again and boil again for 10 minutes.

If you have plenty of time then put fresh water on the cheese and let it set for 12 hours and rinse. Keep rinsing the cheese every 12 hours until the salt taste is gone. The heavy salt will ruin your recipe. If you are buying from the local grocery store or from my Amazon links then the above steps do not need to be taken.

Bread Dough Recipe

The first thing you must do is to prepare the dough for the roll-ups. I use whole wheat flour, but you can use any flour you choose.

Ingredients:

- 1 kilo of whole wheat flour
- 2 cups yogurt (I use goat, but any yogurt will do)
- 1/2 cup virgin olive oil
- 1 teaspoon of salt
- 1 tablespoon dry yeast
- Warm water as needed
- 1/2 teaspoon ground black cumin seeds

Directions:

1. In a food processor put in half the flour, yogurt, oil, salt, black cumin, and yeast. If you have the type of yeast that needs to be fermented then add the yeast to a 1/2 cup of warm water to dissolve.
2. Let the yeast sit for 5 minutes and then add to the flour mixture. Pulse the food processor slowly. Add in bits of flour and more warm water as needed.

3. When the flour forms a ball remove from the processor. Place in a large mixing bowl and add the remaining flour and more water if needed.
4. Take a mixer with dough hooks and kneed the bread until soft. If you do not have dough hooks, then kneed the bread for 10 minutes or until soft and pliable.
5. Form a ball and spritz with some more oil. Cover with a towel and let the dough rise double, punch down and then allow to rise again.

Cheese Mixture

Mix 1 cup of oregano with 1/4 cup of black seeds. Add in a dash of salt and set aside. Take your goat cheese (1/2 kilo or more) and cut it into chunks and place in a food processor. Add in enough oregano mixture to add flavor, but not too much. How much of the mixture is added depends on how much cheese you are using. Any cheese that is not used can be frozen and used later in any dish you are making.

Forming the Roll-Ups

Take your bread dough that has risen twice and make individual round balls around 1/2 cup size. Take a clean town and cover them so they don't dry out. You can freeze part of the bread dough and use later if you do not want to use all the dough now.

Place flour on the table and take one ball of dough and roll out into a rectangular. Make sure the bread dough is thin. In the middle and all the way to the end put in a small line of the cheese and oregano mixture. Starting at the beginning begin to roll up and seal tight on the end. Imagine the look of a fat cigar.

Place the roll-ups on an oiled baking pan and with a fork, make a few indentions in each cheese roll up. Brush the tops of each roll up with oil. Bake them in a moderate hot 375 degree oven for 15 minutes or until brown on the bottom. Flip the rolls over and bake on the other side.

Remove from the oven when done and allowed to cool on a tray. You can leave out what you will eat right now or freeze any roll-ups for later use. A wonderful meal in itself.

Labane Cheese Balls in Olive Oil

Labane is drained yogurt. Labane cheese must be drained of all liquid (whey) and the process takes a few days. The picture at the top shows how to drain yogurt. You can put it in a bag with a drawstring and drain the yogurt or lay a cotton or linen cloth on a strainer and then pour your yogurt on the cloth.

I like to add a bit of salt to the yogurt for better taste and in this case we are going to add in some Nigella sativa (black seeds) to the cheese and then infuse some black seeds in the oil itself. The end result is very, very delicious appetizers that are ready to serve immediately.

You can put them in the refrigerator, but if you refrigerate olive oil it will harden. So you will have to remove it from the refrigerator and allow the oil to melt before using the cheese balls. These labane cheese balls will keep for weeks under your counter. Do not leave olive oil out to be exposed to the light because the oil will go rancid. Place them in a jar and cover tightly and place in your cabinet.

The best yogurt to make this cheese with is goat yogurt as it is very thick and contains the least liquid. If you use regular yogurt you will need twice as much. So I cannot estimate how much yogurt you need.

How to Make Labane Cheese Balls.

1. Place your yogurt on the cloth to drain. Add in a pinch of salt and some toasted black seeds. (see below).
2. Allow the yogurt to drain for at least 2 whole days or more. The cheese must be very dense in order for the balls to stay formed. Check periodically to see if the cheese is ready.
3. Take the yogurt cheese and form individual small 2 inch in diameter balls. Stack them lightly in a jar with a secure lid.
4. The jar should have been sterilized prior to use. Add in one tablespoon of toasted Nigella Sativa seeds on top of the cheese balls.
5. Drizzle cold pressed olive oil over the cheese balls until the whole jar is filled with good and pure olive oil. Seal the lid. Walah you have cheese balls in olive oil and black seeds.

How to Toast the Seeds

Toasting the seeds is imperative, because black seeds have a very tart taste and will upset your stomach if they are not toasted. Place enough seeds in a large skilled (one half cup

or more) and place the fire on low. Periodically stir the seeds so they do not burn. Keep tasting the seeds to see when the tartness is gone and the seeds taste very bland. This will bring the oils out of the seeds and allow the flavors to mix well in the cheese balls and oil.

Chapter 3

Breads

Faysa's Baska Bread



Baska bread is made for holidays or celebrations in Arab countries. It is a sweet bread made with anise, fennel, black cumin and sesame seeds.

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.

How to Make Baska Bread

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. Add the seeds to the bread and mix well.
5. 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.
7. Work the dough into a ball and brush the ball with oil and cover with a bowl right on the working surface.
8. 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.
9. 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.
10. 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.
11. 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.

Delicious and Healthy Whole Wheat Bread



Full of Goodness and Nutrition Including Broccoli, Oregano & Yogurt

There is nothing better than the smell of homemade whole wheat bread baking in the oven. It fills the home with happy thoughts and anxious children.

This recipe takes many steps to do, but once it is perfected it will go very quickly. It is so delicious that it will be bread made weekly and the old trip to the grocery store for Wonder Bread will be a thing of the past. This recipe is made to make the body feel healthy all over and is made with things that are both nutritional and extremely delicious.

How to Make Healthy and Delicious Whole Wheat Bread

The first part that must be done is the oregano mix. This can be made in advance and stored in the cabinet for up to one year. This mixture will make enough for several recipes of bread.

Ingredients for the Oregano Mix

- 1/2 kilo of whole wheat grains
- 2 cups of dried oregano
- 1/2 cup of black cumin seeds
- 1/3 cup of sesame seeds (toasted)

Directions for Making the Oregano Mix

1. In a skillet place the whole wheat and lightly toast the seeds, stirring constantly. Make sure the fire is on very low heat.
2. When they are lightly toasted, remove them from the fire and grind them in a coffee grinder or blender. Do the same process with the black cumin seeds. Keep

- tasting the black cumin seeds until there is no bitter taste in them. Grind them in a coffee grinder also.
3. Place the oregano in the coffee grinder also and grind as with the black cumin (*Nigella sativa*) and whole wheat grains. Place all the ingredients in a large bowl and mix together. Add the sesame seeds to the mixture and store in an airtight glass container.



