



Middle
F'East

Earth, Spice, Fire



Middle
P'East
Earth. Spice. Fire

Middle Eastern cuisine is a broad term that encompasses Arab, Iranian, Israeli, Assyrian, Azerbaijani, Armenian, Georgian, Kurdish, Cypriot and Turkish foods.

Common ingredients include olives and olive oil, pitas, honey, sesame seeds, dates, sumac, chickpeas, mint, rice and parsley





Spice Blends



Syria - Zaatar

120g Cumin Seeds
60g Sea Salt
120g Sesame Seeds
120g Dried Oregano
120g Sumac

Dry roast the cumin in a frying pan, over low heat until fragrant, then grind with salt, Dry roast the sesame seeds until golden brown and stir into the mixture with oregano and sumac

Turkish - Baharat

120g Black peppercorns
120g Cumin seeds
120g Coriander seeds
7g cloves
60g Cardamon seeds
60g Ground nutmeg
5g Ground cinnamon
60g Dried Mint

Finely grind the whole spices and combine them with the remaining ingredients.

Israel- Zhug

60g Cardamon seeds
60g Coriander seeds
60g Cumin
2 green chillis
2 Garlic Cloves
1 Large bunch of coriander
1 Bunch of flat leaf parsley

Toast the dry spices in a frying pan over a medium heat, then grind. Pound to a paste with the chillis and garlic, combine with the herbs and the oil, set aside for 10 minutes then finish with lemon juice

Lebanon - Taklia

6 Cloves of garlic
60ml Olive oil
1tsp ground coriander
10g Cayenne pepper
7g Salt

Fry garlic gently in oil, then when it is fragrant but not coloured pour into a mortar with coriander, cayenne, and salt and grind to a paste.

Iraq - Arabie Baharat

60g Black peppercorns
60g allspice
60g Cloves
60g Coriander seeds
60g Cumin seeds
60g Cinnamon powder
60g Grated Nutmeg

Grind the whole spices and combine with the cinnamon and cumin.

Egypt - Dukka

300g Hazelnuts
300g Whole Almonds
60g Coriander
60g Cumin
120g seeds

Roast all ingredients in the oven at 200 for 5 minutes then allow to cool before pulsing in blender. Store In airtight containers.

Arabian Peninsula - Hawajj

60g Black pepper Corn
50g Cumin Seeds
60 Cardamon Pods
60g Coriander
60g Ground turmeric

Grind all spices and combine with turmeric



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Bread
Sweet & Savory



Kaak, Ka'ak or Kahqa Bread

A classic sesame seed covered Lebanese bread, and is also found in Jordan, Syria, Egypt, Iran, Iraq, Israel and Palestine.

It is also known as kaak bel simsim or kaak bel semsem, which means kaak with sesame seeds

Similar to Turkish simit, the bakery version of kaak is often teardrop-shaped with a hole in the center, giving it the appearance of a purse or handbag. For this reason, in Lebanon, as in Jordan, kaak is also called handbag or purse bread.

Different types of Kaak

Morocco

Kaak mesfioui, a dry biscuit flavoured with anise and sesame seeds, in the shape of a ring, a specialty of the city of Safi.

El qfafel, a dry ring-shaped cookie, a specialty of northern Morocco, similar to kaak mesfioui.

Kaak souiri, a ring-shaped dry biscuit, flavoured with fennel, anise and sesame seeds, and orange blossom, a specialty of the city of Essaouira.

Kâak oujdi, a serrated ring, brioche, a specialty of the towns of Oujda, Berkane and Taourirt.

Kaak Tlemcen, a sweet, sourdough cookie flavoured with orange blossom from the town of Tlemcen.

Tunisia

Kaak anbar, a dry ring-shaped biscuit with almond powder and flavoured with amber, rose geranium, or rose water. It is sprinkled with pistachio pieces.

Kaak louz, a ring-shaped, sweet biscuit with almond powder and flavored with bitter almond.

Kaak warka, sweet, made with flour, icing sugar, butter, and almond powder. It is scented with orange blossom or rose water.

Libya

Kaak malih, a traditional salted cookie with sesame seeds and / or fennel or anise, which comes in the shape of a ring or braid.

Yemen

Yemen's ka'ak is a brioche-like cookie sprinkled with black sesame or black sesame seeds. It is the specialty of the Purim festival of Yemenite Jews.

Egypt

Kaak or kahk, traditional during Eid al-Fitr and Easter in Egypt, is sprinkled with powdered sugar and stuffed with agameya, a mixture of honey, nuts, ghee, or dates, or simply eaten plain.

Palestine

Ka'ak bi ma'moul: For the Muslim holidays of Eid al-Fitr and Eid al-Adha, ka'ak bi ma'moul is also a traditional dessert similar to Lebanese maamoul.

In Gaza, when someone offers this dish, it is customary to make it filled, most often with kaak bi ajwa, which is ring-shaped and stuffed with spiced date paste.



Kaak

*Prep Time 45minutes
mins*

*Cook Time 30minutes
mins*

Resting Time 1hour

*Total Time 1hour
15minutes mins*

Servings: 8 loaves

For the dough

960g flour , sifted

8 tablespoons
powdered milk

2 tablespoon sugar

3 teaspoons salt

2 teaspoon baking soda

4 teaspoons active dry
yeast

2 tablespoon vinegar

4 tablespoons extra
virgin olive oil

720ml lukewarm water
(or more), at 97 F / 36°C

For the glaze

240ml water

2 tablespoons flour

2 tablespoons olive oil

1 pinch salt

For the garnish

Golden sesame seeds

For the dough

In the bowl of a stand mixer, combine the flour, powdered milk and baking soda, and make a well in the centre.

Add the yeast and sugar to the well, then pour over ½ of the lukewarm water (360 ml). Let sit for 10 minutes.

Add the olive oil and vinegar, and while gradually incorporating the remaining lukewarm water, start kneading using the dough hook on medium speed.

Once the water is fully incorporated, add the salt, and continue to knead for 10 minutes, until a smooth dough is formed that comes off the sides of the bowl. If the dough is too wet, add a little flour. If it's too dry, add a little water.

Cover the dough with a cloth, and let it rise for 45 minutes in a warm, draft-free place, until it at least doubles in volume.

Preheat the oven to 410 F (210°C).

Place the dough onto a floured work surface, and divide into 8 pieces. Form 8 loaves in the shape of a purse, or a circular or oval crown.

