

## Sheesh Barak

This recipe is the Middle Eastern answer to Ravioli. The sauce that is used is cooked yogurt sauce. I think the origin of this recipe comes from the Turkish Cuisine.

### **Ingredients:**

- One cup flour
- One teaspoon of salt
- Two tablespoons vegetable oil
- ¼ - ½ cup water( depends on the dough you are making)
- ½ a pound ground meat (beef or lamb)
- Diced Onions
- Salt, black pepper and allspice
- Two cups plain yogurt
- One tablespoon corn starch
- Crushed garlic
- Cut Cilantro (optional)



### **Preparation:**

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- Mix flour, oil and salt until it becomes like a cake mix, crumbly
- Add water gradually, kneaded well until you form dough that has a round shape
- Leave the dough covered with a half-hour to rest
- Cut the dough into round equal parts. Roll out your dough with a rolling pin , and then cut with a round shape cookie cutter or a small cup.
- Preparation of the meat:
- Fully cook your meat with the onions and spices (salt, black pepper and allspice)
- Filling:
- Fill the round little dough with the meat, about a teaspoon each, fold the sides of the dough on each other then fold again around to form a hat shape of the dough and meat. **(Set aside on a cookie sheet. Bake in a 250 degree oven just to get it set) optional.**

#### *Yogurt preparation:*

- Mix the yogurt with the cornstarch and little cold water. Cook on high heat with constant stirring until it boils. Add some salt to it if needed. If the yogurt is too thick, add a little water to it.
- Add the sheesh barak to the boiling yogurt. Let boil on low heat for 15-20 minutes.
- Fry your crushed garlic with little oil until golden in color, then add to the yogurt and sheesh barak pot. You may fry fresh cilantro with the garlic if you like.
- Serve hot with white rice on the side.

Then Enjoy .....

## Iraqi Dolma

### **Ingredients:**

- 2 medium onions or 300 g, cut into thin slices
- 4 small eggplants or 300 g
- 4 small zucchini or 400 g
- 4 small potatoes or 400 g
- 4 small green bell peppers or 300 g
- For the stuffing:
- 250 g lean minced lamb
- 4 cloves garlic, crushed
- 1 small onion or 100 g, finely chopped
- ½ cup egyptian rice or 100 g
- 1½ teaspoons ground cumin
- ¾ teaspoon ground black pepper
- ¼ cup fresh parsley, chopped
- For the sauce:
- 1 tablespoon tamarind
- 1 cube MAGGI® Chicken Less Salt Bouillon
- 1½ cups boiling water or 375 ml



### **Preparation:**

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Spread the sliced onions in the base of a large pot.

Wash and hollow eggplants, zucchinis, potatoes and bell peppers. Place them in a bowl with water to prevent changing their color.

Combine minced lamb, garlic, onion, rice, cumin, black pepper, parsley .

Drain hollowed vegetables from water then stuff them with meat mixture. Arrange them over onion slices in the pot.

Dissolve Tamarind in hot water. Pour stock over the vegetables.

Bring to boil, cover and cook over low heat for 35 minutes or until the vegetables and rice are cooked.

Place the vegetables on a large serving dish and serve.

## Biryani

### Ingredients:

- 1 whole chicken cut to 4-6.
- 1 teaspoon salt.
- 1 teaspoon **curry powder**.
- 1/4 teaspoon ground black pepper.
- 1/2 teaspoon ground turmeric.
- 4 whole cardamom pods.
- 6 whole cloves.
- 6 black peppercorns.
- 1 bay leave.
- 1 cinnamon stick.
- 1 large onion, finely chopped.
- 2 cloves garlic, crushed.
- 2 teaspoons grated fresh ginger.
- 1 large carrot sliced.
- 1 large potato, chopped.
- 1 tablespoon
- tomato paste.
- 1/4 cup yogurt.
- 1/4 cup water.
- 1 small tomato
- chopped.
- 1/2 frozen peas.
- 1/4 cup fresh
- parsley or coriander, finely chopped.
- 3 cups basmati rice.
- Pinch of saffron soaked in 1/4 cup rose water.



### Preparation:

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1) Sauté onion, with olive oil add garlic, ginger, whole spices, stir, cook 5 minutes.

2) Add chicken, salt, ground spices, stir, cook, until chicken brown, add chopped tomato, tomato paste, yogurt, water, and simmer cover, for 30 minutes.

3) In small pan shallow fry potato and carrot.