Broccoli Mixture for the Bread

In a food processor put one small head of broccoli (approximately 2 cups), 3 green onions and 1 ounce of goat cheese. Pulse slightly until all the ingredients are mixed together well.

Ingredients for the Whole Wheat Bread

1 kilo of brown flour
1 cup of oats
1 1/2 cups of yogurt
1/2 cup of virgin olive oil
3/4 cup of the oregano mix
Broccoli mix from above
6 teaspoons of baking powder
Pinch of salt
Warm water to mix with

Directions to Make the Whole Wheat Bread With Broccoli

1. Put the flour and oats on the table and mix together. Make a hole in the center of the flour mixture and add in all the other ingredients, except the water. With a small fork start mixing the ingredients together slowly. After all the flour and wet ingredients are mixed together, manually start mixing and pressing the dough together.
2. Add enough water to make the bread into a soft pliable ball. Begin kneading the bread for at least 5-7 minutes.
3. Rub some olive oil over the top of the bread and cover with a bowl on the table. Let the bread rise for at least one hour.
4. After the bread has risen for one hour, cut the bread into 24 individual pieces and flatten the bread slightly and freeze the bread in individual packages.
5. When it is time to bake the bread, remove one or more packages from the freezer and roll the bread into flat pita style bread. It may be necessary to add more flour to make it the right consistency.
6. Preheat a very hot oven to 450 degrees and place the pita right on the hot shelf of the oven and bake. A baking pan may be used if necessary. Watch the bread as it will bake quickly. Turn the bread once in the oven.

This very nutritional and delicious bread is a little difficult to make, but will satisfy anyone on a diet for many days to come. It is very convenient to just get one package out of the freezer daily and have fresh hot bread from the oven with the meal.

Note: The items in this recipe may be interchanged or omitted as necessary.

Photo courtesy of Photobucket/mytmouse247, tanyalrsn

Naan with Black Seeds



Ingredients:

- 1 tsp sugar
 - 3/4 cup (210 ml) water, warm
 - 1 oz (30 g) [dried yeast](#)
- 1 lb (455 g) white flour
 - 1 tsp [nigella seeds \(black cumin\)](#)
 - 1 tsp salt
- 6 tbsp yogurt
 - 2 tbsp [ghee](#) or butter,
 - melted •oil to coat

Preparation:

- 1. Dissolve sugar in the warm water and sprinkle yeast on it. Leave for 15 minutes.** Make sure it froths otherwise use a new batch.
- 2. Sift flour and salt into bowl and mix in nigella seeds.** Make a depression in the flour and pour in yogurt, ghee and the yeast mixture.
- 3. Mix well and knead into a dough for about 10 minutes. form a ball.** Put a little oil in another bowl and turn the ball of dough in it until it is covered in oil.
- 4. Discard excess oil. Cover with a damp cloth and allow to double in size - about 2 hours).** Knead the ball down again and divide into 6 portions. Flatten these in turn and mould into pear shapes.
- 5. Place on a greased tray and bake for 10 -15 minutes at 450°F (230°C).**
Finish under grill if necessary.

Printed with Permission from: <http://www.theepicentre.com/Recipes/inaan.html>

Zalabya with Cream



Ingredients:

4 cups flour
1 cup warm water
1 cup sesame seeds
1/4 cup black cumin seeds
1 cup olive oil for the dough
1 tablespoon granulated yeast
1/4 cup warm water for the yeast
Salt to taste
Olive oil for frying

Method:

1. Dissolve the yeast in the water. Combine flour, sesame and black cumin seeds, olive oil, salt and water in a bowl. Mix well.
2. Add more water by tablespoons if needed to make a pliable dough. Add the dissolved yeast to the batter. Mix well.
3. Cover the bowl and let the dough rise for 30 minutes, or until double its original size. Take pieces about the size of a large egg out of the dough.
4. Heat 1 tablespoon of olive oil in a frying pan and heat it over a medium flame. Fry the dough, pushing it into a circle with the spatula.
5. When the zalabya is golden-brown on the underside, turn it over and fry till all is the same golden-brown color. Add more olive oil as needed. Serve the zalabya hot.

Original recipe by Ultraviolet Jordan. - Miriam Kresh writes a food blog:

www.israelikitchen.com

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Zalabya with Cream #2

Zalabya and black cumin is one of old Jordanian breakfast recipes that regularly prepared in all time especially during olive season. It's very delicious and all your family will love it too. It can be served with hot tea. Try it and enjoy the great taste

Ingredients:

- 4 cups flour
- 1 cup of sesame
- 1/4 cup black cumin
- 1 cup olive oil, for the dough
- 1 tablespoon granule yeast
- Salt to taste
- Olive oil for frying

Preparation:

Dissolve the yeast into 1/4 cup of warm water. Combine flour, sesame, black cumin, olive oil, salt and water in a bowl mixing all together to make a dough, add more water if required.

Add the dissolve yeast to the dough and mix well together until tender, cover the bowl for nearly 30 minutes or to rise dough. When the dough is ready cut it into small ball shapes.

Prepare a tray wiped with Olive oil. Place oil in a circular frying pan and place it over heat.

Add the dough to the pan and figure it into a circle-shape. Increase the heat of and fry the first side of zalabya until it turns into a golden brown then flip it to the other side and let it fry until it turns to golden brown too.

Put the zalabya into the serving plate and serve hot.

Courtesy of Alaa M. Omari <http://www.golden-recipes.com/free-cooking-food-zalabya-with-black-cumin-breakfast-recipe.html>

Zatar Bread



Zatar Bread is loved here in Jordan. It is very easy to make and healthy too. You have two healthy ingredients: oregano and olive oil. You can make the zatar mixture and press it on any prepared dough mixture and this breakfast will make your entire family delighted.

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 black cumin oil (ground seeds can be substituted)
- 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 a oiled pizza pan.
4. In a separate bowl add in one cup of olive oil, black cumin oil, oregano, sumac, sesame seeds and salt. Mix well.
5. Spread the zatar mixture on top of the bread dough. Bake in a very hot 400 degree oven.
6. 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.

Chapter 4

Breakfast

Oatmeal with Flax and Black Cumin Oil



This is a very simple recipe that you will love. It is healthy and it is packed full of goodness. Traditionally oatmeal is used by people on a diet, but few really realize how good it is for you. With adding in the flax seeds and the black cumin, you get more of a power pack.