To form a purse, here are the two most common methods:

Roll out the dough into a round or an oval, and use a small round cookie cutter to make a hole toward the top of shape, to form a 'handle'.

Roll the dough into a long sausage which should be thick in the middle and have thinner ends that can be brought together to form the handle of the purse.

Cover the Kaak with a cloth, and set aside in a draft-free place for another 15 minutes to rise again

For the Glaze

It is advisable to prepare the glaze during the first rising of the dough, in order to give it time to cool a little.

Combine all the ingredients for the glaze in a non-stick saucepan, whisk and bring to a boil, it should have the consistency of cream. Remove from heat and allow to cool.

Garnish and baking

Using a pastry brush, brush each Kaak with the glaze and sprinkle each one with sesame seeds. Bake for 25 to 30 minutes, or until golden brown

Manakish (Firecracker Lamb)

Prep Time 45 minutes
mins

Cook Time 30 minutes
mins

Resting Time 1 hour
hr

Total Time 1 hour 15 minutes
mins

Servings: 8 loaves

Small block feta cheese
crumbled

Chopped Black olives

Chopped coriander

Pomegranate Seeds

Harissa Yoghurt

Olive Oil

Manakish dough

750g Strong Flour

750g Natural Yoghurt
(Full Fat)

100ml Vegetable oil

15g Salt

2tsp Baking Powder

Spiced Lamb Paste

400g Minced Lamb

1tsp Chilli Powder or
Flakes

2 tsp Zaatar

3 tsp Ground Cumin

30ml Olive oil

Salt & Pepper

For the dough

Place all ingredients in a mixing bowl and Knead for 6 minutes on speed 2

Once the dough is prepared, split it into 14 equal pieces (120g each) for larger breads or 22 pieces for a smaller sized bread.

Place on a lightly floured tray on parchment paper cover with cling and leave in a cool place to rest for 50 minutes

Spiced lamb paste

Place all ingredients in a food processor and blend until a smooth paste

Place in a piping bag and refrigerate until required

Roll out the dough pieces with a rolling pin into oval pitta bread shape pieces around 1/4-inch in thickness.

Use your fingers to lightly dimple the top of the bread. This will not only help keep the topping in place as the bread bakes, but it will also stop it from puffing up too much in the oven.

Top each flatbread with thin layer of the spiced lamb paste, leaving about a ½ inch 'crust' at the edges.

Transfer the topped breads onto the pre-heated pizza oven (or pizza stone).

Bake for between 2-3 minutes constantly turning, until it's lightly golden-brown, and the lamb is thoroughly cooked

Sprinkle with Crumbed Feta, Chopped Black olives, Chopped coriander, Pomegranate Seeds, Chilli flakes (optional) and a drizzle of Harissa Yoghurt





Manakish (Za'atar)

Enjoy this traditional Middle Eastern flatbread, aka Zaatar bread/ Manakish Za'atar
This flatbread can be served as a snack, appetizer, or alongside a breakfast spread!

*Prep Time: 10minutes
minutes (plus 50 minutes
rest)*

*Cook Time: 5minutes
minutes*

*Total Time: 15minutes
minutes*

*Servings: 14 medium-
sized breads*

Manakish dough

750g Strong Flour

750g Natural Yoghurt
(Full Fat)

100ml Vegetable oil

15g Salt

2tsp Baking Powder

130 g zaatar

130 ml olive oil

Optional Add-Ons:

Cheese Halloumi, akawi,
nabulsi, or feta

Kalamata Olives

Red Pepper flakes or
chilli flakes

Manakish dough

Place all ingredients in a mixing bowl and Knead for 6 minutes on speed 2

Once the dough is prepared, split it into 14 equal pieces (120g each) for larger breads or 22 pieces for a smaller sized bread.

Place on a lightly floured tray on parchment paper cover with cling and leave in a cool place to rest for 50 minutes

Roll out the dough pieces with a rolling pin into round pizza-shape pieces around 1/4-inch in thickness.

Use your fingers to lightly dimple the top of the bread. This will not only help keep the topping in place as the bread bakes, but it will also stop it from puffing up too much in the oven.

Za'atar topping

In a small bowl combine the za'atar and olive oil and mix well into a paste similar to pesto.

Top each of the Middle Eastern Flatbread with some of the za'atar oil blend, leaving about a 1/2-1 inch 'crust' at the edges.

Transfer the topped zaatar bread onto the pre-heated pizza oven (or pizza stone).

Bake for between 2-3 minutes constantly turning, until it's lightly golden-brown, without burning the spices on top.

Remove the manakish za'atar from the oven and allow it to cool slightly. This will allow the topping to 'dry' to the flatbread.

If you have any leftover za'atar and olive oil blend then you can use it as a dip for any crust bread.

If you have issues with the za'atar mix burning, then you can add a little water to the topping. It will prevent it from burning as easily and can even yield a slightly softer manakish.

Babka

(Cardamon, Pistachio & Rose Petal)

Makes 2 large loaves

300ml whole milk

1650g strong white bread flour, plus extra for dusting

300g caster sugar

21g (3 sachets) fast-action dried yeast

12 large eggs, at room temperature

450g unsalted butter, at room temperature, cut into cubes

For the filling

125g light brown soft sugar

75g cocoa powder

310g dark chocolate, finely chopped

250g unsalted butter, chopped

6 tsp Ground Cardamon

3 tsp Ground Cinnamon

150gm Peeled Chopped Pistachio nuts

Rose Petals

For the syrup

100g caster sugar

80ml Water

Rose Petals

Heat the milk in a small pan over a low heat until warm, but not hot. Set aside. Put the flour into the bowl of a stand mixer. Add 1tsp salt to one side of the bowl and the sugar and yeast to the other. Mix each side into the flour with your hands, then using the dough hook attachment until fully combined.

Pour in the warm milk, then, with the mixer on medium, add the eggs one at a time. Keep mixing the dough for 10 mins until smooth, then gradually add the butter, one or two cubes at a time, until fully incorporated, about 5-8 mins. Scrape down the sides of the bowl – the dough will be very soft.

