

Family Recipes





RECIPES FROM MY GRANDMOTHER



1

BREAD (khubz)



MIGHT BE EASIER TO BUY RATHER THAN MAKE FROM SCRATCH

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BREAD (khubz) Recipe



Khubz (Arabi)
(*Arabic Bread: Basic Bread Dough*)

خبز عربي

- 1 package or cake of yeast
- 1 T. sugar
- 6 c. flour
- 2 t. salt
- 2 c. lukewarm water
- 1/3 c. milk

Dissolve yeast and sugar in 1/2 cup warm water. Let stand 5-10 minutes. Place flour and salt in large bowl making a depression in the center. Combine milk, remaining water and dissolved yeast; pour into depression. Begin mixing flour with liquid making sure all batter on sides of bowl is worked into dough. Knead until a smooth dough results and the sides of the bowl are clean. (Hands are occasionally dipped in more water while kneading to give a smooth, elastic finish.)

Cover with towel and let rise in a warm place until it doubles in size (2-4 hours). Grab orange-size balls from edge of dough and form into smooth balls. Cover and let rise on cloth for 30 minutes. Roll into 1/4" thick circles. Cover and let rise again on cloth for 30 minutes.

Heat oven to 475°. Place dough directly on racks in oven. As soon as dough rises into a mound, 2-5 minutes, place under broiler for few seconds until lightly browned. Cool. This freezes well. Yields 7-9 loaves.

Note: Many elegant recipes are made with this basic dough.

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APPETIZERS (OLIVES AND CHEESES)



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MUSHROOM APPETIZER “ADOPTED”

Ingredients:

1 pound of mushrooms - sliced
1/2 cup fresh parsley - chopped
lemon juice
olive oil
Salt
Garlic powder

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MUSHROOM APPETIZER (“ADOPTED”)

Put slices of mushrooms and chopped parsley into a bowl

Add marinade

Mix all ingredients in a bowl

Serve with pieces of pita bread

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MARINATED AVOCADO (“ADOPTED”)

Ingredients:

2 (or more) ripe avocados – cut into chunks
½ cup of coarsely chopped mint leaves
lemon juice
olive oil
Salt
Garlic powder

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MARINATED AVOCADO (“ADOPTED”)

Put chunks of avocado and chopped mint leaves into a bowl

Add marinade

Mix all ingredients in a bowl

Serve with pieces of pita bread

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HUMMUS B'TAHINI

INGREDIENTS

1 large can chic peas
6 tbsp. lemon juice
3 tbsp. tahini
¼ tsp. garlic powder
½ tsp. salt
(adjust garlic and salt)
cut up pita
olive oil
Paprika
parsley



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Baba Ghannuj

Ingredients:

- 1 large or 2 medium eggplants
- 3 tbsp. tahini
- 4 tbsp. lemon juice
- ¼ tsp. garlic powder
- tbsp. water
- tsp. salt
- cut up pita
- olive oil
- Paprika
- parsley



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“UNIVERSAL” MARINADE

INGREDIENTS:

- **2 PARTS OLIVE OIL**
- **1 PART LEMON JUICE (FRESH)**
- **SALT, GARLIC TO TASTE**

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MAIN COURSES

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ZATAR



IT VARIES GREATLY DEPENDING ON WHERE YOU ARE IN THE MIDDLE EAST

(SPECIFIC RECIPES ARE SOMETIMES CLOSELY-GUARDED SECRETS!).

ZATAR IS GENERALLY A COMBINATION OF:

DRIED OREGANO

MARJORAM

TOASTED SESAME SEEDS

THYME

SUMAC

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TABBULEH

INGREDIENTS

- 1 large head Romaine lettuce with large leaves
- ½ to 1 cup fine bulgur
- 4 bunches curly parsley
- 2 bunches scallions
- 1 cup of fresh mint leaves (1 bunch)
- 1 package cherry tomatoes
- ½ cup lemon juice
- ½ cup olive oil
- salt
- garlic powder



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S'fiha



Ingredients:

Mixture for S'fiha

- 1 lb. lamb
- 1 or 2 chopped onions
- 1/3 cup plain yogurt
- 1/4 to 1/2 tsp. Allspice
- 1 Tbsp. Lemon juice
- 1/4 cup pine nuts

Home made dough

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Syrian Rice



Ingredients:

- 3 cups rice**
- 1 medium onion, chopped**
- 3/4 cup mixed (sliced or slivered) almond and walnut pieces**
- 1/2 lb. chopped lean lamb**
- 30 oz. chicken broth**
- olive oil, margarine or butter salt to taste**