Make sure to buy the best quality products when making your recipes. There are many cheap quality oils on the market and they are worth "Zip!" Never ever buy flax meal. Use good quality seeds and fresh grind them. I have a Krups coffee grinder that I have had for years and I highly recommend it. I just sent my mom one for her birthday and she is in "Pig Heaven!"

Ingredients

- 1/2 cup quick oats (Quaker is the best in my opinion)
- 1 1/2 cups of water
- Dash of salt
- 1 1/2 tablespoons of flax seeds, freshly ground
- 1/2 teaspoon of black cumin oil
- 1/2 teaspoon cinnamon
- 1 tablespoon of honey

Directions

1. Mix the honey and the black cumin oil together and set aside. Freshly grind the flax seeds and set aside.

2. Place the water in a pan and bring to boil along with the salt. Add in 1/2 teaspoon of cinnamon for goodness and more healing benefits. Add in the oats and cook the oats for one 45 seconds only, stirring constantly.
3. Add in the flax seeds and mix well. Cook for only 30 seconds. Pour in a bowl right away and drizzle the honey and black cumin on top.

For added flavor try topping your oatmeal with some dried cranberries or fresh berries. This breakfast can be easily served with a large glass of freshly squeezed orange juice.

Chapter 5

Beverages

Black Seed Tea



A very delicious and healthy tea can be made simply by adding 1 teaspoon of ground black seeds to a cup of water. Bring to boil for one minute and remove from the stove. Strain the tea and add sugar or honey as you like.

Alternatives:

1. Add in half ginger with the black seed and sweeten with honey.
2. Add in a mint tea bag or some peppermint in a tea ball with the black seed. Season with honey.
3. After the black seed tea is prepared, use milk or cream to make it like the British do and add a dash of vanilla and some honey.
4. Use 1/2 sesame seeds and grind the black and sesame seeds together and then place in the water to boil.

Ginger and Banana Energy Drink



Ingredients

- 1/2 cup ice
- 2 cups milk
- 2 bananas, ripe
- 1 cup yogurt
- 1/2 tsp fresh ginger, peeled and grated fine
- 1/2 teaspoon black seed oil
- 2 tbsp brown sugar or honey (optional)

Directions

1. In a blender, add the ice, milk, yogurt, bananas, and ginger.
2. Blend until smooth.
3. Add sugar as needed.

OJ Slushie with Black Seed Oil

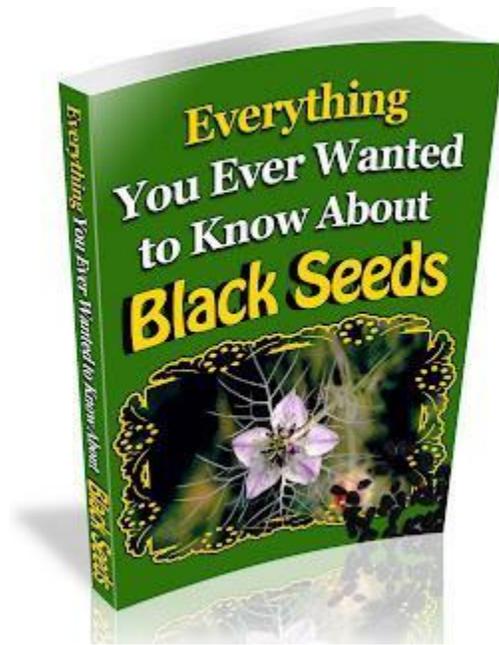
If you are feeling kind of sluggish and have little or no energy, then a daily dose of black seed oil is just what the doctor ordered. Please do not take all those pharmaceutical meds on the market that will make you nervous, jittery and maybe even dead ! Make this simple oj slushie and you will feel great.

I squeezed the juice of 6 oranges and used two of them to make an Orange Julius, using almond milk, bananas, vanilla, honey and the oj juice. and then I froze the remaining juice for later. As you may know, freshly squeezed oj or any juice will lose most of its vitamins and nutrition after 4 hours, so you need to either drink the juice or freeze it.

After a few hours, before it has become hard and frozen, remove it from the freezer and pound it to loosen up the frozen bits. Pour the slightly frozen oj in a large glass or jar and wait for it to get slightly slushie. Add in one teaspoon of the black seed oil and mix. Get a large spoon and eat your nutritional slushie with no sugar or honey added.

The best way to be energized is 1/2 half hour before breakfast and no you do not need to

use the slushie. You can get the same effect or even better with fresh orange juice. To learn more about black cumin and its many miraculous affects on the body, please read my very wonderful book [Everything You Ever Wanted to Know About Black Seeds](#).



Chapter 6

Salads

Broccoli and Chicken Salad

This salad is very addicting. I made this today to experiment with the flavors and spices and I literally could not put the salad bowl down. It was so delicious that I kept going back for more. Everything in the salad is healthy, nutritious and delicious. I have used many of my recipes for health, which are optional. I will note many ways to interchange spices and ingredients. This salad was created for total health and well being.

This salad was created to use my broccoli and farfahina I purchased yesterday. When I began to think about how to fix a wonderful salad, the thought of creating a full meal came to mind. Farfahina (purslane) is a common weed growing in most people's back yard. Although you may not realized how healthy and delicious this green weed is, you will grow to love the flavor.

I grow this farfahina in my home yearly. I have multiple containers with the plant as we speak. It is great in salads or as we do in Jordan is to simply chop and add it to goat yogurt and add salt. We then scoop it up with pita bread.

Read on the many **benefits of purslane**

Ingredients:

- 1 large chicken breast
- 3 cups of broccoli florets, chopped, not the stems
- 1 medium red onion, sliced and cut in half and then the ribs separated
- 2/3 cups of cherry tomatoes, chopped - regular tomatoes may be used
- 1 small red bell pepper, chopped
- *2 teaspoons of black cumin seeds, ground and heated
- *1 teaspoon turmeric mix, turmeric calendula and black pepper
- *1/2 teaspoon sumac
- Salt and pepper to taste
- 1 cup of farfahina (purslane - other greens can be substituted like parsley or watercress)
- 1/2 cup of yogurt (I used goat, but use as you like)
- 3 tablespoons of almond slivers (any nut can be used like cashews or walnuts)

*Optional

Directions:

Wash the chicken breast well and season with salt and pepper and bake in the oven. The best way to cook the breast is in aluminum foil and then 15 minutes before done, open the foil and brown all over.

Once the chicken breast is done, allow to sit on a chopping board for 15 minutes before slicing. After the 15 minutes is up, chop into small chunks. You can leave out the chicken if you are vegetarian or use a chicken fillet that is seasoned with hot spices.

Nabil makes a very nice fillet that is ready to cook. Bake the fillet in the oven, do not fry.

