



*Recipes From*  
**Around The World**

**VOLUME 2**

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## AFRICAN RECIPES

### Accra Banana Peanut Cake (Ghana)

- 1 1/4 c butter,softened
- 2 c sugar
- 4 eggs,beaten
- 4 c flour
- 1/4 c cake flour
- 1 t salt
- 4 t baking powder
- 1/2 t baking soda
- 8 bananas,mashed
- 1/2 c peanuts,coarsely chopped
- 1/2 c sugar
- 1 t cinnamon

In a large bowl, cream together the butter and sugar. Add the eggs and beat to combine. In a separate bowl, stir together the flour, salt, baking powder, and Baking soda. Stir the flour mixture into the butter mixture alternately with the bananas and peanuts.

Pour the batter into the prepared pan and bake for 30 minutes, or until a wooden skewer inserted in the center comes out clean. Remove from the oven and allow to cool on a wire rack.

Stir together the 1/2 cup sugar and cinnamon. Sprinkle the sugar mixture over the top of the cake as soon as you remove it from the oven.

Makes 1 - 9x13 cake

## African Almond Chicken (Libya)

4 Servings

- 3 lbs. whole chicken
- 1 pk peas, Frozen
- 2 c chicken stock
- 1 T sherry
- 1/2 c almonds, chopped
- 1 c celery, diced
- salt, to taste
- 3 tbs. vegetable oil

Boil chicken in water until tender - about 30 minutes. Take out and set aside to cool. Save 2 cups of the chicken stock. Debone the cooled chicken. Then add the celery, peas, chicken stock, almonds, salt and sherry.

Simmer 10 minutes. Thicken sauce with 2 tbs. cornstarch mixed in 1/4 cup water. Add to sauce and bring to a boil until it thickens. Serve with noodles or a bowl of steaming rice.

## African Banana Peanut Cake

8 Servings

2 c all-purpose flour  
2 t baking powder  
1/4 t salt  
1/4 t baking soda  
2/3 c butter (or margarine)  
-softened  
3/4 c sugar  
2 eggs  
4 lg very ripe bananas  
--peeled and mashed, about 2  
- cups  
1 c salted peanuts, coarsely  
-chopped, divided

Combine flour, baking powder, salt and baking soda. Cream softened butter and sugar until light and fluffy; beat in eggs.

Add dry ingredients alternately with mashed bananas just until combined; stir in 1/2 cup chopped peanuts. Scrape batter into well-greased 9" x 5" loaf pan; sprinkle top evenly with remaining chopped peanuts.

Bake in 350 degree F. oven 60 to 65 minutes or until toothpick inserted in center comes out clean. Cool in pan on wire rack for 10 minutes; turn out of pan and cool completely. Wrap in plastic wrap or foil. Cake is best if served next day.

Yields - 4 cups or 6 to 8 servings.

## African Vegetarian Stew

4 sm Kohlrabis,peeled, chunks\*\*  
1 lg Onion,chopped  
2 Sweet potatoes,peeled &  
-chunk  
2 Zucchini,sliced thick  
5 Fresh tomatoes  
-- (or 16 oz can)  
1 cn garbanzo beans & liquid (15  
-oz can)  
1/2 c Couscous (or bulgar wheat)  
1/4 c Raisins  
1 t coriander,Ground  
1/2 t turmeric,Ground  
1/2 t cinnamon,Ground  
1/2 t ginger,Ground  
5 T cumin,Ground  
3 c Water

Combine all the ingredients in a large saucepan. Bring to a boil, lower the heat, and simmer until the vegetables are tender, about 30 minutes.

Serve the couscous separately, if desired.

\*\* Parsnips may be substituted for the kohlrabi.

\* Chick-peas

## Akara

6 Servings

1 c black-eyed peas, Dried  
1/3 c water (1/3 to 1/2)  
1/2 c finely onions, Chopped  
1/4 t black pepper  
1/2 t salt  
1/2 t and seeded chili, Chopped  
--or 1/4 teaspoon red, Ground  
- pepper  
1 egg  
vegetable oil

1. Place the peas in a large kettle and cover with water. Let soak for a few hours or overnight.
2. With your hands under water, rub peas together between your palms to remove skins. Skins will float to the top and can be skimmed off.
3. Drain peas in a colander. Place peas in a blender or food processor with 1/3 cup water and blend for about 20 seconds or until smooth.
4. Place ground peas in a large bowl. If mixture is dry, stir in water little by little until pasty.
5. Add remaining ingredients except for oil and beat with a spoon until light and airy.
6. In a large frying pan, heat 1 inch oil over medium heat for 4 to 5 minutes or until temperature measures 375 degrees. Carefully drop teaspoons of dough into oil and fry about 5 minutes or until golden brown.
7. Remove akara from oil with slotted spoon and drain on paper towel.

Serve immediately.

## Algerian Cooked Carrot Salad

6 Servings

- 1 lb carrots
- 3 garlic cloves, chopped
- 1 pn salt
- 1 pn sugar
- 1 lemon juice
- 1/2 t cayenne pepper
- 1/4 t cumin
- 1 parsley, chopped

Scrape the carrots and quarter lengthwise. Cook in a little water with garlic and a pinch of salt and sugar, for 15 minutes. Drain and chill. Just before serving, cover with lemon juice, about 1/4 teaspoon salt, cayenne and cumin. Sprinkle with chopped parsley.

## Apricot-Fig Blatjang

3/4 lb apricots (1 1/2 cups),Dried  
1/4 lb figs (about 1/2 cup),Dried  
1/4 lb golden raisins (about 1/2  
-cup)  
1 sm onion,diced small  
1/2 c cider vinegar  
1/4 c almonds,Blanched  
1 T fresh ginger,Minced  
1 t red (or green chile pepper)  
-- of your choice,Minced  
Salt and freshly,Cracked  
-white pepp,to taste  
1/4 c lemon juice  
-- about 1 lemon

In a saucepan, combine the apricots, figs, raisins, onion, and vinegar with enough water to just cover. Bring to a boil, reduce the heat, and simmer for 15 to 20 minutes, stirring frequently, until the mixture is about the thickness of honey (do not overcook, as the mixture will thicken as it cools). Remove from the heat.

Meanwhile, toast the almonds on a backing sheet in a 325F oven for 8 to 10 minutes, or until just lightly browned. In a food processor or blender, combine the ginger, chile peppers, almonds, and salt and pepper to taste, and puree well. Add the pureed spice mixture and the lemon juice to the apricot mixture and stir well.

## Atlantic Salmon On Lentils W/ Moroccan Flavors

1	pre-heat the oven to 350	2	beefsteak tomatoes ,chopped
1	pre-heat grill.	1	prepare the spice mix
1/2 c	olive oil	1/2 c	coriander seeds
1 c	shallots,peeled and chopped	1/4 c	cumin seed
1/4 c	garlic,peeled and chopped	1/2 c	fennel seed
1	salt and pepper,To Taste	2 T	cloves
1 T	harissa	1/4 c	cardamom

Heat the olive oil in a saute pan over medium heat, add the shallots and garlic, and season. Saute until the vegetables are translucent, about 5 minutes.

Add the harissa and stir.Cook for 3-5 minutes. Add the tomatoes and 4 tablespoons of the spice blend Toast the above in a pre-heated 350 degree oven for five minutes (or on the stove over medium heat). Grind the mixture in a spice or coffee grinder. Coat the salmon.

Finish the Sauce: Working in batches, puree the mixture in a food processor, until the liquid is smooth. Set aside until ready to use. Makes enough for at least twelve fillets. Make the lentils: 5 cups blanched lentils 1/2 cup chicken stock 1 tablespoon butter Salt and pepper Show uncooked blend of red, yellow and green lentils. Move to blanched lentils.

Heat saute pan, add stock and lentils and simmer until liquid almost evaporates. Stir in butter, season and serve. Cook the salmon: Six 7- ounce skin-on boneless fillets Salt Spice blend for seasoning Butter (1/2 teaspoon per fillet) and olive oil for sauteing

Bring two saute pans to high heat, add the olive oil, and when hot, add salmon fillets, skin-side down (do not crowd pan). Shake pans to be sure the fillets are not sticking. Add the butter little bits at a time, shaking the pan to incorporate the butter Make the tzatziki: 32 ounces yogurt 2 English cucumbers, peeled, seeded and diced 4 cloves of garlic, minced 2 tablespoons fresh dill, chopped 1 tablespoon fresh mint, chopped 3 tablespoons extra virgin olive oil 1 1/2 tablespoons fresh lemon juice Salt and pepper to taste

Place yogurt in cheese cloth, tie the end closed with kitchen string and hang it on a rack, above a bowl, in the refrigerator. Allow to drain for two hours or overnight. Discard the liquid in the bowl, and blend the yogurt with the remaining ingredients. Prepare the nan bread: 1/2 cup olive oil 2 cloves garlic, minced Salt 6 pieces nan bread (or other Mediterranean flat bread) Combine oil, garlic and salt.

Using a pastry brush, coat the bread lightly with the oil and place on grill. Cook to mark bread, turn to mark other side and serve. To serve: Mound lentils in center of plate. Place salmon fillet on top, skin side up. Surround with sauce. Present with side dishes of tzatziki and nan bread.

6 main course servings.

## Baked Plantain On The Shell

4 Servings

4 lg ripe plantains  
1/2 c brown sugar  
3/4 t cinnamon  
1/4 c butter (or margarine),melted

1. Preheat oven to 350 degrees.
2. Wash plantains and cut in half lengthwise. Do not peel.
3. Arrange in a shallow baking dish with cut sides facing up.
4. In a small bowl, combine brown sugar, cinnamon, and melted butter and stir well.
5. Top plantains with brown sugar mixture.
6. Cover pan and bake for 35 minutes or until plantains are soft.

Serves 4

## Bamia (Meatball And Okra Saute In Tomato Sauce)

6 Servings

### MEATBALLS =====

- 1 lb beef,Ground
- 1 egg,beaten
- 1/4 c bread crumbs
- 3 cloves garlic,put thru press

### OKRA =====

- 1/4 c corn oil
- 1 lg (1 c) onion,chopped
- 1 1/2 lb fresh okra (the smallest  
-size avail,able)
- 2 T (generous) tomato paste
- 2 c water,boiling
- 1/4 t allspice

1. Mix meatball ingredients together thoroughly and form miniature meatballs 3/4-inch in diameter. Set aside. You will need only 8 to 10 meatballs for dish. The rest of meatballs may be refrigerated or frozen.
2. In a pan, heat oil. Add onion and saute over moderate heat until onion turns golden. Add okra and stir-fry over low heat for 5 minutes. This will sometimes brighten color.
3. In a measuring cup or bowl, dissolve tomato paste in water. Add mixture and allspice to okra pan. Bring to a boil and cook for 3 minutes. Add 8 to 10 meatballs and simmer for 10 minutes longer. Do not overcook since okra are notoriously mucilaginous. Serve warm with rice and other dishes.

## Batata Bel Lamoun (Golden Potato Soup)

6 Servings

- 1 lg carrot,sliced
- 3 ribs celery w/leaves,sliced
- 6 c water
- 1 T corn oil
- 2 cloves garlic,chopped fine
- 2 lb (abt 6) potatoes,peeled and  
-,Sliced
- 2 t salt,or to taste
- 1/4 c lemon juice
- 2 cubes kosher chicken  
-consomme,crum,bled
- 1/4 t turmeric,Ground

1. In a processor, puree carrot and celery with 3 cups of the water. Into a large pan, pour puree and remaining 3 cups of water.
2. In a skillet, heat oil. Add garlic and stir-fry over low heat for 2 minutes, or until garlic begins to change color. Add the garlic to soup pan. Bring soup to a boil over moderate heat and skim off and discard any foam that accumulates.
3. Add potatoes and cook over low heat for about 45 minutes. The potatoes will begin to disintegrate. At this point, remove pan from the heat and mash potatoes in pan with a hand masher or ricer. Bring soup to a boil again, add salt, lemon juice, consomme cubes, and turmeric.
4. Simmer over low heat for 1/2 hour longer, stirring frequently to prevent potatoes sticking to pan. The soup will have turned a golden color. Adjust salt and lemon juice, if a more intense flavor is desired.

Serve hot in a soup plate with as much rice as wanted. Makes 6 to 8 servings.

## Beef Brochettes

4 Servings

2 lb steak bite size pieces  
1/2 large onion finely, Chopped  
10 sprigs parsley, Chopped  
1 t salt  
1/4 t black pepper  
2 t paprika  
1 t cumin  
1 T vinegar  
1 T olive oil.  
4 T tomato paste  
1 t salt  
2 T olive oil  
1/2 t tabasco sauce (more if desired)  
4 T vinegar  
2 T water

### HOT SAUCE FOR BROCHETTES

Mix well all ingredients in a large mixing bowl. Refrigerate at least 8 hrs. or overnight, if possible. When ready to cook, spear 5 or 6 pieces of meat on each skewer. Broil meat over a charcoal fire until done to your liking. Serve with large chunks of French Bread. Hot Sauce: Blend tomato paste and olive oil in bowl. Mix thoroughly. Add vinegar, salt, tabasco and water. Mix well. Add more tabasco for hotter taste. Refrigerate until ready to use

## Beef Stew (Gambia)

2 lb lean stew meat,cubed  
1 cn tomatoes,(28 ounce)  
1 bell pepper,cut in strips  
1 stalk celery,sliced  
-diagonally  
1 potato,cubed  
1 lg carrot,sliced diagonally  
1 yellow onion,sliced  
1 sweet potato,cubed  
1 t salt  
6 T tomato paste  
1/2 t cayenne pepper  
1/2 c creamy peanut butter  
1/2 c frozen peas,thawed

Combine the beef, tomatoes, bell pepper, celery, potato, carrot, onion, sweet potato, salt and tomato paste in a 5-quart saucepan, and mix well.

Bring to a boil, reduce heat, and simmer, covered, for 1 hour, adding water if necessary.

Stir in the cayenne pepper and peanut butter. Simmer for 1 hour longer or until the vegetables and beef are tender. Add the peas, and simmer for 5 minutes.

Ladle onto a large platter. Garnish with bell pepper slices and parsley.

Serve over rice.

## Beet Appetizer Salad

4 Servings

2 lb beets  
1 salt  
1/2 spanish onion,diced  
4 tomatoes,skinned, seeded &  
--,Diced  
2 garlic cloves,chopped  
4 T italian parsley,chopped  
4 T cilantro,chopped  
4 md potatoes,boiled  
DRESSING =====  
2 T vinegar  
8 T olive oil  
1 salt & pepper  
1 hot red pepper  
GARNISH =====  
1 black olives

Cut off ends of beets. Wash well & cook in boiling salted water until tender. Drain & remove skins under running cold water. Dice. Mix together the dressing ingredients. Combine beets in a salad bowl with the onion, tomato, garlic cilantro & parsley. Pour over half the dressing, toss gently & chill for 30 minutes. Slice the potatoes, place in a shallow bowl & toss with remaining dressing. Chill. When ready to assemble, arrange beets, tomato & onion in the centre of a shallow bowl & arrange potatoes in a ring around them. Garnish with olives.

## Berberé

1 Servings

- 2 t whole cumin seeds
- 4 whole cloves
- 3/4 t black cardamom seeds
- 1/2 t whole black peppercorns
- 1/4 t whole allspice
- 1 t fenugreek seeds
- 1/2 t whole coriander seeds
- 10 sm red chilies, Dried
- 1/2 t ginger, Grated
- 1/4 t turmeric
- 1 t salt
- 2 1/2 T sweet hungarian paprika
- 1/8 t cinnamon
- 1/8 t cloves, Ground

In a small frying pan, on a low heat, toast cumin, cloves, cardamom, peppercorns, allspice, fenugreek & coriander for about 2 minutes, stirring constantly. Remove from heat & cool for 5 minutes.

Discard stems from chilies. In a spice grinder or with a mortar & pestle, finely grind together the toasted spices & chilies. Mix in remaining ingredients.

Store in refrigerator in a well sealed jar.

## Bissara (Fava Soup)

5 Servings

- 1 lb skinless,dried fava beans
- 4 c water
- 2 T corn oil
- 1/2 t ,;salt, or to taste
- 2 t harissa (see recipe)
- 2 t cuminseeds,Ground
- 1 lemon wedges

This is a poor man's soup, to be made when there is not enough money around to buy meat. Flavorful & substantial, the soup is served w/ generous quantities of day-old bread & is considered to be the entire meal.

1. Cook the fava beans in the water in a covered pan over moderate heat for abt 1 hr, or until soft. Add more water (1/2 cup) should liquid evaporate too quickly. Mash the beans coarsely in pan. (This is not a puree.) 2. Add oil, salt, harissa, & cuminseed & simmer slowly over low heat for 20 mins. Serve hot w/lemon wedges & an extra plate of harissa.

## Blanquette De Veau(Blanquette Of Veal) Tunis

1 Servings

2 lb veal,sliced thin and cut  
1 into 3 inch squares  
1/2 c olive oil  
1 md sized onion,sliced  
2 T flour  
1/4 t salt  
1/4 t pepper  
2 egg yolks  
4 T lemon juice

In a 9 inch skillet or shallow casserole braise the veal, using 1/4 cup olive oil. Remove the meat and saute the onion in the same oil till limp. Place the remainder of the olive oil in a small skillet and lightly saute the flour, seasoned with a pinch of salt and pepper. Blend with the onion in the larger pan. Replace the veal and cover with 1 1/2 - 2 cups hot water or stock. Cover and let simmer till tender, about 1/2 hour on very low heat. If necessary add two or three more tablespoons of water or stock to prevent sticking. Just before serving, prepare sauce. Keep the meat warm while preparing the sauce. Beat the egg yolks thoroughly, adding the lemon juice. Stir in a little of the gravy drained from the meat. Then drain and stir in the rest of the gravy, using 3/4 cup gravy per egg yolk. Spread some of the sauce over the meat in the platter and serve the rest from a gravy boat.

## Bourek (Beef-Stuffed Pastry Rolls)

6 Servings

- 1/4 c vegetable oil
- 1 sm onion, chopped (1/4 cup)
- 1/2 lb beef, Ground
- 1/2 t salt, or to taste
- 1/4 t black pepper
- 1 egg, beaten
- 2 T flat leaf parsley, chopped
- 6 phyllo sheets, 12x17 ea
- 1 lemon wedges for serving

When the fast of Ramadhan is broken in the early evening hours, various dishes are considered a traditional part of the meal. This is one of those dishes.

1. Heat 1 tablespoon of the oil in a skillet, add the onion and stir-fry over moderate heat for 2 minutes. Add the beef, salt and pepper and stir-fry for 5 minutes. Add the egg and parsley and fry for 1 minute more. Cool well.
2. Take 1 phyllo sheet and spread it out flat with a short end nearest you. Place 2 heaping tablespoons of the beef mixture 2 inches in from the short edge. Fold both long sides in toward the middle, beginning with the short end roll the phyllo to shape a packet 4 inches long and 1 1/2 inches wide. Repeat with all the remaining phyllo sheets and stuffing. Set aside.
3. Put the balance of the oil in a skillet over moderate/low heat and add the rolls. Brown on both sides for about 3 minutes; the low heat prevents the very thin pastry sheets from burning. Drain the rolls on paper towels for a minute.

Serve warm with a squeeze of lemon juice. Makes 6.

## Braised Duck With Orange-And-Lime Sauce

5 lb To 5 1/2 pound duck  
1/4 c Vegetable oil  
2 c Chicken stock (fresh or  
-canned)  
12 Whole cloves  
1 Fresh hot chili \*  
1/2 c Strained fresh orange juice  
2 T Strained fresh lime juice  
1/2 c Finely sweet red,Chopped  
-bell peppe  
1/4 t Salt

Orange wedges or slices studded with whole cloves for garnish

\* about 1 1/2 to 2 inches long, stemmed and seeded

Preheat the oven to 350F. Pat the duck completely dry inside and out with paper towels, and remove the large chunks of fat from the cavity. Cut off the loose neck skin and truss the bird securely, then prick the surface around the thighs, the back and the lower part of the breast with a skewer or the point of a sharp knife.

In a heavy 5- to 6-quart casserole, heat the oil over moderate heat until a light haze forms above it. Add the duck and, turning it frequently with a slotted spoon or tongs, cook for about 15 minutes, or until it browns richly on all sides. Transfer the duck to a plate and discard the fat remaining in the casserole. Pour in 1 cup of the chicken stock and bring to a boil over high heat, meanwhile scraping in any brown particles that cling to the bottom and sides of the pan. Stir in the cloves and chili, then return the duck and the liquids that have accumulated around it to the casserole.

Cover tightly and braise in the middle of the oven for 1 hour. Remove the duck to a plate, and with a large spoon skim as much fat as possible from the surface of the cooking liquid. Discard the cloves and chili.

Add the remaining cup of stock to the casserole and, stirring and scraping in the brown bits that cling to the pan, bring to a boil over high heat. Mix in the orange juice, lime juice, sweet bell pepper and salt. Return the duck to the casserole and baste it with the simmering sauce. Cover tightly and return the duck to the oven for about 15 minutes. To test for doneness, pierce the thigh of the bird with the point of a small, sharp knife. The juice should trickle out a clear yellow; if it is slightly pink, cook the bird for another 5 to 10 minutes.

Place the duck on a heated platter and pour the sauce over it. Garnish the platter with the orange wedges or slices and serve at once.

## Brochette Of Chicken

4 Servings

24 oz chicken breast -- cut in 1  
1 cubes  
1/2 bn fresh parsley -- finely  
1 chopped  
1 t fresh garlic --,Minced  
1/2 t cumin  
1 salt and white pepper -- to  
1 taste  
3/4 c olive oil

Mix all ingredients well. On each skewer stick, put on 4 ounces of chicken. Cook over a bed of hot coals on a barbecue pit or broil in oven until tender, about five minutes.

## Carrot, Orange & Radish Salad

6 Servings

- 1 lb carrots, peeled & shredded
- 1 lg onion, cut into bite-sized -  
- chunks
- 3/4 c radishes, thinly sliced
- 1/2 c cilantro, chopped
- 3 T olive oil
- 2 T lemon juice
- 2 T orange juice
- 1 ds orange-blossom water
- 1 ds cinnamon
- 1 salt & pepper
- 1 pita wedges

Combine carrots, oranges, radishes & cilantro in a salad bowl. Whisk together the olive oil, juices, water, cinnamon, salt & pepper & pour over the salad. Cover & chill. Serve garnished with pita wedges.

## Moroccan Lamb & Okra Tagine

1 Servings

3/4 lb leg of lamb (or shank)  
3/4 t salt  
3/4 t black pepper  
1/2 c olive oil  
1 md onion, chopped  
2 t ginger  
1 pn saffron or  
1/2 t turmeric  
2 md tomatoes, peeled and cut in  
1 quarters  
1 water  
3 T cilantro, Chopped  
2 T parsley, Chopped  
1 lb okra, trimmed

Cut meat into 2-in. chunks; season with salt and pepper; set aside. Heat olive oil in large Dutch oven or skillet. Add onion, ginger, saffron, stirring until onion begins to turn translucent. Add meat and saute briefly to brown, just a minute or two; then add tomatoes and water to cover and stir. Cover and simmer for 1 hour, or until meat is tender. Add cilantro, parsley, and okra and adjust water if needed. Simmer 10 mins. or so, until okra is just tender. Make sure okra remains whole. In a serving plate, place the meat first, then top with okra, and finally add the rest of the sauce on top. Garnish with more chopped parsley, if desired. Serve hot.

## Chakchouka De Matin (Breakfast Sauce)

2 Servings

1 cn (12 oz) tomato paste  
4 cloves garlic, sliced  
2/3 c , water  
2 c harissa (see recipe)  
1 T coriander, Ground  
1 T caraway, Ground  
1 t , salt, or to taste  
1 T paprika  
1/3 c oil

This vivid sauce can be used as a flavoring, especially w/breakfast eggs. The sauce is prepared for an entire week, but this amount could be used up sooner depending upon the number of diners. It should be refrigerated.

1. Put tomato paste, garlic, & water in a skillet & simmer, covered, over low heat for 1/2 hr. Add 1/2 cup more water if liquid evaporates too quickly. 2. Add harissa, coriander, caraway, salt, paprika, & oil. Simmer, covered, over very low heat for 1/2 hr more. Cool & refrigerate until ready to use. Makes 2 cups. To use sauce w/breakfast eggs: Measure out 1/2 cup sauce & add to 1/4 cup water; simmer over low heat for 3 mins. Break 6 eggs carefully into the sauce, cover the skillet for 2 mins, then uncovered & fry until the eggs are as firm as wanted. Serve warm w/plenty of bread to sop up the sauce.

## Chapatis

6 Servings

1/2 t salt

3 c unbleached all-purpose flour

3/4 c vegetable oil, plus 1-3 TBSP

3/4 c water (3/4 to 1)

1. In a large bowl, combine salt and 2-1/2 cups flour. Add 1/4 cup oil and mix well. Add water little by little, stirring after each addition, until dough is soft. Knead dough in bowl for 5 to 10 minutes.
2. Sprinkle about 1/4 cup flour on a flat surface. Take a 2-inch ball of dough and, with a floured rolling pin, roll out into a 1/8-inch-thick circle the size of a saucer. Repeat with remaining dough, sprinkling flat surface with flour if dough sticks.
3. Heat 1 tablespoon oil over medium-high heat for 1 minute. Fry chapati 3 to 5 minutes per side or until brown.
4. Remove from pan and let drain on paper towels. Fry remaining chapatis, adding more oil if necessary.
5. Serve immediately or place in a covered container until ready to serve.

## Charouf Bil Pisselli O Chedra (Lamb With Kishke And Peas)

8 Servings

- 1 c loosely parsley,Packed
  - leaves only
- 1 c loosely celery w/,Packed
  - leaves,ch,opped
- 2 md onions,sliced
- 1 masran (kishke-see recipe)
- 6 c ,water
- 2 lb lamb chops (or shanks)
  - w/bone
  - & cut i,nto 3 pieces
- 1 lb fresh (or green peas),Frozen
- 1 t ,salt
- 1/2 t ,pepper
- 1/4 t cinnamon,Ground
- 1/4 t turmeric,Ground
- 2 md (1/2 lb)potatoes,peeled &
  - quartere,d

1. Chop parsley, celery, & onions together in a food processor or by hand. 2. Cook masran (already cooked for 1 hr) & all other ingreds, w/just enough water to cover them, in a covered pan over low heat for 1-1/2 hrs more. Serve warm. Makes 8 servings w/other dishes.

## Chicken Baked With Orange-Spiced Harissa Sauce

4 Servings

1/4 c harissa sauce (preceeding)  
1/2 c orange juice  
1 T orange peel,Grated  
1/4 c cider vinegar  
2 T vegetable oil  
2 t sugar  
1 t cinnamon,Ground  
3 lb chicken

Combine all ingredients except chicken to make a smooth sauce. Thin with orange juice if needed.

Separate skin from chicken breast being careful not to cut the skin.

Place some of the sauce between breast skin and breast. Cover chicken with the remainder of the sauce and marinate 3-4 hours in the refrigerator.

Bake chicken in a 350 F oven for two hours until done basting frequently with sauce. Cover chicken with aluminum foil if chicken browns too soon.

## Chicken Breasts Moroccan-Style

4 Servings

13 up  
4 easpoons  
1 salt and pepper --,To Taste  
1 easpoon  
34 up  
34 up  
18 easpoon  
18 easpoon  
18 easpoon  
18 easpoon  
18 easpoon  
3 edium  
4 chicken breast halves --  
1 boned  
8 dates,Pitted  
1 couscous  
1 butter  
1 honey  
1 almonds,Ground  
1 golden raisins  
1 ginger  
1 nutmeg  
1 allspice  
1 cumin  
1 cinnamon  
1 onions --,Sliced

Bring 2/3 cup water to a boil in a small pan. Add couscous, 1 tsp of the butter and salt and pepper to taste, and cook for 2 minutes. Remove pan from heat, cover and let stand for 10 minutes. Mix couscous with the honey, ground almonds, raisins and spices.

## Chicken Simmered In Smen

4 Servings

3 lb chicken, quartered\*  
2 chicken livers  
3/4 c onion, minced  
1/4 t saffron threads, pulverized  
1 turmeric, to mix w/saffron  
1/2 t black pepper, Freshly Ground  
1 t salt  
1/4 c parsley, roughly chopped  
1/4 c ,water  
2 to 3 tb. smen  
2 T fresh sweet butter  
1/2 preserved lemon  
2 T fresh lemon juice

Place prepared chicken in 5 1/2 qt. casserole with the livers and minced onion. Sprinkle with the spices and 1 tsp. salt. Toss to coat evenly.

Puree parsley in blender or food processor with 1/4 c water. Add half the "parsley water" and all of the smen to the casserole. Pour in 1 cup water; bring to a boil. Reduce heat and simmer, covered, for one hour, adding more water if necessary. Remove chicken to a colander when very tender and keep warm while the sauce simmers one full hour.

Heat the 2 tb. sweet butter in a skillet; gently brown the drained chicken quarters. Transfer to a flameproof serving dish, cover, and keep warm.

Meanwhile, add the remaining "parsley water" to the sauce in the casserole and, by boiling rapidly, uncovered, reduce to 1 1/2 cups. Dump the sauce, livers, and odd bits of skin and bits in the blender. Whirl until the sauce is smooth. Pour over the chicken and reheat.

Discard the pulp from the preserved lemon and dice the peel. Sprinkle diced lemon peel over the chicken. Simmer 5 minutes, taste for seasoning, and add additional salt if necessary. Sprinkle with lemon juice and serve at once.

## Chicken Stew (Ethiopia)

- 3 c Bermuda onions, finely  
-chopped
- 1/3 c butter (or olive oil)
- 1/2 t cayenne pepper
- 1 t paprika
- 1/2 t pepper
- 1/4 t ginger, Ground
- 3 c water, divided
- 1 3 pound chicken, cut in 1"  
-pieces  
--including the neck and  
-gizzard
- 1/4 c lemon juice
- 8 whole hard eggs, Boiled  
-peeled

In a heavy 4 to 6 quart pot or dutch oven, brown the onions, without using any fat, stirring constantly, until browned. Add the butter or oil, cayenne, paprika, pepper, ginger, and 1 cup of the water and stir to combine.

In a bowl, combine the remaining 2 cups of the water and lemon juice. Put the chicken in a large bowl, pour the lemon juice mixture over the top, and let the chicken soak for 10 minutes.

Drain the chicken, add it to the pot with the onions, and stir to combine. Simmer, covered, over low heat until the chicken is tender. Add more water if necessary. If the stew is too watery, mix 2 tablespoons flour with 2 tablespoons water and stir it into the stew.

A few minutes before serving, add the eggs.

Makes 8 servings

## Chicken Tagine

- 1 T olive oil
- 1 lg onion(s),finely chopped
- 3 garlic clove(s) (1,Minced  
-tbs)
- 2 T ginger,minced
- 1 1/2 t turmeric
- 1 1/2 t cumin seeds,Ground
- 1 1/2 t coriander seeds,Ground
- 1 cinnamon stick
- 6 c (to 8 cups) chicken stock
- 2 T lemon juice
- 1/2 lb turnips,peeled cut into 3/4  
- dice
- 1/2 lb carrots,peeled cut into 3/4  
- dice
- 1/2 lb parsnips,peeled cut into  
-3/4 dice
- 1/2 lb celeriac,peeled cut into  
-3/4 dice,sprinkled with
- 1 T lemon juice
- 1 T pickled lemons (opt),Chopped
- 1/2 c raisins
- 1 salt and pepper
- 2 lb chicken breasts skinned and  
-boned c,ut into 2 pieces
- 1/2 c chick-peas (opt),Cooked
- 1/3 c cilantro or,Chopped  
-flat-leaf parsl,ey for gar

Heat the oil in a large casserole dish. Add the onion, garlic, ginger, turmeric, cumin, coriander, and cinnamon stick. Cover over medium heat for 3-4 minutes, or until the onion is soft but not brown. Add 6 cups of stock and the lemon juice, root vegetables, Pickled Lemons (if using), raisins, salt and pepper. Simmer for 20 minutes, or until the root vegetables are almost tender. Add stock as necessary to keep the stew from drying out.

Just before serving, remove the cinnamon stick and stir in the chicken and chick-peas. Simmer for 2-3 minutes, or until cooked. Correct the seasoning, adding salt, pepper, and lemon juice to taste. Garnish with cilantro or parsley and serve at once.

## Chicken With Olives And Lemon Tajine

4 Servings

- 1/3 c olive oil
- 1 lg onion, thinly sliced
- 1 clove garlic, minced
- 1 T parsley, chopped fine
- 1 T fresh coriander leaves  
-cilantro chopped, or more
- 1 t salt
- 1/2 t black pepper, coarsely  
-ground
- 1/8 t saffron, powdered
- 2 1/2 lb chicken, broiler/fryer cut  
-into se
- 1/2 lemon, cut into 4 wedges
- 1/3 c green olives

Heat oil in a heat-proof casserole or Dutch oven. Stir in next 7 ingredients. Add chicken pieces and turn to coat with onion mixture. Arrange lemon wedges over top. Cover and simmer turning occasionally, 1 1/2 to 2 hours, or until very tender. Remove chicken to warm serving platter, arrange cooked lemon wedges on top and keep warm. Cook liquid, stirring, in casserole over high heat until reduced to a thick sauce. Add olives and heat through. Pour over chicken.

## Chicken With Pickled Lemons & Olives

1 Servings

7 cloves garlic, Finely Minced  
2 t each ginger and cumin  
1 t each tumeric, black pepper,  
1 paprika and cinnamon  
1 and  
2 T olive oil  
3 lg onions, finely chopped  
2 preserved lemons, in 1/4  
1 strips  
1 c olives

Note: This recipe requires pickled lemons. . To make pickled lemons: juice a bunch of lemons; layer the lemons with lots of salt and cover with juice (jam jars work well for this). They're ready in a month and keep forever.

The night before (if possible), rub spice mixture on chicken. Refrigerate. In a heavy pot, sautee onions in oil until soft. Add chicken and a little water (to prevent sticking.) Simmer approx. 45 minutes. Add olives and lemon strips and simmer another 15 minutes or so. Time is not of the essence. If the sauce is thin, remove chicken and boil down. Serve hot with couscous or rice.

## Chicken-Tunisian Style

1 Servings

- 2 lb boneless chicken breasts
- 1 or, Cut In Half
- 3 1/2 lb chicken cut into eighths
- 1 marinade
- 1 t black pepper, Freshly Ground
- 1 T cumin, Ground
- 1 T olive oil
- 1 1/2 c onions (finely), Chopped
- 1 1/2 t paprika
- 1/2 t cayenne pepper
- 6 lg cloves garlic (crushed)
- 3 T lemon juice
- 3/4 c salad style green olives
- 1 (drained and), Sliced
- 1/3 c parsley, Minced
- 1/2 c white wine
- 1 garnish
- 1 additional parsley and lemon
- 1 sl for garnish

Cut and clean chicken. Chop and combine all ingredients for the marinade and mix well. Place 1/3 of the marinade in a roasting pan that has been sprayed with olive oil. Put chicken in pan on top of marinade and cover with remaining mixture. Cover and allow to marinate for at least an hour - all day is better. Place in refrigerator if marinating all day

Roasting pan, sprayed with olive oil 350o F oven Uncover and roast in the marinade for one hour in a 350o F oven, turning occasionally to brown the chicken on all sides. Serve with rice and garnish with lemon slices and parsley.

Serves: 4

## Choroko Sauce

5 Servings

- 1 1/2 c Shirakiku brand mung, Dried  
-beans
- 2 T vegetable oil
- 3 md tomatoes, cut into bite-size  
- pieces
- 1 lg onion, peeled and chopped
- 3 cloves garlic, peeled and  
-crushed (3-4)
- 1/2 t seasoned salt
- 1 ds salt
- 1 ds black pepper
- 1/2 c water

1. Place beans in a medium bowl and cover with water. Let soak overnight.
2. Drain beans in a colander.
3. Fill a medium saucepan half full of water and bring to a boil over high heat. Add beans and cook for 1 to 1-1/2 hours or until tender.
4. Drain beans in a colander and place in a medium bowl. Mash well with a fork.
5. In a large frying pan, heat oil over medium heat for 1 minute.
6. Add tomatoes, onions, and garlic and saute until onions are transparent.
7. Add mashed beans, seasoned salt, salt, black pepper, and 1/2 cup water and simmer for 15 to 20 minutes. Serve over rice or with chapatis.

Serves 4 to 6

## Cooked Tomato & Green Pepper Salad

4 Servings

6 T olive oil  
3 lg green bell peppers, halved  
6 lg tomatoes  
1 garlic clove, finely chopped  
1/2 t cumin  
1/8 t hot red pepper  
1 salt & pepper  
1 juice of 1/2 lemon

Heat olive oil in a large skillet. Saute the halved peppers until soft & just beginning to change colour. Halve the tomatoes & gently squeeze out the seeds & juices. Place cut side up in the skillet & continue to cook, shaking the skillet from time to time. Turn the peppers occasionally. Cook until the tomatoes are cooked through. Transfer peppers & tomatoes to a serving dish. Pour off half the olive oil & return skillet to the heat. Add garlic & saute at a high heat for 1 minute. Remove from heat & season with remaining ingredients. Spoon this sauce over the vegetables. Serve warm or cold.

## Couscous

2/3 c chickpeas,Dried	1 bay leaf
3 T olive oil	2 t dried mint,Crushed
2 lb lean,boneless lamb shoulder	1 t (scant) salt (or),To Taste
1/2 c white onions,Chopped	1/4 t black pepper,Freshly Ground
5 c water,Boiling	4 medium-sized carrots
3 T fresh lemon juice	3 sm turnips
1/2 c ripe tomatoes	2 c couscous
1/2 t cinnamon	3 sm zucchini
1/4 t nutmeg,Freshly Grated	2 italian sweet peppers

1. Soak the chickpeas overnight in four times their volume of water in a noncorrosible bowl.
2. Heat the olive oil in a heavy-bottomed 5- to 7-quart pot.
3. Cut the lamb into 1-inch cubes. Brown them (in batches, if necessary) on all sides over moderate heat. Transfer the meat to a warm platter.
4. Reduce the temperature to low and saute the onions for 2 minutes, stirring frequently.
5. Add the lamb, boiling water, lemon juice, tomatoes, cinnamon, nutmeg, bay leaf, mint, salt, and pepper. Stir, cover, and simmer the mixture for 20 minutes.
6. Drain the chickpeas and stir them into the lamb mixture. Simmer the ingredients, covered, for 45 minutes.
7. Begin this step 5 minutes before step 6 is completed. Peel the carrots and turnips. Cut the carrots into 3/4-inch long segments and the turnips into 3/4-inch cubes. When step 6 is completed, stir these ingredients into the pot containing the lamb. Simmer, covered, for 15 minutes.
8. Begin this step as soon as the carrots and turnips start simmering in step 7. Put the couscous pellets in a 2- to 3-quart pan. Pour cold tap water into the pan until it reaches a depth of 1 inch above the pellets. Soak the pellets for 10 minutes.
9. Pour the couscous into a sieve, discarding the water. Return the couscous to its soaking pan. Slowly strain two cups of the broth from the large pot into the couscous. Bring this mixture to a simmer. Cover, and cook for 5 minutes over low heat.
10. Slice the zucchini into 3-inch cuves and the peppers into 1/4 inch-thick rings. When step 7 is completed, stir in both ingredients and simmer the mixture, covered, for 10 minutes.
11. It should be time to turn off the heat under the simmering couscous pellets as soon as the zucchini-and-pepper mixture starts simmering in step 10. Fluff the pellets, cover the pan, and let it stand for 8 minutes. Then pour off any remaining liquid.
12. Mound the couscous pellets in the center of a warm, large serving platter. Using a slotted spoon, remove the meat and vegetables from the pot and neatly arrange them around the mound.