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LAHAM MISHWI

INGREDIENTS:



- 2 lb. leg of lamb, fat trimmed and cubed into 2" pieces
- 2 large onions, cut into 2" chunks
- 3 bell peppers, cut into squares
- salt & pepper

Marinade

- 1 lemon, juiced
- 2 T olive oil
- 1 T garlic finely chopped

Yogurt Sauce

- 1 quart of plain laban or greek yogurt
- 1/2 t dried mint, crushed
- 1 clove of garlic, finely chopped

SKEWERS

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Mulukhiya

- Dubbed the "food of kings", the unassuming green gloop called molokhia was once outlawed in Egypt because of its alleged aphrodisiac effect.

"As far back as you can trace the roots, people ate what was local, and what is local along the Nile is molokhia," food historian-cum-food health writer Michelle Berriedale-Johnson said.

- To this day, 95% of Egyptians live along the fabled river's life-giving banks and arc-shaped delta.



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Mulukhiya (...)



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Mulukhiya (...)

INGREDIENTS

- **Very large chicken (oven stuffer roaster)**
- **1 cup dried mulukhiya**
- **1 rounded tsp. kisberra (coriander)**
- **2 cloves garlic, chopped**
- **½ cup vinegar**
- **2 onions**
- **2 ½ cups rice**
- **Salt**



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YEBRA



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YEBRA



Ingredients:

- 1 lb. ground lamb (course with some fat or ground beef)
- ½ cup rice
- ¼ cup water
- 1 tsp. salt
- ¼ to ½ tsp. allspice
- lamb bones or chicken wings

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KIBBEH



Kibbeh is a traditional, Lebanese dish made with lamb and ground bulgur wheat,

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SPINACH PIES FATAYER



DOUGH INGREDIENTS:

- 3 CUPS ALL PURPOSE FLOUR
- 1 ¼ CUPS WARM WATER
- 2 TSP GRANULATED SUGAR
- 2 ¼ TSP INSTANT YEAST
- 2 TSP SALT
- ¼ CUP OLIVE OIL

FILLING INGREDIENTS:

- 1 16 OZ PKG FROZEN SPINACH - THAWED/DRAINED
- ¼ CUP CHOPPED PARSLEY
- 1 MEDIUM ONION – DICED
- 2 TBSP OLIVE OIL
- 2 TBSP LEMON JUICE
- 1 TBSP SUMAC
- 1 TSP SALT

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KIDNEY BEAN SALAD (“ADOPTED”)

Ingredients:

1 Large can of kidney beans
1 red onion
1 large green pepper
1 or 2 stalks of celery
1 cup fresh parsley
lemon juice
olive oil
Salt
Garlic powder

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KIDNEY BEAN SALAD (“ADOPTED”)

Ingredients:

Dressing (same as used for tabbouleh, mushroom salad, avocado, etc.)

1 part lemon juice
2 parts olive oil
½ tsp. salt
¼ tsp. garlic powder

Mix all ingredients in a bowl and set aside

Directions:

Chop all vegetables (except kidney beans) and mix in a bowl. Coat with a little oil if you are preparing them ahead of time. Just before serving, heat kidney beans. Remove from heat and add vegetables and dressing. Mix and serve.

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BACHLAVA



INGREDIENTS:

- 1 pound chopped nuts (pistachios)
- 1 pound phyllo dough, thawed
- 1 cup butter, melted
- 1/3 cup sugar
- 1 teaspoon ground cinnamon
- 1/3 teaspoon ground cloves

FOR THE SYRUP:

- 1 cup water
- 1 cup sugar
- 1/2 cup honey
- 2 tablespoons lemon juice
- 1 cinnamon stick
- Finely ground pistachios for garnish, optional

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RECIPES

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HUMMUS B'TAHINI

INGREDIENTS:

1 large can chic peas	6 tbsp. lemon juice	3 tbsp. tahini
¼ tsp. garlic powder	½ tsp. salt (adjust garlic and salt)	
cut up pita	olive oil	
Paprika	parsley	

DIRECTIONS:

- **Drain liquid from the chic peas, but keep the liquid in case mixture needs to be thinned.**
- **Set a few whole chic peas aside to garnish the mixture.**
- **Put all ingredients in a blender or food processor. Mix on high until the mixture is smooth.**
- **Add reserved liquid if the mixture is too thick or dry.**
- **Place in a bowl and garnish with parsley , olive oil, whole chic peas and paprika.**