Place all the chopped veggie in a large bowl. Add in the chopped chicken and then turn in the spices. The turmeric mix, black seeds and sumac are available on Amazon.com Add the yogurt and the nuts and stir well. You can serve this salad with a few whole wheat pitas warmed to perfection, but the salad is more than enough to fill anyone. Serves 1 to 2 people.

Cucumber Salad with Yogurt and Black Seeds

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.

Spinach Salad with Yogurt and Black Cumin



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
2 ounces of crumbled goat cheese
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) 1 teaspoon of ground black cumin
seeds

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.

Watermelon, Goat Cheese and Nigella Sativa Seeds Salad

Here is a very simple salad that you make in no time flat. Watermelon is a good detox and will help you with weight loss. Nigella sativa has so many health benefits, as you know and then we add in some fresh goat cheese and you have the perfect salad for any time of the year.

Ingredients:

7 cups of watermelon chunks 1
cup of goat cheese, crumbled 1
tablespoon chopped mint
2 teaspoons of Nigella sativa seeds (black seeds) - Optional
Dressings - Olive oil, orange juice and lemon juice

Directions:

First make the dressing. Put 1/2 cup of olive oil in a bowl and combine in 2 teaspoon of lemon juice and 4 teaspoons of orange juice. Mix well and season with salt and pepper.

Place the chunks of watermelon on a large platter. Top with the crumbled goat cheese and the mint. Toss lightly. Sprinkle the dressing all over the salad lightly. You may not use all the dressing.

Note: The Nigella sativa seeds must be heated to remove the tartness. Place them in a skillet and on low heat cook them, stirring often till they are bland in taste. You can put them in a coffee grinder and pulse slightly to break up the seeds or use them in a fine powder. The recipe was written to use the seeds whole.

Fresh goat cheese must be soaked and the salt removed. Packaged goat cheese does not have to be soaked. Foreigners in the Middle East purchase goat cheese in bottles of salt water and that cheese must be soaked and the salt removed.

Chapter 7

Meals, Entrees and Vegetables

Chicken and Cheese Quesadillas

I never knew what quesadillas were until I lived in Texas. There was this little Mexican restaurant I use to love to go to and they made the best chicken quesadilla you can imagine. They are very simple to make and they will please the entire family in this life and the next. LOL! You can make a quesadilla with any cheese you please and some will make them with just mozzarella, but here are some suggestions:

- Mozzarella alone (either fresh, from the store or buffalo) Mozzarella and white cheddar cheese
- Mozzarella and cheddar cheese
- Mozzarella and Monterrey Jack Cheese (jalapeno is the best, but hot) Mozzarella and fontina cheese
- Mozzarella, kashkaval and herb gouda

Ingredients for the Chicken and Cheese Quesadillas

- 4 large flour tortilla
- 2 grilled chicken breast
- 2 cups of grated cheese (mixture is best - my favorite is mozzarella, herb gouda and kashkaval)
- 1 tablespoon black cumin seeds, finely ground salt and pepper to taste
- Garnishes below - tomato salsa, guacamole and yogurt

Directions:

Shred the cheeses you have decided to use and mix in the ground black seeds. Lay all four flour tortillas on a level surface and place the chopped chicken breasts on one half of the tortilla. Put 1/2 of a one on each flour tortilla. Make sure the chicken is cut in very small pieces.

Season the chicken with salt and pepper. Divide the cheese into 4 equal parts and sprinkle over the chicken. Gently fold the quesadilla in half. Heat a heavy bottom skillet and place a bit of oil in the bottom and using a pastry brush, cover the bottom of the pan.

Grill your quesadillas on one side until nicely colored. Turn over the quesadillas and continue to cook until the cheese has melted completely. This whole process should take about 4 minutes per quesadillas. Transfer with a spatula to a cutting board and cut in half. Serve hot.

You can garnish them as you like, but traditional garnishes are yogurt, pico de gallo and guacamole.

Garnishes

Pico de Gallo

Pico de Gallo is fresh tomato salsa. This is easily made with some fresh vegetables and then refrigerated and served cooled. You will need 1 large tomato, 1 green onion, 1 green sweet pepper, 1 jalapeno, and small handful of coriander leaves, salt and pepper. Cut all the veggies in very small pieces. Deseed the jalapeno as the seeds will make it extremely hot. Mix the veggies together with a 1/2 teaspoon of tomato sauce and place in a small serving bowl. When plating up the

Guacamole

Ingredients:

- 2 avocados, deseeded
- 2 green onions
- 1 large tomato, chopped
- Juice of 1/2 lemon
- small handful coriander
- Salt and Pepper
- hot sauce

Directions:

1. Place the avocados in a bowl and smash with a fork. Sprinkle the lemon juice and mix together.
2. Add in the green onions and tomatoes and mash together. Add in the salt and pepper and mix well.
3. Mix in the coriander and hot sauce.

Cabbage with Vermicelli Noodles

This is a simple meal that can be made with little effort. You can mix and match your favorite vegetables also. If you are in the Middle East, try adding some luffa (dried luffah leaves) and barley to this mixture and it is a perfect cancer treatment for the sick. This wonderfully simple meal is very delicious and with a dollop of yogurt on the side, makes the perfect one pot meal. Variations are listed below if vermicelli cannot be found.

Ingredients:

- 2 green onions, chopped
- 2 tablespoons virgin olive oil
- 4 cups of chopped cabbage
- 1 1/2 cups of chopped broccoli heads
- 2 cups of chicken broth (vegetable broth may be substituted)
- 2 teaspoons of ground black cumin seeds
- 1 cup vermicelli noodles (check the variations below)
- Salt and Pepper to Taste
- Parmesan cheese for garnish

Directions:

1. In a large heavy bottom skillet heat the oil. Add in the chopped onions and sauté for one minute. Add in the chopped cabbage and cook one minute.
2. Add in the broth, black seeds, salt and pepper. Bring to a boil and then add in the broccoli pieces.
3. Cook for 4 minutes and then add in the tiny vermicelli noodles. I like the cabbage still slightly crunchy.

These noodles will cook in 10 minutes. Remove from the fire when the liquid is absorbed. If you have too much liquid, drain the liquid off and serve with a garnish of parmesan cheese and with yogurt on the side.

Variations:

Couscous

If you cannot find vermicelli, then you can use couscous. I love the tri-color couscous pictured on the right side. I buy this in Amman and it is absolutely the best couscous ever. This couscous pictured is from Amazon and quite reasonable in price. It is much better than regular bland couscous that you have to have flavors to. Simple put 1 cup of water in a pan and heat to a boil. Remove from the heat, add in 2 teaspoons of butter, salt and pepper and 3/4 cup of couscous. Cover and after 5 minutes take the lid off and

use a fork to loosen up the couscous.

Cook the vegetables above and remove most of the liquid. Mix with the already cooked couscous. Check for seasoning and serve.