Serves 6 to 8.

## Crema Caramela (Sudanese Caramel Custard)

8 eggs  
1 qt milk  
1/2 c sugar  
2 tbsp butter, melted  
1 T vanilla  
--or banana extract if  
-available  
1/2 c sugar  
maraschino (or candied)  
-cherries

In a 2-quart bowl beat 8 EGGS with 1 quart MILK and 1/2 cup SUGAR until mixture is frothy. Add 1 oz. melted BUTTER and 1 Tbs. VANILLA (or banana extract if available).

In a 1½-quart (6-cup) star-shaped aluminum cake pan melt ½ cup SUGAR and burn to caramel stage. Rotate the pan to spread caramel all around the sides. Beat the egg mixture again. Pour it quickly into the cake pan.

Cover the pan with aluminum foil which has been well buttered on the under side.

Place the pan in a larger pan half filled with water (as you would do a custard). Bake at 350 F for 30 minutes. Remove cover and test with a silver knife (when it comes out clean, custard is done). Chill until thoroughly cold. Turn the CARAMELA out onto a 10 to 12-inch platter. Garnish with MARASCHINO or CANDIED CHERRIES on top and sides.

## Dessert Couscous

6 Servings

5 c couscous

2 T peanut oil

1/4 t salt

1/4 t cinnamon

3/4 c olive oil

GARNISH =====

1 cinnamon

1 icing sugar

1 prunes,dates, raisins & -  
-almonds,,as required

Cover raw couscous with cold water & drain immediately. Stir with a fork & let rest for 15 minutes. Sprinkle with the peanut oil mixe with 6 tb water along with the salt & cinnamon. Mix well using your hands until the liquid has been uniformly absorbed. Place couscous in the top of a coucousier & [place over boiling water. Steam for 30 minutes & remove from the heat. Return couscous to a bowl & mix in half the olive oil using your hands. Allow to cool & then sprinkle with 3/4 c water. Mix well & set aside until it has absorbed all the water. Return to the coucousier & steam for another 15 minutes. Return to the bowl, add half the remaining oil & mix with your fingers. Steam again for another 30 minutes. Return to the bowl for one last time & mix in the rest of the oil. Arrange coucous in a cone shape on a large serving platter. Decorate attractively with the garnishes & serve while still hot.

## Diced Lemon, Onion & Parsley Salad

4 Servings

4 lg lemons, washed  
1 lg spanish onion  
1 1/2 bn italian parsley, washed  
1 salt

Peel & dice the lemons. Cut the onion into small dice & coarsely chop the parsley. Toss the ingredients together & add salt to taste.

## Diced Pepper, Tomato & Onion Salad

4 Servings

- 2 lg green bell peppers,grilled  
-- & ski,nned
- 3 tomatoes,skinned & seeded
- 1 lg spanish onion
- 6 T olive oil
- 2 T vinegar
- 1 garlic clove,finely chopped
- 1 salt

Stem & de-seed the grilled bell pepper. Wash & dice the flesh. Dice the tomatoes & mix with the peppers. Dice the onions & mix them with the other ingredients as well. Combine the olive oil, vinegar & garlic. Add salt to taste & mix well. Pour over the salad & chill. Just before serving, strain off the excess juices & arrange in a salad bowl.

## Djaj Mqalli--Chicken With Lemons And Olives

4 Servings

- 1 c onion,Diced
- 12 t ginger
- 14 t saffron
- 1 cl garlic --,Minced
- 1 t salt
- 1 c oil
- 2 c water,Warm
- 3 1/2 lb chicken -- cut-up
- 1 bn cilantro --,Minced
- 1 c kalamata olives
- 1 chicken liver -- optional
- 1 lemon juice
- 1 pickled lemon -- cut in
- 1 strips

Mix onion, ginger, saffron, garlic, salt, oil and water in skillet. Stir until creamy. Bring to boil. Add chicken pieces, cilantro and liver. Cover skillet and cook over medium-high heat 45 to 50 minutes. When liver is done, remove from skillet and mash, then set aside. Check dish as it cooks, and add hot water as needed.

When chicken is done, remove pieces to serving dish. Skim fat from cooking liquid and reduce; if necessary. Add liver. Taste and add lemon juice, if desired. Pour contents of pan over chicken. Garnish with olives and lemon.

## Eggplant Salad La Tamu

4 Servings

5 sm eggplants,sliced  
1 salt  
2 T olive oil  
1/4 t black pepper  
1/2 t sweet red pepper  
1 t vinegar -=or=- lemon juice  
1/2 t garlic,chopped  
1 T italian parsley,chopped  
2 lg tomatoes,skinned & grated  
1 lemon quarters

Salt eggplant slices generously & leave to drain for 30 minutes. Rinse well under running water & pat dry on paper towels. Saute eggplants in oil until just golden. Add salt to taste, along with the peppers & the rest of the ingredients except the lemon quarters. Cook & mash gently for 10 to 12 minutes, or until excess liquids have evaporated. Adjust seasoning. Allow to cool & then serve garnished with lemon quarters.

## Egusi Soup

- 3/4 c egusi seeds
- 1 1/2 lb beef tenderloin
- 3/4 t salt
- 1/4 t black pepper
- 1/4 c peanut oil
- 2 lg tomatoes, chopped
- 1 sm onion, peeled and chopped
- 1 chilies (or jalapeno peppers) (1-2), seeded and chopped
- 1 cn tomato sauce (8 oz.)
- 1/2 c water
- 2 lb any combination of crab shrimp fish
- 1 lb fresh spinach, cleaned and finely chopped-  
OR 10 oz frozen, Chopped spinach, thawed

1. Place egusi seeds in a blender and blend for 30 to 40 seconds or until mixture is a powdery paste. Set aside.
2. Wash beef and cut into bite-size cubes. Season with salt and black pepper.
3. In a large frying pan, heat oil over medium-high heat for 4 to 5 minutes. Add beef and saute for 3 to 5 minutes or until brown but not cooked through.
4. Place tomatoes, onions, and peppers in a blender and blend for about 30 seconds or until smooth.
5. Add tomato mixture to meat, reduce heat to medium-low, and cover. Cook for 1-1/2 to 2 hours or until meat is tender.
6. Add tomato sauce, 1-1/2 cups water, crab, shrimp, and smoked fish and simmer for 10 minutes.
7. Add spinach and ground egusi seeds and continue to simmer for 10 minutes more. Serve with fufu.

## Egyptian Chocolate Cake

12 Servings

- 1 3/4 c flour, unbleached, sifted
- 2 t baking powder
- 1 t cinnamon, ground
- 1/8 t cloves, ground
- 4 oz semisweet chocolate
- 1/2 c , brewed strong coffee
- 1/2 c butter (or regular  
-margarine)
- 1 c sugar
- 2 eggs, large
- 1 t vanilla extract
- 1/2 c milk
- CINNAMON WHIPPED CREAM =====
- 2 c heavy whipping cream
- 1/4 c sugar
- 2 t vanilla extract
- 1/2 t cinnamon, ground

Sift the flour, baking powder, cinnamon and cloves together; set aside. Combine chocolate and coffee in small saucepan. Cook over low heat until the chocolate is melted, stirring constantly. Remove from heat and cool to room temperature. Cream the butter and sugar together in a mixing bowl, until they are light and fluffy. Use an electric mixer set on medium speed. Add eggs, one at a time, beating well after each addition. Beat in vanilla and chocolate mixture. Add dry ingredients alternately with milk to the creamed mixture, beating well after each addition. Pour batter into 2 greased and waxed paper-lined 8-inch cake pans. Bake in a preheated 350 degree F. oven for 30 minutes or until cake tests done. Cool in pans on racks for 10 minutes. Remove from pans; cool completely on racks. To assemble the cake, place one cake layer on serving plate. Spread with Cinnamon Whipped Cream. Top with second cake layer. Frost sides and top with remaining Cinnamon Whipped Cream. Refrigerate until serving time.

CINNAMON WHIPPED CREAM: Chill large mixing bowl and beaters. Combine cream, sugar, vanilla, and cinnamon and beat with an electric mixer set at high speed until soft peaks form and mixture is thick enough to spread. DO NOT overbeat or you will have butter instead of whipped cream.

## Egyptian Haroset

1 Servings

1 lb raisins

8 oz dates,Pitted

2 c water

1/4 c sugar

1/4 c walnuts (or pecans),Chopped

Cover raisins and dates with water; let stand 1 hr. Add the sugar and blend or food-process until roughly chopped. Transfer to a heavy saucepan and simmer 20 min or until fruits are cooked and water is absorbed. When cool, stir in chopped nuts.

## Egyptian Kebabs

6 Servings

- 2 whole chicken  
-breasts--skinned and,boned
- 1 T yogurt
- 1/4 t salt
- 1/4 t tumeric
- 1/8 t dry mustard
- 1/2 t curry powder
- 1/8 t cardamom,Ground
- 1 t lemon juice
- 1 t vinegar
- 8 thin onion,Slices
- 4 sm tomatos--halved

Cut each chicken into 16 squares. Combine with the yogurt, salt, tumeric, mustard, curry powder, cardamom, lemon juice and vinegar and let stand for 1/2 hour. Thread on skewers 2 chicken pieces, 1 slice of onion, 2 chicken pieces, 1/2 tomato. Repeat till all ingredients are used. Cook slowly, turning occasionally and brushing with the marinade, over hot coals OR under the broiler till the chicken is tender, about 10 minutes. Transfer to a hot platter, sprinkle with lemon juice and garnish with fresh tomatos, green pepper rings and fresh mint or parsley.

## Egyptian Lentils

1 Servings

- 1 c lentils
- 1 1/2 c regular rice
- 1 c elbow macaroni
- 3 T oil
- 2 fresh chili peppers
- 1 1/2 c tomato sauce
- 2 T vinegar
- 1 lg onion

Place lentils in a saucepan and cover by 1". Turn heat to high, bring to a boil, turn down heat to simmer, and cook covered for 35 minutes or until tender. Drain and transfer to a large bowl. Set aside.

Bring 3 cups of water to a boil, add rice turn down to simmer for 20 minutes and fluff up rice with a fork and add to lentils. Boil 2 quarts of water, add elbow macaroni and cook until tender. Add to lentils..

In a small skillet add 1 tbs of oil and saute finely chopped peppers for 2 minutes. Add the tomato sauce, 1/2 cup of water, and the vinegar, bring to a boil and simmer for 5 minutes. In another skillet heat 2 tbs oil, add onions and saute until brown around the edges. Garnish lentil mixture with the onions and pour the tomato sauce over all. Serve immediately.

## Egyptian Peeled Wheat Berry Chicken And Chick-Pea Soup

- 1 c whole wheat berries, Peeled  
-soaked overnight
- 1/2 c chick-peas soaked, Dried  
-overnight
- 2 1/2 lb whole chicken
- 2 sm beef marrow bones with  
-marrow removed
- 9 c water
- 1/4 t turmeric
- 3/4 lb onion(s), quartered (2 large  
- onions,)
- 1 lg garlic clove(s)
- 2 sm turnips, peeled and halved
- 2 stalks celery with leaves
- 2 sm carrots
- 6 sprigs parsley
- 1/2 t black peppercorns
- 1 salt, To Taste
- 1 T butter
- 1 t syrian mixed spices or  
-ground allspice

Drain the wheat berries and chick-peas and set aside. To a large, 7-qt. Dutch oven, add the chicken, marrow bones and water. Bring to a boil, skim the surface, then lower the heat and add the turmeric, onions, garlic and turnips. Tie the celery, carrots, parsley and peppercorns in a cheesecloth sack for easy removal and tuck into the pot. Simmer, covered, for 1 hours.

Lift out the chicken, marrow bones and bundle of vegetables. Set the chicken aside to cool and discard the bones and the bag of vegetables. Pure the soup and the remaining vegetables in a food processor in batches, returning each batch to the pot. Bring to a boil again, add the soaked chick-peas and wheat berries, lower the heat and simmer, covered, for 45-60 minutes or until the grain and chick-peas are tender.

Meanwhile, when the chicken is cool enough to handle, remove the skin and the bones and discard them. Tear the chicken meat into large pieces and add to the pot. Add salt. In a small skillet, melt the butter and stir in the Syrian Mixed Spices. Dribble over the soup before serving right from the pot. The spices will float on top, dotting the surface in a polka-dot design. Ladle into soup bowls while the soup is still piping hot.

## Egyptian Pickled Turnips

1 Servings

2 kilos turnips

1 beetroot

7 c water

3 1/2 T salt

Wash turnips and beetroot, scrub well and either slice or cut into quarters. Boil water with salt and put into pickling jar to cool. When tepid, add vegetables, cover and keep in warm place away from direct light. These pickles should be ready in about 48 hours.

The purpose of the beet is to give the turnips a bright pink color, and they don't affect the flavor. You can toss it out once the turnips are pink, or leave them out entirely if you don't want colored turnips.

## El Ham Lahlou (Sweet Lamb For Ramadhan)

4 Servings

3 T butter  
1 lb lamb, in 3-inch pieces  
1/2 t cinnamon, ground  
3 c water  
1/4 c sugar  
12 prunes soaked in water, Dried  
- for one hour  
2 T white raisins  
2 T whole almonds, Blanched  
1 firm pear, peel/core/wedges  
2 T orange blossom water

1. Melt the butter in a pan, add the lamb and saute over low heat for 5 minutes. Add the cinnamon, water and sugar and mix well. Increase the heat to moderate and cook for about 40 minutes, or until the meat is tender. The sauce will darken.

2. Drain the prunes and add them to the lamb with the raisins, almonds and pear. Simmer for 15 minutes more. Remove the pan from the heat and stir in the orange blossom water.

Serve at room temperature with rice, salad and bread. Serves 4 to 6 with other dishes.

## Fassoulia Beda (White Bean Stew)

6 Servings

### BEANS =====

1 lb white haricot beans,Dried  
-rinsed w,ater, divided

### SAUCE =====

4 T corn oil  
1 md (1 cup) onion,chopped  
1/2 c fresh (or tomato sauce)  
-Canned  
2 cloves garlic,put thru press  
- salt,,or to taste  
1/2 t cuminseed pepper,Ground

Here a standard Egyptian formula converts dried large white beans into a vegetable stew. The beans are not soaked in water overnight (although they could be), but skins come off during cooking, giving stew a rougher texture. A lightly spiced tomato sauce adds flavor to beans.

1. In large pan, place beans and 3 c water and bring to a boil. Turn heat to low, half-cover pan, & simmer until the water is almost absorbed. In another pan or a kettle, bring remaining 2 c water to a boil, add boiling water to beans, and continue to simmer. The total cooking time to soft beans is abt 2 hrs. The stew will take on a creamy look and consistency.

2. TO MAKE SAUCE: In skillet, heat oil. Add onion and saute over low heat until golden. Add this to bean pan with the tomato sauce, garlic, salt, cuminseed, and pepper. Bring to a boil. Cover pan and simmer over low heat for 15 minutes. If liquid evaporates too quickly, add 1/2 cup more of boiling water and simmer for 5 minutes longer. Serve warm with rice.

## Fava Bean Salad

4 Servings

- 4 1/2 c fresh fava beans
- 4 T olive oil
- 1 t cumin
- 1 salt
- 4 T italian parsley, chopped
- 2 garlic cloves, chopped
- 1 juice of 1/2 lemon

Shell the beans & cook (with three or four pods) for about 20 minutes, until tender, in the top of a steamer. Drain & peel. While still warm, add the olive oil, cumin & salt, to taste. Toss well & chill.

Serve tossed with parsley, garlic & lemon juice. Add more oil if necessary.

## Fish In Moroccan Charmoula Sauce

8 Servings

3 lb firm fish fillets  
4 potatoes -- roasted and  
1 sliced  
2 green peppers -- and,Sliced  
1 sauteed  
2 tomatoes --,Sliced  
1 salt and black,Fresh Ground  
1 pepper --,To Taste  
1 lemon

Charmoula Sauce =====

1/2 c cilantro,Chopped  
1/2 c parsley,Chopped  
5 cloves garlic -- finely  
1 chopped  
5 T lemon juice  
1 1/2 t salt  
1 t paprika  
1/3 t cumin,Ground  
1 cayenne pepper --,To Taste  
1/2 c olive oil,or more

1. Preheat oven to 425 degrees F. Prepare Charmoula Sauce. In a 9- by 13-inch baking pan, lay roasted potatoes slices, sauteed green peppers, and sliced tomatoes. Arrange fish fillets on top of the vegetables. Season with salt and pepper and top with Charmoula Sauce. Add a squeeze of lemon.

2. Bake until fish is done (10 to 15 minutes, depending on size of fish).

Charmoula Sauce: Combine cilantro, parsley, garlic, lemon juice, salt, paprika, cumin, and cayenne. Add enough olive oil to make a thick sauce.

## Fish Pyramid With Green Sauce - Bea Sandler

- 2 lbs. cooked fish,boned and  
-flaked\*
- 1 c core of the cabbage,sliced  
-very thin
- 2 tomatoes,cut in small cubes
- 1/2 t black pepper
- 1 t salt
- 2 T lemon juice
- 1/4 c mayonnaise
- 1/2 c mayonnaise
- 1/4 c lemon juice
- 1/2 t salt
- 1/4 t black pepper
- 1/2 c fresh dill\*\*,Chopped
- 1/4 c pickle relish
- 2 hard boiled eggs,sliced
- 2 tomatoes,cut in slices
- 1/4 c black olives
- 5 parsley sprigs.

Combine 2 Ibs. COOKED FISH, boned and flaked (use haddock, halibut or any white fish), 1 cup CORE of the CABBAGE, sliced very thin, 2 TOMATOES, cut in small cubes, 1/2 tsp. BLACK PEPPER, 1 tsp. SALT, 2 Tbs. LEMON JUICE and 1/4 cup MAYONNAISE or enough to just hold mixture together. Shape into a pyramid on a 12 inch plate (with hands moistened with water). Combine 1/2 cup MAYONNAISE, 1/4 cup LEMON JUICE, 1/2 tsp. SALT, 1/4 tsp. BLACK PEPPER, 1/2 cup FRESH CHOPPED DILL or 1 Tbs. dried dill. (If dried dill is used add 1/4 cup chopped parsley to give the sauce its characteristic green color) and 1/4 cup PICKLE RELISH. Pour the Green Sauce over the pyramid.

Garnish around edge of plate with 2 sliced HARD BOILED EGGS, 2 TOMATOES cut in slices, alternately overlapping each other around the plate, 1/4 cup BLACK OLIVES uniformly placed around the edge of the plate with 4 or 5 PARSLEY SPRIGS.

## Fool Achdar (Fava Beans)

1 Servings

2 lb fresh beans,shelled  
1 c water  
2 T corn oil  
1/4 t salt  
1/4 t white pepper  
1/4 c fresh coriander,chopped

1. In a pan, place beans, water, oil, salt, and pepper. Bring to boil over moderate heat. Covered pan and cook for 20 minutes until tender. Remove from heat and drain well.
2. Add coriander. Cover pan and let stand for 5 minutes. Mix well. Serve warm with rice. Makes 6 servings with other dishes.

## Fresh Fish Pepper Soup

- 2 lb firm white boneless fish
  - cut in bite-size pieces
- 4 c water
- 2 tomatoes
- 1 onion,peeled
- 3 sprigs fresh parsley
  - or 1 teaspoon,Dried
  - parsley
- 2 chilies (or jalapeno
  - peppers)
  - seeded
- 2 t salt
- 1 t thyme,Dried

1. Wash fish, place in large saucepan, and add 4 cups water.
2. Finely chop tomatoes, onion, parsley, and peppers and add to water. Add salt and thyme and stir.
3. Bring mixture to a boil over high heat. Reduce heat to low, cover, and simmer for 20 minutes or until fish is tender.
4. Serve immediately.

Serves 4 to 6

## Fried Plantains

4 Servings

3 lg ripe plantains  
vegetable oil

1. Peel plantains and slice into thin rounds.
2. In a large frying pan, heat 1/4 inch oil over medium-high heat for 4 to 5 minutes.
3. Add plantain slices and fry for 4 to 5 minutes or until golden brown on both sides.
4. Remove from oil with slotted spoon and drain on paper towel.

## Fruit Compote With Lichee Nuts (Salady Voankazo) (Madagascar)

- 1 c fresh pineapple, cut in 1"  
-dice
- 1 c cantaloupe, cut into 1/2"  
-dice
- 1 c oranges, peeled and thinly  
sliced
- 1/2 c strawberries, sliced
- 1/2 c lichee nuts, Canned
- 1/2 c sugar
- 1/2 c water
- 1/4 t salt
- 2 T lemon juice
- 2 T vanilla

In a 2 quart bowl, combine the pineapple, cantaloupe, orange, and strawberries and stir to combine. Sprinkle the lichee over the top.

In a small sauce pan, combine the sugar, water, salt, and lemon juice and stir to combine. Bring to a boil and boil hard for 1 minute. Stir in the vanilla. Pour the hot syrup over the fruit. Chill in the refrigerator for 1 hour.

If you wish, when you serve the salad you can sprinkle a few drops of vanilla over individual servings.

Makes 8 servings

## Fufu

- 4 c water
- 1 1/4 c Cream of Wheat\*
- 1 c potato flakes
- 1 T margarine, optional
- 1/8 t salt, optional

1. In a small saucepan, bring 2 cups water to a boil over medium heat. Reduce heat to low.
2. In a large saucepan, bring 2 cups water to a boil over high heat. Reduce heat to medium and add Cream of Wheat 1/4 cup at a time, stirring constantly. Add table- spoons of hot water from the other pan when mixture gets too thick to stir.
3. Add potato flakes 1/4 cup at a time, stirring constantly and, when necessary, adding hot water.
4. Add margarine and salt and stir until margarine is melted. Continue to cook, stirring vigorously, until fufu pulls away from the sides of the pan and forms a ball.
5. Form fufu into cup-size balls and place on plates or in bowls.

Makes about 3 cups fufu

## Ful Nabed (Egyptian Bean And Vegetable Soup)

6 Servings

- 1 c onions,Chopped
- 2 garlic cloves,pressed
- 1/4 c olive oil
- 1 t cumin seeds,Ground
- 1 1/2 t sweet hungarian paprika
- 1/4 t cayenne
- 2 bay leaves
- 1 large carrot,chopped
- 1 c fresh tomatoes,Chopped
- 3 1/2 c vegetable stock
- 2 c (or cooked fava beans)  
-Canned
- 1/4 c fresh parsley,Chopped
- 3 T fresh lemon juice
- 1 salt and,Freshly Ground
- 1 black pepper,To Taste
- 1 fresh mint leaves (optional)

In a large soup pot saute the onions and garlic in the olive oil until the onions are translucent. Add the cumin, paprika, cayenne, bay leaves, and carrots and cook on medium heat for 5 minutes. Stir in the chopped tomatoes and vegetable stock and simmer until the carrots are tender, about 15 minutes. Finally, add the cooked fava beans and the parsley and lemon juice. Add salt and pepper to taste.

Ful Nabed can be served with Pita Bread and garnished with fresh mint leaves.

## Gemfish In Chermoula Marinade

6 Servings

2 lb gemfish (or firm white fish)  
1/2 bn of parsley  
1/2 bn coriander  
3 cloves garlic  
1/2 T paprika  
1/2 T cumin  
1 t coriander  
1 pn cayenne  
2 1/2 oz lemon juice  
3 oz olive oil

In food processor, process half a bunch of fresh coriander, half a bunch of parsley, 3 large cloves of garlic, 1/2 tablespoon each of paprika and cumin, one teaspoon coriander, pinch of cayenne, 2 1/2 oz lemon juice, 3 oz olive oil.

Marinate 2 lb of Gemfish in this mixture for at least one hour, but preferably overnight.

Remove fillets from marinade, place in griller or barbeque, basting in marinade while cooking. Cook 2-3 minutes each side, turning carefully only once.

## Greens With Coconut Milk

5 Servings

3/4 c water

1 lb fresh collard greens  
-cleaned and,Chopped  
--OR 10 oz pkg,Frozen  
-chopped colla,thawed

1 md onion,peeled and chopped

3 lg tomatoes,cubed

1 c coconut milk,Canned

1 ds salt

1. In a large saucepan, bring water to a boil over high heat. Add collard greens, reduce heat to low, and simmer for 4 to 5 minutes.
2. Add onions, tomatoes, coconut milk, and salt and stir well. Cook, uncovered, 20 minutes more. Serve hot.

Serves 4 to 6

## Grilled Moroccan Lamb Sausage (Merguez)

4 Servings

- 1 1/3 lb lean lamb,ground with
- 2/3 lb lamb,pork or beef fat
- 2 T water
- 1 1/2 T garlic,Minced
- 2 T fresh cilantro,Chopped
- 2 T fresh parsley,Chopped
- 2 T paprika
- 1 1/2 t cumin,Ground
- 1 1/2 t coriander,Ground
- 1 1/4 t cinnamon
- 3/4 t cayenne pepper
- 1 1/4 t salt
- 1/2 t pepper,Freshly Ground
- 2 feet hog casing
- 2 T olive oil,optional
- 1 lg green pepper,optional
- 2 md onions,optional

Combine all ingredients except the olive oil and the three optional items in a large bowl and mix well. If making sausages, use the sausage attachment on a heavy-duty mixer, stuff the casings with the mixture and twist and tie to make eight 4-inch links. Or shape into eight 3-inch-long lozenges, slightly fatter in the middle, formed around metal skewers or into 8 patties.

Preheat grill or broiler.

If the sausages are in casings, prick with a fork 2 to 3 times and brush with oil. Grill or broil 3 to 4 minutes on each side until cooked through. For lozenges, brush with oil and cook 3 to 4 minutes on each side. For patties, brush with oil and grill 4 to 5 minutes on each side or saute over high heat.

If desired, sausages may be threaded on skewers alternately with green pepper pieces and onion quarters before grilling. Makes 4 servings.

## Grilled Moroccan Spices

6 Servings

- 1 medium onion
- 1/2 c olive oils
- 5 T lemon juice
- 2 T soy sauce
- 2 T fresh parsley,Minced
- 5 1/2 T fresh ginger,Minced
- 1 T cumin,Ground
- 1 T chili powder
- 2 t sherry
- 1 t turmeric
- 1 t oregano,Dried
- 1 t coursey pepper,Ground
- 2 large garlic clove
- 4 lb flank steak

Mix frist 13 ingredients in large bowl. Divide marinade mixture between 2 large shallow baking dishes. Add steaks to marinade, turning to coat. Cover and refrigerate overnight. Grill steaks to desired degree of doneness, about 8 minutes on each side. Heat marinade in saucepan. Cut steaks diaganally into thin slices. Pour some marinade over . Garnish with cilantro and serve.

## Hamam Mahshi (Braised Pigeons & Fireek)

- 8 T butter, 1/4 pound stick
- 1/2 c onion, finely chopped
- 1 pigeon giblets, finely chop
- 2 1/2 c fireek, (coarsely crushed
- 1 , green wheat grains)
- 2 t mint, fresh, finely cut or
- 1 , 1 ts. dried mint, crumble
- 1 1/2 t salt
- 1 black pepper, freshly ground
- 4 pigeons, (1 pound each) oven
- 1 , ready, or 4 1 pound doves
- 1 , young partridge, baby
- 1 , pheasant, quail, woodcock
- 1 , or grouse
- 1 1/2 c water, cold
- 2 1/2 c chicken stock, fresh or can
- 1 parsley sprigs

Over moderate heat melt 4 tablespoons of the butter in a heavy 10 to 12 inch skillet. When the foam begins to subside, add the onions and the pigeon giblets and, stirring frequently, cook for 8 to 10 minutes, or until the onions are soft and light brown. Add the fireek, mint, 1 teaspoon of the salt and a few grindings of the pepper and stir for 2 or 3 minutes until the grains are coated with butter. Set aside. Preheat the oven to 350 degrees (F). Pat the pigeons thoroughly dry inside and out with paper towels and sprinkle their cavities with the remaining salt and a few grindings of pepper. Then stuff 5 tablespoons of the fireek mixture into the breast cavity and 1 tablespoon into the neck cavity of each pigeon. Set the remaining fireek aside. Fasten the neck skin to the back of each bird with a skewer and close the breast openings by lacing them with skewers or sewing them with heavy white thread. Truss the birds by tying their legs together and brush the skins with the remaining 4 tablespoons of butter.

Place the pigeons, breast side up, in a heavy 4 to 5 quart casserole and pour in the water. Bring to a boil on top of the stove, cover tightly and braise in the middle of the oven for 45 minutes. Baste the pigeons with the liquid in the casserole, and continue braising for 1 hour longer. To test for doneness, pierce the thigh of a bird with the point of a small, sharp knife. If the juices that run out are slightly pink, cook for another 5 to 10 minutes. A half hour or so before the pigeons are done, bring the chicken stock to a boil in a 2 to 3 quart saucepan over high heat. Stirring constantly, add the reserved fireek mixture and bring to a boil again. Reduce the heat to low, cover tightly, and simmer for 30 minutes, or until the grains are tender and have absorbed all the liquid.

To serve, arrange the pigeons on a heated platter and remove the trussing strings and skewers. Moisten the pigeons with the liquid remaining in the casserole, and garnish the platter with parsley. Fluff the fireek with a fork and serve it separately in a heated bowl.

## Harira

8 Servings

- 1/3 c flour
- 1/2 c chick peas
- 1/2 lb lean lamb (or beef), Diced
- 2 large onions, chopped
- 1/4 t saffron
- 2 T paprika
- 1 soup bones
- 1 T butter
- 2 T salt
- 1/2 t pepper
- 1/2 c broad beans, Dried
- 1 1/2 lb tomatoes
- 1 bunch parsley
- 1 bunch fresh coriander
- 1 T butter
- 1/3 c rice
- 1 lemon
- 1/2 c lentils

Soak overnight 1/3 c flour in 1 c water; 1/2 c chick peas in water to cover Brown in lightly oil deep pan lamb, onions, saffron and paprika (increase or decrease according to taste). Add 6 cups of water, soup bones, butter, salt, pepper, pre=soaked chick peas with skins popped off and discafrded, and the dried broad beans which have been washed and cleaned. Simmer, covered, for 2 hours or more. 20 mins. Before serving, put through a food mill into the soup pan (or blend with one cup of water) the tomatoes, parsley, corinader & the flour and waterpaste. Add 3 cups of water, and when it returns to boil, add the vermicelli. When the vermicelli is cooked, add 1 T butter and lemon juice (or serve a wedge of lemon with each bowl to be squeezed on the soup at the tate). the soup should be elvety; so add water or flour thickening if it is not. \*Note: Lentils may be substituted for chick peas; meat can be chicken; yearst may be used in place of flour and water if that mixture was not made night before; rice may be substituted for vermicelli.

## Harissa Hot Chili Paste(Tunisia)

1 Servings

- 3 oz mild and hot chilies --
- 1   dried
- 1   mixture of anchos,new
- 1   mexican and -- guajillos
- 1   clove garlic -- with,Crushed
- 1   salt
- 1/4 t salt -- for above
- 1 t coriander --,Ground
- 1 t caraway seed --,Ground
- 1   red bell pepper -- roasted
- 1 t fine sea salt
- 1   olive oil

Stem Seed and break up chilies. Place in a bowl and pour over boiling water. Cover and let stand 30 minutes. Drain; wrap in cheesecloth and press out excess moisture. Do the same for the red Bell Pepper. Grind chilies in food processor with garlic spices, red bell pepper, and salt. Add enough oil to make a thick paste. Pack the mixture in a small dry jar; cover the harissa with a thin layer of oil, close the with a lid and keep refrigerated. Will keep 2 to 3 weeks in the refrigerator with a thin layer of oil.

Table harissa sauce.

Serve at the table as an accompaniment to meat or fish, the heighten the flavor of salads, or as an accompaniment to Tunisian couscous: Combine 4 teaspoons harissa paste, 4 yeaspoons water, 2 teaspoon olive opil, and 1 or 2 teaspoons fresh lemon juice in a small bowl and blend well makes 1/4 cup.

## Hkatenkwan (Groundnut Stew) (Ghana)

- 1 chicken, cut into pieces
- 1 piece ginger, 1"
- 1/2 onion
- 2 c water
- 2 T peanut oil, or vegetable oil
- 2 T tomato paste
- 1 c onion, chopped
- 1 c tomatoes, chopped
- 2/3 c peanut butter
- 2 t salt
- 2 hot chilies, crushed
- 1 md eggplant, peeled and cubed
- 2 c fresh (or okra), Frozen

In a large pot, combine the chicken, ginger, the onion half, and the water, bring to a boil, reduce the heat and simmer for 10 minutes.

In another large pot, heat the oil, add the tomato paste and cook, over low heat, for about 5 minutes. Add the onions and tomatoes and cook, stirring occasionally, until the onions are clear. Remove the partially-cooked chicken from the pot it was cooking in and put it, along with about half the broth, in the pot with the tomato paste mixture. Add the peanut butter, salt, and peppers. Cook for 5 minutes before stirring in the eggplant and okra. Continue cooking until the chicken and vegetables are tender. Add more broth as needed to maintain a thick, stewy consistency.

Serve with Fufu.

## Jollof Rice

8 Servings

- 3 c long-grain rice, Uncooked
- 2 tb Peanut oil
- 1 ts Salt
- 1 cn Beef consommé (10 1/2 oz.)
- 3 c Water (about)

## Kitoza

This is one of the favorite foods of Malagasy. Dried beef is cut in strips and broiled over a charcoal fire. If you would like to make it, purchase round steak cut 1/4-inch thick. Cut the meat in pieces about 4 inches x 2 inches, thread the strips on a fine strong cord and hang the cord up as you would a small clothesline. The meat will become quite dry in a few hours.

Put the strips over a charcoal brazier so that the meat dries to a crispness but does not burn. Remove the meat immediately from the fire as it crisps. This is a great delicacy in Madagascar. It is usually eaten with a watery cornmeal mush for breakfast.

## Koshary (Lentils And Rice)

8 Servings

### LENTILS =====

- 1 T corn oil
- 1 md (1/2 c) onion, chopped
- 1 c dried lentils, soaked in  
-water for, 1 hr & drained
- 3 c water, divided
- 1/4 t pepper
- 1/4 t cuminseed, Ground
- 2 c raw rice, rinsed in cold water
- 1/2 t salt, or to taste
- 1 crisp fried onions, for  
-garnish

Vegetarian and dairy foods go well together, especially when well seasoned and enriched by lentil. A completely kosher combination. There are several botanical varieties of lentil and one we used here is greenish-brown type found in supermarkets.

1. In a pan, heat oil. Add onion and stir-fry over moderate heat for 2 minutes. Add lentils, 1 cup of water, pepper, and cuminseed. Bring to a boil and cook for 5 minutes.
2. Add remaining water to lentil mixture and bring to a boil over moderate heat. Add rice and salt and continue to boil. The reduce heat to low. Cover pan with a kitchen towel and then a metal pan cover. Cook for 15 minutes, stirring once or twice. Test the rice for doneness. It may be necessary to add another 5 minutes over low heat to cooking time. Remove pan from heat and let the mixture rest for another 10 minutes without opening cover.

Serve warm garnished w/crisp fried onions. Serve w/side dish of yogurt.

## Kouclas Bi Ruz Moroccan Rice Dumpling

1 Servings

- 1 c rice
- 4 oz lamb (or beef),Ground
- 1/2 c walnuts,Ground
- 1/2 c fresh parsley,Chopped
- 2 lg eggs,lightly beaten
- 1 t cinnamon,Ground
- 1 t mace,Ground
- 1 t nutmeg,Grated
- 1 about 1/2 teaspoon salt
- 1 black pepper to,Ground
- 1 taste

Combine all of the ingredients. Wrap loosely in a piece of cheesecloth and tie securely.

## Koushari (Lentils, Macaroni And Rice In Oil)

6 Servings

1 c ads iswid (brown lentils)  
1 water  
1 salt  
1 c small macaroni noodles  
1 c short grain rice  
2 T olive oil  
1 c tomato puree

TALEYA II =====

2 lg onions  
1/4 c olive oil  
1 garlic clove (or more) -  
-finely cho,pped

Place lentils in a sieve and wash well under running water. Place in a large pot and add 3 cups water and 1 teaspoon salt. Bring to the boil, then simmer for 1 hour until tender but still intact. Drain and keep aside.

Clean same pot and add 4 cups water. Bring to the boil, add 2 teaspoons salt and the macaroni. Stir constantly until water returns to the boil and cook, uncovered, for 15 minutes until tender. Stir occasionally. Drain and keep aside. Clean pot again and dry.

Wash rice well in sieve under running water and drain. Heat oil in pot and fry rice over medium heat for 2-3 minutes. Add 2 cups water and 1 teaspoon salt and bring to the boil, stirring occasionally. Cover and simmer over low heat for 15 minutes or until tender. Leave covered off the heat for 5 minutes for grains to separate.

Prepare the ta'leya (directions below), add tomato puree and bring to the boil.

Add lentils and macaroni to cooked rice and toss together lightly with a fork. Pour hot ta'leya and tomato mixture on top, toss again and cover pot. Leave over low heat for 10 minutes. Serve hot.

TA'LEYA: Halve peeled onions lengthwise then slice thinly to give semicircles. Heat olive oil in a pan, add onions and fry over medium heat until golden brown. Add garlic and cook a minute longer.

## Kusherie (Egyptian Rice And Lentils)

1 Servings

- 1 sauce
- 1 in a saucepan,heat together:
- 3/4 c (one 6 oz can) tomato paste
- 3 c tomato juice,sauce or
- 1 pureed tomatoes
- 1 green pepper,chopped
- 1 celery leaves,Chopped
- 1 T sugar
- 1/2 t salt
- 1 t cumin
- 1/4 t cayenne pepper (or cruched)
- 1 chilis,To Taste
- 1 onions,,Browned
- 1 heat in small skillet
- 2 T oil
- 1 saute over medium heat until
- 1 brown
- 3 onions,sliced
- 4 cloves garlic,minced

Bring sauce to boiling, reduce heat and simmer 20-30 minutes.