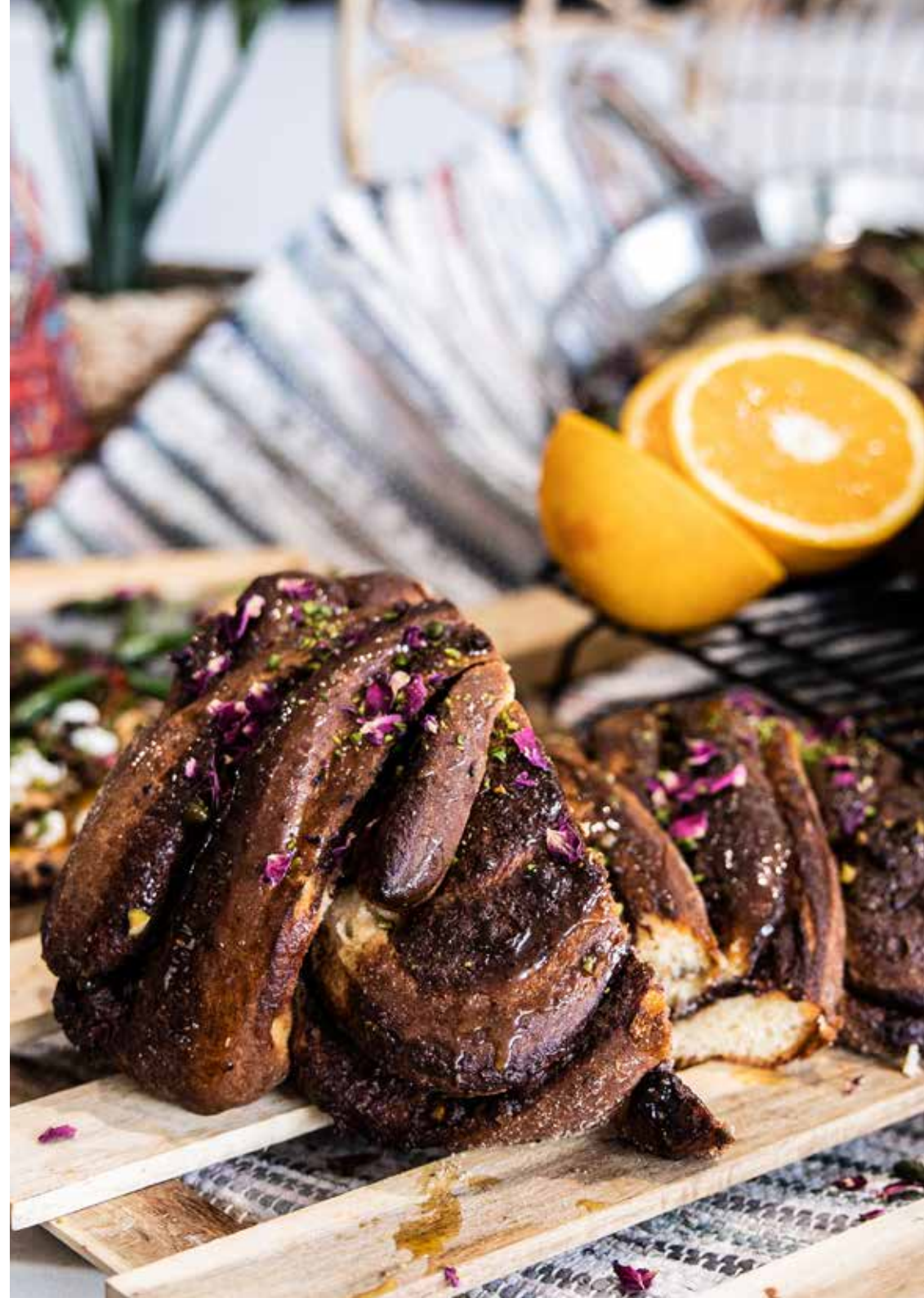
Scrape the dough into a large bowl, cover with a clean tea towel and leave to rise for 1 hr 30 mins-2 hrs until doubled in size. Once doubled, chill for 1 hr.

Line a large baking sheet with baking parchment and set aside. To make the filling, put all the filling ingredients except for the Pistachio nuts & Rose petals in a small saucepan over a low-medium heat and add a large pinch of sea salt flakes, stirring continuously until everything has melted together. Transfer to a bowl, leave to cool completely, then transfer to the fridge and chill for 40 mins, stirring every 20 mins until the mixture has thickened but is still spreadable.

Remove the dough from the fridge, and roll out on a lightly floured surface to a roughly 70 x 40cm rectangle. Spread the filling evenly over the dough using a spatula or palette knife. Now sprinkle on the Pistachio nuts and Rose Petals. With a shorter end closest to you, roll the dough up into a tight sausage. Transfer to a board, seam-side down, and cut in half across the length so you have two long pieces. Lay the two pieces out in front of you, parallel to one another, and cross them over each other along the length in a plait-like pattern, then carefully transfer to the lined sheet.

Cover with a tea towel and leave to rise for 1 hr until doubled in size. Heat the oven to 180C/160C fan/gas 4 and bake the babka for 35-40 mins until golden.

For the syrup, simmer the sugar, water & rose petals over a high heat for 5-10 mins until thickened. Brush the babka with the warm syrup. Strain the candied rose petals and scatter over the babka. Serve warm, or leave to cool completely, then keep wrapped. Will keep wrapped at room temperature for up to two days.





Babka

(Chocolate Orange)

Makes 2 large loaves

300ml whole milk

1650g strong white bread flour, plus extra for dusting

300g caster sugar

21g (3 sachets) fast-action dried yeast

12 large eggs, at room temperature

450g unsalted butter, at room temperature, cut into cubes

For the filling

125g light brown soft sugar

75g cocoa powder

310g dark chocolate, finely chopped

250g unsalted butter, chopped

2 oranges, zested

For the syrup

100g caster sugar

2 oranges, juiced, plus 1 orange, zest peeled and finely sliced into strips

Heat the milk in a small pan over a low heat until warm, but not hot. Set aside. Put the flour into the bowl of a stand mixer. Add 1tsp salt to one side of the bowl and the sugar and yeast to the other. Mix each side into the flour with your hands, then using the dough hook attachment until fully combined.

Pour in the warm milk, then, with the mixer on medium, add the eggs one at a time. Keep mixing the dough for 10 mins until smooth, then gradually add the butter, one or two cubes at a time, until fully incorporated, about 5-8 mins. Scrape down the sides of the bowl – the dough will be very soft.