Thin Spaghetti

You can cook some thin spaghetti in a pan of boiling water until it is al dente' Drain the water and add the cooked spaghetti to the vegetables and mix well. Cook a few minutes to melt the flavors well. Serve on a big platter with parmesan cheese or if you prefer add in some Fontina cheese on top. Fontina is a low fat cheese and very delicious.

Caramelized Onions, Lentils and Sweet Potatoes (Mujadarra)

Nigella Lawson, not Nigella sativa, famous chef on the tellie wrote a similar recipe called "Caramelized Onions and Lentils. The recipe was very similar, but not identical to how Arabs make Mujadarra. Mujadarra has no meat, nor does it have chicken broth, but some may add that. It is as vegetarian and even vegan as you can get. The adding of black cumin and sweet potatoes is my creation and it adds so much flavor, you will be asking for 2nds and 3rds.

Ingredients:

- 2 large onions, peeled and chopped
- 1 cup of lentils, washed well
- 1 cup of rice soaked for 1/2 hour prior to cooking
- 1 large sweet potato, peeled and diced
- 1 tablespoon of black cumin seeds
- 3 3/4 cups of water
- Olive oil
- Salt and pepper

Directions:

1. Place the lentils in 3 3/4 cups of cold water with no salt at all. Bring the lentils to boil and cook for 1/2 hour.
2. In the meantime put a few tablespoons of virgin olive oil or substitute in a skillet and heat. Add in the chopped onions, sweet potatoes and 1 tablespoon of black cumin seeds.
3. Turn the skillet on low to medium heat and sauté the onions till they are light brown or caramelized. After the lentils have cooked for 30 minutes, drain the onions and sweet potatoes of the oil and add them to the lentils, along with the rice and seasoning.
4. Bring the pot to boil again and cover. Cook the rice and lentil mixture for 20 minutes. Make sure the mujadarra does not burn and if additional water is needed, add only very hot water. Serve mujadarra with a tomato and cucumber salad and some fresh goat yogurt, if available.

Chicken and Sumac

Ingredients:

4 chicken breast (deboned and skinned) 4
red onions chopped
Olive oil
2 pieces of flat bread
Sumac
Salt and pepper
1 teaspoon black cumin seeds
Seasons for the chicken (lemon, **garam masalsa**, green pepper, salt, pepper, garlic)

Directions:

1. Marinate the chicken breast in the seasons about for 30 minutes. Then cook the chicken in boiling water with 2 cinnamon sticks.
2. While the chicken is cooking, cook the chopped onions and the black cumin seeds in the olive oil until very tender. Add some of the chicken broth to the onions for better taste.
3. When the onions are well done put a large amount on the flat bread, then the chicken breast (2) and more onions.
4. Wrap the bread around the chicken and put in a pan. Brush the top of the bread with olive oil.
5. Do the other bread in the same manner. Bake in oven for around 15 minutes until the bread is crusty on top.

Spicy Chicken Salad with Nigella Sativa

Here's a take on a traditional chicken salad that has been upgraded to add more flavor and spice. Chicken salad does not have to be so boring anymore. This recipe is enhanced by the adding of my favorite spice, Nigella sativa. This recipe is delicious to make.

Ingredients

3 whole chicken breasts, cut in half = 6 1/2 breasts
3 limes, juiced
1 tablespoon Nigella sativa seeds
1/2 teaspoon of nigella sativa seeds, ground
1/2 teaspoon curry powder
1/4 teaspoon turmeric
1/4 teaspoon ginger powder
2 teaspoon mustard seeds, ground
1 whole jalapeno pepper, chopped fine
1 1/2 cups of mayonnaise
Salt and pepper
2 stalks of celery, chopped
2 cups of baby spinach leaves, chopped
1/2 cup chopped baby tomatoes
1/4 cup of raisins
1/2 cup cashews, toasted

Directions

1. In a large plastic bag put in the chicken breasts, lime juice, 1 tablespoon of whole Nigella sativa seeds, turmeric, ginger, mustard seeds and jalapeno pepper. Rub the spices and lime juice all over the chicken breasts and place in the refrigerator to marinate for at least 4 hours and up to 24 hours.
2. Remove the chicken breasts from the bag and place on an oiled baking sheet and bake in a hot preheated 350 degree oven for 35 to 40 minutes. Season the chicken well with salt and pepper.
3. In the meantime make the dressing. Place the mayonnaise in a bowl and add in the curry powder, powdered Nigella sativa, salt and pepper and mix well. Place in the refrigerator to cool.
4. When the chicken is done, remove from the oven to cool completely. Place the cashews on a baking sheet and toast slightly in the hot oven.
5. Remove the skin from the chicken and take the meat off the bone. Chop the meat into small pieces and set aside. In a large bowl add in the celery, spinach leaves, baby tomatoes and raisins. Add in the chicken and dollops of the mayonnaise mixture. Do not use it all unless it is needed.

6. Add more seasoning if necessary. After the chicken salad is finished, Sprinkle the toasted cashews on top. Serve the chicken salad on a bed of lettuce.

Chapter 8

Vegetables

Lobia - Indian Black Eyed Pea Dish

An Indian dish of black-eyed beans served on their own with yogurt and fresh cilantro or as a side dish for curries.

Ingredients:

- 8 oz (225g) black-eyed beans, washed and soaked overnight
- 1 yakhni spice bag
- 1 tsp salt
- 2 tbsp oil
- 1/2 onion, chopped
- 1/2 tsp cumin, ground
- 1/2 tsp garam masala
- 1/2 tsp nigella, ground
- 1/2 tsp turmeric, ground
- 9 tbsp (140 ml) yogurt
- 1 tbsp lemon juice
- 1 tbsp cilantro, chopped

Preparation:

1. Drain the beans, place in a saucepan cover with plenty of fresh water and add yakhni spices. Bring to boil, cover and simmer until tender. Remove yakhni spices and drain.

2. Heat oil, add onion and fry until golden. Add remaining spices and fry together for a minute and then add beans, stirring until well coated with the mixture.

3. Serve accompanied by yogurt mixed with a little lemon juice and chopped cilantro.

NOTE: For those foreigners who don't know the spices in the yakhini here there are: 2 bay leaves, 5 cardamom pods, cinnamon stick 2", 5 cloves, whole, 2 tsp. coriander seeds, whole, 2 tsp. fennel seeds, 3 garlic cloves, bruised, ginger, whole 2", 1 tsp. peppercorns

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<http://www.theepicentre.com/Recipes/ilobhia.html>

Spicy Cauliflower

This is a traditional Indian dish with a few spices and *Nigella sativa* of course. You can put this dish on a plate of rice or my favorite pared up with some couscous. Tri-color couscous is much better than regular couscous.