## Lahlib Bi-Looz (Moroccan Almond Shake)

1 Servings

- 1/2 c slivered almonds,Blanched
- 1/3 c sugar
- 1 c water
- 2 1/2 c milk
- 1/2 t orange blossom water
- 1 (optional)
- 1 ds almond extract (optional)
- 2/3 c vanilla ice cream
- 1 (optional)

Blend almonds, sugar, and water until smooth. Add other ingredients and blend until slightly thickened (if you use ice cream, it will be quite thick).

## Lamb And Pear Tagine

6 Servings

- 2 lg onions, peeled & sliced
- 1 Kg lean lamb, leg or shoulder
  - cut into, 4cm cubes.
- 4 pears, peeled cored & cut
  - into 4cm, chunks
- 1/2 c sultanas
- 1/2 c silvered almonds
- 1 T olive oil
- 1 t cumin
- 1 t coriander, Ground
- 1 t ginger, Ground
- 1 t cinnamon
- 1 t black pepper
- 1 water, to cover the meat
- 1 salt, to taste

1. In a large saucepan gently fry the onion in the olive oil until soft, add the meat to the pan and cook until it changes color, then add the spices. Add water to just cover the meat and salt to taste. Cover and simmer gently until the meat is tender, about 1 1/2 - 2 hours. (Displace the lid a little after an hour if there appears to be too much liquid.)

2. Add the pears to the meat together with the sultanas & almonds. Cook for a further 5 minutes or until the pears are soft. Serve with rice.

## Lamb And Sausage Couscous

- 3 lb lamb shoulder cut into 2-in  
- cubes
- 1/2 t salt, or to taste
- 1 black pepper, Freshly Ground
- 1 T olive oil
- 1 md onion, quartered
- 4 md carrots, peeled and cut into  
- 1/2-in
- 2 celery stalks cut into 4  
- pieces
- 1/4 c tomato paste
- 3 T all-purpose flour
- 1 c dry white wine
- 6 c low-sodium chicken broth  
- or - water
- 1 t cayenne pepper
- 1 T cumin, Ground
- 6 spicy sausages preferably  
- merguez, style
- 2 md zucchini cut into rounds  
- 1-in thick
- 1 1/2 c couscous

PREHEAT OVEN TO 325F. Pat the meat dry and sprinkle with salt and pepper as desired. Heat the oil in a large covered casserole or Dutch oven over high heat on top of the stove. Add the meat, without crowding, in batches if necessary, and brown well on all sides. Remove pieces to a plate as they are done and reserve. Repeat until all meat is browned. Do not pour off fat. Replace the casserole over medium heat. Add the onion, carrots, celery and tomato paste. Cook, stirring occasionally, 5 minutes. Use your spoon to loosen and dissolve the brown bits stuck to the bottom of the casserole. Add flour and cook, stirring, an additional minute. Add wine, meat (and any juices on the plate), stock, cayenne and cumin. Cover, bring to a boil and place in the oven for 1 1/4 hours, or until meat is tender. Meanwhile, combine sausage and zucchini in an ovenproof dish, cover and place in the oven until sausages are cooked, about 20 minutes. Follow directions on the back of the box and cook the couscous. Remove stewed lamb and the sausage/ vegetable mixture from the oven. Using a slotted spoon, remove the meat from the sauce and place it in a serving bowl. Pour off and discard any excess fat from the sausages and add sausages and vegetables to the lamb. Pour the thin gravy through a fine strainer into the serving bowl and discard the vegetables and spices that remain in the strainer. To serve, place the couscous in another serving dish. Pour the broth into a pitcher or soup tureen. Encourage guests to place couscous in their soup bowl, top with the meat and vegetables and moisten with soup.

## Lamb Patties Moroccan Style With Harissa Sauce

4 Servings

- 1 1/2 lb lean lamb,Ground
- 1 t paprika
- 1/4 t dried hot peppers,Crushed
- 1/4 t black pepper,Ground
- 1 t cumin,Ground
- 2 t garlic,Chopped
- 2 T onion,Grated
- 4 T parsley,Chopped
- 1 salt,To Taste
- 1 T vegetable oil
- 1 harissa sauce

Put the lamb in a mixing bowl and add all of the ingredients except the vegetable oil and harissa sauce. Blend the mixture thoroughly by hand. Shape the mixture into 8 equal size patties similar to hamburgers. Heat the oil in a non stick skillet large enough to hold all of the patties. Two pans may be necessary. Add the patties to the skillet. Cook them over medium high heat about 3 to 4 minutes on each side, depending on the degree of doneness desired. Drain on paper towels and serve with the harissa sauce on the side.

## Lamb With Artichokes And Preserved Lemons

8 Servings

- 3 lb boneless lamb shoulder
- 1 small onion, chopped
- 2 garlic cloves, pressed, minced
- 1 1/2 t ginger, Ground
- 1/2 t turmeric, Ground
- 1 t powdered saffron (opt)
- 3 T vinegar
- 12 artichokes, small, wide
- 12 moroccan preserved lemons
- 1/2 c calamata olives
- 2 T lemon juice (opt)

Trim fat off lamb. Cut meat into 1 1/2" chunks. In a 5-6 quart pan, combine lamb, onion, garlic, ginger, turmeric, and saffron. Cook, tightly covered, over medium heat for 30 minutes.

Meanwhile, in a bowl combine vinegar and 1 quart water. Trim off stems, tough outer leaves, and sharp tips of artichokes, leaving pale, tender interior leaves. Cut in half lengthwise; scoop out and discard hairy chokes. As artichokes are trimmed, immerse in vinegar-water.

After meat cooks 30 minutes, turn heat high, uncover pan, and stir often until juices evaporate and meat browns, 15-20 minutes. Stir in 2 cups water; simmer, covered, for 1 hour.

Drain artichokes and add to lamb; simmer, covered, for 20 minutes. Add 8 preserved lemon quarters and olives; simmer, covered, until artichokes are tender when pierced, about 10 minutes longer. Add 2 tablespoons liquid from preserved lemons or lemon juice. Skim and discard fat from stew. Pour stew into a bowl and garnish with remaining lemon quarters.

Lasopy

8 Servings

In a 4-quart pot:

Simmer: 3 Ibs. VEAL BONES

2 qts. WATER

2 Tbs. SALT, for 1 hour with cover on.

Add: 3 CARROTS, peeled and cut in three pieces

1 small TURNIP, peeled and cut in chunks

6 to 8 SCALLIONS, cut in large pieces

1 cup FRESH or FROZEN STRING BEANS

1 cup TOMATOES, cut in quarters

1/2 tsp. BLACK PEPPER.

Simmer for about 1 hour or until vegetables are tender.

Remove the veal bones.

Put the vegetables through a sieve or vegetable mill to make a puree.

Serve thick and hot from a soup tureen into soup bowls with or without crackers.

## Lentil Tagine

4 Servings

- 1 lb lentils, picked over
- 4 lg tomatoes, vine-ripe, chopped
- 1 lg onion, chopped fine
- 1/4 c olive oil
- 2 cl garlic, chopped
- 1 t paprika
- 1/2 t white pepper
- 1 t salt
- 3 1/2 c water, plus more if needed
- 1 c parsley, fresh
- 1 c fresh coriander sprigs  
-chopped

In a 3- to 4-quart saucepan, combine lentils, tomatoes, onion, oil, garlic, paprika, pepper, salt, and water, making sure that water covers lentils and adding more if needed. Simmer lentil mixture, covered, over moderately low heat 45 minutes, or until lentils are tender. Stir in parsley and coriander and cook 1 minute more.

## Lg. Moroccan Anise Bread

3 Servings

- 1 1/3 c milk/water
- 4 T margarine
- 2/3 t ,salt
- 1/4 c sugar
- 1 t seeds,anise
- 3 c flour,bread
- 2 t yeast

Add ingredients in order listed to ABM. Select cycle and bake.

## Loubia Bil Luz

4 Servings

1 lb green beans, fresh  
4 c water, salted  
3 T peanut oil  
1 garlic clove, mashed  
1/2 t cumin, Ground  
1/4 t paprika  
1/4 t cloves, Ground  
1 T almonds, slivered

Clean and trim green beans. Simmer in lightly salted water until just tender, about 30-45 minutes. Drain and put in serving dish.

Put remaining ingredients (except almonds) in a saucepan over medium heat and cook for two minutes, stirring constantly. Add the almonds and stir briefly to coat. Pour the oil mixture over the green beans and toss gently until beans are thoroughly coated. Serve warm.

## M'chaqub (Stuffed Matzoh)

1 Servings

1/2 lb feta cheese, mashed  
1 md potato, peeled, boiled until  
- soft,, and mashed  
1 egg, beaten  
1/4 t pepper sandwich  
6 whole matzoh  
3 eggs, beaten  
1/4 c corn oil, for pan-frying

1. Mix the stuffing ingredients together well. Set aside.
2. Soak the whole matzoh in warm water until soft but with still some firmness and texture. Remove the sheets from the water and press out the liquid gently. Cut each matzoh into 4 equal squares.
3. Put 1 heaping tablespoon of the cheese stuffing over 1 square of matzoh and cover it with another. Dip the sandwich into the beaten eggs.
4. In a skillet, heat the oil and brown the sandwich on both sides over moderate heat for about 4 minutes.

## M'loukhia (Green Soup)

6 Servings

- 1 T corn oil
- 1 sm head (6 cloves) garlic
  - peeled and,Ground
- 1 T coriander,Ground
- 8 c homemade chicken broth
- 1 1/2 c powdered m'loukhia,or
- 1 c fresh leaves,ground (see
  - note,be,low)
- 1 t salt
- 1 whole fresh hot red chili
  - (opt)

1. In a skillet, heat oil and stir-fry garlic and coriander over moderate heat for 1 to 2 minutes, or until golden.

2. In a pan, bring chicken broth to a boil over moderate heat. Add the m'loukhia, salt, and chili, if desired. Stir-fry seasoning. Simmer for 10 minutes, stirring frequently. Serve hot with white rice, adding as much rice as wanted to soup bowl. The chicken parts used to prepared broth are served as a side dish to soup.

## M'raad (Eggplant Salad)

1 Servings

2 lb large (abt 3) eggplants  
1/2 T salt  
1/4 c (abt) oil for panfrying  
5 cloves garlic, put through a  
- press  
1/2 c water  
1/8 t turmeric, Ground  
1/4 t paprika  
1/4 t cuminseed, Ground  
1 T tomato paste  
1 T white (or cider vinegar)  
1/4 c sweet red pepper, cored,  
-seeded, & chopped for garnish

1. Trim off both ends of eggplants and cut them into slices about 1/2-inch thick. Sprinkle slices with salt and let stand for 1/2 hour. Drain off discolored liquid and wipe slices dry, pressing them gently.
2. In a large skillet, heat oil. Lightly brown eggplant slices on both sides over moderate heat for about 4 minutes on each side. Cover the pan since this will steam-fry and reduce amount of oil needed. Remove eggplant to a large serving platter and keep warm while making the sauce.
3. TO MAKE THE SAUCE: In same skillet, stir-fry garlic for about 10 seconds. Add water, turmeric, paprika, cuminseed, and tomato paste. Simmer mixture over low heat for 5 minutes. Stir in the vinegar. Pour sauce over platter of eggplant and garnish with the chopped red peppers.

Serve at room temperature. Serve 6 to 8 servings with other dishes.

## Mahchi (Stuffing Zucchini)

### ZUCCHINI =====

- 2 lb small (abt 6) zucchini (3 to 4-in l,ong)
- 2 T corn oil
- 1 clove garlic, chopped fine or put t, hrough a press
- 1/8 t allspice, Ground
- 1/2 t salt, or to taste

### STUFFING =====

- 1 c raw rice, well rinsed
- 1/3 c water
- 3 T corn oil
- 1 lg (2 c) onion, chopped
- 1 lb beef, Ground
- 1 clove garlic, chopped fine or put t, hrough a press
- 1 t salt, or to taste
- 1 lemon's juice
- 1/3 c (or homemade tomato), Canned sauce

### SAUCE =====

- 2 c water
- 1 T tomato paste
- 1/2 t salt, or to taste
- 2 T lemon juice
- 2 T corn oil

1. Trim 1/4-inch from each end of zucchini. Cut each one crosswise into halves. Scoop out pulp with an apple corer, close to out skin of each zucchini piece. Reserve 1 cup of pulp.
2. In a skillet, heat 2 tablespoons of oil. Add reserved pulp, 1 clove of garlic, allspice, and salt. Stir-fry over low heat until the pulp has browned and reduced to a mush, about 10 minutes. Set aside.
3. In a pan, place rice and 1/3 cup of water. Simmer over low heat for about 2 minutes, or just long enough for all liquid to be absorb. Set aside.
4. In a skillet, heat 3 tablespoons of oil. Add onion and stir-fry over low heat until light golden brown. Cool slightly.
5. In a large bowl, mix together onions, ground beef, cooked zucchini pulp, cooked rice, remaining clove of garlic, salt, lemon juice, and tomato sauce. Stuff each zucchini half almost to top. Tap the bottom of zucchini now and then so that stuffing is firmly settle in. In a skillet or pan, snugly fit stuffed zucchini in one or two layers.
6. In a bowl, mix all sauce ingredients together. Stir well. Pour over zucchini. Bring to a boil. Cover pan and cook over low heat for 1 hour. At end of 45 minutes, turn zucchini over carefully, and cook uncovered, for 15 minutes longer. The total cooking time is 1 hour. Almost all liquid will have evaporated from sauce.

## Marrakesh "Pizza" (Khboz Bishemar)

1 pk active dry yeast  
1/4 c ,lukewarm water  
FILLING =====  
1/4 lb mutton (or beef suet -  
    -(about)  
    - 1 cup),- tightly packed  
3 T parsley,Chopped  
1/2 c finely onion,Chopped  
1/4 t cumin (heaping tsp.),Ground  
1 red chile pepper,Dried  
1 t paprika (heaping tsp.)  
DOUGH =====  
2 c unbleached flour  
1 t salt  
GARNISH =====  
4 t sweet butter,melted

Sprinkle the yeast over 1/4 cup lukewarm water. Stir to dissolve and let stand in a warm place for 10 minutes, or until the yeast has become bubbly and doubled in volume.

Meanwhile, make the filling. Chop or grind suet; pound the parsley, onion and spices in a mortar or chop finely to a paste. Mix with the suet and set aside.

Mix the flour with the salt and make a well in the center. Pour in the bubbling yeast and enough lukewarm water to form a ball of dough. (Add more water if the dough seems hard to handle.) Knead well until smooth and elastic, about 20 minutes. Separate the ball of dough into 4 equal parts.

Lightly flour a board. Begin patting the first ball of dough down to a disc shape, stretching and flattening it to make a rectangle approximately 8 x 14 inches. Spread one-quarter of the filling in the center. Fold the right and then the left side of the dough over the filling. Press down on this 'package' and begin flattening and stretching it (with the filling inside) until it is the same size (8 x 14 inches) as before. Repeat the folding, this time right side over center and left side under. Repeat with the remaining 3 balls of dough. Set aside, covered, in a warm place for 45 minutes.

Heat the griddle. Prick the 'packages' with a fork six or seven times on both sides. Place on the griddle - they will begin to fry in the fat released from their fillings. Fry the 'packages' 10 minutes on each side, until crisp. Dot each package with a teaspoonful of melted butter before serving.

## Maschi (Stuffed Tomato With Chopped Beef)

2 lbs. beef, Chopped  
1 t salt  
1/2 t pepper  
1 t garlic powder  
--or 2 cloves, Mashed  
4 T fresh dill, Chopped  
--or 1 tsp. dill, Dried  
2 T salad oil  
1 c rice, Cooked  
8 lg very firm tomatoes  
2 T butter  
2 T oil  
12 oz tomato paste, Canned  
12 oz water (1 1/2 cups)  
1/2 t salt  
1 t cinnamon  
1 t garlic powder  
tomatoes  
green olives

In a 9-inch skillet saut 2 lbs. CHOPPED BEEF, 1 tsp. SALT, 1/2 tsp. PEPPER, 1 tsp. GARLIC POWDER (or 2 cloves mashed) and 4 Tbs. CHOPPED FRESH DILL (or 1 tsp. dried dill) in 2 Tbs. SALAD OIL until meat browns. Add 1 cup COOKED RICE and blend. Cut a slit in 8 large TOMATOES (very firm), halfway across the center. Squeeze at the sides to open the slit. Scoop out all the flesh from inside of tomatoes with a spoon. Refill tomato with beef mixture and close the tomato. Melt 2 Tbs. BUTTER and 2 Tbs. OIL in a large skillet.

Saut the tomatoes carefully in the fat, rolling them gently until they become dark red on all sides. Remove the tomatoes with the oil and place in a casserole or heavy saucepan. Prepare sauce as follows and pour over the tomatoes: Combine 2 6-oz. cans TOMATO PASTE thinned with 2 6-oz. Cans WATER, 1/2 tsp. SALT, 1 tsp. CINNAMON and 1 tsp. GARLIC POWDER. Simmer the tomatoes gently over low flame for 10 to 15 minutes until sauce is cooked.

Remove carefully to a 15-inch round platter. Surround with raw TOMATOES cut in thick slices. Top each slice with GREEN OLIVES. If there is more Maschi filling left over after filling the tomatoes place it in a suitable pan and bake it alongside the tomatoes.

## Masfouf De Tunis (Tunisian Sweet Snack)

6 Servings

1 lb semolina  
1 c water, hot  
8 T butter, melted  
4 T raisins  
4 T almonds, Blanched  
    -halve/toast  
3 T pine nuts  
1/2 c sugar  
1/2 lb seedless grapes

1. Mix the semolina and hot water in a bowl. Put it into the top (kesskess) of a couscoussier or a Chinese-style steamer and steam, covered, over hot water for 10 minutes.
2. Remove the semolina to a bowl and stir in 4 tablespoons of the butter. Mix and toss to separate the grains. Return the semolina to the steamer and steam, covered, for 20 minutes. The semolina will expand and will be cooked through.
3. Soak the raisins in hot water for 5 minutes and drain. Remove the semolina the second time, stir in the balance of the butter, 4 tablespoons, and turn the semolina out on a serving dish. Add the raisins, almonds, pine nuts and mix and toss together. Set aside a few raisins and nuts to decorate the top of the Masfouf. Sprinkle the Masfouf with the sugar and decorate with the raisins and nuts.

Serve at room temperature. Serves 6 or more.

## Mayeena (Matzoh And Potato Bake)

1 Servings

### MATZOH =====

8 matzohs, broken into 3- pcs  
2 eggs, beaten  
2 T corn oil  
1 lb cooked chicken (or beef), cut  
-into sm, all cubes  
2 md (1 c) onions, chopped  
1/4 t allspice  
1/4 t pepper  
1 t salt  
1/8 t nutmeg, grated

### POTATOES =====

3 lg (abt 1 lb) potatoes, peeled  
-& quartered  
2 eggs, beaten  
1/4 t salt  
1/8 t pepper  
1 wedges lemon

1. Moisten matzoh in warm water for a few minutes to soften them and gently press out excess liquid. Oil a 1-1/2 quart, heatproof glass or metal baking dish. Dip matzoh pieces into first 2 beaten eggs and lay them in baking dish in an orderly layer.
2. In a skillet, heat oil. Add meat, onions, allspice, pepper, salt, and nutmeg. Stir-fry over moderate heat for 3 minutes. Spread the mixture over matzoh in baking dish.
3. In a pan, boil potatoes in water until soft but still firm. In a processor, puree potatoes and spread puree over meat layer. Poke 8 holes about 1-inch deep in puree.
4. In bowl, beat remaining 2 eggs with salt and pepper. Pour the mixture over potato puree. Bake in preheated, 375 degree F. oven for 1/2 hour.

## Meat Curry

5 Servings

- 1/2 c vegetable oil
- 1/2 c chopped onion, plus 2 TBSP
- 4 cloves garlic, peeled and  
-finely, Chopped
- 1 piece ginger root (1"), cut  
-in half
- 2 t cumin seed
- 4 whole cardamom seeds
- 1 cinnamon stick
- 4 whole cloves
- 1/2 t red pepper, Ground
- 1 t turmeric
- 6 oz tomato paste
- 4 pieces chicken (4 to 6)
- 2 md white potatoes, peeled and  
-quartered
- 1/2 c fresh coriander

1. In a large frying pan, heat oil over medium heat for 1 minute. Add onion, garlic, ginger root, cumin, cardamom, cinnamon stick, cloves, red pepper, and turmeric and stir.
2. Stir in tomato paste and cook about 10 minutes or until tomato paste separates from oil. Stir to blend oil and tomato paste.
3. Add chicken, reduce heat to low, and cover. Simmer for 35 minutes.
4. Add potatoes, cover, and simmer 15 minutes or until tender.
5. Add coriander and simmer, uncovered, 10 minutes more.

Serves 4 to 6

## Meat On A Stick

8 Servings

- 1 t red pepper, Ground
- 1 t garlic powder
- 1/2 t seasoned salt
- 1 1/2 lb beef tenderloin (or round)
  - steak, cut into bite-sized
- 1 md onion
  - and cut into 1", Peeled
  - pieces

1. Combine red pepper, garlic powder, and seasoned salt in a wide, shallow bowl. Add beef and mix with hands to coat with spices.
2. Preheat broiler.
3. Thread beef and onion pieces onto 12-inch skewers. Broil 4 to 5 minutes per side or until meat is tender.

Makes 8 skewers

## Mediterranean Chicken Tagine

6 Servings

- 1 T olive oil
- 1 lg onion(s), finely chopped
- 3 garlic clove(s) (1, Minced  
-tbs)
- 2 T ginger, minced
- 1 1/2 t turmeric
- 1 1/2 t cumin seeds, Ground
- 1 1/2 t coriander seeds, Ground
- 1 cinnamon stick
- 6 c chicken stock
- 2 T lemon juice
- 1/2 lb turnips, peeled cut into 3/4  
- dice
- 1/2 lb carrots, peeled cut into 3/4  
- dice
- 1/2 lb celery (or fennel), peeled  
-cut  
- into 3,/4 dice
- 1 T lemon juice
- 2 T lime chutney
- 1/2 c raisins
- 1 salt and pepper
- 2 lb chicken breasts skinned and  
-boned c, ut into 2 pieces
- 1 c chick-peas, Cooked
- 1/3 c cilantro or, Chopped  
-flat-leaf parsley

Heat the oil in a large casserole dish. Add the onion, garlic, ginger, turmeric, cumin, coriander, and cinnamon stick. Cover over medium heat for 3-4 minutes, or until the onion is soft but not brown. Add 6 cups of stock and the lemon juice, root vegetables, lime chutney, raisins, salt and pepper, and chicken pieces. Simmer for 20 minutes, or until the root vegetables are almost tender. Add stock as necessary to keep the stew from drying out.

Just before serving, remove the cinnamon stick and stir in the chick-peas. Simmer for 2-3 minutes, or until cooked. Correct the seasoning, adding salt, pepper, and lemon juice to taste. Garnish with cilantro or parsley and serve at once.

## Melokhia (Egyptian Herb Soup)

6 Servings

- 125 g melokhia leaves --or--,Dried
- 1 Kg fresh melokhia leaves\*
- 1 1/2 l strong stock
- 1 salt
- 1 black pepper
- 25 g olive oil
- 3 garlic cloves,crushed
- 1 T coriander,Ground
- 1/2 t cayenne pepper

Crush the dried Melokhia leaves. Put them in a bowl and moisten with a little hot water. Set aside until they swell and double in bulk. If the leaves are not brittle enough to crumble, dry them out in a warm oven for a few minutes. If fresh leaves are being used, wash them thoroughly and cut off the stalks. Spread the leaves out on a clean cloth to dry. Chop them finely.

Put the stock in a large saucepan (you can use any stock, except pork). Season with salt and pepper and bring to the boil. Add the chopped or crumbled leaves and simmer for 10 minutes if the leaves are fresh and for 30 minutes if dry.

Meanwhile, prepare the "Taklia" or garlic sauce. Melt the butter in a small frying-pan. Add the garlic and fry, stirring, until it is golden brown. Add the coriander and cayenne and cook, stirring, for 2 minutes. Add the garlic mixture to the soup, cover the pan, and simmer for 3 minutes, stirring occasionally. Adjust the seasoning and serve.

## Merguez Sausage

4 Servings

- 1 1/2 lb lamb, Ground
- 1 t paprika
- 1/2 t hot red pepper flakes, Dried  
-, Crushed
- 1 T olive oil
- 1 salt, To Taste
- 1/4 t black pepper, Ground
- 1 t cumin, Ground
- 2 t garlic, Finely Minced
- 1 T corn oil

1. Put the lamb in a mixing bowl and add the ingredients up to and including the minced garlic. Blend the mixture thoroughly by hand. To test the sausage for seasoning, shape a small portion into a patty. Cook the patty in a lightly-oiled skillet and season to taste.
2. Shape the mixture into eight equal balls, then flatten each into a patty.
3. Heat the oil in a heavy skillet and add the patties. You may do this in two batches, depending on the skillet size. Cook the patties for 8 minutes, turning when necessary. Drain on paper towels.

## Meshoui

5 Servings

2 Kg leg of lamb  
1 md onion  
1 celery rib  
1 T paprika  
1 T pepper,black  
1 l ,water  
1 carrot  
2 tomato  
1 bn parsley  
1 T salt  
2 T garlic,chopped

### LAMB SAUCE =====

1 pan drippings  
2 T tomato paste  
1 l ,water

Approx. Cook Time: 2:00

Preheat oven to 175 C. All vegetables should be coarsely chopped. Rub paprika, salt, pepper, and garlic all over lamb. Set aside. In a roasting pan, nestle lamb in the center of the vegetables and cook, uncovered for approx. 20 minutes (for 2 kg leg) or until top of lamb is brown. Add water, cover, and cook 1-1/2 hours for medium done roast.

Moroccan Lamb Sauce: Strain vegetables from roasting pan. Put drippings in a heavy pan. Add tomato paste and water. Simmer for about 15 minutes, skimming grease from top of sauce several times.

## Mezgaldi Of Onions

4 Servings

2 lb spanish onions,sliced  
2/3 c olive oil  
1/4 t powdered saffron  
1 t ginger  
1 t black peppercorns,crushed  
4 T cinnamon  
2 T sugar  
2 celery stalks

Arrange onions in layers in a large shallow bowl. Combine oil, saffron, ginger, pepper, half cinnamon & sugar. Pour over onions, add just enough water to cover. Mix well & let marinate for 2 hours. Place celery stalks crossways in the bottom of a tagine or casserole. This protects the onions from scorching. Arrange onions in overlapping layers & pour over marinade. Sprinkle with remaining cinnamon & sugar. Cover tagine & cook at 325F for 30 to 40 minutes & then uncover & brown under a broiler just before serving. The onions should be slightly caramelized & very tender.

## Milookhiyya (Egyptian Green Herb Soup)

6 Servings

1 qt chicken stock, fresh or can  
1 c milookhiyya\*, Dried  
1 T tomato paste  
1 t salt  
    black pepper, freshly ground  
2 t garlic, finely chopped  
2 t coriander, Ground  
2 T butter

\* (spinach-like Egyptian herb), picked clean and finely crumbled

In a heavy 3 to 4 quart saucepan, bring stock to a boil over high heat. Stir in the milookhiyya, tomato paste, salt and a few grindings of the pepper and reduce the heat to low. Stirring occasionally, simmer for about 20 minutes, or until the milookhiyya has dissolved and the soup is thick and smooth.

With a mortar and pestle or the back of a spoon, mash the garlic and coriander to a smooth paste. In a small skillet, melt the butter over moderate heat. When the foam has almost subsided, add the garlic and coriander and, stirring constantly, cook for a minute or two until the garlic is lightly browned. Add the entire contents of the skillet to the soup and, stirring constantly, simmer for 2 or 3 minutes more. Taste for seasoning and serve at once from a heated tureen.

## Monrovia Coconut Pie (Liberia)

3/4 c butter, softened  
1/2 c sugar  
2 eggs, beaten  
2 c fresh coconut, grated  
--OR moistened packaged  
-coconut  
1 c milk  
1 t vanilla  
1/4 t baking soda  
Pastry for 1 (9-inch)  
-2-crust pie

Preheat the oven to 350 degrees.

Roll out half of the dough and line a 9-inch pie pan. Wrap the remaining dough with plastic and set it aside. Bake the pie shell for 5 minutes.

In a medium sized bowl, cream together the butter and sugar. Add the eggs and beat to combine. Add the coconut, milk, vanilla, and baking soda and beat until thoroughly combined.

Pour the filling into the partially baked pie shell. Roll out the remaining dough and cut it into 1-inch wide strips. Lay the strips in a lattice pattern on the pie and flute the edges.

Bake for 40 minutes, or until golden-brown. Remove from the oven and allow to cool on a wire rack.

## Moroccan Date Cake

10 Servings

1/2 c butter  
1/4 c sugar (or up to double amt.)  
4 eggs  
1 t baking powder  
1 c unbleached white flour  
1 t cinnamon  
1 t nutmeg  
1/2 t cloves,Ground  
1/2 c milk  
1/2 t pure vanilla extract  
1 c pitted,chopped dates  
1/2 c walnuts,Chopped  
1 fresh whipped cream

Preheat the oven to 325 F.

Cream together the butter and sugar. Beat in the eggs. Combine the baking powder, flour, cinnamon, nutmeg, and cloves. Add the dry ingredients to the egg mixture, beating well. Mix in the milk and vanilla. Beat well. Add the chopped dates and walnuts and stir again to distribute them evenly.

Butter and flour a 9-inch cake pan. Pour the batter into the pan. Bake for about 30 minutes, until a knife inserted into the center comes out clean.

Serve with fresh whipped cream.

## Moroccan Almond Rolls

48 Servings

2 1/4 c unbleached all-purpose flour  
- (sifted)  
1 c butter  
1/2 t salt ice water

FILLING =====

8 oz almond paste  
1 lg egg  
2 T sugar  
1/3 c almonds,Ground

Place the flour, butter and salt in a mixing bowl. Cut in the butter with a pastry blender until the mixture is crumbly. Add the ice water and blend well with a fork, until moistened. Shape into a ball and divide it into 3 sections, wrap, and refrigerate for at least 1 hour, (no more than 2 hours). Meanwhile, prepare the filling by mixing all of the ingredients together.

Remove the dough from the refrigerator, and roll out 1 section into a 12 X 12-inch square. Cut into 3-inch squares. Place a small piece of filling at one corner of each small square and roll up, diagonally. Repeat with the remaining two sections of dough. Place the rolled squares on ungreased cookie sheets and bake in a preheated 400 Degree F. oven for 10 to 12 minutes.

## Moroccan Anise Bread

2 Servings

- 1 T active dry yeast
- 1 1/3 c water, Warm
- 1 t sugar (or honey)
- 1 T vegetable oil
- 2 1/2 t anise seeds
- 2 t table salt or
- 4 t kosher[ing] salt
- 4 c unbleached all-purpose flour
- 1 egg white with, Beaten
- 1 t water
- 3 T sesame seeds

1. Dissolve the yeast in 1/4 cup of the water. Add the sugar or honey and let stand until foamy, 5 to 10 minutes.
2. Add the remaining water, oil, anise, salt, and 2 cups of the flour. Gradually stir in the remaining flour until the mixture holds together.
3. On a lightly floured surface, knead the dough until smooth and elastic, about 10 minutes. Place in a greased bowl, turning to coat. Cover loosely with a towel or plastic wrap and let rise at room temperature until double in bulk, about 1-1/2 hours, or
4. Punch down the dough and divide in half. Shape each piece into a ball, cover, and let rest for about 10 minutes.
5. Sprinkle a large baking sheet with cornmeal or fine semolina or grease the baking sheet. Flatten each dough ball into a 6-inch round. Some cooks flute the outer edge, others leave it plain. Place the rounds on the prepared baking sheet, cover, and let
6. Preheat the oven to 375 degrees.
7. Prick the dough around the sides with the tines of a fork or a toothpick. Brush the tops of the loaves with the egg white and lightly sprinkle with the sesame seeds.
8. Bake until golden brown and hollow-sounding when tapped, about 30 minutes. Transfer to a wire rack to cool.

## Moroccan Beef Kefta On Skewers With Chopped Vegetable Sal

- 1 1/2 lb beef,Ground
- 1/2 c onion,Grated
- 2 cloves garlic -- finely minced
- 2 T finely fresh,Chopped parsley
- 2 T finely fresh,Chopped coriander
- 3 t finely fresh mint or,Chopped
- 2 t finely fresh,Chopped marjoram
- 1/2 t cumin,Ground
- 1/2 t paprika
- 1/4 t cayenne
- 1 vegetable salad,,Chopped
- 1 seedless cucumber --,Peeled
- 1 lg tomato -- seeded and finely
- 1 green bell pepper -- seeded
- 1 and finely
- 1 hot italian-style pepper --
- 1 seeded and finely
- 2 cloves garlic -- finely
- 1 minced
- 3 T finely fresh mint,Chopped
- 2 T red wine vinegar
- 2 T olive oil -- (up to 3)
- 1 mint,Dried
- 1 t marjoram,Dried

In a large bowl combine the beef, onion, garlic, parsley, coriander, mint, marjoram, salt, pepper, cumin, paprika and cayenne. Cover and let sit for one hour. Soak 12 wooden skewers in water for one hour.

In a separate bowl combine cucumber, tomato, bell pepper, hot pepper, garlic, mint, red wine vinegar, olive oil, salt and pepper tossing to combine. Cover and let marinate at room temperature until ready to serve.

Preheat grill or broiler.

Dip hands into a bowl of water. Shape and pack about a 1/3 cup of the meat mixture into 2 sausage-shapes on a soaked wooden skewer. Repeat procedure for remaining meat and skewers.

Grill the keftas on both sides until cooked through, about 3 to 4 minutes per side. Serve hot with chopped salad.

## Moroccan Beef Stew

8 Servings

2 lb chuck roast (bite-size)  
1/4 t cumin  
3 T flour  
1/4 t ginger  
2 t salt  
1/8 t cayenne pepper  
2 T vegetable oil  
1 c celery,Chopped  
20 oz pineapple chunks  
1/2 c onion,Chopped  
2 c juice/water  
2 cloves garlic,Minced  
1/2 t paprika  
1 c carrots,Sliced  
1/4 t coriander  
3 sm tomatoes,wedged  
1/4 t turmeric          parsley flakes

Dredge beef in flour and salt and brown in oil. Pour off drippings. Add spices, celery, onion and garlic. Stir in juice and water. Cook slowly 1 hour. Add carrots and cook 30 minutes more. Add pineapple and tomatoes and heat through. Garning with parsley. Makes 8 servings.

## Moroccan Bread

2 T baking yeast  
1 t honey  
1/2 c water, Warm  
8 1/2 c whole wheat flour  
2 T anise seed  
2 t sesame seeds  
1 t salt  
1 c milk, Warm  
2 c water (approximately), Warm  
1 corn meal

Combine first 3 ingredients in a small bowl and allow to sit 2 to 3 minutes till yeast dissolves. Stir and set aside on counter in a warm place and allow to rise till mixture is bubbly and doubles in volume.

In the meantime, mix the next 4 ingredients together in a mixing bowl and heat milk to lukewarm. Make a crater in the middle of the flour and pour in the risen, bubbly yeast mixture and the warm milk and mix in.

Add the warm water a little at a time to form a stiff dough (you may need a little more or less than 2 cups of water depending on variety of whole wheat flour used, humidity, etc.)

Turn dough onto a lightly floured surface and knead for 10 to 15 minutes. The dough should be so stiff that it needs to be kneaded with fists. Divide dough into quarters and roll each piece into a ball. Allow to sit on floured surface about 5 minutes. In the meantime, sprinkle 2 cookie sheets with corn meal.

Form each ball of dough into a large cone shape. Place 2 cones on each cookie sheet and flatten each into round loaves that are slightly raised in the centers, about 6" in diameter.

Cover loaves with plastic wrap and allow to rise about 2 hours in a warm place. Preheat oven to 400 F degrees.

Just before baking, gently prick bread around the sides in 4 places and bake at 400 F degrees for 12 minutes. Turn heat down to 300 F degrees and bake another 30 to 40 minutes till bread sounds hollow when tapped on the bottom. Remove from oven and allow to cool.

## Moroccan Brisket With Olives

10 Servings

6 lb brisket of beef  
1    lamb can be substituted  
2 cl garlic,peeled and halved  
1/4 c olive oil  
1/4 t tumeric  
1    or  
1    saffron,a few strands  
1 t ginger,fresh grated  
2 lg spanish onions,diced  
4 T celery,chopped, with  
1    leaves  
1 sm carrot,peeled, sliced in  
1    paper thin rounds  
1 lb green olives  
2 lg tomatoes,peeled and diced  
1    or  
16 oz stewed tomatoes,canned  
1    lemon,for juice

Sprinkle meat with salt and pepper; rub with garlic. In a heavy roasting pan, sear meat on all sides in a bit of olive oil. Remove and set aside. In same pot, add remaining olive oil, tumeric (or saffron), ginger, and onions. Saute until onions are limp. Add celery and carrots. Saute a bit more. Add tomatoes and mix. Remove 1/3 of the mixture and placed seared meat on the remainder. Cover with the rest of the mixture. Cover, and bake in pre-heated oven at 350 degrees F until meat is tender about 3 hours). Remove, and refrigerate. In the meantime, pit the olives. Place olives in a pot. Cover with water and bring to a boil. Drain, and repeat the process. (to remove saltiness of the olives). Remove brisket from refrigerator. Remove any fat that may have collected. Slice the meat against the grain. Return meat to a heavy pot with the mixture. Sprinkle the olives over the meat. Reheat at 350 deg F for 1/2 hour, and serve.

## Moroccan Charosets

50 Servings

2 c dates,pitted  
1/2 c raisins,golden  
1/2 c raisins,dark  
1/2 c walnuts  
2 T red wine,sweet,passover

1. Process dates, raisins and walnuts in food processor until mixture is finely chopped and begins to mass. Add enough wine to make sticky dough.
2. Line baking sheet with waxed paper. Drop mixture by slightly rounded measuring teaspoonfuls onto pan. Roll with moistened palms into hazelnut-size balls. Refrigerate for at least 3 hours or until firm.