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Baba Ghannuj

Ingredients:

1 large or 2 medium eggplants	3 tbsp. tahini
4 tbsp. lemon juice	¼ tsp. garlic powder
tbsp. water	1 tsp. salt
cut up pita	olive oil
Paprika	parsley

Directions:

- **Broil eggplant until the skin is browned and crackly all over.**
- **When tender and well done inside, remove**
- **Peel the skin and remove the inside into a bowl.**
- **Mash with a fork until soft and blended together**
- **Mix in remaining ingredients and mix until smooth**
- **Place in a serving bowl and garnish with parsley, olive oil and paprika.**

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S'fiha

Directions:

- Preheat oven to 375 degrees.
- Mix all ingredients together in a bowl.
- Divide each piece of dough in half and place on a greased and oiled cookie sheet.
- Flatten dough in pan with fingers.
- Put 1 heaping tsp of meat mixture of each flattened dough. The meat mixture should reach the edges of the dough.
- Bake in pre-heated oven at 375 degrees for about 10 to 12 minutes (until brown on bottom and around edges).
- Bake longer for more browning.

Ingredients:

Mixture for S'fiha

1 lb. lamb
 1 or 2 chopped onions
 1/3 cup plain yogurt
 ¼ to ½ tsp. Allspice
 1 Tbsp. Lemon juice
 ¼ cup pine nuts

Home made dough

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Syrian Rice

Directions:

Ingredients:

- 3 cups rice
- 1 medium onion, chopped
- ¾ cup mixed (sliced or slivered) almond and walnut pieces
- ½ lb. Chopped lean lamb
- 30 oz. Chicken broth
- olive oil, margarine or butter
- salt to taste

- Brown nuts in olive oil. Set nuts aside on paper towel to drain.
- Soak rice in water and cover for 20 minutes
- Brown chopped meat and set aside
- Sauté onion in same oil (do NOT brown onion)
- Return meat to pot with onions
- Add chicken broth. Season to taste with salt (1/2 to 1 tsp.)
- When broth is boiling, add rice (do not rinse to dry rice)
- Simmer on medium high until broth is absorbed into rice
- Reduce heat to lowest degree. Cover and cook for approximately 10 minutes or until rice is tender
- Stir with a fork and sprinkle browned nuts over rice (or mix in)

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LAHAM MISHWI

Shish Kabobs

- In a large bowl mix the cubed meat, bell pepper, onion, salt, pepper, lemon juice, garlic and olive oil together.
- Cover and refrigerate 2-3 hours.
- Skewer meat, bell pepper and onion alternating.
- Grill over hot coals or on a gas grill.
- Serve with yogurt sauce, Syrian bread or pita.

Yogurt Sauce

1. Mix yogurt, mint and garlic together, garnish with a sprig of fresh mint and serve.

Bread

1. Bread may be warmed right on the grill.

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Mulukhiya

INGREDIENTS

Very large chicken (oven stuffer roaster)
 1 cup dried mulukhiya
 1 rounded tsp. kisherra (coriander)
 2 cloves garlic, chopped
 ½ cup vinegar
 2 onions
 2 ½ cups rice
 Salt

Directions:

Put chicken in a large pot.

Add 1 chopped large onion, 2 chopped cloves of garlic, and 1 tsp. of salt.

Fill the pot with approximately 10 cups of water.

Directions (continued):

Bring to a boil and cook on low heat for approximately 1 and ½ hours.

Chop second onion and put in small bowl. Add ½ to 1 cup vinegar. Set aside.

Remove the pot from heat and remove the chicken from the broth.

Add 1 tsp. coriander to the broth. Return broth to the stove and bring to a boil.

After it boils, add 1 cup dried mulukhiya to the broth. Let it boil for another 3 to 4 minutes.

Remove all chicken meat from the bones and place in serving bowl.

Place rice, chicken, vinegar/onion in a bowl and pour mulukhiya over the ingredients.

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YEBRA

Ingredients:

- **1 lb. ground lamb (course with some fat or ground beef)**
- **½ cup rice**
- **¼ cup water**
- **1 tsp. salt**
- **¼ to ½ tsp. allspice**
- **lamb bones or chicken wings**

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YEBRA

Directions:

Mix all ingredients together. The meat mixture should be moist and loose not dry. If necessary add a little water from time to time to keep it moist.

Boil grape leaves about 5 minutes. Remove from boiling water and rinse with cold water. Remove hard thick stems from each leaf.

In bottom of large pot place lamb bones or chicken wings until the bottom is completely covered.