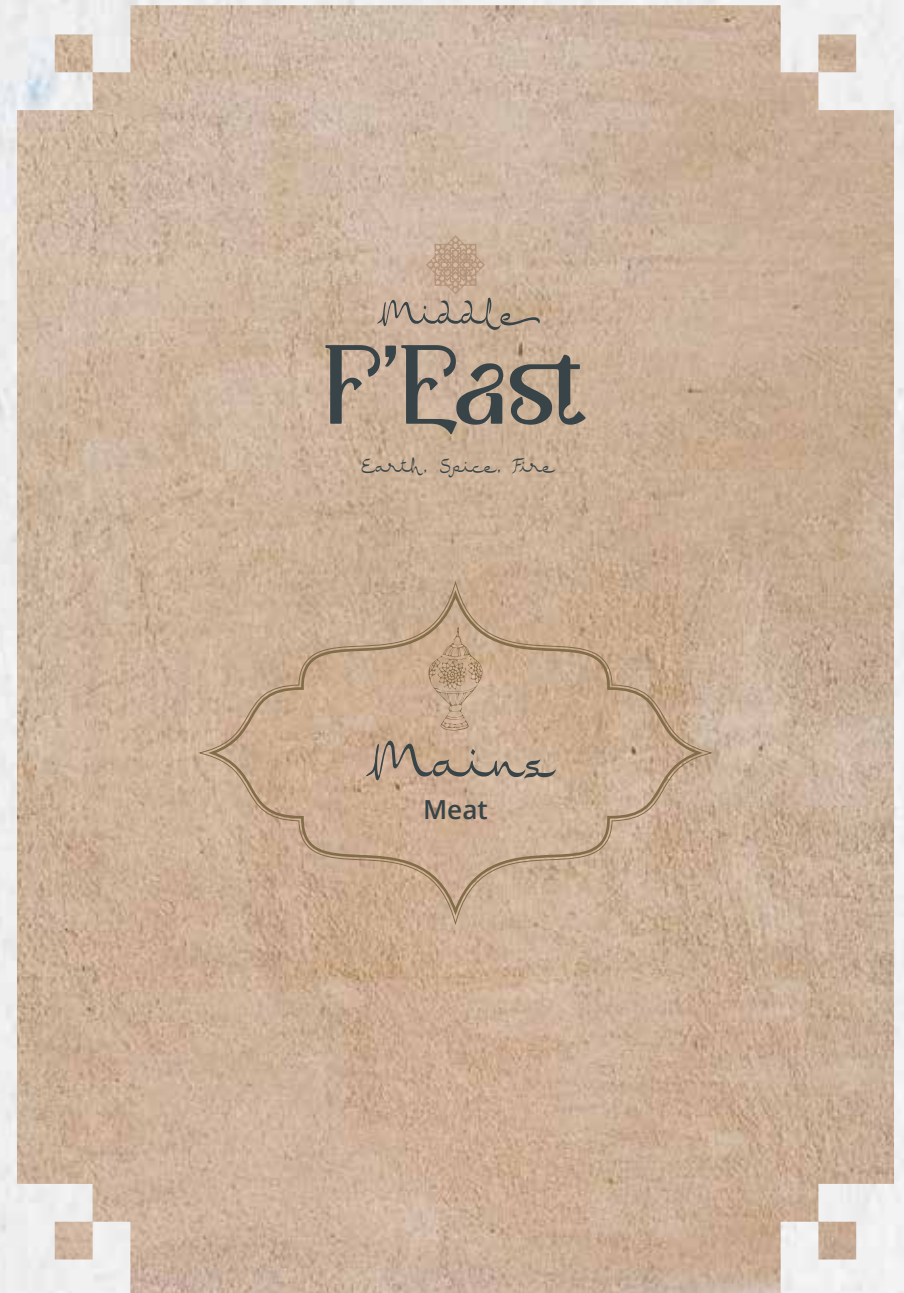
Scrape the dough into a large bowl, cover with a clean tea towel and leave to rise for 1 hr 30 mins-2 hrs until doubled in size. Once doubled, chill for 1 hr.

Line a large baking sheet with baking parchment and set aside. To make the filling, put all the filling ingredients and a large pinch of sea salt flakes in a small saucepan over a low-medium heat, stirring continuously until everything has melted together. Transfer to a bowl, leave to cool completely, then transfer to the fridge and chill for 40 mins, stirring every 20 mins until the mixture has thickened but is still spreadable.

Remove the dough from the fridge, and roll out on a lightly floured surface to a roughly 70 x 40cm rectangle. Spread the filling evenly over the dough using a spatula or palette knife. With a shorter end closest to you, roll the dough up into a tight sausage. Transfer to a board, seam-side down, and cut in half across the length so you have two long pieces. Lay the two pieces out in front of you, parallel to one another, and cross them over each other along the length in a plait-like pattern. Carefully transfer to the lined sheet.

Cover with a tea towel and leave to rise for 1 hr until doubled in size. Heat the oven to 180C/160C fan/gas 4 and bake the babka for 35-40 mins until golden.

For the syrup, simmer the sugar, orange juice and zest over a high heat for 5-10 mins until thickened. Brush the babka with the warm syrup. Strain the candied orange zest and scatter over the babka. Serve warm, or leave to cool completely, then keep wrapped. Will keep wrapped at room temperature for up to two days.



Kibbeh

National dish of Lebanon & Syria

Serves 6-8

Kibbeh Dough

300g Bulgur wheat
(soaked in water for
approx. 15-20 mins)

600g minced lamb or
Mutton

1 large onion cut into
quarters

1 teaspoon ground
coriander

2 teaspoon Allspice

½ teaspoon ground
Cinnamon

2teaspoon salt

1 teaspoon ground
black pepper

Stuffing

1 medium sized onion,
finely chopped

400g minced lamb

75g toasted pine nuts

1 teaspoon allspice

½ teaspoon cinnamon

Pinch salt and pepper

Tablespoon Olive oil

kibbeh Dough

Strain the bulgar wheat from all its water, set aside

Put onion, lamb,spices and seasoning into a food processor
and blend to a paste

Then add drained bulgar wheat and combine, set aside in the
fridge for 1 hour.

Stuffing

Heat oil and saute onion until golden, then add lamb, stirring
until browned

Add the toasted pinenuts, spices & seasoning, then set aside
for approx. 1 hour.

Kibbeh

Remove dough from the fridge.to stuff the kibbeh you need
to have damp hands so have a bowl of water next to you.