## Moroccan Chick Pea Soup

4 Servings

2 T safflower oil  
2 carrots,grated  
2 cloves garlic,minced  
1 med onion,chop fine (1/2 c)  
15 oz can chick peas,rinse,draine  
3 c vegetable stock  
1/3 c tahini  
2 T lemon juice  
1 T fresh parsley,Chopped  
3/4 t cumin,Ground  
1/2 t black pepper  
1/2 t thyme leaves  
1/4 t powdered tumeric  
1/8 t cayenne pepper

GARNISH: toasted sesame seeds, minced scallions, finely chopped tomatoes, or Herbed Garlic Croutons, optional In 4-5 qt saucepan, heat oil. Add carrots, garlic, and onion; cook until tender. Set aside. Menawhile, in food processor, puree chick peas, 1 cup of vegetable stock, tahini, and lemon juice. Stir pureed mixture into saucepan. Add remaining ingredients including vegetable stock. Cover and cook for 5 minutes to heat through. Top with garnish if desired.

VARIATIONS: - substitute olive oil for safflower oil - add 1 med sweet red pepper, finely chopped; saute with other veggies.

## Moroccan Chicken

6 Servings

- 3 lb chicken, cut into serving  
-pieces o
- 4 split chicken breasts
- 8 dried figs, snipped
- 1 8-oz can tomato sauce
- 1/2 c onion, chopped
- 2 cl garlic, minced
- 1/4 c white wine (or apple juice)
- 2 bay leaves
- 1/2 t allspice, Ground
- 1 t thyme leaves, Dried
- 1/2 c green peper, chopped  
-optional
- 2 T sesame seeds, toasted or
- 2 T almonds, slivered

Skin chicken. Place in a pot or hearty skillet. Add remaining ingredients, except sesame seeds or almonds. Cover and cook in a slow cooker about 6 hours or cook in oven on low heat about 2 hours. For faster cooking, bring to a boil on top of range, reduce heat to low, and cook for 20-35 minutes depending on thickness of chicken pieces. Sprinkle sesame seeds or almonds on top before serving. This makes six 3-oz servings.

## Moroccan Chicken Casserole

1 Servings

- 3 cloves garlic
- 2 T oil
- 2 t cumin,Ground
- 2 t ginger,Ground
- 1 t salt
- 1 t tumeric,Ground
- 1 t paprika
- 1 t cinnamon
- 1 black pepper,Freshly Ground
- 8 chicken legs
- 2 t lemon rind,grated
- 1/2 c olives
- 1 c dates,chopped

Crush, peel & finely chop garlic. Mix together garlic, oil, cumin, ginger, salt, tumeric, paprika, cinnamon & pepper in a bowl. Brush each chicken leg with this mixture to coat chicken surfaces well. Place side by side in a large, flat oven-proof dish. Cover & leave in a cool place for 1 hour. Bake at 180C (350F) for 35 minutes. Uncover. Scatter over lemon rind, olives & dates. Cover again & cook a further 10 minutes. Serves 4-6.

## Moroccan Chicken Stew

4 Servings

- 1 1/2 t cumin,Ground
- 1/2 t salt
- 1/4 t pepper
- 3/4 lb boneless skinless chicken
  - 1 breast halves
  - 1 cut into 1/2-inch strips
- 1 1/2 c water --,Divided
- 4 1/2 oz bite-size prunes,Pitted
  - 1 vegetable cooking spray
  - 1 T olive oil
- 1 1/2 t ginger,Ground
- 1 t turmeric,Ground
- 1/2 t cinnamon,Ground
- 1 1/2 c coarsely onion,Chopped
- 1/2 c low-salt chicken broth
- 4 c hot couscous,Cooked
- 3 T almonds -- toasted,Sliced

Place first 3 ingredients in a large zip-top heavy-duty plastic bag.

Add chicken; seal bag, and shake to coat. Chill 1 hour.

Combine 1 cup water and the prunes in a medium saucepan; bring to a boil. Remove from heat; cover and let stand 1 hour. Drain prunes, reserving 1/4 cup cooking liquid.

Coat a nonstick skillet with cooking spray; add oil. Place over medium heat until hot.

Add ginger, turmeric, and cinnamon; cook 1 minute, stirring constantly. Add onion, and saute 8 minutes. Add chicken, remaining 1/2 cup water, prunes, reserved 1/4 cup cooking liquid, and chicken broth; bring to a boil. Reduce heat, and simmer, uncovered, 10 minutes or until chicken is done. 4 servings (serving size: 1 cup chicken mixture and 1 cup couscous).

## Moroccan Chicken With Couscous

4 Servings

4 chicken legs & thighs  
1 salt & pepper, to taste  
1 T olive oil  
1 lg onion  
1 lb carrots in 1/2, Slices  
2 t paprika  
1 t ginger, Ground  
1/4 t tumeric  
1/8 t cinnamon  
1 lemon, cut in 8 wedges, seed  
1 c chicken broth  
2 c chicken broth  
1/2 c currants, Dried  
1 t salt, to taste (opt)  
1/8 t allspice  
1 c quick-cooking couscous

Chicken: 1. Skin and disjoint the chicken, season with the salt (if desired) and the pepper. Heat the oil in a large skillet, preferably one with a nonstick surface, and brown the chicken on both sides over medium-high heat. Remove chicken to a platter. 2. Reduce heat to medium-low, add onions to skillet and saute for about 3 minutes. 3. Add the carrots and saute for 2 minutes. 4. Add the paprika, ginger, tumeric and cinnamon and cook the mixture for 1 minutes, stirring it. 5. Return chicken and their juices to skillet, add lemon wedges and broth. Bring the liquid to a boil, reduce the heat, cover, and simmer, turning chicken occasionally, for 30 minutes or until it is cooked through. Couscous: 6. In a medium-size saucepan, combine the broth, currants, salt (if desired), and all spice, and bring to a boil. 7. Stir in the couscous, boil for 2 minutes, remove pan from heat, cover and let stand for 5 minutes or until the liquid is absorbed. 8. Serve the chicken and carrots over the couscous, surrounded by the lemon wedges.

## Moroccan Chicken With Olives

6 Servings

1/4 c cilantro  
1 T paprika  
2 t cumin  
1/2 t salt  
1/2 t turmeric  
1/2 t ginger  
2 cloves garlic  
3 1/2 lb chicken, cut up  
1/3 c flour  
1/2 c water  
1/4 c lemon juice  
1 t chicken bouillon  
1/2 c kalamata (or greek olives)  
1 lemon, sliced

Mix cilantro, paprika, cumin, salt, turmeric, ginger and garlic. Rub mixture on all sides of chicken. Coat with flour. Place chicken in ungreased 13x9x2 inch baking dish. Mix water, lemon juice and bouillon. Pour over chicken. Add olives and lemon slices. Cook uncovered at 350 degrees spooning juices over chicken occasionally, until thickest pieces of chicken are done, about 1 hour. Serve with couscous or rice if desired.

## Moroccan Chicken With Preserved Lemons

4 Servings

2 T olive oil  
3 lb chicken thighs,skinned/rinse  
1 large onion,Chopped  
2 t paprika  
1 t ginger,Ground  
1/2 t turmeric,Ground  
1/2 t pepper  
1/2 c calamata olives (opt)  
10 moroccan lemon quarters  
1/4 c finely cilantro(opt),Chopped

NOTE: For less sodium, use ripe olives instead of calamatas.

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Pour oil into a 10-12" frying pan over medium-high heat. Add chicken and turn pieces often to brown on all sides, about 15 minutes. Lift out chicken; set aside.

Remove all but 1 tablespoon oil from pan. Add onion; stir often over medium-high heat until tinged with brown, about 5 minutes. Stir in paprika, ginger, turmeric, and pepper. Add 1 cup water, chicken, olives, 6 preserved lemon quarters, and 1 tablespoon preserved lemon liquid.

Cover pan and simmer, turning once, until meat is no longer pink at bone (cut to test) 20-25 minutes. Skim and discard fat; transfer chicken and sauce to a wide bowl. Garnish chicken with remaining lemon wedges and cilantro.

## Moroccan Cholent Dafina - Moroccan Sabbath Stew

8 Servings

8 oz (about 1-1/4 cups),Dried  
1 chickpeas  
3 T vegetable oil  
2 md yellow onions,chopped  
1 (about 1 cup)  
4 whole cloves garlic  
1 lb beef (or veal marrow bones)  
3 lb beef brisket,short ribs, or  
1 chuck roast,cut in 4 pieces  
12 to 16 medium potatoes (4 to  
5 pounds),peeled, \*or\*  
1/2 c bulgur  
5 to 6 dates \*or\*,Pitted  
3 T honey  
1 T paprika  
1 t cumin,Ground  
1/2 t cinnamon,Ground  
1/4 t turmeric \*or\*,Ground  
6 saffron threads,crumbled  
2 t salt  
1 black pepper,Ground  
1 recipe kouclas (dumpling,2  
1 options below)  
6 to 8 large eggs,in shell

Soak the chickpeas in water overnight. Drain.

Heat the oil in a 6- to 8-quart pot over medium eat. Add the onions and saute' until soft and translucent, 5 to 10 minutes. Add, without mixing, the chickpeas, garlic, bones, meat, potatoes or bulgur, dates or honey, paprika, cumin, cinnamon, turmeric or saffron, salt, and pepper. Place the kouclas in the center of the dafina and arrange the eggs around it. Add enough water to cover.

Bring to a boil, cover, reduce the heat to medium-low, and simmer, occasionally skimming the foam, for 1 hour. Tightly cover the pot, place on a blech (a thin sheet of metal placed over the stove top) over low heat or in a 225-degree oven, and cook overnight. Or transfer to a slow crock-type cooker set on low to cook overnight.

## Moroccan Couscous

4 Servings

1 c orange (or other juice)  
1 c couscous, Instant  
1/4 c pitted dates, finely chopped  
1/4 c raisins  
1/4 c almonds, Slivered  
1 t cinnamon

Bring juice and 1/2 cup water to a boil in a small pot. Remove from heat. Stir in couscous and allow to sit covered for 5 minutes.

Meanwhile, in a separate pan, saute dates, raisins, almonds and cinnamon in 1/2 cup water for 2 minutes. Add cooked couscous. Mix well and serve warm.

## Moroccan Cucumber Salad

4 Servings

- 2 cucumbers,peeled, seeded &  
-- grate,d
- 1 T sugar
- 1 t vinegar
- 1 T olive oil
- 1/4 t salt
- 1/8 t za'atar\*
- 1 cured black olives

Drain off excess liquid from the cucumbers & combine with the sugar, vinegar, oil & salt. Crush the za'atar between your fingertips & sprinkle over the cucumbers. Mix well with two forks, then chill. Decorate with olives before serving. \*An herb found only in the Mediteranean, similar to marjoram which may be sustituted for it. Or use thyme or oregano or a mixture of all three.

## Moroccan Date Cake

1/2 c butter  
1/4 c sugar (up to 1/2 cup)  
4 eggs  
1 t baking powder  
1 c unbleached white flour  
1 t cinnamon  
1 t nutmeg  
1/2 t cloves, Ground  
1/2 c milk  
1/2 t pure vanilla extract  
1 c pitted dates, Chopped  
1 fresh whipped cream

Preheat the oven to 325 F.

Cream together the butter and sugar. Beat in the eggs.

Combine the baking powder, flour, cinnamon, nutmeg, and cloves. Add the dry ingredients to the egg mixture, beating well. Mix in the milk and vanilla. Beat well. Add the chopped dates and walnuts and stir again to distribute them evenly.

Butter and flour a 9-inch cake pan. Pour the batter into the pan. Bake for about 30 minutes, until a knife inserted into the center comes out clean.

Serve with fresh whipped cream.

## Moroccan Eggplant Salad

4 Servings

- 2 eggplants, 2 lb total
- 1 salt
- 1 olive oil, for frying
- 3 garlic cloves, chopped
- 1 1/2 t sweet red pepper
- 1/4 t hot red pepper
- 1 t cumin
- DRESSING =====
- 2 T olive oil
- 2 T lemon juice
- 1 black pepper
- GARNISH =====
- 1 italian parsley, chopped
- 1 half lemon, Slices
- 1 black olives, optional

Remove vertical strips of skin from the eggplant using a vegetable peeler. Cut into slices 1" thick. Salt & leave to drain for 30 minutes. Rinse well & pat dry. Heat oil in a skillet & fry the slices on both sides until they are golden brown. Drain of excess oil. Chop fried slices & mix with the garlic cloves & spices. Return to skillet & continue to fry until excess liquids have evaporated. Transfer to a salad bowl. Sprinkle with dressing ingredients & allow to cool. When ready to serve, toss the salad. Correct the seasoning & garnish.

## Moroccan Fish

1 Servings

5 garlic cloves, chopped  
30 ml cumin  
30 ml olive oil  
15 ml pepper flakes, Dried  
30 ml cilantro, chopped  
1 juice of 1/2 lemon  
1/2 Kg filets of red snapper

1. Preheat oven to 175 C .
2. Mix garlic, cumin, olive oil, pepper flakes, cilantro, and lemon juice
3. Put the filets in a shallow baking dish and spread this paste over them
4. Bake at 175 C for 5 to 10 minutes

## Moroccan Five-Grain Pilaf

1 Servings

- 1 T olive oil
- 1 lg onion, chopped
- 1 T finely-chopped ginger root
- 1 clove garlic, minced
- 2 t curry powder
- 1 t cumin, Ground
- 1/2 t cinnamon
- 1/2 t turmeric, Ground
- 4 1/2 c vegetable stock (or chicken)
  - 1 stock
- 1/2 c long grain brown rice
- 1/2 c wheat berries
- 1/2 c pearl barley
- 1/2 c quinoa
- 1/2 c millet
- 1 t salt
- 2 carrots, cut in 1/2-inch
- 1 cubes
- 19 oz can garbanzos, drained and
  - 1 rinsed
- 1 bn spinach (or swiss chard)
  - 1 thinly, Sliced
- 1/4 c almonds (or pinenuts)
  - Slivered
- 1 (optional), Toasted

Heat oil in a large saucepan over medium heat. Stir in the onion, ginger and garlic; cook, stirring, about 4 minutes or until softened. Add curry powder, cumin, cinnamon and turmeric; cook one minute. Stir in the stock, rice, wheat berries, barley and salt. Bring to a boil, reduce heat and simmer, covered, for 30 minutes. Place quinoa in sieve; rinse well under running water. Add to saucepan with millet and carrots. Cover; simmer about 20 minutes or until liquid is almost absorbed.

Place garbanzos and spinach (or Swiss chard) on top of grains in saucepan, without stirring. Replace cover; cook about 5 minutes longer or until spinach is just wilted and liquid is absorbed. Toss with a fork; transfer to a large bowl or platter. Sprinkle with nuts.

## Moroccan Fruit Dessert

1 Servings

100 gm dried prunes  
100 gm dried apricots  
50 gm raisins  
100 ml rum (or vino santo, similar  
1 to sweet sherry)  
500 ml milk (or cream)  
120 gm caster sugar  
100 gm flour  
3 eggs  
20 g butter, Unsalted  
50 g white almonds (or cashews)

Soak the prunes and the apricots in lots of water overnight, they will swell up so make sure the container is large and that they are well covered.

The following day soak the raisins in the rum.

Grease an ovenproof dish using unsalted butter. Pre-heat the oven to 180C.

Heat the milk (but do not let it boil) and drain the apricots and prunes.

Mix the flour and the sugar and beat in the eggs to a smooth batter (I suggest a wooden spoon or whisk). Pour in the hot milk slowly beating all the time, mix thoroughly. Add the rum from the raisins.

Distribute the fruit evenly in the dish and pour the egg mixture over it. Sprinkle crumbs of butter over the surface.

Bake in the pre-heated oven for 45 - 55 minutes. The top should be golden brown with an occasional piece of fruit sticking out, a well placed skewer should come out clean.

Sprinkle the nuts over the top and place under the grill for a couple of minutes and then serve.

## Moroccan Garbanzo Beans With Raisins

4 Servings

- 1 onion,sliced
- 1 onion,chopped
- 1 clove garlic
- 2 T peanut oil
- 1 c butternut squash,Diced
- 1 c chicken broth
- 1/2 c raisins
- 1 t turmeric,Ground
- 1 t cinnamon,Ground
- 1/2 t ginger,Ground
- 15 oz garbanzo beans (chick-peas)
- 2 c hot rice,Cooked

Cook onions and garlic in oil in 3 quart saucepan, stirring frequently until tender, about 7 minutes. Add remaining ingredients except garbanzo beans and rice. Heat to boiling. Reduce heat. Cover and cook until squash is tender, about 8 minutes. (Note: acorn squash may also be used). Stir in garbanzo beans. Serve over rice.

## Moroccan Haroseth

8 Servings

- 1 lb pitted dates --,Chopped
- 1 1/2 c sweet red passover wine
- 1 t cinnamon,Ground
- 1/2 t cloves,Ground
- 1 c walnuts -- coarsely,Chopped

Put the dates in a pan with the wine and seasonings and simmer until the mixture resembles a soft paste, about 30 to 40 minutes, stirring occasionally. Cool. Add the walnuts and serve.

## Moroccan Harost Balls With Dates, Raisins And Nuts

1 Servings

- 2 c dates,Pitted
- 1/2 c golden raisins
- 1/2 c dark raisins
- 1/2 c walnuts
- 1 T sweet red passover wine --
- 1 (up to 2)

Process the dates, raisins, and walnuts in a food processor until the mixture is finely chopped and begins to stick together. Add enough wine to make a sticky mass. Line a baking sheet with waxed paper. Drop slightly rounded measuring teaspoonfuls of the mixture onto a lined sheet. Roll each mound with moistened palms into hazelnut-size balls. Refrigerate for at least 3 hours or until firm.

## Moroccan Lamb Sausage

1 Servings

- 3 lb lamb,Ground
- 1 t salt
- 1 1/2 t curry powder
- 1 1/2 t black pepper,Coarsely Ground
- 1/2 t cinnamon
- 1/2 t thyme,Dried
- 1/2 t currants
- 1/2 c pomegranate juice
- 1 t garlic,Minced

mix together all ingredients, stuff into casings, and twist into 5-inch lengths.

## Moroccan Lamb With Couscous

8 Servings

1 lb lean lamb,Ground  
1/2 c soft breadcrumbs  
1/2 c finely onion,Chopped  
1/2 c fresh parsley,Chopped  
1/2 t coriander,Ground  
1/8 t salt  
1/8 t black pepper  
1 ds cinnamon,Ground  
1 ds nutmeg,Ground  
1 vegetable cooking spray  
1/2 t garlic powder  
1/4 t salt  
1/4 t cumin,Ground  
1/4 t chili powder  
1/4 t red pepper,Ground  
29 oz no-salt-added whole tomatoes  
1 (2 cans)  
1 undrained and,Chopped  
3 c water  
2 c couscous --,Uncooked  
3/4 c dried apricot,Chopped  
1 halves  
1/2 c currants,Dried

Combine first 9 ingredients in a bowl, and stir well.

Shape mixture into 32 (1/2-inch) meatballs. Coat a large nonstick skillet with cooking spray; place over medium-high heat until hot. Add meatballs, and cook 8 minutes or until browned. Drain and pat dry with paper towels. Set aside, and keep warm. Wipe drippings from skillet with paper towels.

Combine garlic powder and next 5 ingredients in skillet, and bring to a boil. Reduce heat, and simmer, uncovered, 5 minutes. Remove from heat, and set aside.

Bring water to a boil in a large saucepan, and stir in couscous. Remove from heat, and let stand, covered, for 5 minutes; fluff with a fork. Stir in apricots and currants. 8 servings (serving size: 4 meatballs, 1 cup couscous, and 1/4 cup plus 2 tablespoons sauce).

## Moroccan Lemon Chicken

2 Servings

1 T olive oil  
1 whole boneless chicken  
1 breast --,Halved  
1 (with skin and wings  
1 attached) -- (about 1- 1/2

1 lb )  
1 sm onion -- sliced thin  
3/4 ts ground cumin  
1/4 ts paprika  
1/4 ts cinnamon  
2 ts finely grated fresh lemon  
1 zest  
1 1/2 ts all-purpose flour  
1 1/2 c chicken broth  
1/3 c green olives -- pitted and  
1 sliced thin  
1 tb honey  
1/2 c drained, rinsed, canned  
1 chickpeas  
2 tb chopped fresh coriander  
1 sprigs  
1 (wash and dry before  
1 chopping)

In a 3-qt heavy saucepan, heat oil over moderately high heat until hot but not smoking. Pat chicken dry and season with salt and pepper. Cook chicken, skin sides down, until skin is deep golden brown.

Transfer chicken to a plate and reduce heat to moderate. Add onion to pan and cook, stirring, until softened. Add cumin, paprika, cinnamon, zest, and flour and cook, stirring, 1 minute. Stir in broth, olives, and honey.

Return chicken to pan and simmer, uncovered, stirring occasionally, 8 minutes. Transfer chicken to 2 plates. Add chick-peas to sauce. Simmer sauce 3 minutes and season with salt and pepper. Pour sauce over chicken and sprinkle with coriander.

Serve chicken with rice.

## Moroccan Lemon-Scented Kebobs

2 Servings

3/4 lb lean beef,Ground  
1 t lemon zest,heaping, grated  
1 T cilantro,minced  
1/4 t salt  
1/8 t allspice,Ground  
YOGURT SAUCE =====  
2/3 c yogurt,plain  
1 T fresh mint,minced  
2 T green onion,minced  
2 dr hot pepper sauce  
1 salt & white pepper,To Taste

1. Combine beef, lemon peel, cilantro, salt and allspice in bowl. Knead briefly by hand to blend (for finer texture, process mixture 30 seconds in food processor fitted with steel blade.

2. Divide mixture into 4 parts. Form each into a cigar-shape kebob. Run 1 long skewer through 2 kebobs. Repeat with other 2 kebobs.

3 . Place skewers on grate of grill over ash-covered coals about 4 inches from heat. Grill 5 minutes on each side, or until well browned, or place on broiler pan and broil 4 inches from heat @ minutes per side.

4. To serve, place 2 kebobs on each of 2 plates. Serve with nutty rice pilaf and pass yogurt sauce on the side.

Makes 2 servings.

To Make The Yogurt Sauce: Combine all ingredients in a small bowl. If desired, chill 30 minutes before serving.

Makes about 1 cup.

## Moroccan Meat Stew

1 Servings

- 1 lg chicken -- jointed, plus 2
- 1 tab
- 1 1/4 lb mutton (or lamb), Cubed
- 2 lg onions -- finely, Chopped
- 1 bn parsley --, Chopped
- 1/2 t ginger --, Ground
- 1 salt
- 1 black pepper
- 1 paprika pepper
- 3 oz butter
- 1 lb quinces (or more ), To Taste

Put meat into a large pan with the onions and parsley. Just cover with water and season with ginger, salt and pepper. Bring to boil and simmer about an hour, until cooked. Slice and core the quinces (leave peel on), brown them very lightly in the extra butter and add them to the stew half an hour before the end of cooking.

## Moroccan Olives (A Sauce For Anything - Like Chicken)

1 Servings

1/2 c water  
8 oz olives.,Pitted  
1 t paprika.  
1/2 t hot hungarian paprika  
4 lemon (with the,Slices  
1 rind)  
3 T tomato sauce  
1/4 c olive oil  
4 garlic cloves.

To remove the excess salt, boil the olives in water for 5 min.  
remove from the flame and drain the water.

Saute the olives and garlic in oil in a pan for 3 min.

Add the spices, lemon, tomato sauce and water. Bring to a rolling  
boil, then turn down heat to low and cook for 15 minutes.

If you feel like adding chicken, you could dice 1 lb. of boneless  
chicken breast as though you were going to do a Chinese stir fry --  
and then throw it into the pan for the last few minutes until the  
meat turns white.

## Moroccan Preserved Lemon Quarters

4 Servings

- 1 eureka/meyer lemons,rinsed
- 1 kosher salt

Quarter lemons lengthwise and put in a noncorrosive airtight container. Freeze for 8 hours. Add 1 tablespoon salt per lemon (4 quarters). Store airtight at room temperature for 6 days; shake occasionally. Use as suggested. To store, chill up to 6 months (color darkens). Each lemon makes 4 pieces.

## Moroccan Qudban

3 Servings

1 T cayenne  
1 t cumin,or more to taste  
1/2 t turmeric  
1/4 t bay leaf,crushed  
1/2 t oregano,Dried  
1 caraway,Ground  
1 T lemon juice  
2 T olive oil  
1/2 onion,diced  
2 cl garlic,minced  
1 lb lamb,boneless, cut into  
1 . 1/4-inch pieces  
2 T butter,melted  
1 salt,To Taste

1. Mix cayenne, 1 teaspoon cumin, turmeric, crushed bay leaf, oregano, dash ground caraway, lemon juice, olive oil, diced onion and minced garlic.
2. Rub lamb with mixture, cover and marinate 1 hour on counter or up to 24 hours in refrigerator.
3. When barbecue is hot, thread meat on skewers and grill 5 minutes. Turn skewers over and brush with melted butter. Grill 5 minutes longer. Brush with butter and sprinkle with salt and more cumin to taste.

Makes 2 to 3 servings.

## Moroccan Rub

1 Servings

2 T paprika  
1 t salt  
1 t sugar  
1/2 t black,Coarsely Ground  
1 pepper  
1/2 t ginger,Ground  
1/2 t cardamom,Ground  
1/2 t cumin,Ground  
1/2 t fenugreek,Ground  
1/2 t cloves,Ground  
1/4 t cinnamon,Ground  
1/4 t allspice,Ground  
1/4 t cayenne

In small bowl, stir together all of the ingredients. Use immediately or store in a tightly covered container for up to 1 month.

Rub onto the meat or poultry and let stand 15 minutes or refrigerate up to 4 hours before grilling.

## Moroccan Spice-Rubbed Leg Of Lamb

8 Servings

1    zest from 2 lemons-julienned  
1/2 c fresh lemon juice  
1/4 c honey  
2 t coriander seeds -,Cracked  
1 t cardamom,Ground  
1 t cumin,Ground  
1 t cinnamon  
1 t sweet paprika  
1 t tumeric  
1/4 t cayenne pepper  
7 1/2 lb boneless leg of lamb,rolled  
    - --and,tied  
1    whole head garlic,Unpeeled  
halve =====  
1    kosher salt & fresh pepper  
2 T olive oil

Preheat oven to 375 F. In small saucepan of boiling water, blanch the lemon zest until softened and pale, about 10 minutes. Drain and transfer to a small bowl. Stir in the lemon juice and honey.

In a small skillet, combine coriander, cardamom, cumin, cinnamon, paprika, tumeric and cayenne. Toast the spices over high heat, stirring frequently, until fragrant, about 1 minute.

Light grill or heat a grill pan. Rub the lamb all over with the cut sides of the garlic. Coat well with the toasted spices. Season with salt and pepper and brush with the oil. Grill the lamb over moderate heat until well-browned all over, about 5 minutes per side.

Transfer the leg of lamb to a roasting pan and roast in the oven for 1 1/4 hours. Brush the lamb liberally with the honey-lemon sauce and roast for about 15 minutes longer, or until an instant-read thermometer reads 140 F for medium-rare meat.

Transfer the lamb to a cutting board, cover loosely with foil and let rest for 15 minutes before carving. Pour the pan juices into a sauceboat and serve alongside the lamb.

## Moroccan Spiced Olives

10 Servings

- 1 t cumin seeds
- 1 t fennel seeds
- 1 t coriander seeds
- 1/4 t cardamom,ground
- 1 pn red pepper flakes,Crushed
- 1 pn nutmeg,ground
- 1 pn cinnamon
- 1 T olive oil
- 1 1/2 c green olives,brought to -  
-room tem,perature
- 1 T lemon juice
- 1 T orange juice
- 3 garlic cloves,minced

Heat first 8 ingredients in a small skillet over medium heat until fragrant, about 2 minutes. Remove from heat & add olives & toss to coat. Stir in remaining ingredients. Refrigerate in an airtight container for at least 4 hours or up to 3 weeks. The longer the marinate, the better they taste. Drain & serve at room temperature.

## Moroccan Stew With Couscous

4 Servings

### STEW =====

- 1 T vegetable oil
- 1 1/2 c onion, Chopped
- 2 garlic cloves, minced
- 3/4 t salt, divided
- 1 t cinnamon, ground
- 1/2 t ginger, ground
- 1/2 t tumeric, ground
- 1/4 t nutmeg, ground
- 1/4 t red pepper, ground water
- 3 cloves, whole
- 2 c carrots, Sliced
- 2 c butternut squash, Cubed
- 2 c chickpeas, cooked or canned  
-(draine,d and rinsed)
- 1 1/2 c sweet potato, Cubed
- 1/2 c raisins
- 1/3 c dried apricots, Chopped
- 3 T brown sugar, packed

### COUSCOUS =====

- 1 c couscous water

### TOPPING =====

- 1/3 c chopped almonds, Blanched

For the stew: In a 4-quart saucepan, heat the oil over medium-high heat. Add the onion and garlic, and cook, stirring, until softened. Add 1/2 tsp. of the salt and all of the cinnamon, ginger, tumeric, nutmeg, and red pepper, stirring until absorbed. Add the water and cloves; bring to a boil. Add the carrot, squash, chickpeas, sweet potato, raisins, apricots, and brown sugar, and return to a boil. Reduce the heat and simmer uncovered, stirring occasionally, 40 to 45 minutes, or until the sweet potato is tender.

For the couscous: During the last 5 minutes of cooking the stew, place the couscous in a medium-sized bowl. Add the boiling water and remaining 1/4 teaspoon salt. Let stand 5 minutes, then fluff with a fork.

Serve the stew over the couscous and top with the chopped almonds.

## Moroccan Style Quinoa

4 Servings

1 c chickpeas, soaked  
1 2strip kombu sea weed  
3 sm onions, quartered  
1 c carrots, cut in chunks  
1 c turnips, cut in chunks  
1 stock  
1 t salt  
2 garlic cloves  
1 bay leaf  
1/4 t cumin  
1 pepper, to taste  
2 T olive oil  
2 c whole brussels sprouts  
2 c water  
1/4 t salt  
1 T olive oil  
2 c quinoa

In a 3-qt. pot, bring chickpeas, kombu and soaking water to a boil. Cover, reduce heat to medium and boil for 2 hours. Add water as necessary so that water just covers the chickpeas. Remove 2 c. liquid from the pot and set aside in a 2-qt. pot. Place onions, carrots and turnips on top of the chickpeas and add enough water or stock to just cover vegetables. Add salt, garlic, bay, cumin, pepper and olive oil. Cover and bring to a boil. Reduce to light boil and cook for 40 minutes. Add Brussels sprouts and cook an additional 10 minutes. Adjust seasoning. While vegetables and chickpeas continue to cook, add 2 c. water and salt to the stock in the 2-qt. pot and bring to a boil. Heat a thin pan, add oil and, while stirring continuously, toast quinoa for 10 minutes. Add to boiling stock, cover and simmer 15 to 20 minutes. Remove from heat. Allow to sit for 5 to 10 minutes. Gently mix from top to bottom with a damp wooden spoon. Cover pot and allow to rest for another 5 to 10 minutes. Serve by placing a large mound of quinoa on each individual plate. Flatten the mound in the center and fill with vegetables and chickpeas. Pour 1/2 c. of hot stock over all and serve hot.

## Moroccan Sweet Potato Pudding Topped With Meringue

1 Servings

2 lb baked sweet potatoes or  
1 yams  
2 egg whites at room  
1 temperature  
1/4 lb almonds, Sliced  
1 optional, 5 oranges, halved,  
1 fruit removed  
1 c sugar  
1 t vanilla extract

Preheat oven to 350F.

Place baked sweet potatoes and almonds in food processor. Process until smooth. Heat the potato mixture in a non-stick frying pan.

Place 1/2 cup of the sugar in a saucepan. Turn the heat up. Let the sugar brown, stirring constantly. Be careful it doesn't burn too much. Try to achieve a warm brown caramel color. When the sugar is properly caramelized, pour almost all of it into the hot sweet-potato mixture. Stir it in quickly, because the caramel hardens almost instantly, scraping the sides and bottom of the pan to include all the sweet potato mixture and as much of the caramel as possible.

Place the pudding into a glass pie pan, individual ovenproof baking dishes or scooped out orange rinds.

To prepare the meringue, place the egg whites in a small mixing bowl. Mix at highest speed, until the whites are frothy and semi-stiff peaks form when the beaters are lifted. Slowly beat in the remaining sugar. Continue beating until the meringue is shiny and the peaks are stiff. Stir in the vanilla.

Top the pudding mixture with the meringue. Make peaks by touching the meringue lightly with the spatula. Bake for 15 minutes in 350F oven, until the peaks are golden brown. Remove from oven.

Reheat the remaining caramel in the pan. Drizzle this over the top of the meringue. Serve the dish warm.

## Moroccan Tomato And Pepper Salad

2 Servings

- 1 md green bell pepper
- 1 md tomato,blanched, peeled,  
-seeded, and diced
- 1/2 md cucumber,pared, seeded, and  
-,Diced
- 1 T plus 1 1/2 teaspoons lemon  
-juice
- 1 T water
- 2 t olive oil
- 1 1/2 t fresh parsley,Minced
- 1/2 t seeded and green,Minced  
-chili peppe,r
- 1/4 t paprika
- 1/8 t each cumin and minced,Ground  
- fresh,garlic

On baking sheet broil bell pepper 3 inches from heat source, turning frequently, until charred on all sides; transfer pepper to brown paper bag and let stand until cool enough to handle, 15 to 20 minutes.

Fit strainer into medium bowl and peel pepper over bowl; remove and discard stem end and seeds, allowing juice from pepper to drip into bowl. Cut pepper into strips and add to bowl with juice; add tomato and cucumber and toss to combine.

In measuring cup or small bowl combine remaining ingredients; mix well. Pour over vegetables in bowl and toss to coat with dressing; cover with plastic wrap and refrigerate for at least 30 minutes. Makes 2 servings.

## Moroccan Vegetable Soup

\*\*\*\*\*lamb broth\*\*\*\*\*

2 lb lamb stew meat\*,cut into 1/2-inch dice

or

3 1-lb lamb shanks\*,trimmed of excess fat

1/4 c olive oil

1 md onion,coarsely chopped

1 md carrot,coarsely chopped

\*\*\*\*\*soup\*\*\*\*\*

1 c dried chick-peas,soaked in 3 cups water

2 md onions,finely chopped

1/4 c olive oil

4 md tomatoes (about 1 1/2 lb) peeled,seeded, and chopped

4 garlic cloves,peeled

2 md waxy potatoes,peeled and cut into 1/2-inch strips

2 md carrots,halved lengthwise and sliced

2 zucchini,halved lengthwise-and sliced

6 oz fresh mushrooms or 2 oz dried mushrooms,soaked and sliced

1/4 t turmeric,Ground

1/2 t fresh ginger,finely chopped or 1/4 t ginger,Ground

1/4 t saffron threads

1/4 t cinnamon,Ground

1/4 t cayenne pepper,or more to taste

1 sm bunch of fresh cilantro stems removed

1 salt and pepper

**LAMB BROTH:** In a 4-quart pot, brown the lamb and lamb bones (if any) in the olive oil over high heat. Remove the meat and bones with a slotted spoon and pour out the burned fat. Add the chopped vegetables to the pot and return the meat and bones. Add enough water to cover, about 1 quart.

Bring to a slow simmer and simmer the broth for about 3 hours, skimming off fat and scum as needed. If necessary, add water from time to time to make up for evaporation. Strain the broth and discard the bones and vegetables. If you're using lamb shanks, peel off the meat and discard the bones. Reserve the meat and broth.

**FOR THE SOUP:** Place the chick-peas and their soaking water in a 4-quart pot over medium heat until the onions turn translucent, about 10 minutes. Add the tomatoes, garlic, potatoes, carrots, zucchini, mushrooms, lamb broth, and reserved meat. Simmer until the potatoes and carrots have softened, about 20 minutes. Add the chick-peas along with their cooking liquid.

Stir in the spices and simmer the soup for 5 minutes. Add the cilantro and simmer for 1 minute more. Season with salt and pepper.

## Moroccan Vegetable Stew With Couscous

2 T olive oil	1/2 c raisins (or currants --)
1 lg yellow onion --,Chopped	1 soaked 15 minutes
6 cloves garlic --,Minced	16 oz tomato --,Diced
2 whole red potatoes --, Diced	15 oz tomato sauce
1 c carrot --,Diced	2 T honey
2 t cardamom --,Ground	15 oz garbanzo beans
1 zucchini -- and,Cut In Half	6 c water
1 yellow squash -- cut in 1 half-moons	3 c couscous --,Uncooked
1/2 cauliflower florets	1/2 c figs -- coarsely,Dried
2 t curry powder	1 chopped
1 t salt	1/3 c almonds --,Sliced
1 t black pepper --,Ground	1 pt plain yogurt --,For Garnish
1 t cayenne --,Ground	1 bn fresh mint -- chopped,for 1 garnish

In a heavy stockpot, heat the olive oil and saute the onion, garlic, potatoes, carrots, and cardamom. Stir until fragrant, then add the zucchini, yellow squash, and cauliflower. Add curry powder, salt, black pepper, and cayenne and stir. Drain the raisins

and add to the pot along with the tomatoes, tomato sauce, honey, and garbanzo beans. Cover and simmer for 30 minutes, or until the vegetables are tender, adding up to 1 cup of water if the stew appears dry. While the stew is cooking, bring the water to a boil in a saucepan and stir in the couscous. Cook for 1 minute, then cover and turn off the heat, letting the couscous sit for 10 minutes. After the couscous has sat for 5 minutes, stir the figs and almonds into the stew. To serve, fluff up the couscous with a fork. Spoon a mound of couscous on each plate and form a well in the center. Ladle a portion of stew into the well. Garnish with several tablespoons of the yogurt and fresh mint. Serve the remaining yogurt on the side

## Moroccan-Jewish Fish Filets With Red Peppers

4 Servings

- 1 stephen ceideburg
- 1/4 c vegetable oil (or olive oil)
- 2 red bell peppers stemmed  
-seeded di,ced
- 20 garlic cloves,minced
- 6 T cilantro,Minced
- 1 1/2 lb sea bass (or halibut filets)
- 1 salt and pepper,to taste
- 1 t paprika
- 2 c water

This flavorful fish dish, dotted with bright red peppers, cilantro leaves and a generous amount of garlic, is a favorite of Moroccan Jews. It is simple to make and is delicious hot or cold.

Heat the oil in a saute pan large enough to hold fish in a single layer. Add the peppers and saute lightly over medium heat for 2 minutes. Add garlic and cilantro and cook over low heat, stirring, for 1 minute.

Add fish and sprinkle with salt, pepper and paprika. Add water and bring to a simmer, basting fish occasionally. Cover and cook over very low heat about 8 minutes, or until fish is just tender (when a thin skewer is inserted into center of fish, it should come out hot to the touch).

Using a slotted spoon, transfer fish to a deep platter. Boil the pan juices, stirring occasionally, until reduced to 1/2 cup. Taste for seasoning, then pour over fish. Serve hot or cold.