Spicy Cauliflower Ingredients

1 medium size head of cauliflower - 1 1/4 pounds
3 green onions, chopped
2 teaspoons black mustard seeds and *Nigella sativa* seeds
1 teaspoon fennel seeds, brown cumin seeds
1/2 teaspoon anise seeds
1/2 teaspoon turmeric
1/2 teaspoon cayenne pepper
1/3 cup virgin olive oil or vegetable oil
Small handful of chopped coriander
2 garlic cloves, minced
1 inch of ginger, minced
1/4 cup yogurt
Warm water

Directions

1. Place the oil in a heavy bottom skillet and heat. Add in the seeds and cover the pan with a lid.
2. When the seeds stop spurting add in the cauliflower florets. Stir to mix the flavors and then add the rest of the spices in.
3. Stir fry the cauliflower until soft, half way done. Add in the garlic cloves and the ginger and continue cooking.
4. Add in the green peppers and the water. Cover the skillet and cook on medium heat for 10 minutes.
5. Add in the yogurt and cook a few minutes more stirring constantly. Serve this meal over a big plate of rice or couscous.

Chapter 9

Desserts

Date Balls



Ingredients:

- 1 pound of date paste (regular dates may be substituted - deseed) 1/4 glass of water
- 1 cup of chopped nuts (assorted as you like)
- 2 tablespoons ground flax seed
- 2 tablespoons ground black seeds
- 1 tablespoon sesame seeds
- 2 tablespoons coconut
- Pinch of salt
- 1 to 2 teaspoons cinnamon
- Pinch of nutmeg

Directions:

1. Chop the date paste into small pieces and set aside. In a food processor add in the nuts and pulse until they are chunky.
2. Add in the ground black seeds, flax seeds and coconut and pulse again. Lastly put in the sesame and pulse once or twice only.
3. Add in the seasoning and start adding in the dates. Pulse slowing and continue to add along with the water until you get everything mixed.
4. The mixture may be too much for the food processor so remove the date mixture and put in a large oiled or baking pan that has some non-stick spray on it.
5. Press the date mixture into place and press down hard moving it together to make a solid bar.
6. Place in the refrigerator to set. After two hours you can cut into small squares and store in an air tight container.

Homemade Katayef with Black Cumin



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
- 1/2 teaspoon black cumin (ground)

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)
1 teaspoon black cumin (ground)

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 melted 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.

Photo courtesy of Photobucket/ rosyrose88

Lara Bars



Ingredients:

- 1 pound of date paste (regular dates may be substituted - deseed) 1/4 glass of water
- 1 cup of chopped nuts (assorted as you like)
- 2 tablespoons ground flax seed
- 2 tablespoons ground black seeds
- 1 tablespoon sesame seeds
- 2 tablespoons coconut
- Pinch of salt
- 1 to 2 teaspoons cinnamon
- Pinch of nutmeg

Directions:

1. Chop the date paste into small pieces and set aside. In a food processor add in the nuts and pulse until they are chunky.
2. Add in the ground black seeds, flax seeds and coconut and pulse again. Lastly put in the sesame and pulse once or twice only.
3. Add in the seasoning and start adding in the dates. Pulse slowing and continue to add along with the water until you get everything mixed.
4. The mixture may be too much for the food processor so remove the date mixture and put in a large oiled or baking pan that has some non-stick spray on it.
5. Press the date mixture into place and press down hard moving it together to make a solid bar.
6. Place in the refrigerator to set. After two hours you can cut into small squares and store in an air tight container.

Simply Delicious Brownies

Brownies are the delight of many and are very easy to make. They are meant to be moist and although very cake like, very different in consistency. The secret to the best brownies is to not over mix the ingredients. Unlike cake batters which are beat on high speed, brownie mixtures must be lightly mixed with a wooden spoon or spatula.

Ingredients:

1 cup butter
4 oz. Unsweetened chocolate
2 cup sugar
4 eggs
2 t. vanilla
1.5 cup flour
1/2 t. salt
1 teaspoon of ground black cumin seeds
1/2 cup walnuts
icing sugar

Directions:

1. Put the butter and chocolate in pan over heat and stir till melted. Put the sugar in a medium bowl and pour the chocolate mixture over the sugar and stir to blend.
2. Add in the unbeaten eggs one at a time, beating with wooden spoon just enough to blend. Stir in vanilla and black cumin powder.
3. Sift the flour and salt into the chocolate mixture and then stir in the nuts. Spread the brownie mixture into a greased 13 x 9 inch pan and bake 25-30 minutes or until done.
4. Brownies are best when slightly under baked. When the brownies are cool, sprinkle with some sifted icing sugar (confectioners sugar).

Note: When using black cumin seeds, they must be [heated prior to remove the tartness.](#)

Chapter 10

Snacks

Healthy Black Seed Granola

I was getting ready to make my granola and low and behold a thought came to me. I remembered that I had some black seed and honey in the cabinet that was very thick. Black seed tends to swell after you mix it with the honey and this last batch I put way too much black seeds in this very expensive raw honey.

So bells and chimes went off in my head and sure enough, I created a new recipe to share with you guys. It is healthy and delicious and it takes just a bit of time to create. Why pay for expensive granola in the store when you can make fresh right in your kitchen.

Ingredients:

- 1/2 kilo oatmeal (500 grams)
- 1/3 cup virgin olive oil or substitute (do not use extra virgin olive oil as it becomes toxic at 320 degrees)
- 1/2 cup raw honey
- 1/4 cup black seeds, ground and preheated (black seeds need to be heated to take out the tart taste which will irritate your stomach)
- 1 teaspoon salt
- 2 teaspoons cinnamon
- 1/2 teaspoon nutmeg (optional)
- 1/2 to 1 cup of chopped nuts (I used almonds, walnuts, pistachios and some coconut for flavor)

Directions:

1. Put all of this in a large baking pan and stir together. Make sure each grain of oatmeal is wet with the liquids and if needed add in a bit of water.
2. Bake in a preheated 350 degree oven for 20 minutes. Stir the granola a few times and watch carefully to see if it doesn't burn.
3. The granola needs to be crunchy, so cook longer if necessary.

After the granola is done, remove from the oven to cool in the open air for several hours. You then want to put it in a tightly closed container and store in your cabinet. Do not put it in the refrigerator. Walah, you have made yourself a very healthy treat. **Note:** You can add some diced dates, dried almonds or cranberries for more flavor.

Chapter 11

Extras

Energized Honey with Black Seed, Ginseng, Cinnamon and Bee Pollen

Here is another recipe for energizing honey. Honey and black seeds were considered to be the best foods to take 1400 years ago in the life and times of Prophet Mohammad, Peace be Upon Him. Some scholars have attributed honey as being the blessed seed that was spoken of not just the black seeds them self.