Place 2 to 3 tbsp. mixture across the bottom part of the leaf just above where the stem had joined the leaf.

Fold the sides in and then roll the leaf up from the bottom into a tight roll. Place rolled leaf in the pot. Arrange in rows. Continue rolling until all the mixture has been used. Freeze remaining ingredients.

When all leaves have been put into the pot add the following:

- ½ cup lemon juice
- 1 tsp. salt
- 2 to 3 cloves of garlic, chopped

Fill with water until the leaves are covered. Bring to a boil. Reduce heat and cook at very low heat for 45 to 50 minutes.

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KIBBEH

Preheat oven to 350 degrees

Stuffing: Brown ¼ lb. meat and 1 medium onion in a frying pan. Add pine nuts, salt, and allspice. Mix thoroughly and set aside.

Put remaining meat in a large bowl. Add onion, salt and allspice, and kneed until thoroughly mixed.

Rinse bulgur in cold water. Squeeze bulgur thoroughly to remove water before adding to the meat.

Add 1 handful at a time to the meat. When all bulgur is added to the meat start kneading.

Dip hands in ice water when necessary to keep mixture from sticking.

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KIBBEH

When meat is thoroughly mixed and holds firmly together, divide meat in half. You can put it in the refrigerator for a few minutes if not firm enough.

Grease a pan with margarine and/or butter and then sprinkle the pan with olive oil (a few drops here and there).

Dip hands in ice water and then take a small amount of the meat mixture in hands and flatten to approximately ¼ in. thickness. Place in the pan. Repeat until the entire bottom of pan has been covered.

Smooth the layer by putting fingers in ice cold water and then smoothing the layer of meat.

Spread stuffing mixture evenly over the bottom layer.

Take remaining meat mixture and make the top layer following the same procedure as used for the bottom layer. Smooth when finished.

Dip a sharp knife in cold water and cut a diamond pattern into the meat. Then run the knife around the edge of the pan, pulling kibbeh away from the side of the pan.

Make 10 to 12 small holes in the meat with the finger tip and place a small dab of margarine in each hole. Bake for about 40 minutes

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KIBBEH NAYEH INGREDIENTS

- **Raw lamb:** The meat has to be fresh from a butcher you trust.
- **Fine bulgur wheat:** Bulgar wheat is cracked wheat, and it comes in different sizes. Make sure you use FINE bulgur wheat..
- **Onion:** Use white onion for kibbe nayyeh.
- **Allspice:** I don't use too much of any spice in this dish because I always aim to avoid overpowering the meat flavor.
- **Lebanese seven spices:** Just a dash of this too.
7 Spice variations vary between manufacturers and family recipes. **Allspice, cinnamon, black pepper, cardamom, paprika, ginger, nutmeg, ground cloves, coriander, cumin, nutmeg**
- **White pepper:** A teeny bit to add a little bit of heat. Alternatively, substitute with black pepper.
- **Ground nutmeg:** Grind a little bit of this fresh.
- **Extra virgin olive oil**

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KIBBEH NAYEH - PREPARING

- **The first thing in making kibbeh nayeh is to prepare the bulgar wheat. Soak the fine bulgar wheat in water for 40 minutes to 1 hour. Drain the bulgar wheat. The bulgar should be soft when ready.**
- **Peel and quarter the onion.**
- **Split the meat into three batches.
Ground the first two in a food processor and place them in a large bowl.
Put the third batch in the food processor along with the raw onion and spices and process.**
- **Add this onion mixture to the rest of the ground meat.**
- **Some people add a few ice cubes to the kibbeh meat in the food processor so the meat doesn't overheat. Add very little ice to avoid excess water.**

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KIBBEH NAYEH – PREPARING (...)

- **Add the bulgur to the meat and start kneading the mixture with your hands until everything is mixed together (it takes around 5-7 minutes so keep mixing). If you feel the mixture needs it, place your hands in a bowl of cold water and then mix again.**
- **Once everything is combined, shape the mixture into a large ball. Move it to the serving dish and start patting it down until it covers the entire serving plate.**
- **Some people add a few ice cubes to the kibbeh meat in the food processor so the meat doesn't overheat. Add very little ice to avoid excess water.**
- **Use a fork to make lines across the kibbeh nayeh. Drizzle with olive oil. Decorate with greens or mint.**

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KIBBEH NAYEH – READY TO EAT(...)



ENJOY!!

IF YOU DARE!!