## Moroccan-Style Salmon With Couscous

6 Servings

### INGREDIENTS =====

- 1 small onion, sliced
- 2 cloves garlic, minced
- 1 T olive oil
- 1 28 oz can whole, Peeled
- 1 tomatoes
- 4 t honey
- 1 t lemon peel, Grated
- 3/4 t cumin, Ground
- 1 1/2 t lemon juice
- 1 salt, black pepper and
- 1 cayenne pepper, To Taste
- 6 salmon fillets (4-6 oz ea)
- 1 if necessary, Thawed
- 2 T toasted almonds, Chopped
- 2 T fresh coriander, Chopped
- 3 c couscous (or rice), Cooked

### PREPARATION =====

Saute onions and garlic in olive oil in a medium skillet over medium-high heat until golden. Stir in tomatoes, tomato liquid, honey, lemon peel and cumin. Simmer 10 to 15 minutes. Stir in lemon juice and season with salt, pepper and cayenne to taste.

Meanwhile, season salmon fillets with salt and pepper. Broil 4-6 inches from heat, allowing 10 minutes cooking time per inch of thickness, measured at the thickest part. Place each steak on a dinner plate. Top with tomato sauce. Sprinkle with almonds and coriander. Serve with couscous.

## Moroccan Pastilla

6 Servings

- 1 whole chicken deboned and  
-cut into,pieces
- 1 salt,pepper
- 1 dozen sprigs of parsley
- 1 ginger
- 6 eggs
- 2 c almonds browned on,Blanched  
-the sto,ve
- 1 lb philo pastry dough
- 1 c sugar
- 1 cinammon
- 1 egg,Beaten

In a large pot,put chicken cut into quarters with salt, pepper and ginger along with enough water to cover. Cook on heat heat until chicken is soft and falling from the bones. Remove from liquid, skin and debone the chicken, and cut meat into small pieces and set aside. In same large pot, add the six eggs one by one, beating as you go. When all are beaten in and almost set, remove mixture and let cool, dividing into two parts and discarding any liquid. Chop the browned almonds and divide into two. In a 9"x12" baking dish, begin the assembly by placing four sheets of the philo dough, brushing oil over each sheet before placing the next on top. Next, place in 1/2 the egg mixture and sprinkle sugar and cinnamon on top. Place two more philo sheets (with oil between), and place 1/2 the chicken. Sprinkle this with sugar and cinnamon too. Next Place 2 more philo sheets (with oil between), and place 1/2 the almond mixture in, sprinkling with sugar and cinnamon on top. Cover this with 2 more philo sheets, and start this assembly process again. 2 sheets philo almonds 2 sheets philo chicken 2 sheets philo eggs 2 sheets philo almonds 2 sheets philo chicken 2 sheets philo eggs 4 sheets philo to start.

Brush the top of the last sheets of philo with beaten egg. Bake at 350degrees until golden, 25-35 minutes.

## Moroccan Spiced Olives

6 Servings

1 c olives purchased from deli  
-or middle eastern grocery

1 cup

brine-cured, Kalamata, Greek-style, or shiveled black dry-cured) 1/4 cup olive oil 4 cloves garlic, chopped 1 tsp fresh rosemary leaves, lightly crushed 1 1/2 tsp Aji Harissa, Berbere, or commercial chile-garlic paste 1 tbsp wine vinegar

1. Drain olives of any brine.
2. Slowly heat olive oil over low heat. Remove from heat and add garlic, rosemary, chile-garlic paste, and vinegar.
3. Pour marinade over olives and let stand at least 2 hours (the flavor gets hotter the longer it stands).

ADVANCE PREPARATION: Lasts almost forever, covered and refrigerated

## Mullah Bamyah (Okra / Ladies Fingers)

2 lb small okra  
1 lb savoury beef, Minced  
5 cloves garlic  
2 c tomato juice  
cooking oil  
salt  
pepper  
mixed spices

Lightly fry okra. Crush garlic with salt and add to the savoury minced beef. Neatly arrange 1 - 2 layers of okra in the stewing pot. Cover with the savoury minced beef and top with another layer of okra. Pour seasoned tomato juice over okra and cook over very low heat, until the juice has absorbed. Turn over onto serving dish.

Serves 4 - 6

## M'chicha (Spinach And Groundnuts) - Bea Sandler

8 Servings

2 oz butter  
2 pk thawed frozen,Chopped  
-spinach,(12 oz.)  
1/2 c coconut,Grated  
1/2 c peanuts,chopped finely  
salt  
pepper

In a 2-quart saucepan: Melt 2 oz. butter. Add 2 12-oz. packages thawed frozen chopped spinach, 1/2 cup grated coconut and 1/2 cup peanuts chopped finely. Toss lightly until ingredients are combined, heated through, and all liquid is absorbed. Correct the seasoning with salt and pepper. Serve as a vegetable with any meat, poultry or fish entree.

## Nigerian Jollof Rice

- 1 Fryer chicken, cut in pieces
- 1 lime (or lemon), cut in half
- Salt, To Taste
- 1 clove garlic, minced
- 1 c water
- 2 tomatoes, peeled
- 2 onions
- 4 red bell peppers
- 1/2 c peanut oil
- 1 cn tomato sauce, 8 oz
- 1 T red pepper, Crushed
  - or 1-1 1/2 teaspoons
  - cayenne
- 2 bay leaves
- 1/2 t thyme
- 1 1/2 c rice

2 1/2 to 3 pounds meat may be substituted for the chicken

Rub meat or chicken pieces with cut sides of lime or lemon. Season with salt and sprinkle with garlic. Let marinate for a least 1 hour.

In a stewing pot, simmer chicken or meat with about 1 cup water until tender. Drain, reserving stock.

Mince 1 tomato, 1 onion, and bell peppers. Heat oil in stewing pot and fry meat or chicken until golden. Add minced vegetables, tomato sauce, and crushed red pepper or cayenne. Stir in bay leaves and thyme. Saute until vegetables are soft. Add rice and cook over medium heat for a few minutes, stirring constantly. Add reserved stock, slowly, stirring constantly.

Cover and cook over low heat until rice is almost soft, stirring occasionally to keep rice from sticking. Slice remaining onion and tomato. Add to rice and continue cooking over low heat, well covered, until rice is tender. It may be necessary to add small amounts of boiling water to keep the rice from sticking.

## Nkrakra (Beef And Vegetable Soup) (Ghana)

- 1 1/2 lb boneless beef chuck (or
  - round)
  - steak, cut in 3/4" cubes
- 2 c water
- 2 t salt
- 1/4 t ginger, Ground
- 1/8 t ground red pepper, (1/8 to
  - 1/4)
- 1 1/2 lb Hubbard squash
  - peeled and cut into 1"
  - cubes
  - or 1 10-oz. pkg., Frozen
  - squash\*, thawed
- 2 md tomatoes, chopped
- 10 oz baby lima beans, Frozen

\* If frozen squash, add it to the soup with the tomatoes

Put the beef, water, salt, ginger, and red pepper in a dutch oven or large sauce pan and bring to a boil. Reduce the heat, cover, and simmer for 1-1/2 hours.

Add the squash, cover, and cook until the beef and squash are tender, about 30 to 45 minutes longer.

Remove the squash from the dutch oven and mash or pure in a blender or food processor. Return the squash to the Dutch oven. Add the tomatoes and beans and bring to a boil. Reduce the heat, cover, and simmer until the beans are tender, about 15 minutes. Serve topped with hot cooked rice.

## Orange, Lettuce, And Walnut Salad (Shlada Bel

6 Servings

- 1 head romaine lettuce
- 3 navel oranges --or--
- 3 temple oranges
- 2 T lemon juice
- 2 T sugar
- 1 pn salt
- 1/2 t cinnamon
- 1 T orange flower water
- 3/4 c walnuts, chopped

Wash lettuce and section into leaves, discarding the tough outer ones. Drain; wrap in paper towels to dry. Store in refrigerator until needed. Peel oranges and remove all outside membranes, using a small serrated knife and employing a seesaw motion. Section the oranges by cutting away all the membranes from the orange flesh. As you work, lift out each section and place in a small mixing bowl.

Squeeze the juice from the remainder of the orange over the sections to keep them moist. Cover; keep chilled. Make a dressing by mixing the lemon juice, sugar, salt, cinnamon, orange flower water, and 2 tb. of the orange juice. Blend well, then taste. The dressing should be sweet. Just before serving, shred the lettuce and arrange in a glass serving dish. Pour the dressing over it; toss. Make a design around the edges with overlapping sections of orange, then sprinkle the salad with the chopped walnuts and dust with more cinnamon.

Serve immediately.

## Pastilla (Moroccan Chicken Stew)

- 1 sm to medium chicken
- 1 pn saffron
- 1/2 t ginger,Ground
- 1/2 t cloves
- 1/2 t turmeric
- 3 cloves garlic
- 1 3 cinnamon stick
- 1/2 c coarsely parsley,Chopped
- 1/2 c coarsely coriander,Chopped
- 1 chicken flavoring (if needed)
- 1/2 lemon
- 1 filo dough
- 1 butter,Melted
- 1 c toasted -- coarsely,Chopped
- 1 alm
- 1 t cinnamon
- 1/4 t cloves,Ground
- 1 t brown sugar
- 1 eggs
- 1/3 c powdered sugar

Place chicken (include the gizzards, etc) in a pot, add water to cover. Season with saffron, ginger, cloves turmeric, garlic, cinnamon stick, parsley, coriander and several cubes chicken flavoring if needed. Simmer for 1 - 2 hours, until fowl is meltingly tender.

Strain the stock, reserve the chicken (including gizzards) and discard any whole spices. Boil the strained stock until it's reduced to 1 cup. Add the lemon juice. Bone the chicken and cut into 1 inch pieces.

Brush the inside of a square or round baking dish approx. 12" x 12" x 3" with melted butter. Fit a sheet of filo dough into the dish so that its ends hang over the edge a bit. Brush with melted butter and repeat 5 or 6 times.

Scatter the almonds on top of the 6th layer. Sprinkle with 1/2 tsp. cinnamon, cloves and sugar. Beat eggs and combine with 1/2 cup stock. Cook slowly until creamy and forming soft curds. Layer 2/3 egg mixture over the almonds and spices. Top with 4 - 5 more layers of filo dough, buttering each sheet.

Now, arrange the boned chicken pieces and the rest of the eggs. Dribble several tbsps. of the remaining stock over this. Top with another 5--6 sheets of buttered filo dough, tucking the overhanging edges from the bottom layers in between. Bake in a 350 degree oven (mark 4--5) 40 minutes until golden brown. Turn onto a platter and sprinkle with 1 tbsp cinnamon and 1/3 cup sifted powdered sugar.

## Pea Beans Nairobi Style (M'baazi) (Kenya)

1 c dried pea beans, or any  
-other bean, Dried  
4 T vegetable oil (or butter)  
1/2 c onion, finely chopped  
1/2 c bell pepper, finely chopped  
1 t salt  
1/4 t cayenne pepper  
1 c coconut milk

In a sauce pan, cook the beans in 1 quart of salted water for 1 hour, or until the beans are tender. Remove from the heat and drain in a colander.

In another sauce pan, heat the oil or butter. Add the onion, bell pepper, salt, and cayenne pepper and saute until the onion is tender, but not browned. Add the beans and continue to saute until the onion is browned. Add the coconut milk and cook, stirring, until the coconut milk reaches the consistency of a medium sauce.

Put in a 1-quart bowl and chill until thoroughly cold.

Line small serving dishes with lettuce and put 1/2 cup M'baazi in each dish. Garnish with parsley and tomato wedges.

Makes 8 servings

## Peanut Ice Cream (Senegal)

1 cn sweetened condensed milk  
-(14.5 oz.)  
4 T lemon juice  
1/2 c sugar  
1 c peanut butter  
1 cn evaporated milk (12 oz.)  
1/4 c milk

Immerse the unopened can of sweetened condensed milk in enough boiling water to cover and boil for 20 minutes. Remove the can from the water, let cool, and chill in the refrigerator for several hours along with a 2 quart non plastic bowl and the beaters of an electric mixer.

Whip the chilled milk in the chilled bowl with the chilled beaters. Add the lemon juice and sugar and beat until blended. In another mixing bowl, combine the peanut butter, evaporated milk, and milk and beat until combined. Carefully fold the whipped mixture into the peanut butter mixture, until the mixture is smooth.

Pour the mixture into the can of an ice cream machine and freeze according to the manufacturers directions. When done, put in the freezer for at least an hour so that the ice cream can firm up.

## Peanut Sauce

5 Servings

2 T vegetable oil  
1 md onion, peeled and chopped  
2 md tomatoes  
    --cut into bite-size pieces  
1 sm eggplant  
    --with (or without peel)  
    --cut into bite-size pieces  
1/2 c smooth peanut butter  
1/4 c water

1. In a large frying pan, heat oil over medium heat for 1 minute. Add onions and saute until transparent.
2. Add tomatoes and cook for 5 minutes. Add eggplant and cook for 5 minutes more.
3. In a small bowl, combine peanut butter and 1/4 cup water and stir to make a paste. Add to tomato mixture and stir well.
4. Reduce heat to medium-low and simmer, uncovered, for 10 minutes or until eggplant is tender.
5. Serve with rice, potatoes, sweet potatoes, or plantains.

Serves 4 to 6

## Peasant Pancakes

4 bananas  
1/2 cup apricot liqueur  
1 c pancake mix  
1/4 inch cooking oil  
1/2 c soft bread crumbs  
3 T butter, Melted  
4 T sugar  
1 t ginger, Ground

In a 1-pint bowl: cut 4 bananas (peeled) in 1/2-inch slices. Add 1/2 cup apricot liqueur and marinate for 1/2 hour. In a 1-quart bowl: place 1 cup pancake mix following package directions to make a thick pancake batter using the above liqueur drained from the bananas as part of the liquid. Add bananas to the batter and stir thoroughly. In a 9-inch skillet: heat 1/4 inch cooking oil. Drop the mixture by tablespoonfuls (2 or 3 pieces of banana in each spoon) into the hot fat until golden brown on both sides.

In a 1-pint bowl: Combine 1/2 cup soft bread crumbs made by grating fresh bread, 3 Tbs. melted butter, 4 Tbs. sugar and 1 tsp. ground ginger. Place 3 or 4 peasant pancakes on dessert plates. Sprinkle 1 to 2 Tbs. Crumb mixture over the pancakes. Note: Crystallized ginger may be used instead of ground ginger, in which case use 2 Tbs. sugar and 2 Tbs. Crystallized ginger, minced finely.

8 servings

## Pickled African Peaches

4 lb slightly under ripe peaches  
3 c onions,Sliced  
1/3 c olive oil  
1 T turmeric  
1 T cumin,Ground  
2 t garlic,Minced  
1 t ginger,Minced  
1 t red pepper,Dried  
1/2 t pepper  
1/2 t cardamom,Ground  
1/2 t dry mustard  
1/4 t nutmeg  
1/4 t cloves.,Ground  
2 c white wine vinegar  
2/3 c brown sugar,Firmly Packed  
2/3 c white sugar

Saut onions in olive oil for five minutes or until tender. Add spices and saut for 2 minutes. Stir in vinegar and sugars, then simmer, partly covered for 15 minutes. Blanch peaches slightly in boiling water for 1 minute. Drain, peel pit and slice. Add to onion mixture and simmer just until tender. Transfer with slotted spoon to sterilized mason jar. Reduce syrup over high heat to 1½ cups. Add slowly to jars to almost cover fruit. Stir. Fill jars slowly with syrup, cap loosely and cool. Tighten caps and let stand in dark place at least 2 weeks.

<http://www.melborponsti.com/printer/fruit/peach/peach035.htm>

## Pickled Lemons

"Scrub lemons well and slice them. Sprinkle the slices generously with salt and leave for at least 24 hours on a large plate set at an angle or in a collander. They will become soft and limp, and lose their bitterness. Arrange the slices in layers in a glass jar, sprinkling a little paprika between each layer." (Note, as paprika is late-period at best, you might want to experiment with other spices - coriander, cinnamon, etc.) "Cover with corn or nut oil. Sometimes olive oil is used, but its taste is rather strong and may slightly overpower the lemons. Close the jar tightly. After about 3 weeks, the lemons will be ready to eat

## Pineapple Buganda

2 c fresh pineapple  
-- cut into small pieces  
1/4 c brown sugar  
1/2 c 2% milk  
4 oz light rum  
1 t vanilla extract  
1 c ice  
Mint sprigs  
Maraschino cherries

Set aside the mint sprigs and cherries, and combine other ingredients in a blender. Blend until smooth and thick, and garnish with mint and cherries.

Servings: 4

## Poulet Aux Dattes/ Chicken With Dates

1 Servings

- 6 chicken quarters
- 4 T peanut (or safflower oil)
- 2 lg onions (1 pound (or 500 g))
- 1 coarsely,Chopped
- 2 t cinnamon,ground
- 1/4 t mace,ground
- 1/4 teaspoon nutmeg,ground
- 1 T mild honey
- 1 3/4 c (400 ml) water
- 1 salt and pepper
- 1/2 lb (250 g) dates,Pitted
- 1 juice of 1/2 - 1 lemon
- 1 pinch of saffron
- 1/2 c (100g) almonds,Blanched
- 1 toasted

In a large pan, saute the chicken pieces in the oil for a few minutes, until lightly colored, turning over once. Remove and saute onions in the pan, over low heat until soft and clear, stir in spices and honey. Add water, stir well and add the chicken pieces. Bring to boil, add salt to taste and plenty of black pepper. Simmer for 25 minutes. Add dates, juice, and saffron and cook another 5-10 minutes until tender.

## Pounded Green Pepper Appetizers

4 Servings

2 lb green bell peppers,grilled  
1 & skinned  
1 salt & pepper  
4 T italian parsley,chopped  
4 garlic cloves,chopped  
2 T lemon juice  
4 T olive oil

Wash & drain the peppers. Remove core & seeds. Dice. Place in a mortar & pound with the pestle, but be careful not to end up with a puree. Season & mix well. Chill When ready to serve, sprinkle with the chopped parsley & garlic. Moisten with lemon juice & olive oil & serve. Serve with Arab bread which you dip into the bowl.

## Preserved Lemons

- 5 lemons
- 1/4 c salt, more if desired
- 1 cinnamon stick
- 3 cloves
- 1 coriander seeds, 5 to 6
- 1 black peppercorns, 3 to 4
- 1 bay leaf
- 1 freshly squeezed lemon juice

If you wish to soften the peel, soak the lemons in lukewarm water for 3 days, changing the water daily. Quarter the lemons from the top to within 1/2" of the bottom, sprinkle salt on the exposed flesh, then reshape the fruit. Place 1 tb. salt on the bottom of a sterilized one-pint mason jar. Pack in the lemons and push them down, adding more salt, and the optional spices, between layers. Press the lemons down to release their juices and to make room for the remaining lemons. (If the juice released from the squashed fruit does not cover them, add freshly squeezed lemon juice - not chemically produced lemon juice and not water.\*) Leave some air space before sealing the jar. Let the lemons ripen in a warm place, shaking the jar each day to distribute the salt and juice. Let ripen for 30 days. To use, rinse the lemons, as needed, under running water, removing and discarding the pulp, if desired - and there is no need to refrigerate after opening. Preserved lemons will keep up to a year, and the pickling juice can be used two or three times over the course of a year.

## Puree Of Fava Beans

4 Servings

- 1/2 lb dried fava beans, soaked
- 3 garlic cloves
- 1 t cumin seeds
- 1 olive oil
- 1 salt
- 1/4 t za'atar ==or== use thyme,-  
-oregano, or marjoram

Drain & skin the soaked fava beans. Cover with fresh water & cook gently with the garlic & cumin seeds until the beans are tender. Drain. Puree the beans. Stir in enough olive oil & a little water, to give the puree a soupy consistency. Season with salt & beat well. Heat just before serving with a little more olive oil & a sprinkling of the za'atar. Serve with Arab bread & a bowl of mixed spices (ground cumin, cayenne & salt).

## Ranonapango

This is the burned-rice beverage which is an important part of the meal. Malagache cooks double the quantity of rice they require for the meal. When it is cooked, they remove most of the rice from the earthenware pan. The remainder (a layer about 1/2-inch thick) is heated until it is burned and acquires a characteristic aroma. At that point boiling water is poured over the rice to the top of the pan. It is cooled, strained, and chilled.

## Ras El Hanout (Moroccan)

3 Servings

- 2 T black peppercorns,crushed
- 1 T cardamon,Ground
- 1 T mace,Ground
- 1 T ginger,Ground
- 1 t hot red chile powder such as  
- cayenn,e
- 1 t fennel seeds,crushed
- 1 t nutmeg,Ground
- 1 t allspice,Ground
- 1 t cinnamon,Ground
- 1 t malagueta pepper,Crushed
- 2 t ground galangal (or,Dried  
-ginger)
- 4 cloves,crushed
- 1 T turmeric
- 2 T dried lavender,Crushed
- 2 T dried rosebuds,Crushed

Place all the ingredients in a spice mill and process to a fine powder. Store in an airtight container. Use to spice up stews, rice and couscous.

## Rice Pancakes

10 Servings

- 1 t active dry yeast
- 1/2 c water (105-115 degrees, Warm  
- to 1 c
- 1 c sugar
- 2 3/4 c rice flour
- 1/4 t cardamom, Ground
- 1/4 c coconut milk, Canned
- 1/2 c vegetable oil

1. In a small bowl, dissolve yeast in 1/2 cup warm water. Add a pinch of sugar and set aside in a warm place for about 5 minutes or until yeast mixture foams.
2. In a large bowl, combine sugar, flour, and cardamom. Add coconut milk and yeast mixture and stir. Mixture should have the consistency of pancake batter. If too thick, stir in water little by little until batter runs slowly from spoon.
3. Cover bowl with a towel (not terry cloth) and set aside in a warm place for about 1 hour or until mixture nearly doubles in size.
4. Heat 1 tablespoon oil over medium- high heat for 1 minute.
5. Pour 1/2 cup of batter into pan and spread with a spoon to form a pancake about the size of a saucer. Cover pan and cook for 1 to 2 minutes or until golden brown on bottom. Sprinkle pancake with a few drops of oil and turn over with a spatula. Cover and cook for another 1 to 2 minutes or until golden brown on other side. Repeat with remaining batter, adding more oil when necessary.
6. Serve hot.

Makes about 10 pancakes

## Rich Fruit Cake

500 g seedless raisins  
500 g dates, chopped  
250 g sultanas  
250 g currants  
250 g candied peel  
125 g ginger preserve, chopped  
125 g glacé cherries, chopped  
75 ml brandy  
500 g white sugar  
200 ml water, Boiling  
500 g cake flour  
2 ml mixed spice, Ground  
2 ml cinnamon, Ground  
2 ml ginger, Ground  
2 ml salt  
500 g butter  
8 lg eggs, beaten  
5 ml baking soda  
15 ml strong coffee  
250 g pecan nuts, walnuts or  
-almonds  
chopped brandy, rum or van  
-der hum  
liqueur

Mix the raisins, dates, sultanas, currants, peel, ginger and cherries. Pour the brandy over the mixture and soak overnight. Heat 250 g of the sugar over moderate heat until starting to brown. Add the boiling water and cool.

Sift the flour, spices and salt together. Cream the butter with the remaining sugar. Add a little of the eggs to the creamed mixture alternately with the flour mixture, stirring constantly. Repeat until all the eggs and flour mixture have been added. Add the cooled syrup, then fold in the soaked fruit. Dissolve the bicarbonate of soda in the coffee and add it to the batter with the nuts. Spoon the batter into a large, well-greased cake pan lined with aluminium foil. Cover with foil. Bake for 4 - 5 hours at 150 C. Turn out and sprinkle with brandy, rum or Van der Hum liqueur. Store in an airtight container in a cool place, and sprinkle with brandy, rum or liqueur once a week. Leave to mature for at least a month.

## Roast Leg Of Lamb With Moroccan Spices

1 Servings

100 g butter at room,Unsalted  
1 temperature  
6 cloves garlic --,Minced  
3 T fresh ginger,Minced  
1 T paprika  
1 T cumin,Ground  
2 t coriander,Ground  
3 Kg leg of lamb  
1 kosher (coarse) salt  
1/3 l dry red wine  
1 c fresh mint leaves -- torn  
1 into coarse pie  
170 ml raspberry vinegar  
110 ml rice wine vinegar  
65 g sugar  
1 black pepper,Freshly Ground  
1 to taste

1. Preheat oven to 180 C .
2. Mash butter, garlic, and ginger together in a small bowl, then add in the spices and continue to blend until it forms a smooth paste.
3. Trim the fat on the lamb to a thin layer. Make about 20 small 2 1/2 cm deep cuts in the lamb with the tip of a sharp paring knife. Rub the lamb with the spice paste, making sure to push it into the incisions.
4. Put lamb in a roasting pan and sprinkle with the kosher salt. Add wine to the bottom of the pan. Roast the lamb for about 1 1/2 hours (medium-rare). Baste occasionally with the pan juices.
5. While the lamb is roasting, prepare the sauce. In a small bowl, put the mint and pour both vinegars over it. Stir in the sugar and add the pepper. Let sit at room temperature to let the flavors mellow.
6. Remove lamb from oven and let sit 10-15 minutes. Slice the lamb thin and arrange on a platter. Pour some of the pan juices over the slices. Serve with the raspberry-mint sauce on the side.

## Roasted Moroccan Spiced Chicken

2 Servings

- 3 1/2 lb chicken
- 4 garlic cloves
- 1 lemon, halved
- 1/2 t cumin, ground
- 1/2 t coriander, ground
- 1/2 t paprika
- 1/2 t pepper, fresh grind
- 1/4 t cinnamon
- 1/4 t cayenne pepper
- 1/2 t salt
- 3 T olive oil

Preheat oven to 400F. Pat chicken dry. Rub with flattened garlic cloves; place garlic in cavity. Squeeze lemon into small bowl; place lemon in cavity. Brush chicken with half of juice. Mix spices and salt and rub over and inside chicken. Tie legs together. Heat oil in large ovenproof skillet. Add chicken, breast side up. Add remaining lemon juice to skillet. Baste chicken with pan juices. Transfer to oven, and bake until juices run clear. Baste occasionally. Roast about 1 hour...

## Sabanekh (Spinach) - Samia Abdenmour

spinach  
cooking salt

Chop off the roots, fan out and rinse under running tap till free from grit. Spinach has a very strong taste, and to some people, it has the effect of setting their teeth on edge. An easy way to modify the taste is to chop the spinach coarsely, sprinkle with cooking salt and rub. The spinach will thus lose some of its juice. Rinse again.

Sabanikhiyat (Turnovers, With Spinach Filling) - Samia Abden

PASTRY =====

- 1 Kg flour
- 1 T active yeast, Dried
- 1/2 c oil

FILLING =====

- 1 Kg spinach
- 2 onions
- 2 T lemon juice
- 2 1/2 c oil
- salt

Cream yeast in warm water and leave to bubble in warm place. Sift flour with salt, add yeast, 1/2 cup oil and enough water to give dough a stiff consistency. Knead thoroughly, and allow to rise in warm place for 1 hour. Rinse spinach leaves and drain thoroughly in colander, then chop finely.

Sprinkle with salt and rub, squeezing out the juice. Rinse, and pat dry.

Chop onion very fine, sprinkle with salt, rub, rinse, then add to spinach. Stir in lemon juice and 2 cups oil and mix thoroughly. Roll out dough thinly and cut out in round shapes about 10 cms in diameter. Place a spoonful of spinach in center of each round, wet the edges with water and lift the pastry on three sides and press together to form pyramid. Lightly brush with oil and bake in preheated moderate oven for 15 - 20 minutes, until crisp and golden.

## Sakay

In a 1-pint bowl:

Combine: 1/2 cup CRUSHED RED PEPPER

1 Tbs. GROUND GINGER

2 cloves GARLIC, crushed.

Add 4 Tbs. OIL or enough to make a mush.

Place 1 to 2 Tbs. Sakay in tiny butter dishes or pass in a bowl.

## Salade Egyptienne (Popular Egyptian Salad)

1 Servings

- 3 firm almost ripe tomatoes  
-cut into,1/4-in cubes
- 3 young cucumbers,not peeled  
-and cut,into 1/4-in cubes
- 3 lg sweet green peppers,cored,  
-seeded,,& cut into 1/4cube
- 6 scallion,sliced thin
- 1 c cabbage,shredded
- 1 lb small white turnips,peeled  
-& cut i,nto 1/4- cubes-opt
- 4 cloves garlic,chopped fine
- 1/2 c fresh parsley,chopped
- 1/2 c fresh coriander,chopped
- 1/2 c fresh dill,chopped
- 1 t coriander,Ground
- 1/2 t cuminseed,Ground
- 1 T corn oil
- 1 T white (or cider vinegar)
- 1 lemon's juice
- 1/4 t hot red chili flakes

All vegetables, with exception of cabbage, are cut to same size and combined with an assortment of fresh herbs.

1. In large bowl, mix tomatoes, cucumbers, peppers, scallions, cabbage, turnips (if desired), garlic, parsley, coriander, dill, ground coriander, and ground cuminseed together. Toss several times. Set aside. 2. Just before serving, mix corn oil, vinegar, lemon juice, and chili flakes thoroughly. Add sauce to vegetables. Toss well to integrate all seasonings.

## Salady Voankazo

8 Servings

In a 2-quart glass or china bowl:

Combine: 1 cup FRESH PINEAPPLE, cut in 1-inch dice

1 cup CANTALOUPE, cut in 1/2-inch dice

1 cup ORANGES, peeled and very thinly sliced

1/2 cup STRAWBERRIES, sliced.

Mix the fruits so that they are well blended.

Pour 1/2 cup CANNED LICHEE NUTS across top of fruit.

In a 1-pint saucepan:

Combine: 1/2 cup SUGAR

1/2 cup WATER

1/4 tsp. SALT

2 Tbs. LEMON JUICE.

Bring to a boil and boil hard for 1 minute.

Add 2 Tbs. PURE VANILLA EXTRACT to the syrup.

Pour the piping hot syrup over the fruit.

Chill in refrigerator for 1 hour.

Fill a small cruet or sprinkler bottle with PURE VANILLA EXTRACT.

Bring the Salady to the table in the bowl along with the cruet of vanilla.

Fill individual compote dishes with the fruit.

Sprinkle a few drops VANILLA over the fruit as it is being served.

## Salatet Sabanekh (Spinach Salad) - Samia Abdenmour

1 Kg spinach  
1 onion,grated  
2 T lemon juice  
1 T oil  
salt

Chop spinach leaves and stems coarsely. Sprinkle with salt and rub. The spinach will lose some of its juice. Rinse and pat dry. Place over slow fire to wilt. Drain and spread to cool. Add onion, lemon juice, oil and salt and mix thoroughly.

Serves 4 - 6.

## Salatet Zabady Bil Ajur (Cucumber/Yoghurt Salad)

2 c plain yogurt  
1 clove, finely minced  
1 lg cucumber  
--peeled seeded and, Shredded  
--or finely, Diced  
salt  
pepper, Freshly Ground

In a bowl, combine all the ingredients, cover and refrigerate for 2 - 4 hours. At serving time, taste and adjust the seasoning, then serve immediately.

This is a delightful, refreshing summer salad also popular in Egypt, Turkey and the Balkans.

## Samusas

- 1 1/2 lb extra-lean beef, Ground
- 1/2 t cumin seed
- 2 T green onion, Chopped
- 1 ds garlic powder
- 1 ds seasoned salt
- 1 ds black pepper
- 1/4 c all-purpose flour
- 2 t water
- 1 pk square egg roll skins
- 1 c vegetable oil

1. In a large frying pan, mash ground beef with a fork. Add cumin, green onion, garlic powder, seasoned salt, and black pepper and mix well.
2. Brown meat over medium heat. Drain off fat and set meat aside.
3. In a small bowl, combine flour and 2 teaspoons water and stir to make a paste.
4. Place 1 egg roll skin on a flat surface. Cover remaining skins with a slightly damp kitchen towel (not terry cloth) so they don't dry out. Fill according to directions that follow recipe.
5. In a large frying pan, heat oil over medium-high heat for 4 to 5 minutes. With tongs, carefully place 1 samusa in oil. Samusa should fry to golden brown in about 3 minutes. If it takes longer than this, increase the temperature of the oil. Remove from oil with slotted spoon and drain on paper towels. Repeat with remaining samusas, frying 3 or 4 at a time.

### HOW TO FILL SAMUSAS

1. With a pastry brush, brush all 4 edges of skin with flour and water mixture.
2. Place about 1 tablespoon of meat mixture just above center of skin.
3. Fold skin in half over filling to form a triangle and press edges together to seal.
4. Repeat with remaining skins.

## Sauce Portugaise (Portugese Sauce)

1 Servings

3 T olive oil  
2 tomatoes,peeled, seeded,  
1 and,Chopped  
1 green bell pepper  
1/2 lg onion  
1 clove garlic,chopped  
1 t dried thyme,Crushed

Start sauteeing/cooking tomatoes in the olive oil. While this is going on, clean ribs and seeds out of the green pepper and slice in thin julienne strips. Add to tomatoes. Do the same with the onion.

Add thyme and garlic. Simmer sauce for 15 minutes or until desired consistency is reached.

This is a pretty versatile sauce. You can add cubes of smoked chicken or smoked albacore, or cubes of drained eggplant, and serve it over pasta or rice for a quick meal.

If you add 1/4 tsp. (or to taste) cayenne or hot paprika, 1/2 tsp. ground cumin, and 1/2 teaspoon turmeric to the basic mixture, you can make depressions in the sauce and poach eggs in it.

## Seitan W/ Prunes & Almonds (Lahm Lhalou)

6 Servings

- 2 T olive oil
- 12 oz seitan, cut into 1-inch  
-chunks
- 2 c prunes, pitted
- 1 c almonds, blanched
- 1/2 c honey
- 2 strips orange zest, 1/2 wide  
- and 2 long
- 1 cinnamon stick, 6-inches  
-broken into 2-in
- 1 orange, juiced
- 1 t orange blossom water (opt)

Heat the oil in a heavy, 3 or 4-quart saucepan set over medium-high heat. Add about half of the seitan and panfry, turning the pieces until they are lightly crisped on all sides, about 5 minutes. Drain the seitan on a plate lined with paper towels. Repeat with the remaining seitan.

Wipe out the saucepan and return the seitan to it. Stir in the prunes, almonds, honey, orange zest and the cinnamon. Pour in the orange juice, the orange blossom water (if you are using it), and 1 cup of water. Bring to a boil, cover, reduce heat to low, and simmer until the prunes are very soft, about 45 minutes. Remove and discard the orange zest and the cinnamon sticks.

Serve mounded on a heated platter, accompanied by steamed couscous or rice. This may be refrigerated for up to 2 days.

## Shakshuka

1 Servings

- 1 green peppers, depending on
- 2 onions
- 8 sm tomatoes
- 1 butter, or olive oil
- 1 salt and black pepper
- 6 eggs

Cut the peppers open and remove the cores and seeds. Cut them into strips. Slice the onions and cut the tomatoes in half.

Fry the onions and peppers in butter or oil in a large frying pan. Season to taste with salt and pepper, and let them stew gently in their own juices. When the peppers are soft, add the halved tomatoes and continue cooking until they, too, are soft. Taste the mixture, adding more seasoning if necessary. Drop the eggs in whole, and cook until set. Season again if necessary, and serve.

In some versions, the eggs are not left whole but are stirred and blended with the vegetables to achieve a creamy texture.

Shata (Hot Spice Accompaniment) - Bea Sandler

1 c lemon juice  
3 cloves garlic,mashed.  
3 T red pepper,Crushed  
1 t black pepper  
1 t salt

In a 1 quart salad bowl combine 1 cup LEMON JUICE with 3 cloves mashed GARLIC. Blend in 3 Tbs. CRUSHED RED PEPPER, 1 tsp. BLACK PEPPER and 1 tsp. SALT. Place in small ramekin dishes and serve with entrees.

Serves 8

Shorba (Puree Of Lamb Khartoum) - Bea Sandler

3 lbs. lamb bones  
2 qt water  
2 t salt  
1/2 lb whole onions,peeled  
1/2 lb carrots,peeled and cut in  
chunks  
1/2 lb cabbage,cut in small wedges  
1/2 lb string beans,trimmed  
3 cloves garlic,chopped  
-finely  
4 T peanut butter  
1 lemon,juice of  
1/2 c cooked rice,optional  
salt  
pepper

In a 6-quart saucepan simmer: 3 Ibs. LAMB BONES in 2 quarts WATER and 2 tsp. SALT for one hour. Add 1/2 Ib. WHOLE peeled ONIONS, 1/2 Ib. peeled CARROTS, cut in chunks, 1/2 Ib. CABBAGE, cut in small wedges, 1/2 Ib. trimmed STRING BEANS and 3 cloves finely chopped GARLIC.

Simmer for 1 hour until vegetables are thoroughly cooked. Remove lamb bones and put the mixture through a sieve or food mill.

Add: 4 Tbs. PEANUT BUTTER thinned with the juice of 1 LEMON and optionally 1/2 cup COOKED RICE. Correct the seasoning with salt, pepper, etc. Serve in soup bowls, about 1 cup per portion.

2 quarts of soup (8 1-cup portions)

Shorbet Ads (Lentil Soup) - [Www.Sudan.Net](http://www.Sudan.Net)

2 c ads magroosh (split red  
-lentils)  
2 qt chicken (or lamb stock)  
2 md onions  
1 md tomato  
1 md carrot  
2 T finely onions,Chopped  
2 T olive oil  
2 T lemon juice  
2 t kammun,cumin  
salt  
pepper

Chop the vegetables into medium-size chunks. Wash lentils. Put stock into a 4-5 quart pot and bring to boil. Add the onions, carrot, tomato and lentils to stock. Lower the heat to simmer and cook for about ½ hour or until the lentils are tender. Puree the mixture in either a food processor or blender and return to pot. Saut the finely chopped onions in the olive oil until they are soft and brown. Add the cumin, lemon juice, sauted onions, salt and pepper to soup and stir slowly over low heat for about 3 minutes.

## Shrimp Curry (East Africa)

8 Servings

1/4 c butter (or vegetable oil)  
1 c onion, chopped  
1 t garlic powder  
1 T curry powder  
1 t turmeric  
1 T salt  
1/2 t chile powder  
2 c coconut milk  
2 lb shrimp, shelled  
2 c potatoes, peeled and cubed  
1 c water  
1/4 c lemon juice

Heat a large sauce pan and add the butter or oil. Add the onion, garlic powder, curry powder, turmeric, salt, and chile powder and saute until the onion is soft, but not brown. Add 1 cup of the coconut milk, shrimp, potatoes, and water, cover, and simmer for about 20 minutes.

Add the lemon juice and remaining 1 cup coconut milk and cook for another 10 minutes, or until slightly thickened.

Serve hot with rice and accompaniments such as the following in a large sectioned relish dish, fried onion rings, chopped bananas, CHOPPED cucumbers, raisins, mango or pineapple Chutney, or toasted shredded coconut.