Have both the dough and filling next to you, dampen hands.
Take approx. 2 tbsp of dough and form a oval shaped disc
in the palm of one hand, then make a well in the centre and
add approx. 1 tbsp of filling, then fold over and seal.

Then chill for a good 30 -40 minutes.

Heat oil to around 350 degrees and deep fry in batches for
about 4-5 minutes, then remove and put on to some paper
towel to drain.

**Alternatively you may bake these kibbeh.*

Serve hot with Tahini sauce or Tzatziki or just plain yoghurt.





Chicken kabsa

Originates from Yemen

Serves 10

170g olive oil

1.5kg boneless chicken thigh cut into 3-inch pieces

3 medium sized onions thinly sliced.

450g grated carrot.

6 teaspoons chopped garlic.

1kg tinned Chopped tomatoes.

600ml chicken stock

3 oranges zested.

12 whole cloves

6 cinnamon sticks

485g basmati rice

175g golden raisins

75g chopped pistachios.

Salt and pepper to taste

Heat 100g tablespoons of oil and saute the chicken until golden for approx. 10 minutes, then remove and set aside.

Remove the chicken to a tray and set aside.

Add the remaining oil and add onions,carrots and garlic until tender.

Stir in the chopped tomatoes, stock, orange zest, cloves, cinnamon & chicken.

Bring to the boil, then reduce the heat to medium, cover and cook until the chicken is completely cooked through, approx. 25 mins

Remove the chicken once cooked back to the tray,remove cinamon sticks and cloves.

Add the rice to the hot liquid, cover and simmer until the rice is tender and the liquid is absorbed, 20-25 minutes.

Spoon the rice onto the plate, top with the chicken and garnish with raisins and chopped pistachios.

Merquez Patties

North African Dish

Serves 10

1.5kg ground Mince
Beef

175g Fresh
breadcrumbs

9 tablespoons Harissa
paste

3 Tablespoon minced
garlic

6 teaspoons fennel
seeds

6 teaspoons ground
cumin

3 teaspoons ground
coriander

3 teaspoons of ground
cinnamon

1 ½ teaspoons of
smoked paprika

2 teaspoons sea salt

6 tablespoons of olive
oil

Mix thoroughly all ingredients together apart from the olive oil

Divide the mixture into approx. 24 equal pieces and then roll into balls. Press the balls down to form a pattie, about ½ inch thick. Cover and refrigerate for 1 hour.

Heat the oil in a large skillet and cook for approx. 10 minutes.

Transfer to a greaseproof tray and finish off in the oven for 5-10 minutes

Serve with flatbread and freshly chopped tomato & coriander.





Short Ribs

With dates, date molasses & potatoes

Soprito - Jerusalem

Serves 10

100ml olive oil

4 kg beef short ribs (you could use pork spare ribs)

10 teaspoons of sea salt

2 teaspoons of ground black pepper

1kg peeled onions

1.8kg peeled potatoes

5 tablespoons tomato puree

300g dried pitted dates

600ml water

10 tablespoons of date molasses to glaze

Heat oil and place ribs flat side down and season with salt and pepper. Allow to brown on one side before turning- 3-4 minutes per side.

While the ribs are cooking cut onions and potatoes into wedges

Remove ribs from the frying pan and place in an ovenproof pot.

Put onions in the frying pan and allow to colour then add potato wedges and cook for a further 3 minutes.

Add the tomato puree and stir around to coat.

Then tip these onto the beef ribs and add the pitted dates and water to the pot.

Either place on the stove on a low heat for 3-4 hours on simmer. Alternatively place in the oven on 160 degrees, for 4 hours.

Once cooked, brush the meat with date molasses, and then serve.

Mafrum

Meatballs in a sweet, sour & spicy tomato sauce

Tunisia

Serves 10

750g minced lamb & 750g minced Beef

600g grated onion

6 cloves of garlic grated

90g fresh white breadcrumbs

3 teaspoon smoked paprika

1 ½ teaspoons chilli flakes

3 teaspoons of harissa paste

1 ½ teaspoon salt

½ teaspoon of white pepper

1 teaspoon of ground cinnamon

Sauce

6 tablespoons of olive oil

50g garlic, grated

1 ½ teaspoons salt

180g Tomato puree

3 tablespoons of harissa paste

3 teaspoons of smoked paprika

1 cinnamon stick

6 bay leaves

3 tablespoons demerara sugar

The skin of 1 lemon

250ml lemon juice

2 litres of water

6 large pears cut in thick wedges with seeds removed, skin left on.

Mix all the meatball ingredients together and form into approx. 40 balls (approx. 50g)

Place on oiled baking tray and bake at 200 degrees for 12-15 minutes

While the meatballs are cooking put the olive oil, garlic, and salt in a pan and cook for 1-2 minutes stirring all the while.

Add tomato puree, harissa, spices, bay leaves, sugar and lemon skin and mix well. Cook until everything begins to stick 3-4 minutes.

Then add lemon juice and bring to the boil, then add water and bring back to the boil.

The meatballs should be ready to tip in to the sauce mix, bring the sauce to the boil then leave to simmer for an hour, then add pear quarters.

Cook for a further 15 minutes on low heat, sauce should start to become reduced and thicker.

Serve with white rice or cous cous and a soft milk bun.





Yellow Spiced Rubbed Chicken

Originates from Iraq

Serves 10

2kg Boneless & skinless chicken thighs (alternatively a whole chicken- pre brined)