The original recipe came from an herbalist who had the basics down, but in my opinion it was not tweaked properly. I have revamped the recipe to be more beneficial and healthier. My original energizer honey is much cheaper than this version, but this version has some of the healthiest ingredients possible for energy. I will be posting my cheaper version at the bottom of this article.

Benefits of Honey



I could rave on honey for the next 50 years. Honey is the base of all healing in my book. Prophet Mohammad, PBUH, spoke about honey being a cure for the stomach and recommended its use for this ailment. He also recommended taking a spoon of honey with water before breakfast.

Honey is also cut for cuts. Using honey on a cut will help heal the wound. There is however a huge difference in the many types of honey available. [Manuka Honey](#) is one of the most famous honeys available.

Things to consider when buying raw honey is to make sure it is [unpasteurized honey](#) and not flash pasteurized at all. Honey must be purchased in a jar and not in plastic containers. Honey may absorb parts of the plastic if stored in plastic containers and become toxic.

Other benefits of honey are:

- Natural energy booster
- Treatment for all stomach ailments
- Helps in the immediate recovery of cuts and burns Used to help people lose weight
- Will increase your immune system
- Insomnia treatments
- Hangovers can be remedies with honey

Bee Pollen Should be in Everyone's Diet:

I first heard of [bee pollen](#) on Curezone and was shocked at the many benefits it has. I have thus tried to convince people in Jordan to get started on this delicacy of natural treatment and most here just frown. It is a powerhouse of vitamins and nutrients. You must start out slow with bee pollen, such as 1/2 teaspoon of ground and then work yourself up. It does not take a lot to be beneficial. Like honey, you should look for bee pollen in glass jars.

Here's a book on bee pollen, honey and royal jelly [User's Guide to Propolis, Royal Jelly, Honey, & Bee ...](#) by C. Leigh Broadhurst for \$5.95.

Why Should Ginseng be Included in My Recipe?

Ginseng can be used several ways in this mixture. You can use the [liquid vials of ginseng](#), the [capsules](#) or the powder, which I prefer. The powder is not cheap and should be refrigerated once opened. [Ginseng powder](#) is easily mixed and works well. Look for a good quality brand. Look for either Chinese, Siberian or American. You do not need a lot but for 1/2 kilo of honey, plan on using two tablespoons.

Some of the benefits of ginseng are: Diabetes, insomnia, stress, rheumatism, headache, colds, protects the liver, increases the immune system, used for cancer treatment and is effective in reducing cholesterol.

Energy Packed Honey

Ingredients:

- 1/2 kilo of raw unpasteurized honey
- 2 Tablespoons of cinnamon
- 1 tablespoon of ginger
- 2 Tablespoons of Bee Pollen
- 2 Tablespoons of Ginseng powder or one vial or 12 capsules
- 2 teaspoons of black seed oil (optional)

- 2 tablespoons of [royal jelly](#) (optional)

Directions:

One jar of royal jelly will last you for a year, so you only need a bit to add to your treatment. The original recipe loves the stuff and it adds a lot to a healthful blend. It is optional as is the black seed oil, but I prefer to cut off black seed in my life.

Place all the ingredients in a large bowl and mix together thoroughly. Place in a sealed jar, not plastic and take a teaspoon daily. More than that is not necessary, but if you like enjoy more.

How to Make Healthy Clarified Butter



In my search for some of the best recipes possible using black seeds, I came upon this herbalist who was teaching people to make butter his way. He suggested using lemon oil, rosemary oil, sea salt, turmeric and marigold flowers. I have taken his original recipes and revamped it totally and I have come up with some of the most flavorful ghee you can imagine that is very healthy.

As you may know eating too much butter is not good for your arteries, but by making ghee and then adding the herbs to stop any blockage you will now have a product that is safe to use in limited amounts. As with anything, excess is not good. I made this today and it is so yummy, you will be thanking me a million times over.

What is Ghee?

[Ghee or clarified butter](#) is used in many Middle Eastern Dishes, such as [kabsa](#). When making ghee the milk solids and water are removed from the butter and all is left is the butterfat on top. It is a more delicious butter and is used to cook foods at a higher cooking point without becoming toxic as in extra virgin olive oil.

Although ghee is cooked slightly longer than clarified butter to give it the browning effect on the bottom, you can use ghee or clarified butter in these recipes. Ghee does have a nuttier taste than clarified butter. Ghee has a longer shelf life also and can be stored on the shelf if you like. For me I keep mine in the refrigeration. I have had my ghee in the refrigerator for over one year with no loss of texture or sign ever of mold or waste.

Benefits of Lemon Oil

You will only use a few drops of the lemon oil, but it will add flavor and health benefits to your ghee. Lemon oil has limonene which has been shown to knock out pancreatic tumors and cancer. It is also used in many of the liver detox drinks and with the oh so famous [Master Cleanse Diet](#) which many famous celebrities went on.

Turmeric and Marigold Mixture

Turmeric is a natural anti-inflammatory food and is used to protect your liver, arteries and give you overall protection. Turmeric is also used to prevent [Alzheimer's disease](#) and breast cancer. Other benefits of curcumin or turmeric are:

- Prevention for cancer
- Anti inflammatory properties
- Cardiovascular benefits
- Aides in the prevention of high cholesterol
- Rheumatoid Arthritis benefits

Marigold has so many benefits, that you will run to the herbalist and buy all he has. The marigold has now been placed in the books of cancer and anti-cancer cures, because it has antiseptic, anti-inflammatory and anti-bacterial properties. The marigold is also able to help in the treatment of wounds. Some of the remedies for the marigold flowers are:

- Inflammation of the intestines
- Diarrhea
- Liver problems Expel worms
- Herpes and glandular swellings
- Hepatitis

Rosemary Oil Benefits

[Rosemary oil](#) is an anti-oxidant which has many benefits and is good for the brain. Rosemary has long been touted as a treatment for the entire body, not just the brain. It will improve the immune system, heal digestion problems and heal delicate organ problems, such as the liver.

Rosemary is also a great essential oil for your hair. You can use this essential oil to slow down hair loss and use as an ointment if you are bald. Not only is it good for the hair, but for your skin too. You will find rosemary oil in many delicate skin lotions.

Nigella Sativa or Black Seeds

Yes, we are coming to the main ingredient that we will add to make this ghee healthier with the use of black seeds. You can add the oil, but I added whole seeds right at the end of the process. It gave the ghee a wonderful flavor and will be something you cannot do without. I had to immediately run to try out my new ghee and indeed the flavor was just as expected, WONDERFUL.