If a thicker curry is desired, dissolve 2 tablespoons cornstarch in 2 tablespoons water and add during the last few minutes of cooking.

## Shurit Ads (Lentil Soup With Garlic And Cumin) - Arielle'sre

6 Servings

2 c ads majroosh\*  
2 qt chicken stock,fresh or can  
1 md onion,peeled and quartered  
1 md tomato,quartered  
2 t garlic,coarsely chopped  
4 T butter  
1 T onion,finely chopped  
2 t cumin,Ground  
1 t salt  
black pepper,freshly ground  
lemon,cut into wedges

Wash the lentils in a large sieve or colander set under cold running water, until the draining water runs clear. In a heavy 4 to 5 quart saucepan, bring the stock to a boil over high heat. Add the lentils, onion, tomato and garlic, reduce the heat to low, and simmer partially covered for 45 minutes, or until the lentils are tender. Meanwhile, in a small skillet, melt 1 tablespoon of the butter over moderate heat. When the foam begins to subside, add the chopped onions and, stirring frequently, cook for 10 minutes, or until they are soft and deeply browned. Set aside off the heat.

Puree the soup through a food mill or pour the entire contents of the saucepan into a sieve set over a deep bowl and force the ingredients through with the back of a large spoon, pressing down hard on the vegetables before discarding the pulp. Return the soup to the saucepan and, stirring constantly, cook over low heat for 3 or 4 minutes to heat through. Stir in the cumin, salt and pepper, and taste for seasoning.

Just before serving, stir in the remaining 3 tablespoons of butter.To serve, ladle the soup into a heated tureen, sprinkle lightly with the reserved browned onions and serve the lemon wedges separately.

## Skewered Kefta

2 Servings

10 oz lamb, Ground  
2 T onion, Minced  
1 T fresh parsley, Chopped  
1 T fresh mint (or 1 1/2)  
-Chopped  
-teaspoon dried mint  
1/4 t each ground cumin, ground  
-marjoram, salt, and pepper  
2 t olive oil  
1 t lemon juice  
1/2 garlic clove, minced  
1/4 t paprika

In medium bowl combine lamb, onion, parsley, mint, cumin, marjoram, salt, and pepper; mix well. Divide lamb mixture into 4 equal portions. Form each portion into a sausage shape, pressing each onto a 12-inch wooden or metal skewer; transfer skewers to rack in broiling pan.

In measuring cup or small bowl combine oil, lemon juice, garlic, and paprika; using pastry brush, brush oil mixture over keftas, coating all sides. Broil, turning once, until keftas are browned on all sides, 5 to 6 minutes on each side. Makes 2 servings, 2 skewers each.

## Sliced Tomato & Onion Salad

4 Servings

- 6 tomatoes, peeled & sliced -  
-crosswise
- 1/2 spanish onion -or-
- 1 red onion, sliced into thin  
-- rings
- 1/4 c olive oil
- 1 T vinegar
- 1 garlic clove, crushed
- 1 salt & pepper
- 1 parsley, chopped
- 1 pn sweet paprika
- 1 pn cumin

Combine the tomato & onion slices. Make a sauce with the remaining ingredients & pour over the tomatoes & onion.

## Soup Of Chick Peas

10 Servings

1 c dried chick peas,soaked  
1/2 c parsley,chopped  
1 salt  
1/4 t black pepper  
2 pn pulverized saffron  
1/4 t turmeric  
1 t ginger,grated  
1/2 c onion,grated  
3 T olive oil  
8 c stock  
1 T tomato paste  
1 c potatoes,cubed  
1/4 c lemon juice

Drain soaked chick peas & place in a casserole or soup pot. Add parsley, salt, spices, onion, oil & stock. Bring to a boil. Reduce heat, cover & simmer for 1 hour. Add the tomato paste & simmer for another 1 hour. After 2 hours, add the potatoes & simmer for another 30 minutes. Add the lemon juice, check for salt & serve.

## Soupe De Pesach (Passover Soup)

8 Servings

- 3 ribs cardoon, cut into 1/2-cubes (,see -- note)
- 3 kohlrabies, cut into 1/2-cubes
- 5 carrots, cut into 1/4- cube
- 1/4 c parsley, chopped
- 1/4 c fresh coriander, chopped
- 1 lb beef chuck, cut into thin 2-inch pi,eces
- 1/2 t ,pepper
- 1 t ,salt, or to taste
- 1 t paprika
- 5 c ,water
- 3 sheet matzoh, broken into 1-  
- square, pieces

Tunisians like cardoons, the freshly ribs from a plant of the artichoke family. Along w/all the other vegetables & seasonings it makes & a fine soup for the holiday.

1. Put everything into a pan except the water & matzoh. Steam over low heat for 10 mins, shaking the pan vigorously. Add the water, bring to a boil, & simmer over low heat for 1 hr. 2. When the meat is tender, put the matzoh pieces on top of the soup, cover the pan, & simmer for 10 mins more. Do not stir. Serve hot, meat & vegetables together.

## South African Curried Beef Gratin

- 2 T pine nuts
  - almonds or,Slivered
  - cashews
- 1 md onion,finely chopped
- 1 T canola (or sunflower oil)
- 2 lb lean beef,Ground
- 1 t salt
- 20 grinds black pepper
- 1 T indian curry paste
  - or 2 tsp curry powder
- 3 T apricot preserves,or mango
  - chutney
- 2 T fresh lemon juice
  - \*\*custard mixture\*\*
- 3 lg eggs
- 1 1/3 c coconut milk,Canned
  - 1 t salt
  - 2 t soy sauce
  - 1/2 t paprika
  - 1 pn chili powder
  - 10 grinds black pepper
  - 2 bay leaves

Preheat oven to 175C (350F). In heavy-based skillet, toast nuts over moderate heat, tossing frequently, until they smell toasty, about 3 minutes.

In large skillet over moderate heat, heat oil and cook onion, stirring, until golden brown, about 5 minutes. Add ground beef and fry, stirring once or twice, until well-browned, about 3 minutes. Add salt, pepper, curry, preserves and lemon juice. Cook gently for 5 minutes, then stir in the toasted nuts.

Transfer to casserole or small gratin dish, and keep warm while you make the topping. Custard Mixture: In bowl, whisk eggs with coconut milk. Add salt, soy sauce, paprika, chili powder and black pepper. Mix well, then pour custard (it will be thin) evenly over meat mixture. Arrange bay leaves on top.

Bake for 30 minutes, until top has set and is golden brown. Allow to cool for 5 minutes before serving with rice and a green vegetable. Makes 4 to 6 servings.

## South African Hot Chocolate Sauce - Lavanda

3 T margarine

3 T cocoa

1 tin condensed milk (390g or  
-12 oz)

Melt the margarine in the top of a double boiler, and stir in the cocoa powder.

Combine well, then add the tin of condensed milk.

Stir well and heat through until almost boiling.

Pour over vanilla ice cream for a sinfully good dessert.

## Spiced Rice

1/2 onion thinly,Sliced  
Oil  
1 c rice  
2 cloves  
1 pn cardamon  
1 stick cinnamon,1/2 - inch  
1/2 c water,or more

Brown onion in a small amount of oil. Stir in rice, cloves, cardamon, and cinnamon. Add water and simmer over a low heat. Continue cooking, adding small amounts of water needed until rice is cooked. The rice should be very dry

## Spicy And Hot Tunisian Lamb Sausage

1 Servings

- 3 lb lamb,Ground
- 1 t salt
- 1 1/2 t cumin
- 2 t black pepper,Coarsely Ground
- 4 t paprika
- 1 1/2 t cayenne
- 1 t cinnamon
- 1/2 c pomegranate juice
- 1 1/2 t garlic,Minced
- 1 t dry ginger
- 1 t thyme leaves

Mix together all ingredients,stuff into casings, and twist into 5-inch lengths.

## Spicy Cooked Carrot Salad From Morroco

1 Servings

10 lg carrots (approx. 1 kg)  
8 stalks of parsley (or more  
1 if you like)-chopped  
8 cloves of garlic (chopped  
1 fine)  
1 t cumin  
1/2 t salt  
5 t oil (or less)  
5 t fresh lemon juice  
1/2 t cayenne pepper (hot,Ground  
1 red pepper)

Wash and cook carrots in salt water for approx. 30 min. over a medium flame. Peel and slice into rounds. Place in a wide bowl. Add chopped parsley and garlic to the carrots Add cumin, salt, lemon juice, oil and cayenne to the bowl and mix all the ingredients well. Serve cold.

Garnish: chopped parsley

## Spinach And Groundnut Stew - Harva Hachten

4 Servings

- 1 onion, chopped
- 1 chili pepper, chopped
- 1 T oil
- 1/2 c finely unsalted, Ground  
-peanuts
- 1 c coconut milk
- 1 pk frozen spinach (10, Chopped  
-ounce), thawed and drained  
salt, to taste

In a heavy stewing pan, saute onions and chili pepper in oil until onion is transparent. Add peanuts and coconut milk, slowly, stirring constantly until mixture comes to a boil. Add spinach and salt to taste. Reduce heat and simmer 15 minutes or until spinach is cooked.

## Spinach Salad With Moroccan Lemon

4 Servings

- 2 lb spinach
- 1 1/2 c finely parsley,Chopped
- 1 c coarsely cilantro,Chopped
- 1 c celery leaves,Chopped
- 3 garlic cloves,minced/pressed
- 1/2 t paprika
- 1/4 t chili powder
- 1 T olive oil
- 2 moroccan lemon quarters\*
- 2 T lemon juice
- 6 cherry tomatoes,stemmed,half

\* - finely chopped

Trim off spinach roots and remove bruised and yellowed leaves; discard. Rinse spinach well, drain, and coarsely chop. In a 5-6 quart pan, combine spinach, parsley, cilantro, and celery leaves. Stir over high heat just until greens are wilted, 3-5 minutes. Pour vegetables into a colander set over a bowl. Press spinach mixture to remove liquid; place vegetables in a serving bowl. (If made ahead, cover and chill up to a day.)

Return drained spinach liquid to pan; add garlic, paprika, and chili powder. Boil, uncovered, over high heat until reduced to about 1/4 cup, 3-5 minutes. Add oil, preserved lemon, and lemon juice. (If made ahead, cover and chill up to a day.)

Top greens with tomatoes and pour dressing over the vegetables.

## Spinach Stew

5 Servings

- 3/4 c vegetable oil
- 1 sm onion,peeled and cubed
- 1 sm tomato,cubed
- 3 oz tomato paste
- 1 lb fresh spinach,cleaned and  
-chopped  
--OR 10 oz pkg,Frozen  
-chopped spina,thawed
- 1 cn corned beef (12 ounce)
- 1 t red pepper,Ground
- 1 t salt

1. In a large frying pan, heat oil over medium heat for 1 minute. Add onions and saute until transparent.
2. Add tomatoes and tomato paste and cook for 5 minutes. Add remaining ingre- dients, cover, and cook for 30 to 35 minutes over medium-low heat.
3. Serve over rice.

Serves 4 to 6

## Sweet Balls

25 Servings

1 egg  
1/2 t salt  
3 T baking powder  
1 1/2 c sugar  
1/2 t nutmeg  
1 1/2 c water, Warm  
3 3/4 c all-purpose flour (to 4 1/4)  
vegetable oil

1. In a large bowl, combine egg, salt, baking powder, sugar, and nutmeg and stir well. Add 1-1/2 cups warm water and stir again.
2. Gradually stir in enough flour so that dough is stiff and only slightly sticky.
3. With clean, floured hands, roll dough into balls the size of walnuts.
4. Pour 1/2 inch oil into pan and heat over medium-high heat for 4 to 5 minutes.
5. Carefully place balls in oil, a few at a time, and fry 3 or 4 minutes per side or until golden brown. Remove from pan with slotted spoon and drain on paper towel. Serve warm.

Makes 25 to 30 doughnuts

## Tagarines (Noodle Pancake)

1 Servings

1 lb dry egg noodles, broken into  
- 1-in p,ieces water salt  
4 T corn oil, divided  
5 md (2 c) onions, sliced thin  
1/2 lb beef, Ground  
1 t salt  
1/4 t pepper

1. In a pot, cook noodles in lightly salted water for about 5 minutes until al dente. Drain well. Set aside.
2. In a skillet, heat 2 tb oil. Add onions and stir-fry over low heat for 3 minutes until onions are just golden. Add beef, salt, and pepper and stir-fry mixture for 5 minutes longer. Turn out into a bowl and reserve.
3. To same skillet, add remaining 2 tb oil and half of cooked egg noodles. Cover noodles with reserved meat/onion mixture and then remaining half of pasta. Fry over moderate heat until bottom pasta becomes crisp and firm, about 5 minutes. Flip the pancake over on a large dinner plate and slide other side into the skillet. Brown over moderate heat for 5 minutes more.

Serve this crisp pancake warm with salads. Makes 4 servings.

## Tagen Hamam Bil Freek (Casserole Of Pigeon With Hulled Grain)

2 pigeons  
2 c hulled grain  
4 c meat stock, up to 5 cups  
1/2 t mixed spice  
1 T cooking oil  
1 T butter  
salt  
pepper

Parboil pigeons in salted water for about 10 minutes and halve them. Lightly fry the hulled grain in 1 tablespoon oil. Add stock, mixed spice and seasoning, and cook for 10 minutes. Remove from fire and place in casserole, burying the pigeons joints in the grain. Melt butter and dribble on top.

Cover casserole and bake in preheated moderate oven for 30 - 40 minutes.

Uncover and allow top to brown.

For variety, try 2 cups rice cooked in 2 cups milk and 2 cups stock with 1 teaspoon of cinnamon.

serves 4 - 6

## Tagine Of Chick Peas With Aromatics

4 Servings

4 c chick peas,soaked  
1 salt  
1 spanish onion,grated  
3 lg tomatoes,skinned, seeded &  
--,Diced  
6 sprigs italian parsley,-  
-chopped  
4 sprigs cilantro,chopped  
1/4 t hot red pepper  
1/4 t sweet red pepper  
1/4 t cinnamon  
1/4 t saffron  
1/4 t cumin  
1/4 t ginger  
1 black pepper  
6 T olive oil

Drain chick peas & cook in boiling salted water until tender. Drain. Peel chick peas & combine with onion in a tagine (or shallow casserole). Add tomatoes, herbs, spices, salt & pepper. Mix well. When ready to cook, add olive oil & simmer over a low heat for 15 minutes or until the chick peas are well impregnated with the aromatic flavours.

## Tagine Of Chicken With Prunes And Almonds

- 2 T pareve margarine or
- 1 vegetable oil
- 1 md onion, finely chopped
- 3 1/2 lb meaty chicken pieces, remove skin if desired
- 1 c ,water
- 1 to 3 tsp. cinnamon, Ground
- 1/2 t ginger, Ground
- 1/4 to 1/2 tsp black pepper  
-preferably, Freshly Ground
- 1 pn ,salt
- 10 to 12 oz prunes, Pitted  
-about 2 cups
- 1 T honey (or sugar (optional))
- 1 c whole blanched almonds  
-lightly, Toasted

In a very large deep skillet or a Dutch oven, over medium-high heat, heat the margarine or oil (or use a mixture); then saute the onion until it is tender but not browned. Add the chicken to the skillet and lightly brown it on all sides.

Mix the water with the cinnamon, ginger, pepper, and salt and pour it over the browned chicken. Bring the liquid to a boil. Cover the skillet tightly, lower the heat, and simmer the chicken for 30 minutes, turning the pieces occasionally. Add the prunes and honey (if used) to the skillet, evenly distributing the prunes around the chicken, and making sure they are covered with liquid. Cover the skillet again, and simmer the chicken and prunes together for about 20 minutes, or until both are very tender. If the sauce becomes too dry and begins to stick to the bottom of the skillet, stir in additional water as needed.

Use tongs or a slotted spoon to transfer the chicken to a large serving platter. Stir about half the almonds into the prune sauce remaining in the pot; then spoon the sauce mixture over the chicken. Garnish the top with the remaining almonds.

Note: To toast the almonds, spread them in a jelly roll or similar pan and heat then in a 350-degree oven, stirring them occasionally, for about 10 minutes, or until they are lightly browned. Or, to toast them in the Moroccan manner, heat some vegetable oil in a skillet and saute the almonds in the oil until they are lightly browned; then remove them with a slotted spoon and drain them on paper towels.

## Tagine Of Okra & Tomatoes

5 Servings

- 1/2 lb okra
- 4 1/2 lb tomatoes,peeled, seeded & -
  - choppe,d
- 2 T parsley,chopped
- 1 1/2 t sweet paprika
- 1 t garlic,chopped
- 1 salt
- 3 T vegetable oil

Wash, top & tail the okra. String together with thread into a "necklace". Over high heat, cook the tomatoes with the parsley, paprika, garlic, salt & oil, mashing down the tomatoes as they cook. After 10 minutes, lower the heat to medium, add the okra & begin to poach it in the sauce. From time to time lift up the necklace to stir. After the okra is tender, remove & keep warm. Continue to reduce the tomatoes until all the water has evaporated & the oil is released. Fry the tomatoes in this released oil, stirring continuously. Gently pull out the thread, place the okra in the serving dish. Pour the sauce over the top. Serve hot or lukewarm.

## Tagine Of Swis Chard

4 Servings

12 c swiss chard,finely chopped  
1 c onion,chopped  
1/2 c cilantro,chopped  
1/2 c salad oil  
1 t sweet paprika  
1 salt & pepper  
1/4 c raw rice

Place chard in the casserole with the onion, cilantro, oil, paprika, salt, pepper & 1/4 c water. Cook, covered, 30 minutes. Add the rice & continue cooking until all the liquid has been evaporated, about 20 minutes. Serve warm.

## Tamayya (Green Hamburgers) - Wwww.Sudan,Net

- 2 c beans (foul,Broken  
-madshoosh)
- 1/2 c finely parsley,Chopped
- 1/4 c finely coriander,Chopped
- 1/4 c finely dill,Chopped
- 1 c finely green onions,Chopped
- 1/2 c finely chopped onion,(1  
-small onion)
- 2 T finely garlic,Chopped
- 1 t salt,or to taste
- 1/2 t pepper,or to taste
- 1 t dry coriander powder  
chili powder,optional  
sesame seeds  
oil for frying

Place the beans in a large bowl of water and rinse several times until the water is clear. Fill the bowl with at least 6 cups of water, cover and allow them to soak for 2 to 3 days. Wash the greens and dry well, this makes them easier to chop. Remove the tough parts of the stem and then finely chop the leaves and the remaining delicate stems. Measure the greens after they are chopped, but do not pack them down into the cup. Wash the green onions and chop both the white onion part and the green stem. Chop the onion and garlic. Drain the beans and grind very fine. If you are grinding the beans in a food processor, turn the machine on empty and slowly drop through the tube onto the moving blade. Place the beans in a bowl and set aside. Add the greens, onions and garlic to the processor, blend well. Add the mashed beans to the processor and process until the mixture looks green. Transfer the mixture to a bowl, add the spices and baking soda, mix everything until well blended. Cover the bowl and let sit for at least 30 minutes. The longer the better so the flavors blend. If you do not cook all the batter, cover and store in the refrigerator. Heat a medium saute pan, when hot add 1/2 inch of oil and heat until it is hot, lower the heat slightly. To shape the patties, take a large soup spoon and fill the bowl of the spoon with some of the batter, pressing it firmly into the spoon. Sprinkle the top with sesame seeds and then push it off the spoon into the hot oil. Fry for 2 to 3 minutes or until it has turned brown. Turn the patties over and cook again 2 to 3 minutes or until brown. Remove from the oil to a paper towel to drain. Don't let the oil get too hot or the crust will get too crisp or if the oil cools down too much, the patties will soak up too much oil. Serves 8

## Taqliya (Egypt) - Samia Abdennour

20 cloves garlic,crushed  
1 t coriander,Ground  
1 T cooking oil  
salt  
pepper

Mix garlic, coriander, salt and pepper to a smooth consistency, then saut for 3 - 5 minutes. Toss into pot of boiling stew. Ladle one spoon of the cooking broth back into frying pan, stir and toss again into cooking pot. This will ensure that all the taqliya is used. A pleasant tishshshsh sound always follows the tossing of the taqliya into the pot.

This mixture is added to almost all stewed vegetables, whether cooked with or without meat. Taqliya means frying, but it specifically calls for fried garlic with ground coriander - no other spice. serves 4 - 6

## Three Onion Saute

4 Servings

1/4 c olive oil  
2 md red onions,sliced  
2 c green onions,chopped  
2 md onions,sliced  
1/2 c vegetable stock  
2 T lemon juice  
2 T sugar  
1/8 t coriander  
1 salt & pepper

Heat oil in a heavy skillet over medium heat. Add all the onions. Cover & cook for 10 minutes, stirring occasionally. Uncover & cook for another 10 minutes, stirring occasionally. Add the remaining ingredients, cook for 5 minutes again stirring occasionally. Serve warm with either stews or sandwiches.

## Tomato & Green Pepper Salad, Fez Style

1 Servings

3 green bell peppers  
4 lg tomatoes  
1 garlic clove, crushed  
1 pn sweet paprika  
1/4 t cumin  
2 T olive oil  
1 T lemon juice  
1/2 t salt  
1/4 t black pepper  
1/4 preserved lemon, see recipe

Prepare peppers by grilling them in a 450F oven or holding them over a gas flame until the skins are evenly charred. Place in a towel & set aside to cool. When cool, slip off the skins, core & seed. Cut into small pieces & set aside.

Skin the tomatoes & cut out the core. Slice each tomato in half crosswise & squeeze gently to remove the seeds. Cut the flesh into small pieces.

Mix peppers & tomatoes in a glass serving dish & add all remaining ingredients except the preserved lemon. Mix well. Rinse preserved lemon under running water & cut away the pulp. Cut the peel into cubes & sprinkle over the salad. Serve cool.

## Tomato & Pepper Relish With Moroccan Lemons

8 Servings

- 2 small green bell peppers
- 1 cn tomatoes (28 oz)
- 1 garlic clove, pressed/minced
- 2 T olive oil
- 3/4 t cumin, Ground
- 1/4 t paprika
- 1/4 t pepper
- 3 moroccan preserved lemons\*

\* - quarters, chopped

Place bell peppers in a 9-10"-wide pan; broil 4" from heat, turning as needed, until charred on all sides, 15-20 minutes. Cool. Remove peel, stems, and seeds. Chop peppers. Drain tomatoes, reserving juice for another use. Coarsely chop tomatoes; drain well.

In a bowl, mix bell peppers, tomatoes, garlic, oil, cumin, paprika, and pepper. Add preserved lemon to taste. Serve, or cover and chill up to a day. Makes about 2 1/2 cups relish.

## Tomato And Pepper Relish With Moroccan Lemons

8 Servings

- 2 small green bell peppers
- 1 cn tomatoes (28 oz)
- 1 garlic clove, pressed/minced
- 2 T olive oil
- 3/4 t cumin, Ground
- 1/4 t paprika
- 1/4 t pepper
- 3 moroccan preserved lemons\*

\* - quarters, chopped

Place bell peppers in a 9-10"-wide pan; broil 4" from heat, turning as needed, until charred on all sides, 15-20 minutes. Cool. Remove peel, stems, and seeds. Chop peppers. Drain tomatoes, reserving juice for another use. Coarsely chop tomatoes; drain well.

In a bowl, mix bell peppers, tomatoes, garlic, oil, cumin, paprika, and pepper. Add preserved lemon to taste. Serve, or cover and chill up to a day. Makes about 2 1/2 cups relish.

## Tomato Beef And Okra (Egypt)

1 Servings

- 1 lb beef,Ground
- 1/2 c onion,Minced
- 1 lg garlic clove,minced
- 1 1/4 c tomato sauce
- 1 ds pepper
- 1 egg,lightly beaten
- 2 T fine dry bread crumbs
- 10 oz pkg whole okra,Frozen
- 1 cooked,drained
- 1 butter
- 1 lemon (garnish),Slices

Brown beef in skillet; add onion and garlic and cook until tender, stirring to separate meat. Pour off fat. Add tomato sauce, pepper, egg, and bread crumbs; bring to a boil. Reduce heat and simmer for 5 minutes, stirring occasionally.

Arrange okra around buttered 1-quart casserole with tips toward center and ends along the outside; spoon tomato mixture over okra. Bake in preheated 375F oven for 30 minutes, or until set; let stand 10 minutes. Invert on serving platter; garnish with lemon slices.

## Tunisian Chicken

4 Servings

- 2 chicken breasts,skinned,  
-boned & cut into chunks
- 3/4 t salt
- 1/2 t pepper
- 1/4 t cumin
- 4 t cornstarch
- 4 t olive oil
- 1 egg white,beaten frothy
- 6 T butter
- 1 1/2 c onion,minced
- 1/3 c green olives,chopped
- 1/4 c parsley,minced
- 2 T lemon juice
- 2 garlic cloves,minced
- 1/2 t paprika
- 1/8 t sugar
- 1/8 t hot red pepper
- 16 whole olives,green or black
- 1/2 c cashews (or peanuts)

Arrange chicken in shallow baking dish and sprinkle with salt, pepper and cumin. Let stand for 20 minutes. Sprinkle with cornstarch and olive oil. Turn to coat and let stand another 20 minutes. Add egg white and let stand another 30 minutes. Remove chicken from marinade and saute in butter until cooked. Remove to warm dish.

In same pan, saute onion in 2 Tbsp butter until soft. Add chopped olives, parsley, lemon juice, garlic, paprika, sugar and red pepper. Saute 3 minutes more. Add chicken, olives, nuts and saute 3 more minutes. Serve over rice pilaf.

## Tunisian Chickpea Soup

- 1 1/2 c chickpeas, Dried- washed and picked over bay leaves
- 1 T cumin seeds
- 2 T olive oil
- 1 c onions, coarsely chopped
- 4 cloves garlic
- 1 t harissa
- 1 t salt
- 2 T white wine vinegar
- 3 1/2 c medium-stale pita, torn (or other flatbread)
- 1/4 c caperberries-soaked rinsed and, Drained
  - reserve a couple whole for garnish
- 2 t parsley, finely chopped
- extra virgin olive oil, for drizzling
- 8 lemon wedges

Soak the chickpeas overnight in about 6 cups of water. Drain and transfer to an ovenproof casserole, along with bay leaves and enough water to cover by 1 1/2 inches.

Bake uncovered at 325F until tender, about 2 hours (most should stay intact). During baking, add more water if needed; set aside.

While the chickpeas are cooking, toast the cumin seeds in a heavy skillet over medium heat until fragrant but not brown, about 5 minutes. (Do not burn.) Grind to a fine powder with an electric spice grinder or a mortar and pestle; set aside.

In a large, heavy saucepan over medium heat, warm the oil until fragrant. Sauté the onion, stirring, until tender but not browned, 5 to 7 minutes.

Stir in the garlic and cook for 1 minute.

Add the harissa and ground cumin; cook briefly, just until fragrant. Add the cooked chickpeas, their liquid, and the salt. Simmer until the onions have disintegrated, about 1 hour. Remove the pan from the heat; season with the vinegar to taste. Remove and discard the bay leaves. Taste and adjust the seasonings.

Divide the pita among 4 heated soup bowls. Spoon the chickpeas over the bread with equal portions of the liquid. Sprinkle with the caperberries and parsley, and add more harissa to taste.

Just before serving, drizzle a bit of the olive oil over each bowl. Serve lemon wedges on the side for extra tartness. Garnish with reserved whole caperberries.

## Tunisian Five-Spice Powder

1 Servings

- 1 T cloves
- 1 T black peppercorns
- 1 1/2 t malagueta pepper
- 1 1/2 t nutmeg, Freshly Grated
- 1 t cinnamon, Ground

Grind together the cloves, peppercorns, and malagueta pepper. Add the nutmeg and cinnamon and blend well. Store in an airtight container. Use to flavor lamb and vegetable dishes.

Vary Amin Anana

8 Servings

In a 4-quart saucepan:

Saute: 1/2 Ib. BONELESS CHUCK cut in 1/2-inch cubes in

2 Tbs. OIL until meat is brown on all sides.

Add 1 TOMATO cut in 1/2-inch chunks.

Cook with the beef for 10 minutes.

Add: 1 bunch SCALLIONS, cut in 1-inch pieces.

1/2 Ib. MUSTARD GREENS, cut in small pieces

1/2 Ib. SPINACH, cut in small pieces

1 bunch WATERCRESS, cut in small pieces.

Saute stirring occasionally with cover on until vegetables soften.

Add: 2 cups WATER (or enough to cover vegetables) and

1 cup RICE

1 Tbs. SALT

1/2 tsp. PEPPER.

Cover tightly and simmer slowly until rice is thoroughly cooked and all the

liquid is absorbed.

Correct the Seasoning to your taste.

Serve with hot pepper Sakay as a relish to accompany Lasopy.

## Vegetable Casserole

5 Servings

- 2 T vegetable oil
- 1 sm onion
  - sliced and into, Separated
  - rings
- 1 md eggplant
  - unpeeled, cut into
  - bite-sized pie
- 1 sm sweet red pepper
  - cored and thinly, Sliced
- 1 cloves garlic (1-2), peeled
  - and, Crushed
- 1 lb fresh spinach, cleaned and
  - CHOPPED
  - or 10 oz pkg, Frozen
  - chopped spina, thawed
- 1 sm zucchini, peeled and sliced
- 2 md tomatoes, cut in wedges
- 1/2 t salt
- 1/4 t black pepper

1. In a large frying pan, heat oil over medium-high heat for 4 to 5 minutes.
2. Add onions to pan and stir-fry for 2 to 3 minutes. Continue to add vegetables to pan in order listed, stir-frying each 2 to 3 minutes before adding the next.
3. Stir in salt and black pepper. Cover pan, reduce heat to low, and simmer 10 to 15 minutes or until vegetables are tender.
4. Serve immediately.

Serves 4 to 6

## Vegetable Stew (Vegetable Alecha) (Ethiopia)

- 1 c Bermuda onions, chopped
- 4 T vegetable oil
- 4 carrots, peeled and cut in  
-1" slices
- 4 bell peppers, cleaned and  
-quartered
- 3 c water
- 3/4 c tomato sauce
- 2 t salt
- 1/2 t ginger, Ground
- 4 potatoes, cut into thick  
-slices
- 2 tomatoes, peeled and cut  
-into wedge
- 1 sm cabbage, cut into 1" wedges
- Salt, to taste
- Pepper, to taste

In a 4-quart saucepan, saute the onion in the oil until soft but not brown. Add the carrot, bell pepper, water, tomato sauce, salt, and ginger, cover, and cook for 10 minutes. Add the potatoes and tomatoes and cook for another 10 minutes. Add the cabbage, salt, and pepper and cook until the vegetables are tender. Serve hot.

Makes 8 servings

## Vermicelli And Raisins

5 Servings

2 T vegetable oil  
2 c vermicelli  
    --broken into 1" pieces  
2 c hot water  
3/4 t cardamom,Ground  
1/4 c sugar  
1/4 c raisins  
1/4 c chopped dates,optional  
1/4 c chopped walnuts,optional

1. In a large frying pan, heat oil over medium heat for 1 minute. Add vermicelli and saute until light brown.
2. Slowly add 2 cups hot water. Stir in cardamom, sugar, raisins, dates, and nuts.
3. Cover, reduce heat to low, and simmer over medium-low heat, stirring occasionally, for about 10 minutes or until all water is absorbed and vermicelli is tender.

Serves 4 to 6

## White Beans In Swiss Chard Sauce (Tabikha B'salk)

4 Servings

- 2 lb swiss chard (or spinach)
- 2 T olive oil
- 1 c white kidney or, Dried  
-haricot beans, soaked overn
- 1 1/2 lb new potatoes, peeled &  
-halved (or quarte)
- 4 cl garlic, peeled
- 3 c vegetable broth \*or\*
- 1 vegetable bouillon cube  
-dissolved in
- 3 c hot water
- 1 salt & pepper, To Taste

### DIRECTIONS:

Bring several quarts of water to a boil in a large pot. Cut off and discard the white coarse ribs from the chard. If using spinach, remove the stems. Blanch the greens in boiling water for 3 minutes. Drain and cool. Squeeze to extract as much moisture as possible. Coarsely chop the greens.

Heat the oil in a large saute pan. Add the greens and saute over medium heat for 3 minutes. Scrape the contents of the pan into a food processor and puree into a smooth paste. Return the pureed greens to the pan.

Spread the beans evenly over puree and arrange the potatoes on top. Add the garlic and vegetable broth. Bring to boil, cover the pan, and cook over low heat for 45 minutes. Do not stir. At the end of this time, the beans should be halfway cooked and the liquid should almost cover the potatoes.

Set the cover ajar and cook, partially covered, an additional 45 minutes or until the beans are creamy and about half the liquid has evaporated. Season with salt and pepper to taste and serve hot.

This stew may be refrigerated for 1 day.

Makes about 4 servings

## Winter Fruit Couscous

4 Servings

- 2 T oil
- 1/2 c onion, chopped
- 1 1/2 c bulgur (or brown rice)  
-uncooked
- 1 c apricots, dried
- 1 c prunes, chopped
- 1 c apples, dried, chopped
- 4 c vegetable stock
- 1/2 t nutmeg, ground
- 1/2 t cinnamon, ground
- 1/4 t coriander, ground

Heat oven to 350 degrees. Heat oil in Dutch oven over medium heat. Cook onion in oil about 2 minutes, stirring frequently, until tender. Stir in bulgur. Cook about 5 minutes, stirring occasionally, or until bulgur is golden brown. Stir in remaining ingredients. Cover and bake 50 to 60 minutes or until bulgur is tender.

## Yam Fufu (Ghana)

2 lb yams  
1/4 t black pepper  
1/4 t salt  
1 t butter

Note: You can substitute canned yams for the whole raw yams.

Put the yams in a pot of cold, unsalted water, bring to a full boil, and cook for 25 minutes, or until soft. Remove from the heat, drain, and allow to cool.

Peel the yams, combine with the other ingredients, and mash.

Place the mixture in a food processor, and run briefly to remove lumps. DO NOT PUREE! (If a processor is not available, go directly to step 4.)

Remove the fufu to a bowl, and beat with a wooden spoon or wire whisk until smooth. The fufu should have a sticky, slightly resilient consistency.

## Yekik Alich'a (Ethiopia)

- 2 c split peas (red (or green))
- 4 c water
- 2 c oil
- 2 c red onions,Chopped
- 1 T garlic,Chopped
- 1 T ginger,Chopped
- 1 t black pepper
- Salt,To Taste
- 4 fresh green Anaheim,Sliced  
--or Jalapeno peppers

Wash the split peas. Boil in the water until soft. Drain.

Heat the oil in a medium pan. Add the onions and fry until soft. Add the peas and stir to prevent sticking. Add the garlic, ginger, black pepper, and salt. Simmer for 20 to 30 minutes, stirring occasionally. Add the green peppers and stir.

Serve hot or cold.

## Yemarina Yewotet Dabo (Ethopain Honey Yeast Bread)

1 pk yeast  
1/4 c luke water, Warm  
1 egg  
1/3 c honey  
1 T coriander, Ground  
1/2 t cinnamon  
1/4 t clove, Ground  
1 t salt  
1 c luke whole milk, Warm  
6 T butter, softened  
4 c flour (4 to 5)

In a small bowl, sprinkle the yeast over the warm water and let it stand for 3 minutes, then stir to dissolve. Set the bowl in a warm place for about 5 minutes, mixture should double in volume. If it does not, repeat

Combine the egg, honey, coriander, cinnamon, cloves, and salt in a deep bowl, mixing until smooth. Add the yeast mixture, milk, and 5 tablespoons of the melted butter. Beat until well blended. Stir in the flour 1/2 cup at a time, until it becomes too stiff to stir.

On a lightly floured board, knead the dough, adding a small amount of flour when necessary to keep the dough from sticking. Knead for about 5 minutes. Place the dough in a large greased bowl. cover with a damp cloth and let it sit in a warm place for about 1-1/2 hours.

Grease a cookie sheet with the remaining 1 tablespoon of butter. Punch down the dough and knead it again for a few minutes. Shape the dough into a round, and place it on the greased sheet.

Preheat the oven to 325 degrees.

Let the bread rise again while the oven is preheating. Bake the bread for 1 hour, or until the top is crusty and light golden brown. Remove from the oven and let it cool.

## Yemiser Selatta (Lentil Salad)

1 Servings

- 1 1/4 c lentils,dried
- 3 T wine vinegar,red
- 2 T oil
- 1 t salt
- 1 pepper,black
- 8 lg shallot,large
- 2 anaheim chiles

Peel shallots, then cut lengthwise in half. Seed chiles and cut into 1" x 1/8" strips. Wash lentils under cold running water. Simmer them in lightly salted water for 25 to 30 minutes, or until tender but still somewhat firm. Drain and rinse under cold water to cool them. Drain again and set aside.

Combine vinegar, oil, salt and pepper in a bowl, beating with a whisk. Add lentils, shallots and chiles. Stir gently to mix well. Marinate at room temperature for about 30 minutes before serving, stirring periodically.

## Zimbabwe Greens

4 Servings

- 1 bn Collard greens, washed
- 1 c Water
- 1 lg Tomato, cored, chopped
- 5 Green onions (green and  
-white part), sliced
- 3 T Natural smooth peanut butter
- Salt, to taste

Finely shred the greens, discarding tough stems. Place in a saucepan with the water. Bring to boil and cook, stirring occasionally, just until greens are crunchy-tender (don't overcook). Drain greens, reserving liquid. Return greens to medium heat; add tomato and onions. Heat through, stirring frequently.

Thin peanut butter with 3/4 cup of the reserved cooking liquid, then add to vegetables. Heat, stirring constantly, until greens have a creamy consistency, adding more reserved liquid if mixture seems too thick. Taste, and add salt if needed.

Serves 4.

## Zucchini Salad

4 Servings

1 1/2 lb zucchini, washed  
4 T olive oil  
1/4 t hot red pepper  
1/4 t cumin  
1/4 t black pepper  
1 salt  
4 T italian parsley, chopped

DRESSING =====

1 T vinegar  
3 T olive oil

Trim the zucchini & cut into 1/4" thick slices. Combine slices in a pot with 2/3 c water, oil, hot pepper, cumin, black pepper & salt. Cook for 5 minutes until just tender-crisp. Cool & chill. When ready to serve, drain the zucchini. Combine the dressing ingredients adding salt & pepper to taste. Add to the zucchini, toss well & garnish with the parsley. Serve immediately.