10 dried chile peppers

2 ½ teaspoons of coriander seeds

2 ½ teaspoons of cumin seeds

2 ½ teaspoons of black peppercorns

10 cloves

5 tablespoons of minced garlic

5 teaspoons of ground cinnamon

5 teaspoons of ground nutmeg

2 ½ teaspoons of ground ginger

2 ½ teaspoons of ground cardamon

2 ½ teaspoons of ground allspice

2 ½ teaspoons of curry powder

2 ½ teaspoons of ground fenugreek

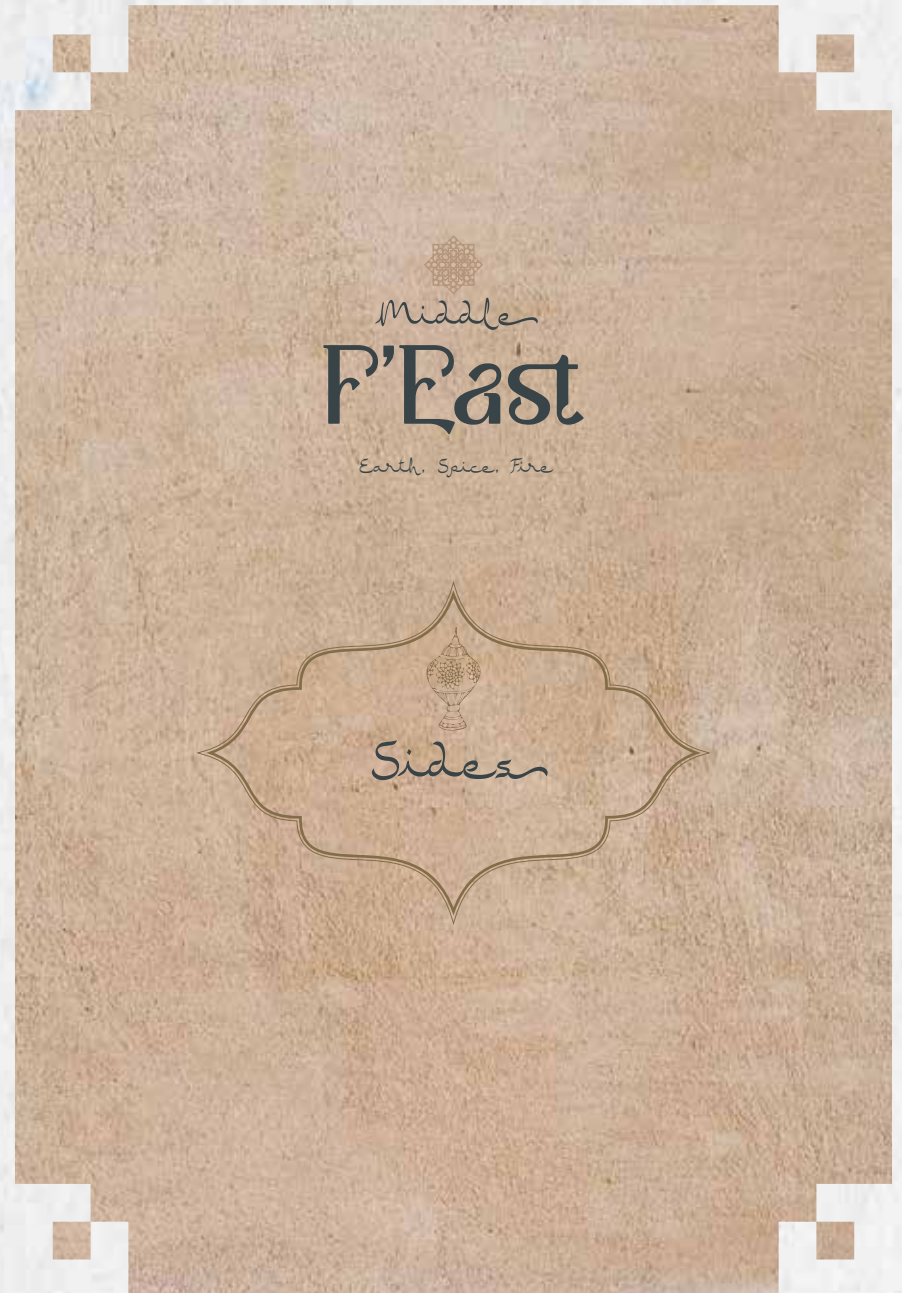
Combine the chiles, coriander, cumin, peppercorns & cloves in a pan over heat and cook until the seeds pop, approx. 2 minutes, cool and then use a spice grinder and grind.

Transfer these to a bowl and add remaining spices and garlic and mix well. Add the chicken and coat. Refrigerate overnight.

Once ready to cook, grill or char-grill the chicken and then transfer to the oven (165 degrees) cook for approx. 45 minutes.

If the spice blend is falling off please add some olive oil to form a paste.

Serve with Fattoush & homemade flatbread.



Hummus

Serves 10

250g chickpeas

½ teaspoon baking soda

Juice of 2 lemons

1 large clove garlic, roughly chopped

½ teaspoon sea salt, to taste

120g tahini

2 to 4 tablespoons water, more as needed

½ teaspoon ground cumin

1 tablespoon extra-virgin olive oil

Place the chickpeas in a medium saucepan and add the baking soda. Cover the chickpeas by several inches of water, then bring the mixture to a boil over high heat. Continue boiling, reducing heat if necessary to prevent overflow, for about 20 minutes, or until the chickpeas look bloated, their skins are falling off, and they're quite soft. Drain the chickpeas and run cool water over them for about 30 seconds. Set aside.

Meanwhile, in a blender, combine the lemon juice, garlic and salt. Process until the garlic is very finely chopped.

Add the tahini, cumin and chickpeas and blend until the mixture is thick and creamy, stopping to scrape down any tahini stuck to the sides and bottom of the processor as necessary.

Add the olive oil whilst blending, then add a tbsp of water if it needs letting down slightly

Hummus Variations

Turmeric Hummus – Follow the base recipe above and add in 2tbsp turmeric at the same stage as the tahini

Coriander Hummus – Follow the base recipe above and add in 50g spinach and 50g coriander leaves at the first stage

Roast Beetroot Hummus – Roast 100g Beetroot wrapped in foil until tender. Peel the skin off, dice and leave to cool. Add at the first stage

Smoky Sweet Potato Hummus – Roast 100g Sweet Potato at 200 degrees until soft, then add at the same stage as the tahini, with 1 tbsp of Baharat





Roast Lebanese aubergines

with harissa yoghurt

** harissa paste recipe

8 lebanese aubergines
or 8 baby aubergines or
4 aubergines

2 tbsp olive oil

50g phase

1 tbsp harissa paste
(from recipe)

6 tbsp coconut yoghurt

1 small garlic clove,
crushed

1 tbsp chopped
coriander

1 tbsp pomegranate
seeds

1 tsp sesame seeds

Heat the oven to 200C/190C fan/gas 6. Pierce the aubergines a few times with the tip of a knife, then brush with olive oil and put them on a baking sheet. Roast for about 40-45 mins, or until the aubergines are completely tender.

Melt the phase in a pan, then stir through the harissa . Cut the aubergines in half. Put them on a warm platter and season the inside of each one, then mix the yoghurt with the garlic. Spoon some of this into each aubergine, then drizzle over the spiced butter. Scatter over the coriander, pomegranate and sesame seeds to serve.