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TABBULEH - PREPARING

- Soak bulgur in very hot water for at least 20 minutes. Do this first and then start chopping other ingredients
- Rinse parsley and mint thoroughly. Wrap in paper towels and dry until all water is removed.
- Take some of parsley, mint, and scallions. Chop together into fine mixture. Repeat until all ingredients are chopped.
(alternative: chop in a food processor. Note that the ingredients must be very dry if chopped in a food processor.)
- Squeeze bulgur by hand until the liquid is removed, then sprinkle over salad.
- Chop tomatoes finely by hand and add to salad.
- Pour lemon juice, oil, 1 tsp. salt, and ½ tsp. garlic powder over salad. Mix well.
- Adjust lemon juice, salt, and garlic to suit your taste.



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SPINACH PIES MAKE THE DOUGH



- Combine the warm water, sugar and yeast in a bowl.
- Add the flour and salt and mix together until well combined.
- Transfer the dough to a floured surface and knead the mixture until sticky, about 5 minutes.
- Add the olive oil and continue kneading until the dough becomes soft and smooth and lightly sticky without leaving any dough on your fingers.
- The dough will be oily.
- Transfer the dough to a lightly greased pan and allow it to proof until doubled, about 90 minutes.
- Remove the dough and divide into 30 pieces and reshape into round balls.
- Let sit in an oiled tray covered until doubled, about 30 min

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SPINACH PIES MAKE THE STUFFING



- **In a large bowl, place the thawed spinach, parsley, onions, olive oil, lemon juice, sumac and salt.**
- **Stir to combine until very well mixed. Set aside in the fridge until ready to use.**

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SPINACH PIES ASSEMBLE AND BAKE



- **Preheat the oven to 425°F and line two baking sheets with parchment paper.**
- **Divide the dough into the two trays with 15 balls each separated into 3 rows of 5.**
- **Use your hands to press down on the dough to flatten them while keeping a circular shape.**
- **Place 2 tablespoons of the mixture inside each circle.**
- **Hold two ends of the dough and seal them together over the filling, pinching the dough together to help bind.**
- **Fold the last side up to meet the first two sides, pinching the dough together with the first two sides to bind.**
- **Bake for 15-20 minutes until the tops are golden brown.**
- **Serve warm on their own or with plain whole milk yogurt as a dip**

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KIDNEY BEAN SALAD

Dressing - Mix all ingredients in a bowl and set aside

Directions:

Dressing (same as used for tabbouleh, mushroom salad, avocado, etc.)

1 part lemon juice
2 parts olive oil
½ tsp. salt
¼ tsp. garlic powder

- **Chop all vegetables (except kidney beans) and mix in a bowl.**
- **Coat with a little oil if you are preparing them ahead of time.**
- **Just before serving, heat kidney beans.**
- **Remove from heat and add vegetables and dressing.**
- **Mix and serve.**

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BAKLAVA

Preheat the oven to 350°F. Lightly grease a 9x13-inch pan.

In a food processor, pulse the nuts until they are finely chopped. Combine with the sugar, cinnamon, and cloves.

In a separate bowl, melt the butter in the microwave.

Roll out the phyllo sheets and cut in half so the sheets will fit in the pan.

Place a sheet of phyllo dough into the pan. Using a pastry brush, brush the phyllo sheet with melted butter. Repeat 7 more times until it is 8 sheets thick, each sheet being "painted" with the butter.

Spoon on a thin layer of the nut mixture. Cover with two more sheets of phyllo, brushing each one with butter. Continue to repeat the nut mixture and two buttered sheets of phyllo until the nut mixture is all used up.

The top layer should be 8 phyllo sheets thick, each sheet being individually buttered. Do not worry if the sheets crinkle up a bit, it will just add more texture.

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BAKLAVA (...)

Score into 24 equal sized squares using a sharp knife.

Bake at 350°F for 30 to 35 minutes or until lightly golden brown, and edges appear slightly crisp.

While baking, make the syrup. Combine the cinnamon stick, sugar, lemon juice, honey, and water in a saucepan. Bring to a boil, then reduce to medium low heat and let simmer for 7 minutes and slightly thickened.

Remove the cinnamon stick and allow to cool.

Spoon the cooled syrup over the hot baklava and let cool, uncovered, for at least 4 hours.

Garnish with some finely crushed pistachios If desired.

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RESULTS – INTERIM AND FINAL



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WHERE TO PURCHASE REQUIRED ITEMS (...)
SAHADI - BROOKLYN



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? ? ? ? ? ? ? ? ? ? ? ? ? ?

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