## AUSTRALIAN RECIPES

Abon

8 Servings

- 2 t brown sugar
- 500 g rumpsteak,lean
- 3 t coriander
- 1 1/2 t cumin
- 1/4 t laos (galangal)
- 2 t lemon juice
- 4 medium onions,chopped
- 1 medium onion,crushed
- 2 garlic cloves,crushed
- 120 ml santan (thick coconut cream)
- 2 curry leaves
- 1 oil as required
- 1 salt,To Taste

Boil the meat in sufficient water until the steak is cooked and almost disintegrating. Remove the meat from the stock and shred it. Mix the following ingredients and spices together thoroughly: meat, crushed onion, garlic, coriander, cumin, laos, brown sugar, lemonjuice, salt. Fry the above mixture in a little hot oil on a high heat for approximately five minutes. Add the santan and the curry leaves, turn the heat to medium and cook until everything is cooked and all fluid has evaporated. Remove the curry leaves. Fry the chopped onions in hot oil until they are brown and crisp. Mix the fried onions with the mixture prepared above.

## Aussie Meat Pie Filling

1 Servings

- 1 steak (ground beef),Minced
- 1 fine onion,Chopped
- 1 pn mixed herbs
- 1 salt and pepper
- 1 gravy
- 1 dripping (solid oil will do)
- 1 plain flour
- 1 water from the meat mix

Try this - minced steak (ground beef), some fine chopped onion, pinch of mixed herbs, salt and pepper to your taste. Boil in water until cooked. Make a gravy - melt a little dripping (solid oil will do). Mix in plain flour until all fat is absorbed (it becomes crumbly). Slowly add water from the meat mix and stir over low heat. Add water until it becomes a nice gravy mix. (As thick or thin as you like.) Mix this gravy in with the meat. That is your pie filling.

## Aussie Shrimp On The Barbie With Orange Ginger

6 Servings

- 12 giant prawns,shelled and  
-deveined,(heads and tails
- 1/4 c butter
- 1 c orange juice (freshly  
-squeezed)
- 2 T sherry
- 1 t orange zest (grated)
- 2 green onions,tops and white  
- (mince,d)
- 1 t ginger root (freshly),Grated

Soak a dozen long wooden skewers in water for 30 minutes. Then push skewers through prawns, lengthwise, from head to tail with only 1 to a skewer. Combine all ingredients in saucepan and cook over medium to low heat, stirring, until butter is completely melted. Dip skewered prawns in the orange sauce and position on oiled grill rack about 4 inches above the coals. Baste liberally with sauce and grill for 2 minutes. Turn the prawn over and baste again, cooking for another 2 minutes. Smaller prawn will be done at this point, but continue basting and turning larger prawn until they are pink and cooked through. Remove from heat immediately when done, as they will get tough of overcooked. Use any remaining sauce for a dip for the prawns.

## Australian Chocolate Crackles

24 Servings

- 150 g copha, melted
- 2 1/2 c rice bubbles
- 60 g coconut dessicated
- 15 g cocoa
- 1 artificial sweetener taste

Mix dry ingredients. Add melted copha and mix well. Divide into 24 patty pan papers.

## Baked Stuffed Mullet

4 Servings

- 2 large, beautiful, fat mullet
- 250 g spaghetti, cooked
- 1 onion
- 2 bay leaves
- 2 T tomato paste
- 1 t sugar
- 1 clove garlic, crushed and
- 1 \_\_, Chopped
- 1 small capsicum (green
- 1 \_\_ pepper), chopped
- 1 1/2 T parsley, chopped
- 2 sticks celery, chopped
- 1 \_\_ finely
- 1/2 t ginger
- 1/2 t basil
- 1 salt and pepper
- 2 dr tabasco sauce
- 1 T olive (or vegetable oil)
- 1 oyster sauce (optional)

Prepare mullet for baking by removing backbone, leaving it flat, ready for stuffing, sewing or tying up. Make sure fish is cleaned, scaled and washed thoroughly with black parts rubbed off. Remove as many bones as possible.

Combine stuffing ingredients and add oil. This keeps spaghetti workable (soft) with other ingredients.

Fill fish with stuffing. Tie securely, use small skewers or sew up sides of fish where necessary. Place fish on oiled baking dish and place in hot oven. Reduce heat and cook slowly for 30-45 minutes, according to fish size. Test to see if cooked. When cooked, remove from oven and when cool enough to handle, remove string or other securing device. This fish can be glazed with geletine or oyster sauce.

## Blender Lemon Drink

2 Servings

- 2 lemons - thin skinned
- 45 ml caster sugar
- 560 ml water
- 1 egg
- 4 ice cubes
- 1 mint sprigs

Wipe lemons, cut into pieces and place in blender. Add sugar and water and blend for 30 seconds. Wash egg and add, whole to the blender with the ice cubes. Replace lid and blend for further 30 seconds. Strain into a jug or glass, add ice if liked and decorate with mint sprigs.

## Brawn

1 Servings

- 2 pig's trotters
- 1 1/2 lb knuckle of veal
- 1 shin of beef
- 4 bay leaves
- 6 cloves
- 1/2 t peppercorns
- 1/2 t whole allspice
- 1 ds salt
- 1/2 c vinegar

Halve pig's trotters and meat, put in saucepan and just cover with water, also add bay leaves, cloves, pepper-corns, allspice and salt. Let boil for 3 - 4 hours. When cooked take out meat and chop finely, remove all bones, strain liquid into a basin, add chopped meat and vinegar, pepper and salt to taste. Put over fire and let come to boil. Pour into basins to set.

## Champagne Melon Cooler

1 Servings

- 4 c champagne melon, Chopped  
-seeds removed
- 1/2 c orange juice
- 1/2 c lemon juice
- 1/2 c caster sugar
- 1 strawberries, Sliced

Blend champagne melon, juices and sugar until smooth. Refrigerate covered for several hours. Serve topped with sliced strawberries. For the perfect afternoon picnic, simply freeze for 1/2 to 1 hour before packing.

## Chile 'n' Cheese Breakfast Casserole

8 Servings

- 3 english muffins,split
- 2 T butter (or margarine)  
-softened
- 1 lb bulk pork sausage
- 4 oz can green chiles,Chopped  
-drained
- 3 c cheddar cheese,shredded
- 1 1/2 c commercial sour cream
- 12 eggs,beaten

Spread cut side of each muffin with 1 teaspoon butter, and place, buttered side down, in a lightly greased 13" x 9" x 2" baking dish.

Cook sausage in a skillet until browned, stirring to crumble; drain. Layer half of each sausage, chiles, and cheese over muffins. Combine sour cream and eggs; pour over casserole. Repeat layers with remaining sausage, chiles, and cheese; cover and refrigerate 8 hours.

Remove from refrigerator, and let stand at room temperature 30 minutes. Bake, uncovered, at 350 F degrees for 35 to 40 minutes.

8 to 10 servings.

## Chive-Mustard Potato Salad With Sausage Skewers

4 Servings

400 g cherry tomatoes, halved  
1/2 red onion, finely sliced  
1 cos lettuce  
750 g canned new potatoes, drained  
- and h, alved if large  
1 T seeded mustard  
300 ml light sour cream  
1 bn chives, Chopped  
1 lemon juice  
1 salt  
1 pepper, Cracked  
6 lg gourmet sausages

Preheat grill or barbecue. Combine tomatoes, onion and lettuce in shallow bowl. Add potatoes. Combine mustard, sour cream and chives, and season to taste with lemon juice, salt and pepper.

Bring sausages to boil in a pan of water. Drain immediately and thread onto soaked wooden skewers. Cut slits across each. Grill or barbecue for five minutes, browning on all sides. Toss the chive dressing into the potato salad. serve with sausage skewers.

## Cream - Australian

1 Servings

1 information

NATURAL CREAMS \* RICH or DOUBLE CREAM (48% fat) is great with fresh fruity desserts and sugary puddings

\* PURE AND WHIPPING CREAM (35% fat) is good in soups, cakes and creamy desserts

\* REDUCED CREAM (25% fat) - use it in drinks and creamy sauces

\* LIGHT CREAM (18% fat) and EXTRA LIGHT CREAM (12% fat) are good pouring creams - neither will whip, so don't take the beater out for this one

TREATED CREAMS \* THICKENED CREAM (35% fat), THICKENED REDUCED (25% fat) and THICKENED LIGHT CREAM (18% fat) have about 1% gelatine, alginate or rennet added. The addition of these gives the cream greater stability, making it easier to whip and spread. (Light thickened cream will not whip)

\* SCALDED OR CLOTTED CREAM (48% fat) is cream that has been heated at 82deg C for 30 minutes. This thick, rich cream is the one for Devonshire teas and scones

\* CULTURED OR SOUR CREAM (35% fat) and LIGHT SOUR CREAM (18% fat) - selected cultures are added in controlled conditions. The resulting cream is thick and tart in flavour

\* CREME FRAICHE (48% fat) is a blend of pure cream and sour cream, used often in soups, sauces and casseroles

\* CANNED REDUCED CREAM (25% fat) is canned and sterilised for long shelf life

\* LONG-LIFE CREAM (35% fat) is heated at a high temperature for a short period. Use it as you would regular cream

\* AEROSOL/PRESSURE PACK CREAM (25% fat) is packaged in an easy-to-use can with a harmless gas propellant. It's instant whipped cream

## Dill Pickled Okra

4 Servings

1 Kg okra pods

### SPICES =====

- 1 a few celery leaves
- 1 clove of garlic,peeled
- 1 \_ and split
- 1 sprig dill
- 2 pimento,Slices

### PICKLE SOLUTION =====

- 2 2/3 cups water
- 1 2/3 cups white vinegar
- 2 T salt

Scrub okra, pack into 4 jars.

In each jar insert the spices.

In a saucepan bring the pickle solution to the boil. Stir well and pour boiling liquid over okra and seal tightly. Let stand 3 weeks before serving.

## Dopiazza (Meat And Onion Curry)

4 Servings

1360 g chicken,joints ==or==  
680 g lean meat,cubed  
500 g onions,finely chopped  
4 garlic cloves,finely choppd  
1/2 c ghee (or oil)  
150 ml plain yoghurt  
500 g onions,thinly sliced  
4 fresh tomatoes,halved  
1 T fresh parsley (or coriander)  
-(cilantr,o), chopped  
1 salt

### SPICES =====

6 cloves  
1 brown cardamom  
2 inches cinnamon stick  
1/2 t ginger,Ground  
1 t turmeric  
1 t chillies (cayenne),Ground  
1 t garam masala

If using chicken, skin it and cut into joints. If using meat, remove fat, and cut into 1" cubes. Fry the finely chopped onions (the 1st quantity) and garlic until golden in the ghee or oil. Fold in the spices and stir fry about 5 minutes.

Combine mixture with meat or poultry, the yoghurt and a cup of water, and put it all into a casserole (dutch oven). Place in a preheated oven at Gas mk 4 350F 180C and cook for 20 minutes (or longer if using beef).

Add and mix in the raw thinly sliced onions (the second quantity), and tomatoes, together with the coriander or parsley. Salt to taste. Raise heat to 425F 220C Gas 7 and cook for a further 40 minutes or so.

## Kangaroo Tail Soup

8 Servings

- 1 kangaroo tail
- 2 lb beef
- 3 carrots
- 3 onions
- 1 bunch herbs
- 1 pepper and salt
- 1 butter

Cut the tail into joints and fry brown in butter, slice the vegetables and fry them also. cut the meat into thin slices and boil all for 4 hours in 3 quarts of water. Take out the pieces of tail, strain the stock, thicken it with flour, put back the pieces of tail and boil up another 10 minutes before serving

## Kori Aajadina Or Chicken Sukha

4 Servings

- 1 Kg chicken
- 3/4 fresh coconut,grated
- 2 onions,(long thin slices)
- 8 garlic cloves (mince)
- 1 inch ginger,minced
- 2 T coriander seeds
- 1 T jeera seeds
- 3/4 T methi seeds
- 5 pepper corn
- 2 cardomom
- 2 sm pieces cinnamon
- 10 red chillies
- 1 lime

Clean chicken and cut in required sizes. Marinate chicken with 1 lime, salt, red chilly power & turmeric power for about about 1/2 1 hour (Remember U are going to add more spices while cooking...so go slow on the spices here).

Take 1/2 onion. Fry it slightly brown(in 2 tbsp of oil), add garlic, coriander, jeera, methi, pepper corns, elaichi, dalchini and red chillies (keep stiring). Fry on low heat for about 10 mins. let it cool and then grind it along with ginger & turmeric powder (1/2 tbsp). After the masaala is ground properly, add coconut and grind for 2 mins (without adding water). Remove 3/4 of the ground masaala and grind the remaining masaala with little water to a fine paste.

Take the remaining onions and fry it with 1 tbsp of ghee (olive oil or coconut oil will change the flavour a bit...I have managed it without ghee), when brown add the marinated chicken and cook it for 5-8 minutes on medium heat. keep shaking without breaking the chicken flesh from the bone. (oh forgot to mention... boneless chicken is no good for this dish.) At this point if all the water is dried up..u might want to add wee little water. Add the remining masaala which you put aside earlier.....cook on low heat till U know its done..say about 2-3 mins.

## Lamingtons

1 Servings

1 c butter  
1 1/2 c sugar  
1 c milk  
3 c flour  
4 eggs  
1 t bi-carb soda  
2 t cream of tartar

Beat butter and sugar to a cream, add eggs, well beaten one at a time, then the milk which the soda has been dissolved, then the flour, with the cream of tartar mixed. Beat all well and bake in a square tin.

When cold cut in squares and dip/ice all over with the following:

1 lb. icing sugar  
5 ts cocoa Mix well and work in 4 oz. butter, vanilla to taste and 2 or 3 tablespoons milk.

Roll each piece when iced in desiccated coconut.

## Lentil Tagine

4 Servings

- 1 lb lentils, picked over
- 4 lg tomatoes, vine-ripe, chopped
- 1 lg onion, chopped fine
- 1/4 c olive oil
- 2 cl garlic, chopped
- 1 t paprika
- 1/2 t white pepper
- 1 t salt
- 3 1/2 c water, plus more if needed
- 1 c parsley, fresh
- 1 c fresh coriander sprigs  
-chopped

In a 3- to 4-quart saucepan, combine lentils, tomatoes, onion, oil, garlic, paprika, pepper, salt, and water, making sure that water covers lentils and adding more if needed. Simmer lentil mixture, covered, over moderately low heat 45 minutes, or until lentils are tender. Stir in parsley and coriander and cook 1 minute more.

## Melon Canapes

8 Servings

- 1/2 mini melon
- 1/2 champagne melon
- 1 melba toast
- 1 smoked salmon, oyster and -  
-prawns
- 1 assorted meats & cheeses

Scoop champagne melon and mini melon into balls and serve on toothpicks with a prawn between melon balls. Serve remainder on melba toast with savoury accompaniments such as smoked salmon, oysters, ham and favourite cheeses.

## Melon Fruit Salad

1 Servings

- 1/2 mini melon
- 1/2 champagne melon
- 1/4 md watermelon
- 1 squeeze lemon juice
- 1 glace ginger pieces
- 2 dr rum essence

Scoop melons into balls and gently toss with lemon juice, ginger pieces and rum essence. Serve in scooped out mini lemon shell for a refreshing snack or a delicious dessert.

## Melon Meringue Nests

1 Servings

- 1/2 mini melon
- 1/2 champagne melon
- 1 meringue cases,small
- 1 sweetened whipped cream
- 1 sprigs of mint

Arrange balls of mini melon and champagne melon in the meringue cases. Add a dollop of cream and top with a sprig of mint for a simple yet delicious dessert.

## Melon With Yogurt And Ginger Dip

1 Servings

- 1 natural yoghurt
- 1 lemon (or lime juice)
- 1 glace ginger, chopped
- 1 honey
- 1 scoops of watermelon balls

Take some natural yoghurt, add a squeeze of lime or lemon juice, and mix in a little chopped glace ginger and honey to taste. Serve with melon balls.

## Parrot Pie

6 Servings

- 12 paraqueets (small parrots)
- 1 few slices of beef, Cooked
- 4 rashers bacon
- 3 hard-boiled eggs
- 1 parsley & lemon-peel, Minced
- 1 pepper and salt
- 1 stock
- 1 puff pastry

Line a pie-dish with the beef cut into slices, over them place 6 of the paraqueets, dredge with flour, fill up the spaces with egg cut in slices and scatter over the seasoning. Next put the bacon, cut in small strips, then 6 paraqueets and fill up with the beef, seasoning as well. Pour in stock or water to nearly fill the dish, cover with puff-pastry and bake for 1 hour.

## Pawpaw Seed Dressing With Parsley

1 Servings

2 t sugar  
1/2 t salt  
3 T lemon juice,more to taste  
1 T onion,chopped  
1/2 t garlic,crushed  
1 T parsley,chervil or dill  
-freshly ch,opped leaves  
1 c cold salad oil,Pressed  
-walnut oil,is interesting  
2 T fresh pawpaw seeds

Here is an adaption from Hawaii of an unusual and healthy salad dressing featuring pawpaw seeds. These peppery seeds have a traditional reputation for assisting the digestion. An added advantage is knowing that you are going to use most of those glistening black seeds when opening a pawpaw, instead of scooping them out and throwing them away. Vitamin rich parsley and tasty spices go towards making this recipe a delectable flavour treat.

Place all dry ingredients and lemon juice in blender. Gradually add salad oil while blending. When thoroughly blended add pawpaw seeds. Blend again until seeds are the size of coarse ground pepper. Store dressing in sealed container in the refrigerator.

## Potato And Roasted Garlic Soup

8 Servings

2 lg heads garlic,unpeeled  
2 T olive oil  
2 md onions,chopped  
4 lb potatoes,yellow-fleshed  
-like yuko  
8 c water

### SCALLION PURE GARNISH =====

1/2 c olive oil  
2 c scallion greens,chopped

On a flat surface, smash garlic heads, root ends up, with the palm of the hand to break up cloves, leaving peels intact. Put garlic on a sheet of foil and drizzle with 1 tbsp oil. Sprinkle garlic with salt and pepper to taste and wrap tightly in foil. Bake garlic in the middle of the oven at 400 F for 40 minutes or until very tender. Unwrap garlic carefully and let stand until cool enough to handle. In a bowl, squeeze roasted garlic out of cloves by squeezing one end, discarding the skin.

In a kettle, cook onions in remaining tablespoon of oil over moderate heat until softened. Peel and cut potatoes into 1/2-inch pieces and add to kettle with water. Bring water to a simmer and cook potatoes, covered, stirring occasionally, until very tender, about 20 minutes.

Transfer half of potatoes with cooking liquid to a bowl and in a blender, in batches, puree with garlic until smooth. Transfer mixture as pureed back to kettle, stirring, and season soup with salt and pepper.

Pour soup into serving bowls; garnish each with 1/2 tbs scallion puree. Serve with crusty bread.

Scallion pure:

In a saucepan heat 1/4 cup oil over moderate heat and cook scallions just until tender and bright green in color (do not let brown.) In a blender, pure scallion mixture with the remaining 1/4 cup oil until smooth. Season pure with salt and pepper and let cool. Makes about 3/4 cup.

## Ricotta Cheese And Watermelon

1 Servings

- 500 g ricotta cheese
- 1 lg lemon, juice and grated rind
- 8 chilled watermelon, Slices
- 1 salt
- 1 black pepper, Fresh Ground

GARNISH =====

- 1 watermelon seeds
- 1 lemon wedges

Combine cheese, lemon rind, juice, salt and pepper in a bowl. Mix well using a fork. Remove some of the seeds from the watermelon and roast in moderate oven 180C for 7-8 minutes. Allow to cool. Arrange watermelon slices on plates and add ricotta cheese mixture. Sprinkle roasted seeds over cheese and garnish with lemon wedges.

## Roast Loin Of Lamb

1 Servings

- 3 lb loin of lamb,boned
- 1 1/2 c stuffing
- 2 rashers bacon,chopped

Spread stuffing and bacon over inside of meat, roll up and tie securely. Roast in a moderate oven 350deg F (180 C) about 1 1/2 hours. Serve with gravy.

## Roast Wallaby

6 Servings

- 1 wallaby
- 1 forcemeat
- 1 milk
- 1 butter

In winter the animal may be hung for some days, as a hare, which it resembles, but in summer it must, like all other flesh be cooked very soon after it is killed. Cut off the hind legs at the first joints and after skinning and paunching, let it lie in water for a little to draw out the blood. Make a good veal forcemeat and after well washing the inside of the wallaby, stuff it and sew it up. Truss as a hare and roast before a bright clear fire from 1 1/4 to 1 3/4 hours, according to size. It must be kept some distance from the fire when first put down, or the outside will be too dry before the inside is done. Baste well, first with milk and then with butter and when nearly done dredge with flour and baste again with butter until nicely frothed.

## Rockmelon Chicken

8 Servings

- 3 rockmelons
- 6 chicken breast fillets
- 1 plain flour
- 250 g mushrooms, sliced
- 125 g bean sprouts
- 4 spring onions, chopped
- 2 T sesame oil
- 1 T oyster sauce
- 1 T soy sauce
- 175 g cashew nuts, unsalted
- 1 fresh parsley, Chopped

Halve the rockmelons and remove the seeds. Scoop out the flesh with a melon baller, leaving about 2 cm of flesh lining the shells. Cut the chicken breasts into thin slices and coat with flour. Heat oil in a wok. Add soy and oyster sauces, and chicken, and toss for 3-4 minutes. Add mushrooms, bean sprouts and spring onions and toss gently for two minutes, then add melon balls and cashew nuts. Mix well and transfer to melon shells. Cover with foil, place in baking tray and cook in hot oven 200C for 10 minutes. Garnish with parsley and serve.

## Rockmelon Salad With Orange Dressing

4 Servings

1/2 md rockmelon

1 avocado,peeled, seeded &  
-sliced

1 sm onion,peeled & sliced

1 c cashew nuts

DRESSING =====

1/2 c oil

1 T white vinegar

1/4 c orange juice

Peel the rockmelon, remove seeds and slice into wedges. Combine with avocado, onion and cashews.

Combine all the dressing ingredients in a jar and shake well. Pour over salad and serve.

## Sauteed Okra

2 Servings

500 g okra pods  
1/4 c butter, melted  
1/4 c sherry

Wash okra, leave stems on. Place over boiling water and steam for about 15 minutes or until tender. Eat with fingers, dipping okra into melted butter and wine, or pour butter-mixture over okra.

## Stir-Fried Kangaroo Strips With Bok Choy & Chili Black Beans

1 Servings

400 g kangaroo fillet, trimmed and  
- sliced, into thin strips  
1 bn baby bok choy, washed  
2 t birdseye chillies, chopped  
1 t shallots (not spring  
-onions), chopped  
1 t garlic cloves, chopped  
1 t fresh green ginger, chopped  
25 ml chinese brown rice wine  
1 T black beans, washed and  
-drained  
150 ml light beef stock  
50 ml soy sauce  
1 t fish sauce  
1 t black pepper., Freshly Ground

Trim bok choy leaves, slice larger ones in half lengthways, leaving stalks attached. Heat some oil in wok; add shallots, 3/4 of chillies, 3/4 of garlic and ginger and saute quickly for 30 secs until aromatic. Add the brown rice wine and reduce until it thickens. Add black beans, stock, soy sauce, and bring to boil. Cook for five minutes then take off heat and set aside.

Heat some oil in a clean wok; add the remaining garlic and chillies, then kangaroo strips. Toss quickly for a few seconds over high heat. Add the warm sauce and the bok choy leaves. Cook quickly for a few seconds until leaves are wilted, for one minute only. Season with fish sauce and freshly ground black pepper. Pile onto centre of plate and serve immediately.

Makes 4 servings.

## Trifle

1 Servings

- 1 sponge cake, large, stale
- 3 T berry jam
- 1/4 c sherry (or fruit juice)
- 600 ml custard (sweetened), Warm
- 1 fruit of choice
- 1 cream to cover

Slit sponge cake in two, sandwich together with jam and put in bottom of a glass bowl. Place fruit on top and sprinkle sherry/juice over cake. Prepare custard, and while still hot, pour over cake. Put in fridge. Leave until cold. Whip cream and spread in a thick layer over the custard. Decorate with cherries/almonds or fruit of choice.

## CARIBBEAN RECIPES

### Acapulco Jicama Salad

6 Servings

- 1/4 c cilantro, minced
- 2 T lime juice
- 2 T white wine vinegar
- 2 T oil
- 1/2 t kosher salt
- 1/4 t pepper
- 3 oranges
  - peeled, and sliced into 1/4"
  - thick
- 1 avocado
  - peeled, pitted, and sliced
  - into 1"
- 1 sm jicama
  - and sliced into 1/2", Peeled
  - cubes
- 18 red-leaf lettuce leaves
  - wash, dry, and tear into
  - pieces

Whisk together cilantro, lime juice, vinegar, oil, salt, and pepper. Marinate orange slices, avocado, and jicama in lime-cilantro vinaigrette for 30 minutes. Arrange lettuce on chilled salad plates. Remove orange, avocado, and jicama from marinade and place on lettuce.

## Basic Vinaigrette

16 Servings

### Salad

1/4 c red (or white wine vinegar)

14 T oil

3 T miso

1 t kosher salt

1/2 t pepper, Freshly Ground

In a small bowl or 1-cup jar shake or whisk vinegar, oil, miso, salt, and pepper.

## Brown Lentil Salad

6 Servings

--

- 1 pk dried lentils,(12 oz)
- 1 onion,diced
- 3 cloves garlic,diced
- 4 c water
- 1 T parsley,Dried
- 1 t oregano,Dried
- 1 t basil,Dried
- 1/4 c red wine vinegar
- 1/2 c oil
- 1 t kosher salt

In a 2-quart saucepan, combine lentils, onion, garlic, the water, parsley, oregano, and basil. Bring to a boil. Reduce heat to simmer and cook for 25 to 30 minutes. Pour into serving bowl to cool. In a small bowl whisk vinegar, oil, and salt. Pour mixture over lentils and mix well. Chill 1 hour.

## Caribbean Jerk Pork Roast

4 Servings

3 lb boneless pork loin roast  
1 T onion, Dried  
1 T onion powder  
2 t thyme, Crushed  
2 t salt  
1 t allspice, Ground  
1/2 t nutmeg, Ground  
1/2 t cinnamon, Ground  
2 t sugar  
1 t black pepper  
1 t red pepper

Pat roast with paper toweling. Blend seasonings and rub evenly over pork roast. Place in shallow pan and roast at 350 for 45-60 mins., until internal temp registers 155. Remove from oven, let rest 10 mins. (temp will rise about 5 degrees upon resting). Slice and serve, or cool slightly, slice and wrap well to refrigerate.

## Caribbean Pork With Pineapple Salsa

1 Servings

- 1 two 8-ounce cans
- 1 juice-packed pineapple --
- 1 and -- chunks --,Drained
- 1 coarsely,Chopped
- 1 red onion -- finely,Chopped
- 1 tomato --,Chopped
- 1/4 c fresh lime juice
- 1/4 c fresh cilantro or,Chopped
- 1 parsley
- 2 T honey
- 1 lb well-trimmed boneless pork
- 1 chops
- 1 t paprika
- 1 t ginger,Ground
- 1 t allspice,Ground
- 1 t cinnamon
- 3/4 t salt
- 2 t vegetable oil

In a medium bowl, combine the pineapple, onion, tomato, lime juice, cilantro, and honey. Set aside.

Place the pork between 2 sheets of waxed paper and, with the flat side of a small skillet or meat pounder, pound the pork to a 1/8-inch thickness. In a sturdy plastic bag, combine the paprika, ginger, allspice, cinnamon, and salt. Add the pork to the bag, tossing to coat.

In a large nonstick skillet, heat the oil until hot but not smoking over medium heat. Add the pork cutlets and cook until browned and cooked through, about 3 minutes per side. Divide the pork cutlets among 4 plates and serve with the pineapple salsa.

4 servings

## Caribbean Sweet Lime Salsa

1 Servings

1/4 c sugar  
1 T water  
1 c rose's lime juice  
2 sm limes,thinly sliced  
2 t caribbean jerk spice  
2 t rice wine vinegar

Put the sugar and water in a small saucepan over a moderate heat. Cook until the sugar caramalises to a light golden brown.

Carefully add the lime juice, limes, jerk spice and rice wine vinegar. Cook over a low heat for 15 minutes. Cool and serve at room temperature.

## Bahamian Lobster "Buena Vista"

4 lobsters -- boiled  
1 chopped onion  
1 clove garlic -- finely chopped  
2 teaspoons chopped parsley  
2 ounces brandy  
few drops of Tabasco  
4 cups white sauce  
1 cup sliced mushrooms  
salt and pepper  
1/2 cup bread crumbs  
2 teaspoons Worcestershire sauce

Halve the lobsters. Remove the meat and dice. Wash the shells and retain. In a saucepan, melt some butter, add the onions and garlic, sautee until golden brown. Add the lobster meat and flambe with the brandy, add the mushrooms and simmer for a few minutes, stir in the mustard, Tabasco and Worcestershire and cook over low flame a few more minutes. Mix in the white sauce, remove from fire and add the parsley. Season with salt and pepper and fill the shells with the mixture, sprinkle with the breadcrumbs and place under the broiler for a few minutes to glaze.

White Sauce: In a saucepan, melt equal parts of butter and flour( over low heat), whisk them together(do not let the mixture get brown) until you obtain a homogenous paste. Let it cool for a few minutes then gradually add some hot fish stock, whisk continuously to prevent lumps. Bring the mixture slowly to boil and let simmer for 15 to 20 minutes.

## CARIBBEAN CHICKEN

- 3 Broiler-fryers chickens;  
-(about 2 lb each), cut in  
-half
- Salt and pepper to taste
- 1 c Butter or margarine
- 1/3 c Lemon or lime juice
- 1 tb Italian seasoning; crushed
- 2 1/2 ts Salt
- 2 Garlic cloves; crushed
- 3/4 ts Dry mustard
- 1/4 ts Coarse black pepper
- 1 1/2 c Orange marmalade
- 3 tb Lemon or lime juice
- 3 tb Butter or margarine

In a small saucepan, melt 1 cup butter over low heat, stir in 1/3 cup lemon or lime juice, Italian seasoning, 2-1/2 teaspoons salt, garlic, dry mustard, and 1/4 teaspoon pepper. Sprinkle each side of chicken halves lightly with salt and pepper. Place chicken on grill skin side up; brush with herb butter. Grill about 4 to 5 inches from medium coals until chicken is tender, about 1 hour. Baste frequently, turn chicken occasionally.

Meanwhile, combine marmalade with 3 tablespoons lemon or lime juice and 3 tablespoons butter in saucepan. Heat, stirring constantly, until melted. About 4 minutes before chicken is done, brush some of the marmalade mixture on each chicken half to glaze; grill about 1 minute. Turn chicken; brush with remaining marmalade mixture; grill about 1 more minute. Makes 6 servings.

## CARIBBEAN SALAD PLATTER

3	c	Watercress
3	lg	Mangoes, pitted, peeled & -- cut into chunks
2	ea	14 oz cans of hearts of palm -- drained, rinsed & sliced
2	lg	Tomatoes, cut into large -- chunks
1/3	c	Lime juice
1/4	ts	Coriander
1/4	ts	Allspice
		Lime wedges for garnish

Arrange watercress around the perimeter of a large platter. Arrange alternating rows of mango, hearts of palm & tomatoes to fill platter. Combine lime juice, coriander & allspice in a small bowl. Cover & refrigerate at least 30 minutes before serving. Serve with extra lime wedges if desired.

## Jamaican Beef Patties

- 4 c All purpose flour
- 1 ts Salt
- 1 1/4 c Shortening
- 6 To 8 Tbsp ice water
- Filling:
- 1 lg Onion, diced fine
- 4 Garlic cloves, minced
- 3 Jalapeno chilies, seeded,  
-stemmed, and minced
- 3 tb Vegetable oil
- 3/4 lb Ground beef
- 2 ts Each ground coriander,  
-cumin, and tumeric
- 1 ts Each ground allspice and  
-cinnamon
- 1 Green bell pepper, stemmed,□  
-seeded, and finely chopped
- 4 Tomatoes minced
- 1 bn Green onions, minced
- Salt and pepper to taste
- 2 Eggs, lightly beaten

Pastry: Preheat the oven to 400 deg F. To make the dough: place the flour and salt in a large bowl; mix well. Cut the shortening into small pieces about the size of walnuts. Add to the flour and, using your fingers, rub the flour and shortening together, making a coarse, mealy dough. Add the ice water and gather the dough into a ball. The dough should be firm and not sticky. If the dough is too dry, add a little more water, but if the dough is too sticky, add just enough flour to make it form a ball. Divide the dough into 2 equal balls and cover with plastic wrap. Refrigerate for at least 2 hours or up to 2 days.

To make the filling: in a large skillet, cook the onion, garlic, and chilies in the oil over moderate heat for about 10 minutes, stirring from time to time. Add the beef, herbs, spices, bell pepper, and tomatoes, and cook over high heat for 5 minutes, stirring constantly until the mixture is thick and saucy. Add the green onions and cook for 1 minute. Season with salt and pepper and cool to room temperature.

To assemble the patties: on a lightly floured surface, divide each ball into 2 equal balls, so that you have 4 equal balls. Flatten into disc shapes, then divide each disc into 6 equal pieces and roll each into a ball. Roll each ball into a 3 1/2 inch diameter circle. Brush the edges with beaten egg. Place about 1 tablespoon of filling on one side of each circle, leaving a 1/4 inch border. Fold the dough over, making a half-moon shape. Seal the edges with the tines of a fork, and brush with the remaining egg.

Bake on a lightly greased baking sheet for 25 to 30 minutes, or until the patties are golden brown. Remove from the oven and serve immediately.

## JAMAICAN OXTAILS

3	lb	Oxtails, trimmed
1		Onion, sliced
1/4	c	Soy sauce
1/4	c	Flour
1/2	ts	Salt
1	t	Pepper
1/4	c	Oil
1		Tomato, chopped
1		Bell pepper, chopped
1		Habanero chile, chopped
1		Garlic clove, pressed
6	c	Hot water
3	tb	Molasses
1		Thyme sprig

Place oxtails in a large bowl. Add sliced onion and soy sauce. Mix well. Refrigerate at least 2 hours.

Combine flour, salt and pepper. Dredge oxtails in mixture making sure all sides are covered. Reserve onion. Heat oil in large Dutch oven until hot. Brown oxtails.

Remove meat from pan, drain off all but 1-2 tablespoons oil. Add reserved onion, tomato, bell pepper, chile and garlic to pan and saute lightly, scraping up brown bits. Add hot water and molasses and stir well. Return oxtails to pan and cook over low heat for 1-1/2 hours. Add thyme sprig and continue to cook 30 minutes longer.

## Paella Panamanian Style

3	lb	Chicken -- Cut Up
4	ea	Pork Chops -- Cut In Small Cubes
2	ea	Lobsters
1	lb	Squid -- Sliced
1 1/2	lb	Small Shrimp
3	lb	Small Clams -- Sliced
2	lb	Pork Sausage -- Cut In Small Pieces
2	lb	Sausage -- Spanish Or Italian
1/2	lb	Razor Clams -- Or Longorones
4	lg	Onion -- Minced
4	ea	Green Peppers -- Minced
5		Cloves Garlic -- Minced
3		Fresh Tomatoes -- Or 1 Can
1	cn	Tomato Paste
1	cn	Tomato Sauce
1	cn	Chick Peas
		Salt -- To Taste
		Pepper -- To Taste
		Parsley -- To Taste
		Scallions -- To Taste
6	tb	Oil
5	c	Rice
1/2		Jar Stuffed Olives

Cut and fry the chicken well. Make a sauce with 1 1/2 onions, 1 1/2 green peppers, 1 1/2 tomatoes, cut up, and 3 cloves of garlic. Add 1 cup water and chicken. Cook on a low heat. Separately, fry the sausage in small pieces and the pork chops. Boil the lobsters and shrimp and peel them. Clean and slice clams and squid. Make a sauce with 1 1/2 onion, 1 1/2 green pepper, 1 1/2 tomatoes and the liquid from the Chick Peas. Separate the meat from the bones of all meats and cook the clams with the scallions and parsley.

Make sauce with the remaining onion, scallion, finely chopped green pepper, tomato paste and tomato sauce.

Wash the rice well (3 times) and in a large, deep pot, put 6 tablespoons oil and fry the rice. Add the liquid the seafoods were cooked in (about 5 cups). Add sausage, boneless chicken and pork with their sauces, whole shrimp, lobster sliced into small pieces, clam and squid and mussels in their sauce. Also, add the sauce made with the remaining onion, scallion, finely chopped green pepper, tomato paste and tomato sauce. Add the Chick peas and olives. Cook at a high heat for 10 minutes; then cover pot and cook at a low heat for 45 minutes. When ready to serve, decorate with strips of green peppers and olives.

## PORK CHOPS WITH BANANAS AND BACON

- 4 Pork chops, 1" thick
- 3/4 tb Cumin
  - Salt and pepper, to taste
- 1 Lemon; juiced
- 2 tb Butter; softened
- 2 Large bananas
- 6 Strips bacon
- Beer (opt)

Combine the butter, salt, pepper and cumin. Rub into both sides of the meat. Saute' the bacon briefly, until some of the fat has rendered. Remove and drain. Peel banana's and cut into 1 1/4 chunks. Place on a dish and sprinkle with lemon juice. Slice the bacon in strips long enough to wrap around each banana slice. Place on skewers, threading through the bacon.... Place the pork chops on a hot grill, for 15 minutes, turning once. Turn grill down to medium, adding the bacon and banana's; grill another 10 minutes, turning both the meat and banana's. Also good basted with beer, while the meat cooks.

## Jamaican Cole Slaw

4 c Shredded cabbage  
1/4 c Shredded carrots  
1/2 c Chopped walnuts  
1/2 c Mayonnaise  
2 tb Sugar  
1 tb Cider vinegar  
1 tb Dry jerk seasoning

Combine the cabbage, carrots and nuts in a large bowl; set aside. Mix together the mayonnaise, sugar, vinegar, and seasoning. Spoon over cabbage mixture and toss well. Cover and chill before serving.

## Huevos Habaneros (Eggs Havana Style)

### -----SAUCE-----

- 1/4 cup pure Spanish olive oil
- 1 small onion -- finely chopped
- 1 small green bell pepper -- finely chopped
- 2 cloves garlic -- finely chopped
- 1 cup tomatoes, canned -- drained and chopped  
or prepared tomato sauce
- 1/2 cup pimiento -- drained  
-- finely chopped
- 2 tablespoons dry sherry
- salt -- to taste
- fresh ground black pepper -- to taste

### -----EGGS-----

- 8 large eggs
- 4 tablespoons butter -- salted
- salt -- to taste
- fresh ground black pepper -- to taste
- 1 tablespoon chopped parsley -- finely chopped  
-- for garnish

Preheat oven to 350 degrees. In a medium-size skillet over low heat, heat the oil until it is fragrant, then cook the onion, bell pepper, and garlic, stirring, until tender, 8 to 10 minutes. Add the tomatoes, pimientos, and sherry, cook until thickened, 15 minutes, and season with salt and pepper.