**Harissa Paste

4 Red Pepper

4 cloves Garlic (roughly
chopped)

40g Sun Dried
Tomatoes (soaked in
olive oil)

1 tablespoon Coriander
Seeds

1 tablespoon Cumin
Seeds

4 Dry Red Chillies

½ cup Extra Virgin Olive
Oil

1 tablespoon Sugar

Salt to taste

Roast the red peppers in the oven at 200 degrees until soft (10-15 mins). Remove the skin and seeds. Finely chop.

Heat a teaspoon of oil , add the garlic, the chopped red peppers and sprinkle some salt. Fry the red pepper on medium heat until caramelised and softened. Once the peppers are roasted and softened turn off the heat.

In the next step, we have to roast the coriander, cumin and chillies. Heat a small pan on medium heat and add the coriander, cumin seeds and dry red chillies. Roast on medium heat until you smell the aromas coming through. This will take less than 2 minutes.

The next step is to process all the ingredients in a food processor. Add the roasted peppers, the roasted coriander and cumin and the remaining ingredients including the olive oil into the food processor. Process all the ingredients to make a smooth paste.

Palafel

150g dried chickpeas
 ½ white onion, roughly chopped
 3 garlic cloves, crushed
 ½ tbsp ground coriander
 200ml olive oil
 ½ tsp baking powder
 20g coriander leaves

Soak the chickpeas for 12-24 hrs in at least double the volume of water. Drain, then put in a blender with the onion, garlic and ground coriander and a good sprinkling of sea salt and pepper. Blitz, scrape down the sides, then blitz again until you have a grainy paste.

Scoop up tablespoon-sized balls and flatten them slightly so you have an oval-shaped pebble. Shallow fry in about ½ a cm of oil. They should take about 3-4 mins to go golden brown and crisp on each side.

Curry Oil

1 tsp madras curry powder
 100ml extra virgin olive oil, warmed
 2 kaffir lime leaves, finely-sliced
 ½ lime, grated zest and juiced

In a small frying pan over a medium heat, toast the curry powder for 5 minutes, then add to the warm olive oil with the lime leaves and lime zest.

Stir and set aside to infuse in a warm place for 1 hour.

Strain the oil through a fine sieve into a bowl and add the salt and lime juice.

Cover and set aside until needed





Dolma

1 tablespoon Olive Oil

2 Onions (finely diced)

1 ½ cups Uncooked
White Rice

2 tablespoons Tomato
Paste

2 tablespoons Dried
Currants

2 tablespoons Pine Nuts

1 tablespoon Ground
Cinnamon

1 tablespoon Dried Mint

1 teaspoon Ground
Allspice

1 teaspoon Ground
Cumin

1 500g jar Brined Grape
Leaves (drained and
rinsed)

Heat oil in a medium saucepan over medium heat. Add onions and sauté until tender, about 5 minutes. Stir in rice, then add enough hot water to cover. Cover and simmer until rice is halfway cooked, about 10 minutes.

Remove from the heat and stir in tomato paste, currants, pine nuts, cinnamon, mint, allspice, and cumin. Let mixture cool, about 15 minutes.

Prepare a large pot by placing an inverted plate on the bottom; this will protect the dolmas from direct heat during steaming.

Cut off and discard any grape leaf stems. Place about 1 teaspoon cooled rice mixture into the center of a leaf. Fold in the sides, then roll into a cigar shape. Place into the prepared pot. Repeat to make remaining dolmas.

Pour in just enough warm water to reach the bottom of the first layer of dolmas. Cover and simmer over low heat for 30 to 45 minutes, or until rice is totally cooked. Check the water level often and add more as necessary.

Batata Harra

6 Medium-Sized Potatoes (peeled)

3 tablespoons Extra Virgin Olive Oil

2 Garlic Cloves (minced)

2 teaspoons Coriander Seeds (or a little more than 1 tsp ground coriander)

1 teaspoon Red Pepper Flakes (crushed)

2 teaspoons Ground Turmeric

Juice of 1 lime

1 cup Fresh Coriander Leaves (chopped)

1 cup Fresh Parsley Leaves (chopped)

1 cup Fresh Dill (chopped)

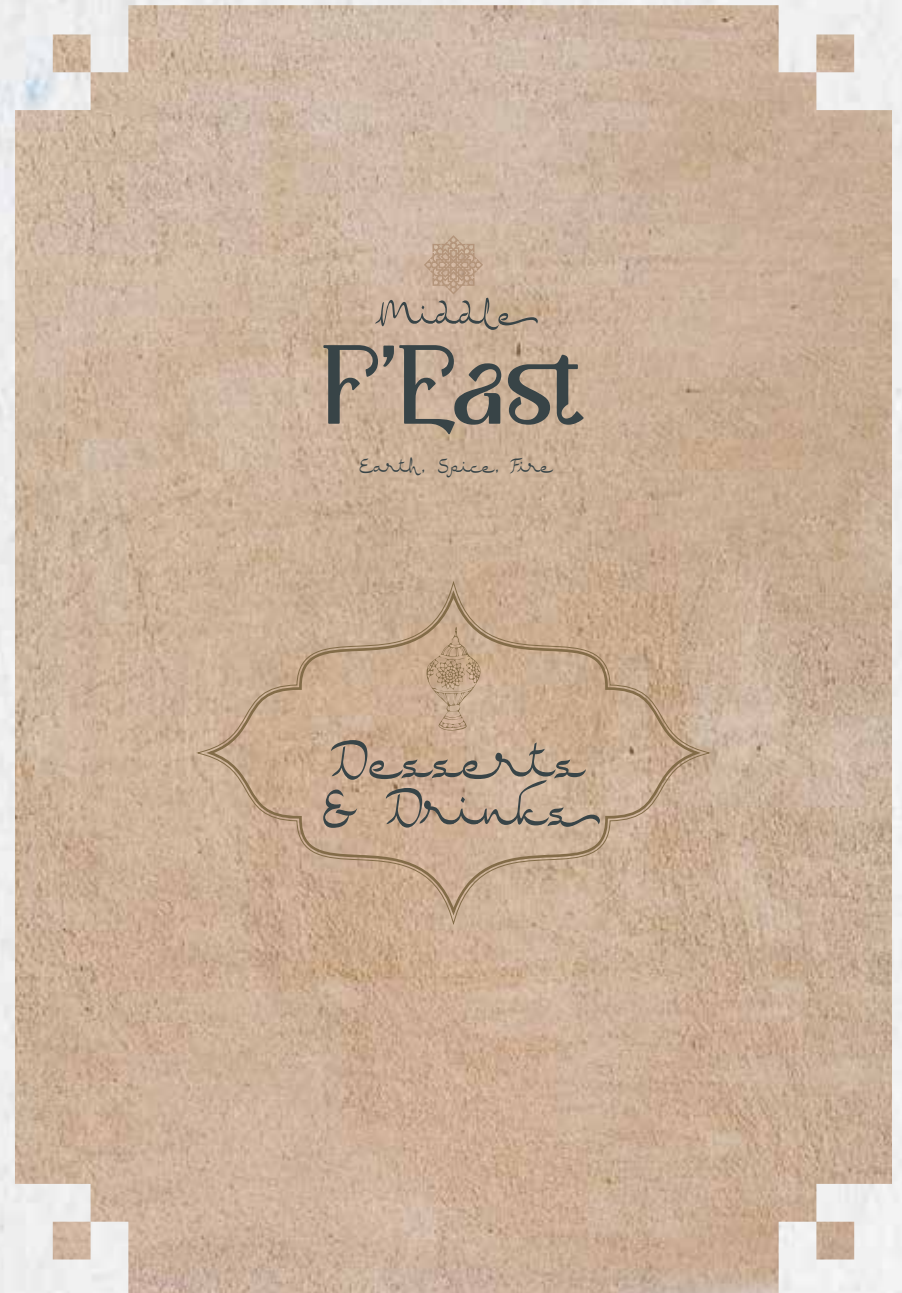
Boil 6 medium-sized potatoes. Peel the potatoes and boil them whole until they are fork tender, but not completely cooked through.