4) After 30 minutes add potato and carrot to the chicken mixture cooked for 5 minutes then add peas, cooked until all the vegetables are tender.

5) Make basmati rice : in a deep pan bring to boil water with 1 tablespoon salt, and 1 tablespoon oil, add basmati rice, and boil it for 8 minutes. Remove from heat and Rinse the rice from any excess water; put it back to the same pan.

6) In a deep pan cover the bottom with half the cooked rice and pour half of saffron and rose water mixture over the rice, then arrange chicken pieces and vegetables on top of rice, then cover it with the rest of rice, pour rose water all over the rice, sprinkle fresh parsley on top, cover with parchment paper and aluminum paper, bake in preheated oven 350 F for 20 to 25 minutes.

## Chicken Fajitas

### Ingredients:

- 700g chicken thighs, sliced into strips
- 1½ tablespoon vegetable oil
- ½ teaspoon cumin, ground
- 1 teaspoon paprika, ground
- ¼ teaspoon cinnamon, ground
- 2 garlic cloves, grated or finely diced
- 1 can (400g) borlotti beans
- 1 cup cheddar cheese, shredded
- 1 large brown onion, sliced



- 1 large green capsicum, sliced
- 8-10 small tortillas
- ½ cup tomato salsa
- ½ cup natural yogurt (Jalna is great)
- 1 cup guacamole (optional)

***Preparation:***

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Place the chicken strips into a medium bowl. Mix the oil, spices and garlic together then rub over strips. Put to one side and marinate for at least 30 minutes.

Empty the can of beans and liquid into a small saucepan that has a lid. Mash with a fork to combine liquid and beans then bring to the boil. Once boiled remove from heat, sprinkle cheese on top, cover and leave in the saucepan to melt until serving.

Heat a char grill pan or large heavy based frying pan until very hot. Add capsicum and onion to chicken strips then season with salt and pepper (note: you will have to cook in two batches).

Cook until chicken is browned and cooked through.

When done, remove to serving dish with a lid. Repeat process with remaining meat, onion and capsicums.

To serve, place chicken, beans, salsa, yogurt and guacamole in the middle of the table. Keep the warmed tortillas in a clean tea towel covered then fill with ingredients and enjoy!

## **Kibbi bil sanieh (Baked Kibbi)**

***Ingredients:***

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| <ul style="list-style-type: none"> <li>• ½ kg ground lean meat</li> <li>• ½ kg (2 ½ cups) burghul smooth</li> <li>• cracked wheat, washed</li> <li>• ½ tspn ground allspice (as desired)</li> <li>• ½ tspn ground cinnamon</li> <li>• 1 tspn salt</li> <li>• ½ cup finely chopped onion</li> <li>• ½ cup vegetable oil and butter mixture</li> </ul> | <ul style="list-style-type: none"> <li>• ¼ cup shortening, or butter</li> <li>• 1 cup finely chopped onion</li> <li>• ½ kg minced meat</li> <li>• 1 cup shortening or butter</li> <li>• 1 tspn salt</li> <li>• ½ tspn ground allspice</li> <li>• a dash of black pepper</li> <li>• 1 cup fried pine nuts</li> </ul> |
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***Preparation:***

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**Filling:** Sauté onion with shortening over medium heat. Stir in meat, salt, and spices. Cook for 15 minutes till tender. Remove from heat. Mix in pine nuts.

Drain Burghul using a sieve, then press to remove excess water as much as possible.

Process twice: meat and onion using a food processor. Remove meat mixture. Knead meat and burghul with your hands.

Process meat mixture another time in the food processor. Remove, add salt and spices. Knead another time with wet palms (use cold water).

Divide meat mixture into two, make from each 4 balls.

Flatten each ball between your wet palms (use cold water). Place the 4 flattened balls in a greased oven tray (40x50 cm). Spread the 4 balls evenly using your wet palms (about 3 cm thick).

Spread filling over meat as steps 5,6. Cover filling with rest of the meat mixture repeating the same procedure as before.

Run a knife blade around edge of tray, then score deeply into diamond shapes. Pour oil and shortening over top.

Bake in a moderate heat oven (200°C) for 30 minutes.

Serve hot with salads and appetizers.