[Black seeds](#) do not lose their value by cooking, but you want to make sure not to burn them. So I suggest putting them in the end for just a minute or so. Black seeds are so full of nutrition that they contain more than 100 different types of nutrients and vitamins. It is part of the "Prophetic Medicine" that claims it cures all disease but death.

Now on to the actual recipe:



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.

There is nothing like making some delicious Saudi Kabsa with the base of *ghee*. The flavor is so much more intense and wonderful when you start with *ghee*. Most Arab or Middle Eastern cooking has a lot of fried food. The base of most meals starts with some sautéed onions. To have a higher cooking point in virgin olive oil, add in some ghee with the oil and the oil will be better tasting also.

Instructions

Place one pound of butter in a heavy based metal pan.
Turn the heat on low to simmer the butter. Add in 6 drops of each of the essential oils of lemon, rosemary and 1 teaspoon of the turmeric and marigold mixture.
You can add in one teaspoon of sea salt for more flavor and benefit if you like.

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.

Around one minute before the ghee is done, add in 1 tablespoon of whole black seeds.

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.

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.

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."](#)

Healthy Pancake Syrup

I know what you are thinking, that it is impossible to have healthy pancake syrup. But I have come up with one that is just fabulous. Today I had no [raw honey](#) available in my home. It appeared to me that I did have some energizing honey with nuts, Nigella sativa, bee pollen and ginseng though. Although I do not recommend heating honey, in this case I did warm it slightly. I placed a little in a pan and placed it on low heat in the oven to slightly warm and make it spreadable. After I finished cooking my pancakes, I drizzled a bit of this wonderful honey on top of my pancakes and dug in. It is so delicious and healthy.

Here is a recipe for pancakes (I use whole wheat flour, but you can use white if you please):

Ingredients:

1 cup flour
1 cup whole wheat
oats 1/4 apple
3/4 cups almond milk
1 teaspoon vanilla extract
1 Tablespoon
honey Dash salt
1 egg
1 tablespoon oil or [clarified butter \(ghee\)](#)

Directions:

Put all the above ingredients in a blender and blend on high speed. Pour the batter in a hot skillet sprayed with non-stick spray. You can use this same batter for waffles or French Toast Also. Top with the syrup below.

Recipe for energizing honey;

<http://theblessedseed.blogspot.com/2012/02/energized-honey-with-black-seed-ginseng.html>

Also read:

[Pecan Waffle Recipe](#)
[How to Make French Toast](#)

Nigella Sativa Power Honey Mixture

This is a very powerful sweet treat that will refresh your very soul and give you the energy you need to work hard and live longer. This recipe was given to me by a Sheik in Dubai, UAE who runs a herbal store. I have some every day.

- 3 cups of [honey](#)
- 2 Tablespoons of [Royal Honey](#)
- 2 Heaping Tablespoons of Ground [Black Seeds \(black cumin\)](#) or the [oil](#)
- 2 Heaping Tablespoons of [ginger powder](#)
- 1/3 cup of chopped nuts (any will do but I used pistachios, walnuts and almonds)

Directions:

In a medium size bowl add in the honey, black seeds and ginger. You can substitute the black cumin oil instead. If using the seeds, make sure they are heated to remove the hot taste prior to using. Mix the honey mixture well. Add in the chopped nuts and place the entire mixture in sealed jars. Take one teaspoon twice a day. Yummmmy.

Garam Masala with Nigella Seeds

Indian spices are the soul of every dish in my book. Indian spices are not expensive, but they are necessary. You may cut the spices down to reduce the hotness, but it is highly suggested that you do your best to find the proper spices when cooking. Sometimes I do adjust the spices, such as finding curry leaves is nearly impossible here in Jordan. Jalapeno peppers can be exchanged with hot red chilies. If you have access to an Indian spice shop, then treasure the day and stock up. Here is one simple spice that is imperative when cooking Indian food. Make it homemade and you will never regret your decision.

Garam Masala Spice Mix

Ingredients:

1/2 cup coriander seeds
1/4 cup cinnamon pieces
1/4 cup black
peppercorns 2 medium
bay leaves
1/4 cup cumin seeds
2 tablespoons cloves, whole
1 teaspoon fenugreek seeds
3 teaspoons cardamom
seeds 1 teaspoon yellow
turmeric
Pinch freshly ground nutmeg
1 tablespoon red pepper
flakes
4 tablespoon of Nigella sativa seeds (black cumin)

Directions:

1. Place all the above ingredients on a shallow baking sheet except, the red pepper flakes, turmeric and nutmeg. Bake at a very low heat (275 degrees) for 8 to 10 minutes.
2. Remove from the oven and place all the ingredients in a food processor including the turmeric, nutmeg and pepper flakes and grind to a fine powder. You may need a coffee grinder to finely grind the masala.
3. Store in an airtight container until needed. A glass jar is best for storage.



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Mango Chutney with Nigella Sativa

Mango chutney is easy to make and takes only a few ingredients. Chutney is like a thick jam and is served alongside main meals, potatoes and anything you like.

Ingredients

- 2 to 3 green mangoes (1 kilo)
- 1 cup of sugar
- 2 tablespoon oil
- 1/4 teaspoon red chili powder
- 1 1/2 teaspoons of nigella sativa seeds
- 1/2 teaspoon fenugreek seeds, dry roasted
- 1/2 teaspoons coriander seeds , dry roasted or powder form is acceptable
- 2 chilies (dried whole)
- 1 teaspoon sea salt

Directions

1. Place the oil in a large skillet and allow to heat slightly. Add in the whole chilies and nigella sativa and stir to sauté' slightly.
2. After the flavors have mixed together add in the mangoes that have been shredded, sugar, and the ground roasted fenugreek seed powder, salt, chili powder and the coriander powder. Stir well and cover with a lid.
3. Let the mango chutney cook for around 10 minutes or until it is done.

Dry Roasting the Fenugreek Seeds

Fenugreek are incredibly hard seeds to grind or eat so they need to be either soaked or roasted. To roast them you simply put them in a skillet and on low heat stir them often. Roast them till the color changes to a light brown. When they are done, remove from the skillet and grind in a coffee grinder to a fine powder and add them to the chutney.

Ras El Hanout Spice Mixture

Arabica Ras el hanout spice blend Recipe

Ingredients:

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. 1
teaspoon cloves, mace, cayenne garlic, celery seeds,
Also a pinch of saffron threads.

Directions:

1. Mix all the spices together and store in a tightly closed glass jar. For the seeds, grind them and then add.
2. This can be used on any soup, rice or meat, not necessarily just South African or Arab dish.

Optional Ingredients

1 teaspoon dried crushed rose petal
1 teaspoon nigella seeds
1/2 teaspoon anise seed

Read: [Complete Glossary on Fenugreek Seeds](#)

The End