Drain the potatoes or scoop them out of the water carefully using a slotted spoon. Place them on a cutting board and allow them to cool for a few minutes then cut the potatoes into bite-sized cubes. Set them aside.

Warm extra virgin olive oil in a large pan over medium heat. Add 2 minced garlic cloves, 1 teaspoon red pepper flakes, and 2 teaspoons coriander seeds. Cook for a couple of minutes before adding 2 teaspoons turmeric powder. If you decide to use 1 teaspoon coriander powder instead of seeds, add them here as well. Pour in the juice of 1 lime.

Toss the potatoes well to coat them in the spices, then add a cup each chopped cilantro leaves, parsley leaves, and dill. Sprinkle some salt and black pepper to taste, and allow the potatoes to cook for a few more minutes until completely tender. Once cooked, remove the batata harra from the heat and sprinkle with a bit more red pepper flakes if you want a bit more heat. You can also add more fresh herbs.







Baklava Cheesecake

1 muffin tin
1 muffin tin lined or greased.
900g Full fat cream cheese
250g Golden caster Sugar
90g Plain Flour
50g Vanilla extract
Zest of 2 oranges
3 Eggs
1 Egg yolk
284ml Sour Cream

Baklava Syrup

250g Golden Syrup
50g Honey
60ml Orange blossom water
4g cinnamon
5g Ground cardamon

Pre Heat oven to 200 degrees

Cut filo into 3-inch by 3-inch squares.

Line greased muffin tins with 4 pieces of the filo

In a tabletop mixer fitted with the paddle beat on low for two minutes until smooth

With the mixer on low gradually add the sugar, then the flour, and a pinch of salt scraping down the sides of the bowl

Swap paddle attachment to whisk, continue by adding vanilla, orange zest, and one egg at a time

Then slowly add sour cream till smooth.

Blind bake the filo for 10 minutes

Add the cheesecake mix and bake at 210 for 10 minutes

Lower oven temperature to 90 degrees and bake for 45 minutes

Remove from oven and allow to cool

Spoon over baklava syrup

Baklava Syrup

Bring all ingredients to the boil then allow to cool

Once cooled down top with freeze-dried rose petals and crushed pumpkin seeds

Middle F'East

Hot Chocolate

550ml Double cream
550ml Condensed milk
550 Milk
600g Dark Chocolate
150g Coconut Sugar
100g Cocoa Powder
50ml Rosewater

Nougat

100g Blanched Almonds
100g Pistachios
100 Hazelnuts
Icing sugar for dusting
150g Honey
300g Caster Sugar
100g Liquid Glucose
2 Medium Egg Whites

In a heavy base pan bring milk, condensed milk & double cream to the boil.

Once Boiling remove from the heat and whisk in chocolate, cocoa powder and coconut sugar.

Nougat

Heat oven to 180C/160C fan/gas 4. Scatter the nuts over a baking tray and toast in the oven for 10 mins, then set aside (they don't need to cool). Cut the two pieces of rice paper to fit a 20 x 20cm square tin. Line the tin with one sheet of rice paper, brush the sides of the tin with oil, then dust the tin with Icing sugar

Put the honey into a saucepan, then in another saucepan tip in the sugar, glucose and 100ml of water. Put the egg whites in the very clean bowl of a tabletop mixer with a whisk attachment and whisk on a low speed. Heat and boil the honey until it reaches 121C on a digital cooking thermometer, then straightaway pour the honey over the egg whites and set the speed to medium. While the whites and honey are whisking, bring the sugar and water to the boil and keep boiling until the syrup reaches 145C exactly on a digital cooking thermometer. Pour the hot syrup in a slow, steady stream into the beating egg white mixture. Continue beating for about 10 mins until you have a thick, glossy, firm meringue. It's hard to over-whisk at this stage but easy to under-whisk, so keep going until the meringue looks like sticky chewing gum

Use a spatula to stir though the nuts (which should still be warm), the vanilla extract and a small pinch of salt. Scrape the mixture into the lined tin, then smooth over to spread the mixture out evenly (if you have an offset spatula, now is the time to use it). Finally, top with the remaining sheet of rice paper and press down. Leave the nougat to set for at least 2 hrs or overnight.

To turn out and portion, use a spatula to loosen the edges of the nougat away from the tin, then invert the tin on to a clean board and use a sharp serrated, hot knife to portion into bars or squares. The nougat will keep, stored in an airtight container, for up to a month.

To Serve hot chocolate place 20g piece of Nougat in the bottom of the cup pour over the hot chocolate then top with whipped cream, grated dark chocolate, Freeze dried hibiscus flowers





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