## Freeka

### **Ingredients:**

- 1 kg chicken
- 1 cup of freekeh
- 12 small onions
- Spices consisting of : 1 cinnamon stick, a few sprigs of parsley, a carrot, a rib of celery ( for the chicken broth) and 2 teaspoons of ground cinnamon, 2 teaspoons of ground allspice, salt ( to taste) and 1 teaspoon of black pepper.
- 1/3 cup of olive oil



### **Preparation:**

1. Clean the freekeh by placing it in a sieve and running cold water on it and watching for stones or debris ( if you buy it in bulk)
2. Clean the chicken by rubbing a cut lemon all over it (optional) or running cold water on it and drying it with a paper towel. Sprinkle all the spices on it and set aside.
3. Peel the onions.
4. Heat the olive oil and brown the chicken all over. Set it aside.
5. Brown the onions in the oil or some additional oil. Set aside.
6. Place the chickens in a large pot and add the broth (or water and a cube) to make the broth needed to cook the freekeh in and finish cooking the chicken. About 1 1/2 quarts of liquid should be sufficient. Add the cinnamon stick, sprigs of parsley, carrot, bay leaf, etc. Cover the pot and let it come to a boil.
7. Lower the heat and let it simmer gently for 30 minutes or so until the chicken is cooked through.
8. In the skillet ( in which you have previously browned the onions) place the freekeh and stir-fry gently until all the grains are coated in oil. At this point, use a ladle and pour 3 cups of the chicken broth on the freekeh and cover the skillet. Let it simmer for 20 to 30 minutes until the liquid has been absorbed. The freekeh needs to be moist and tender, if it is not, add more broth and cook a bit longer.
9. When it is ready, serve with the chicken and onions on a large serving platter. The extra broth can be either serve on the side (make a sauce with a couple of tablespoons of cornstarch) or frozen for a soup at a later date.

## Majadara and Fattoosh

### **Fattoush Ingredients:**

- 1 cup toasted pita bread, torn into pieces
- 1 medium tomato, diced
- 2 medium cucumbers, diced into bite-size pieces
- 1 green bell pepper, seeded and diced into bite-size pieces
- 1/2 medium heart romaine lettuce, fresh and chopped
- 1/3 cup parsley, chopped
- 1/3 cup mint leaves, fresh and chopped
- 1/2 cup olive oil
- 1 tablespoon lemon juice
- 1/4 cup red cabbage, shredded
- Salt (optional)

### **Majadara Ingredients:**

- 1 cup fine Turkish lentil, rinsed well
- 2 cups fine bulgur wheat
- 4 tablespoons olive oil
- 1/2 teaspoon chili pepper
- 4 cups water
- 3 medium onions, sliced for garnish
- Salt (optional)
- Wash and drain bulgur wheat then set aside.



## ***Preparation:***

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### ***Majadara***

1. In a medium pot pour in 2 cups of water and lentils. Cover pot and bring to a boil then let simmer until lentils are well cooked.
2. Drain lentils then combine in medium pot with 2 tablespoons of vegetable oil and bulgur wheat, season with salt and chili pepper, mix well.
3. Add 2 cups water, cover pot, and let simmer over low heat for 15 minutes.
4. Serve on a large platter and garnish with onion slices.

### ***Fattoush***

1. Combine toasted pita bread, parsley, tomato, cucumbers, bell pepper, mint leaves, lettuce, and red cabbage in a bowl.
2. In another small bowl whisk olive oil, lemon juice, and salt together.
3. Pour dressing over salad and toss to combine.
4. Garnish salad with lemon slices and serve.

## **Lahm bi'ajeen**

### ***Ingredients:***

#### **The pie base:**

- 500g white bread flour
- 12gm dried yeast
- 2 tablespoons olive oil
- 250ml warm water
- 1 teaspoon salt
- Place all the ingredients in your breadmaker set the control to manual and press play.

#### **Filling:**

- 350g lean minced lamb
- 2 medium onions, finely chopped
- 2 large tomatoes skinned, chopped and drained
- ½ teaspoon each of cayenne pepper and ground cinnamon
- 1 teaspoon ground allspice
- 1/4 teaspoon each finely ground black pepper and white pepper
- 1 teaspoon salt
- 1 teaspoon lemon juice
- 2 tablespoons pine nuts



## ***Preparation:***

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Break up the mince and then add the spices, salt and lemon juice and mix well until the spices are all incorporated. Then mix in the onion and tomato.

When the bread mixture is ready, divide it into four and then either make large pies, or divide each ball of dough into nine or 10 pieces for small pies. Either way, roll the dough out into circles about 4mm thick and then fold up the edge of each circle to form a little rim (1). This will stop the juices spilling out as the pies cook