Lightly oil 4 ramekins or au gratin dishes and divide the sauce among them. For each dish, break two eggs into a saucer, slide them on top of the tomato mixture, and drizzle with 1 tablespoon melted butter.

Bake until the whites are set and the yolks are still soft, 10 to 12 minutes. Sprinkle with salt, pepper, and parsley, and serve immediately from the baking dishes. (Place each on a serving plate, to protect the table).

## CARIBBEAN BANANA DESSERT

- 1 tb Lemon peel
- 1 tb Orange peel
- 1 tb Lemon juice
- 3 tb Orange juice
- 3 c Banana chunks
- 3 ts Egg replacer mixed with
- 4 tb Water
- 1/3 c Brown sugar
- 3 tb Pineapple juice
- 1 c Soy milk
- 1 c Breadcrumbs
- 2 tb Soy margarine, melted &  
-- cooled

Preheat oven to 300F. Oil a 1 1/2 quart mould. Combine peels & juices with banana & set aside. Place egg replacer, sugar & pineapple juice in a food processor & pulse till blended. Add soy milk & bread crumbs & pulse a few more times. Spoon mixture over banana mixture.

Add margarine, mix well & pour into prepared mould. Place mould in a large pan & pour in enough boiling water to reach halfway up the sides of the mould. Bake 1 hour 20 minutes, a knife inserted should come out clean. You may have to add more boiling water during the cooking time. Cool 20 to 30 minutes & then remove from the mould.

Refrigerate 2 hours before serving.

## Caribbean Grouper With Mango, Pear And Avocado Salad

3 pounds black grouper fillet -- skin on  
4 mangos -- 1/4 inch strips  
6 red pears -- 1/4 inch strips  
1/2 pound cleaned baby spinach  
3 haas avocados -- 1/4 inch strips  
walnut oil  
2 oranges -- juice of  
1 lime -- juice of  
--caribbean seasoning--  
6 tablespoons garlic -- minced  
6 tablespoons onion -- minced  
6 tablespoons dried onion  
2 tablespoons allspice  
1 tablespoon chipotle  
2 tablespoons hungarian paprika  
2 tablespoons brown sugar  
4 1/2 teaspoons thyme  
4 1/2 teaspoons cinnamon  
1 1/2 teaspoon nutmeg  
1/2 teaspoon ground habanero  
2 lemons -- zest of

Prepare a wood or charcoal grill and let it burn down to embers.

Rub on the Caribbean seasoning in long strokes. Let sit for 15 minutes. Grill for 8 minutes on one side and 6 minutes on the reverse side. Remove from grill and keep hot.

Lightly oil the fruit with walnut oil and grill over hickory wood for 3 minutes. Place in a bowl with the fruit juices and toss. Serve on top of baby spinach and avocado.

## CRABS CARRIBBEAN-STYLE

- 8 tb Butter
- 4 Scallions chopped
- 1 ts To 2 ts chopped garlic
- 1 Hot green chili, finely  
-chopped and seeded  
(or use dried red pepper  
-flakes)
- 1 tb Curry powder
- 3/4 To 1 lb crab meat, shredded
- 2 tb Chopped fresh coriander  
-leaves, if possible
- 2 tb Finely chopped parsley
- Salt nd freshly ground  
-pepper
- 6 tb To 8 tb crab liquid or clam  
-broth
- 2 c Bread crumbs

Melt butter in skillet; add scallions, garlic and chili peppers and cook until scallions are wilted. Add curry powder to this mixture and blend thoroughly. Add crab, coriander and parsley. Add salt, pepper and crab liquid (if more is needed, add melted butter). Blend in bread crumbs. Fill the mixture in 8 clam shells and bake at 400 degrees F about 10 minutes or until browned. Serves 8 as an appetizer or 3 to 4 as a main course.

## Curry Mutton or Goat

2	pounds	mutton
3		onions
1	bunch	herbs
1	clove	garlic
1	teaspoon	salt
1/2	pound	carrots
2	tablespoons	curry powder
1	teaspoon	sugar
2	tablespoons	tomato ketchup
1	tablespoon	fat

Cut meat in pieces, fry lightly in fat, add curry powder and simmer in water to cover with seasonings until meat is nearly tender (1 1/2 hours). Dice carrots and add. Continue cooking until meat and carrots are tender.

## Carribean-Style Seafood Chowder

2 lb assorted firm-fleshed fish -- snapper, drum, trou  
---reserve fish bones and shrimp shells--  
1 lb large shrimp -- peel, devein  
1/3 c fresh lime juice  
2 jalapeno chiles -- seed, mince  
4 onions -- divided  
4 cloves garlic -- divided  
3 stalks celery -- divided  
6 c cold water  
1/3 c thick-sliced bacon -- diced  
2 sweet peppers -- seed, chop finely  
3 c potatoes -- diced  
1/2 tsp dried thyme  
2 leaves bay leaf  
1/4 tsp nutmeg -- freshly grated  
4 c tomatoes -- peel, chop  
1/4 c tomato paste -- optional  
beer  
cayenne & black pepper -- to taste

Cut fish in 2-inch cubes. Toss together fish, shrimp, lime juice, and jalapenos. Refrigerate for 2 hours. Place fish bones and shrimp shells in stockpot with one unpeeled onion, one unpeeled garlic clove -both quartered- and one celery rib. Cover with water and simmer one hour. Drain and discard solids. Reserve stock.

Saute bacon 'til browned. Reserve bacon. Saute remaining three onions, two celery ribs, and both peppers 'til tender and golden. Add garlic, finely minced, and saute a minute longer. Add potatoes, thyme bay and nutmeg; cover with hot stock, tomatoes and tomato paste [if used]. Cook 'til potatoes are barely tender, about 15 to 20 minutes. Add fish and shrimp along with their marinade. Simmer another 10 to 15 minutes 'till done. Thin with beer, if needed, and adjust heat level to suit you.

## Creole Green Beans In Mustard Vinaigrette

6 Servings

Mustard Vinaigrette, see  
-recipe

1 1/2 lb green beans

cut into lengthwise slivers

1 t capers, drained, for garnish

1 t chopped pimiento, Canned  
-drained, for garnish

Make Mustard Vinaigrette. Fill a large saucepan with water and bring to a boil. Add beans and cook until water returns to a boil. Remove beans with a slotted spoon, drain, and put into cold running water until cool. Bring pan of water to a boil again, add beans again, and boil until tender (about 3 minutes).

## Jamaican Jerk Chicken With Pineapple Salsa

4 Servings

1 c couscous  
1 T vegetable oil  
4 boneless skinless chicken  
1 breasts  
1 salt  
1 black pepper -- freshly  
1 ground  
1/2 c chicken broth  
2 T jamaican jerk sauce  
3 green onions --,Sliced  
1 \*\*pineapple salsa\*\*  
8 oz pineapple -- fresh cut  
1 red pepper --,Diced  
1/2 c chutney -- mango  
1/4 c fresh cilantro --,Chopped

Cook couscous according to package directions.

Meanwhile, heat oil in a large skillet over medium-high heat. Sprinkle both sides of chicken with salt and pepper. Add to skillet and cook until firm, 4 to 5 minutes per side.

Transfer cooked chicken to serving plate; keep warm. Add chicken broth and jerk sauce to skillet and bring to boil; boil 1 minute. Pour over chicken. Sprinkle with green onions. Serve with couscous, Pineapple Salsa and lime wedges.

**PINEAPPLE SALSA:** While chicken is cooking, combine pineapple, red pepper, chutney and cilantro in bowl. Stir to combine. makes 4 cups.

## Jambalaya (Cajun Rice & Seafood Pottage)

2 lg crabs, Cooked  
chicken broth  
1 bay leaf, optional  
1/4 c vegetable oil  
1 lg onion, chopped  
6 green onions and tops -chopped  
3 celery stalks, chopped  
1 lg bell pepper, seeded and-chopped  
8 cloves garlic, minced  
1/2 t dried hot chilies, Crushed-or, To Taste  
1/4 t black pepper, Coarse Ground  
1/2 t sugar  
3/4 t fresh dill weed  
1/2 t mixed dried herbs, Italian seasoning  
1 c long-grain rice  
2 lb cooked and shrimp, Cleaned  
2 lb small fresh clams  
1/2 c fresh parsley, Minced  
1 t fresh cilantro, Minced

Crack and shell the crabs. Reserve the meat. Do not throw away the liquid and butter from the body cavity. Pound the shells and place with the liquid and crab butter in a large pan. Add enough water to completely cover the shells and bring to a rapid boil. Reduce the heat to a high simmer, cover with a tight fitting lid, and continue to cook for 45 minutes to 1 hour.

Strain through soft muslin and save the liquid. Measure and, if necessary, add enough chicken broth to make 4 cups of liquid. You may add a bay leaf to the crab shells during the boiling if you wish. In the meantime, heat the oil in a large heavy pan or casserole and add the vegetables, garlic, chilies, pepper, sugar, and herbs. Saute for about 3 minutes, or until the vegetables are soft but not yet beginning to brown. Add the rice and stir to coat evenly with the oil.

Pour over the 4 cups of the water the shells were boiled in. Bring to a boil, reduce the heat to simmer, cover with a tight fitting lid, and cook for an additional 30 minutes, or until the rice is almost tender but still al dente. It should still have just a bit of tooth. When the rice is ready stir in the reserved crab meat, shrimp, clams, parsley, and cilantro. Add salt and pepper to taste and additional cayenne if desired. Cover and continue to simmer just until the clams have opened and the rice is tender. It will still be a little soupy.

## Jerk Chicken Fajitas With Papaya-Pineapple Salsa

4 Servings

### CHICKEN =====

- 1 lb boneless chicken breast
  - halves
- 2 t jerk seasoning
- 8 flour tortillas
- 1 1/2 c black beans,cooked, drained
  - and ma,shed
- 1 c light sour cream

### PAPAYAPINEAPPLE SALSA =====

- 3/4 c ripe papaya,diced
- 3/4 c fresh pineapple,diced
- 1/2 c jicama,Diced
- 3 T red onion,Chopped
- 1 chili pepper,serrano or
  - jalapeno,,seeded and mince
- 1 garlic clove,minced
- 2 t lime zest
- 2 T fresh lime juice
- 1 T cilantro,Minced

Coat chicken breast halves with jerk seasoning. Marinate at least 1 hour or overnight in refrigerator. Place chicken in an 8-inch square dish; cover with vented plastic wrap. Micro-wave on medium-high, 7-8 minutes. Let stand 5 minutes. Slice chicken into thin strips. Divide black beans, chicken strips, sour cream and salsa between tortillas; fold up one edge to form a pocket and roll to hold filling. PAPAYA PINEAPPLE SALSA: Combine papaya, pineapple, jicama, red onion, chili pepper, garlic, lime zest, lime juice and cilantro. cover and refrigerate until ready to serve. For best flavor and texture, do not make more than 2 hours before serving.

## Leeks In Creole Vinaigrette

6 Servings

4 md leeks,\* see note  
3 T red wine vinegar  
1 t paprika  
1 t Dijon mustard with seeds  
1/2 t cayenne pepper  
1/4 t sugar,or to taste  
8 t olive oil  
salt and,Coarsely Ground  
-black pepp,to taste

Fill a large saucepan with water and bring to a boil. Gently drop in leeks and leave until water returns to a boil. Drain immediately and place leeks under cold running water until they are cold. Refill pan and bring water to a boil. Add blanched leeks, reduce heat to simmer, and continue to cook until leeks are tender but not mushy (no more than 5 minutes). Test doneness by cutting off a bit of green and tasting it. Drain and soak in running water until cold. Drain and set aside.

In a medium bowl, mix together well with a fork vinegar, paprika, mustard, cayenne, and sugar. With a fork or wire whisk, blend in olive oil, a few drops at a time, until a thickish sauce is formed. Season to taste with salt and pepper.

## Lettuce And Cilantro Salad With Jerk Dressing

1 Servings

### SALAD =====

1/2 head romaine [cos] lettuce  
2 scallions  
4 sprigs fresh cilantro

### DRESSING =====

4 T veg oil  
2 T jerk sauce  
2 T brine from a jar of pickled  
-banana,peppers  
1 pn sugar  
1 s&p

Tear or chop the Romaine [Cos] lettuce leaves into bite size pieces.

Sliver the scallions [green or spring onions] vertically into thin strips and then chop into 1-2" pieces. Sprinkle over the lettuce in a salad bowl.

Chop fresh cilantro leaves and stems; sprinkle over salad and toss. Have the salad sit refrigerated for about an hour to let the onion and cilantro flavors develop.

In a small jar with a tight fitting lid, add the dressing ingredients and cover. Shake vigourously until the dressing emulsifies. Pour over the salad, toss lightly and serve.

## Mayonnaise-Salsa Dressing

1 Servings

1/3 c prepared mayonnaise

4 cloves garlic,crushed

1/3 c prepared mild (or hot  
-chunky)  
-salsa

1 T sweet pickle relish

In a blender puree mayonnaise and garlic until garlic is incorporated. Stir in salsa and pickle relish.

## Mozzarella Salad

6 Servings

- 3 lg ripe tomatoes  
cut into 1/2" thick rounds
- 1/2 lb Italian mozzarella cheese  
cut into 1/4" thick rounds  
-\* see note
- 1 bn basil
- 2 T red wine vinegar
- 6 T olive oil
- 1/4 t kosher salt  
black pepper, Freshly Ground

Reserve 6 to 8 small basil leaves for garnish and chop remaining leaves. In a 2-cup mixing bowl, whisk together vinegar, oil, and salt. Stir in chopped basil leaves.

## Mustard Vinaigrette

1 Servings

1 t dry mustard  
1/4 c olive oil  
6 cloves garlic, finely minced  
1 t prepared horseradish  
or  
grated fresh horseradish, to  
- taste  
1/4 c red wine vinegar  
1 t sugar  
1 T fresh parsley, Minced  
1/2 t black pepper, Coarsely Ground

In a small bowl mix dry mustard with oil, using back of a spoon to smooth any lumps. In a jar with a tight-fitting lid, combine mixture with remaining ingredients, and shake vigorously.

## Orange & Radish Salad

6 Servings

- 10 radishes  
trim ends and cut into 1/8"  
-thick s
- 3 oranges  
and cut into 1/4", Peeled  
-thick slic
- 2 green onions  
and cut into 1/8", Trimmed  
-thick sli
- 2 T lime juice
- 1/4 c cilantro, optional
- 1 T oil
- 1 t white wine vinegar
- 1/4 t kosher salt
- 6 romaine lettuce leaves

Place radishes, oranges, and green onions in a 1-quart bowl. Toss with lime juice, cilantro (if used), oil, vinegar, and salt. Marinate for 30 minutes. Place 1/3 cup of salad on each lettuce leaf.

6 servings.

## Orange Ginger Dressing

1 Servings

- 1/3 c orange juice, Frozen  
-concentrate
- 1/2 c plain yogurt
- 1 t fresh ginger, Finely Grated
- 1 t curry powder
- 1/8 t cayenne pepper
- 1/8 t cinnamon, Ground
- 1/8 t coriander, Ground

In a blender puree all ingredients until creamy. Refrigerate until ready to use.

## Pepper Salad

6 Servings

- 1 lg green bell pepper  
seeded and into thin,Sliced  
-strips
- 1 lg red bell pepper  
seeded and into thin,Sliced  
-strips
- 1 lg yellow bell pepper  
seeded and into thin,Sliced  
-strips
- 2 long fresh mild chiles  
seeded and cut into rings
- 3 sm fresh hot chiles  
seeded and cut into thin  
-rings
- 1 red onion,cut into thin  
-rings
- 4 oz peeled green chiles,Diced
- 1/2 c julienned lean ham,Cooked
- 1/2 c Gruyere (or Swiss),Julienned  
-cheese
- Pepper Salad Vinaigrette  
-see recipe

In a large bowl toss together all salad ingredients except dressing.  
Chill while you prepare Capsicum Salad Vinaigrette.Pour dressing over  
salad and lightly toss. Serve chilled.

## Pepper Salad Vinaigrette

1 Servings

- 4 cloves garlic,crushed
- 1 sm fresh hot chile,optional
- 1/3 c vegetable oil
- 1/4 c cider vinegar
- 1/8 t sugar
- 1/4 t mixed herbs,Dried
  - such as thyme,savory
  - rosemary,and
- 3/4 t fresh dill
- 1/2 t Dijon mustard with mustard
  - seed

Puree all ingredients in a blender until creamy.

## Potato-Pepper Salad

8 Servings

- 6 lg boiled potatoes, cut into 1" - pieces
  - 1 red onion, cut into thin -rings
  - 1 green bell pepper seeded and cut into thin -strips
  - 1 red bell pepper seeded and cut into thin -rings
  - 2 sm fresh hot chiles, cut into -thin rings
  - 2 long fresh mild chiles seeded and cut into thin -rings
  - 1 t capers, drained
  - 1/3 c fresh parsley, Minced
  - 2 stalks celery, trimmed and -thinly sliced
- Mayonnaise-Salsa Dressing  
-see recipe  
pepper and, Freshly Ground  
-crushed d, for accompaniment  
hot chiles

In a large bowl combine all salad ingredients except dressing and accompaniment. Make Mayonnaise-Salsa Dressing.

NOTES : To serve, pour dressing over salad and lightly toss. Chill before serving. Accompany with ground pepper and crushed dried hot chiles.

## Rajma-Chana Dressing

1 Servings

1/4 c light-flavored vegetable oil  
1 T olive oil  
2 T cider vinegar  
1/2 t sugar  
6 cloves garlic, finely minced  
1/2 t fresh ginger, Minced  
1/4 t dried hot chiles, Crushed  
1/4 t cumin, Ground  
1/8 t fenugreek, Ground  
1/8 t anise seed  
1/4 t dry mustard

In a jar with a tight-fitting lid, shake all ingredients vigorously.  
Set aside for at least 2 hours, shaking occasionally.

## Rajma-Chana Salat (Chick-Pea & Bean Salad)

10 Servings

- 1 c (or cooked chick-peas)
  - Canned
  - small white beans
  - and well rinsed,Drained
- 1 c peas,fresh or frozen
- 1 c yellow wax beans,fresh or
  - frozen
- 4 green onions and tops
  - cut into 2" long slivers
- 1 md red onion
  - into rings and the,Sliced
  - rings hal
- 1/2 c fresh parsley,Minced
- 1 T fresh coriander,Minced
- 2 sm fresh hot chiles
  - seeded and cut into thin
  - rings
- 1 sm lemon,cut into rings
  - seeded and rings,Quartered
  - salt and,Coarsely Ground
  - black pepp,to taste
  - Rajma-Chana Dressing,see
  - recipe

In a large bowl toss together all ingredients except salt, pepper, and dressing. Chill while you make Rajma-Chana Dressing. Season salad with salt and pepper to taste and pour over dressing. Toss lightly and serve chilled.

## Chile Salad

- 3 c black beans
- 2 dry New Mexico chiles
- 2 green bell peppers, cut into 1" Cubes
- 1/2 T olive oil
- 3 onions, diced
- 4 cloves garlic, minced
- 1 serrano chile, diced
- 1 T cumin, toasted
- 1 t oregano
- 1 1/2 T kosher salt
- 4 c water
- 6 oz cheddar cheese, grated
- 6 plum tomatoes- cut each tomato into 8-wedges
- 8 leaves Napa (or Chinese)-cabbage  
washed and cut into 1/8" strips
- oil for deep-frying
- 8 flour tortillas, 14" in-diameter
- guacamole, for garnish
- cilantro sprigs, for garnish

In a 3-quart saucepan, cover black beans with water and bring to a boil. Turn off heat, cover, and rest for 1 hour. After 1 hour, bring beans to a boil, reduce heat, and simmer until tender (1 1/4 hours). Drain and rinse. In a 1-quart saucepan, cover New Mexico chiles with water and soak for 30 minutes. Strain 1 cup of soaking liquid from chiles and reserve.

Discard remaining water and dice chiles. Place olive oil in a 5-quart Dutch oven over medium heat. Saute onion and garlic for 6 minutes. Add New Mexico chiles, serrano chile, bell pepper, beans, cumin, oregano, reserved chile water, salt, and the 4 cups water. Stir to combine, reduce heat to low, and simmer uncovered for 1 hour. Preheat oven to 200 degrees. In a wok or deep-fryer, heat oil to 375 degrees. Place one tortilla at a time into the hot oil. Press a 1-cup metal ladle with a long handle in the center of each tortilla for 30 to 45 seconds as it fries to create a bowl shape. Remove ladle and cook tortilla 30 seconds more. Remove tortilla from oil and drain on paper towels. Keep tortillas warm in preheated oven on baking sheets covered with paper towels.

## Trinidad Congo Pepper Salsa

1 Servings

- 15 habanero (or scotch bonnet)
- 1 peppers, stemmed, seeded,
- 1 and, Minced
- 2 lg white onions, minced
- 1 papaya, peeled and diced
- 1 mango, peeled, pitted, and
- 1 diced
- 2 T dijon mustard
- 1/2 t turmeric
- 1/2 t curry powder
- 3 c vinegar

Place all ingredients in a pan, bring to boil, lower the heat, and let simmer for 30 minutes. Remove from heat, cool, and store in a jar in refrigerator.

## Wild Duck, Creole Style

2 lb mallards (or other wild)ducks,two small  
1/2 t dried sage,Crumbled  
1/2 t thyme leaves,Dried  
1/2 t dried oregano,Crumbled  
1/4 t cayenne pepper  
1 t paprika  
1 t salt  
1 t black pepper,Freshly Ground  
1 T cooking oil  
2 T butter,Unsalted  
Creole Sauce  
1/4 lb Cajun peppered ham (or tasso) Diced  
1/4 lb Cajun sausage,diced  
1 md onion,coarsely minced  
1 green bell pepper,finely diced  
2 stalks celery,finely diced  
1 bn green onions,trimmed and chopped including crisp greens  
Italian-style plum tomatoes  
1 c duck (or chicken stock)  
1/4 t dried sage,Crumbled  
1/2 t thyme,Dried  
1/2 t cayenne pepper  
2 fresh bay leaves  
1/2 t dried basil,Crumbled  
1/2 t Worcestershire sauce  
salt,pepper, and hot pepper sauce,to taste, optional

Cut ducks into serving pieces (wings, halved breasts, legs, and thighs with half of back attached to each). Pat skin dry with paper towels. Mix together sage, thyme, oregano, cayenne, paprika, salt, and black pepper and rub mixture into skin. In a large (12-inch), heavy skillet, heat oil and butter together. When butter foam subsides, add duck pieces, skin side down. Lower heat to medium-high and fry duck until skin is browned. Remove duck and reserve, draining fat back into pan.

Make Creole Sauce. Add duck pieces. Simmer 15 to 20 minutes longer, turning every 5 minutes. Duck is done when breast meat, cut with a knife, is reddish but not purple or bloody. (Stop cooking before meat turns pale, or it will be tough.)

Creole Sauce: Over medium-high heat fry tasso and sausage for 3 to 5 minutes in the fat that has been returned to the skillet after browning duck. Add onion and saute 5 minutes at high heat, stirring. Add bell pepper, celery, and green onions and fry for 2 minutes to soften. Add tomatoes, stock, sage, thyme, cayenne, bay leaves, and basil. Over medium-low heat simmer vigorously until partly thickened (about 20 minutes). Just before serving stir in Worcestershire sauce. Add salt, pepper, and hot sauce (if desired).

## **FILIPINO RECIPES**

"Chicken Adobo" (Ah-Doe-Boe)

1 Servings

1 text file

And it goes something like this: Put cut up chicken in a medium sized pot. Cover about 1/2 way with soy sauce. Add a bit of vinegar (maybe about 1/3 the amount of soy sauce). Add about 4 -5 cloves of crushed garlic. Add about a teaspoon of sugar and a few dashes of pepper. Cover and simmer for about 30 min. Stirring once in a while. Keep tasting the sauce because the sauce is the absolute most important thing in the dish. You might even want to put a little bit of oregano in it. Serve over rice.

## Adobo Kang Kong

4 Servings

- 1 vinegar,cider
- 4 garlic,crushed
- 1 black pepper
- 1 rock salt
- 1 kang kong,(approximately)
- 1 onion,chopped
- 3 soy sauce,to taste
- 1 pork,chopped
- 1 water

- kong tops (use okra or string beans as substitutes)
2. Saute garlic, peper, onion & pork until brown.
  3. Add water and simmer until meat is tender.
  4. Add kang kong and soy.
  5. Add vinegar when kang kong is cooked.

## Adobo Pork Chops

1 Servings

8 pork chops -- 1/2 thick  
2 cloves garlic,smashed and  
1 chopped  
1 T onion,Chopped  
1 juice of one lemon  
1/4 c soy sauce

Adobo can be made with pork or chicken or a mixture of the two.

Most

home cooks use pork butt cut into bite-sized chunks and stewed. Nick Mendoza, chef/owner of the Banaue Restaurant in Daly City, California, likes to use pork chops because they are more tender and cook quickly. He leaves out the traditional bay leaf and peppercorn and substitutes lemon juice for vinegar.

Pour just enough cooking oil into a large skillet to coat the bottom. Heat the oil and sear the pork chops, approximately 3 minutes per side.

Add garlic and brown lightly. Add onions, lemon juice, garlic and soy sauce, turn heat down and cover. Simmer for 5 minutes.

Reduce the sauce as much as you like. Nick likes his adobo dry; others like it with plenty of sauce to go with their rice.

## Adobong Antigo

5 Servings

- 2 lb chicken (or pork), cut in  
-serving pieces
- 1/4 c vino blanco (or  
-five-year-old)  
- rum
- 4 t soy sauce
- 5 cloves garlic
- 2 t salt
- 1 c vinegar
- 1 c buko juice (coconut water)
- 1 small head garlic, crushed

Marinate the meat in the vino blanco or rum, soy sauce, garlic, salt, pepper and vinegar, for at least two hours. Drain. Fry meat till golden, pour off excess oil and add buko juice. Simmer till tender and adobo begins to give off oil. Fry the extra garlic and sprinkle on the adobo before serving.

## Adobong Isda (Fish In Tangy Sauce)

4 Servings

2 lb hito (catfish) dressed (or  
-pickerel, or trout)  
4 cloves garlic, crushed  
1/3 c vinegar  
1/4 c water  
1 T salt  
1/4 t pepper  
1 sm bay leaf  
3 T cooking oil

1. Put fish in porcelain or teflon skillet. Combine the rest of ingredients except cooking oil, and pour over the fish.
2. Over medium heat, bring to a boil. Cover, lower heat and simmer for about 10 minutes turning fish once.
3. Transfer fish to a dish. Let sauce in skillet simmer until reduced. Transfer to a small bowl and set aside.
4. Heat oil in skillet. Fry fish until brown on all sides. Place on serving dish. Pour sauce over it.

## Adobong Moderno

5 Servings

2 lb chicken thighs  
1/2 c native vinegar  
2 tb soy sauce  
1 small head garlic, crushed  
1/2 ts salt  
1/2 ts pepper, Ground  
1/2 c water  
1 eggwhite, beaten  
1/2 c flour  
1/2 c cornstarch  
1/2 ts salt  
1/2 ts pepper, Ground

In a saucepan, combine chicken, vinegar, soy sauce, garlic, salt and pepper. Bring to a boil and simmer. When the mixture dries up, add water and continue cooking for about 15 mins until chicken is tender. Remove chicken from pan and strain remaining sauce. Set aside. Debone chicken and cut in half. Combine flour, cornstarch, salt and pepper. Dip chicken in eggwhite and dredge in the dry ingredients. Fry in hot oil until crisp and golden.

Adobo Dip: 1 cup mayonnaise 1/4 cup adobo sauce 2 tbsp parsley, minced 1 tsp garlic, minced

Combine ingredients and serve with the adobo.

## Adobong Okra

4 Servings

20 fresh, very young okra  
1/4 c water  
1/4 c vinegar  
1/2 c pork, diced  
3 T patis (fish sauce)  
4 cl garlic, crushed  
1 medium onion, chopped  
1 t pepper

Wash and parboil the okra in water. Set aside. Fry the pork. Push to one side of the pan. Saute garlic, onion and okra. Season with vinegar, patis and pepper. Cook until okra is tender crisp. (Vinegar cuts sliminess of okra.)

## Adobong Pusit

2 Servings

- 1/2 Kg small fresh squids
- 1/2 c native vinegar
- 10 cloves garlic
- 1 salt and pepper, To Taste
- 1 md onion, sliced
- 2 md tomatoes, chopped
- 1 extra salt and pepper for  
-seasoning
- 1 t vet-sin (monosodium  
-glutamate)

Wash the squids very well. Remove the long thin membrane in the head and slit the eyes to bring out the ink. Place the squids in a saucepan with vinegar, 6 cloves garlic crushed, salt and pepper. Cover and cook slowly until the squids are tender. Cut cooked squids into 1/2 inch slices crosswise.

Crush remaining garlic and saute in a little lard in another pan. Add the onion and tomatoes and cook until tomatoes are very soft. Add the squids and the liquid in which they were boiled. Simmer for 7 minutes. Season with salt, pepper and vet-sin.

## Ampalaya

1 Servings

- 1/2 lb ampalaya (bitter melon or bitter gourd)
- 1 T salt (or), To Taste
- 1 scallion
- 2 medium-sized onions
- 4 T veg oil
- 6 cloves garlic, minced
- 3 sm tomatoes, chopped
- 3 lg eggs, lightly beaten

Trim away the two pointed ends of the ampalaya and cut them in half lengthwise. Remove the pale, seeded section with a spoon and discard it. Cut the darker green outer shells crosswise, at a slight diagonal, into 1/4 inch wide strips. Prepare a solution of 2 cups water and 1 tbs salt in a bowl. Put the ampalaya strips into this bowl and set aside for 2 hours.

Drain the ampalaya and rinse the strips under running water. Drain again and pat dry.

Cut the scallion into 2 inch lengths and then cut each section lengthwise into thin strips. Peel the onions and cut them in half lengthwise; then slice them into fine half rings.

Heat the oil in a skillet over a medium flame. When hot, put in the garlic, fry until garlic is light brown. Add the onions. Stir and fry for 2 minutes. Add tomatoes. Stir and fry 2 minutes. Add ampalaya, turn down the heat. Stir occasionally and fry around 10 minutes or until ampalaya is tender. Stir in beaten eggs and the salt. Stir and cook as you would scrambled eggs until eggs have reached a consistency you like. Remove from heat, add scallion strips and serve.

## Apricot Filling

4 Servings

- 1 1/2 c apricots, Dried
- 4 T sugar
- 1 t orange rind, Grated
- 1 T rum

Cook apricots until tender in enough water to cover. Drain and chop fine. Add the rest of the ingredients and beat well. The mixture should have the consistency of a soft mash.

## Arroz Valenciana (Rice Casserole)

1 Servings

YIELD SERVINGS =====

- 1 sm chicken fryer, cut up in 2  
-inch pieces
- 1/2 lb pork, cut up in 1 inch pieces  
- a
- 2 links of chinese sausage
- 6 sm potatoes, Quartered
- 2 garlic cloves, chopped
- 2 lg ripe tomatoes
- 2 sl canned pimentos, sliced
- 1 c green peas
- 3 c rice, boiled in 3 cups of  
-water and 2 cups coconut
- 1/2 c margarine
- 1/4 c black olives, sliced
- 1 t salt

Place chicken and pork in frying pan and cook. Season with salt and pepper until slightly brown. In a deep saucepan fry garlic, onions and tomatoes in margarine in the order given. Add potatoes then the chicken, pork and sausage. Stir and cover until meat and potatoes are done. Add water if necessary. Add pimentos, peas and olives. When meat and vegetables are done, remove some of the stock from meat and set aside. Add cooked rice to meat and mix thoroughly. Add remaining stock and season to taste. Cook on low heat until mixture becomes quite dry. Serve on platter and garnish top with sliced hard boiled eggs, stuffed olives, pimentos strips and sprigs of parsley leaves.

## Banana Blossom Ginataan

1 Servings

- 2 banana blossoms (i just used
- 1 the ones in the can,10 oz
- 1 drained)
- 1 c pure coconut milk
- 2 T vinegar (if using 5% acidity
- 1 vinegar,try 1:1
- 1 vinegar/water)
- 1/4 c tomatoes,Sliced
- 1/4 c onion,Sliced
- 2 cloves garlic,crushed
- 1 T veg oil
- 2 red chillies,Dried
- 1 salt and pepper,To Taste

If using fresh pusong saging (banana blossoms): remove the tough covering of the blossoms. Slice thin crosswise. Add 2 tbsp salt and squeeze off bitter juice. Rinse in water and squeeze dry. Set aside.

If using canned pusong saging: drain, rinse then drain again. Slice thin crosswise. Set aside.

Heat oil in skillet, if using dried red chillies, add them when the oil is hot but not smoking and let the skins darken somewhat before you add the garlic. Saute garlic until light brown. Add onion, fry till translucent, then add tomatoes. Cook for around 3 minutes. Add banana blossoms and vinegar/water mixture and then bring to boil without stirring. Simmer for around 3 minutes. Add salt and pepper to taste and stir. Continue to cook until banana blossom is tender. Add pure coconut cream and remove from heat. Let stand for a few minutes to help develop the flavours.

## Banana Ketchup

- 1/2 c golden raisins
- 1/3 c coarsely onions, Chopped
- 2 lg garlic cloves
- 1/3 c tomato paste
- 1 1/3 c cider vinegar
- 4 lg very ripe bananas, peeled-and cut into chunk
- 3 to 4 cups water
- 1/2 c dark brown sugar, packed
- 1 1/2 t salt
- 1/2 t cayenne pepper
- 1/4 c light corn syrup
- 2 t allspice, Ground
- 3/4 t cinnamon, Ground
- 3/4 t nutmeg, Freshly Grated
- 1/2 t black pepper, Freshly Ground
- 1/4 t cloves, Ground
- 2 T dark rum

Combine the raisins, onions , garlic, tomato paste and 1/3 cup vinegar in the container of a food processor., Process the mixture until smooth. Transfer the mixture to a large, heavy saucepan.

Add the banana chunks and another 1/3 cup vinegar to the food processor container. Process the mixture until smooth. Transfer the banana mixture to the saucepan. Add the remaining 2/3 cup vinegar, 3 cups water, brown sugar, salt and cayenne pepper.

Bring the mixture in the saucepan to a boil over medium-high heat, stirring frequently. Reduce the heat to low and cook the ketchup, uncovered, stirring occasionally, for 1 1/4 hours. If the ketchup threatens to stick to the bottom of the pan at any point, add some of the remaining water, up to 1 cup.

Add the corn syrup, allspice, cinnamon, nutmeg, pepper and cloves to the ketchup. Cook the ketchup over medium-low heat, stirring frequently, for 15 minutes longer, or until it is thick enough to coat a metal spoon. Stir in the rum. Remove the ketchup from the heat and let it cool a few minutes.

Force the ketchup through a fine sieve to strain it, pressing down hard on the solids. Remove the ketchup from the heat and let it cool to room temperature. Store the banana ketchup, covered in the refrigerator for up to 1 month.

Makes about 3 1/2 cups.

## Banana Peanut Salad

1 Servings

16 ripe medium-sized bananas

16 T peanuts,Chopped

1 mayonnaise

1 lettuce

Slice crosswise and thin 2 bananas for each individual serving and mix with two tablespoons chopped peanuts. Add mayonnaise, mix lightly with a fork and arrange on lettuce leaves before serving.

## Basic Adobo

1 Servings

3 lb chicken thighs or  
3 lb pork butt  
1/2 c vinegar  
1/4 c soy sauce  
3 cloves garlic  
1/4 t salt.  
1/4 t peppercorns,crushed  
1 bay leaf,crushed

Cut chicken pieces in half if thighs are large. If using pork, cut pork into 1 1/2 inch pieces. In a saucepan, combine all ingredients. Let stand for 1 to 3 hours. Bring to a boil. Cover, lower heat, and simmer for 30 minutes (45 minutes for pork). Remove cover and simmer 15 more minutes or until liquid evaporates and chicken or pork is lightly browned. Makes six servings.

## Beef Short Ribs Adobo With Spinach

6 Servings

4 lb beef short ribs, trimmed  
3/4 c white vinegar  
1 1/2 c water  
3 T light soy sauce  
6 garlic cloves, peeled  
2 shallots, chopped  
1 t black pepper, Coarsely Ground  
1/2 t salt  
2 bay leaves  
2 T vegetable oil  
2 bn fresh spinach, blanched

HAVE YOUR BUTCHER CROSS-CUT the rib bones into 1-inch long sections. Trim off and discard fat; cut meat into approximately 1-inch cubes leaving the bones attached. Place beef into a saucepan with vinegar, water, soy sauce, garlic, shallots, black pepper, salt and bay leaves; bring to a boil. Lower heat and simmer, covered, for 40 minutes. Remove beef. Degrease vinegar liquid; bring to a boil. Lower heat and reduce to 2/3 cup. Heat oil in a skillet; brown beef until evenly seared. Pour sauce over beef.

## Bibingka

45 Servings

- 2 1/2 lb mochi rice (5 1/2 cups)
- 5 1/2 c water
- 1 cn (13 oz) coconut milk
- 1 lb dark brown sugar
- 1 banana leaves

In a rice cooker or large saucepan, rinse rice; drain. Add water and cook rice. In a saucepan, combine coconut milk and 1 1/4 cups of the brown sugar. Cook over medium heat for about 20 minutes, stirring constantly, until the mixture thickens. Wilt banana leaves over low heat on electric surface unit or in microwave oven; line a 13 x 9 x 2-inch baking pan. Preheat electric oven to 350 F. Stir remaining brown sugar into the hot rice; mix well. Reserving 1/2 cup coconut milk mixture, stir remainder into rice. Put into prepared pan. Pour the reserved 1/2 cup coconut milk mixture over rice. Bake for 20 minutes then broil for 5 minutes to brown top. Cool and cut into serving pieces. Makes 45 servings.

## Bibinka (Philippine Dessert)

6 Servings

- 4 c fresh coconut milk, devided
- 1 1/2 c brown sugar, devided
- 1 1/3 c mochi rice
- 1 wilted banana leaves

Reserve 1/2 cup coconut milk & 1/2 cup brown sugar for topping. Wash rice & let stand in cold water (while cooking coconut milk). Cook 3-1/2 cups coconut milk in top of double boiler for 30 minutes, stirring constantly. Note: Keep water in lower portion at constant boil.

Add 1 cup brown sugar. Drain mochi rice in strainer and stir into milk mixture. Cook in double boiler for 30 minutes or until thick. Stirring constantly. Line baking pan with banana leaves and pour in pudding. Sprinkle top with mixture of 1/2 cup brown sugar and 1/2 cup coconut milk.

Bake in oven set at 350F for 5 minutes then lower temperature to 300F and continue baking for 30 minutes. Cool in pan & cut in 3 inches squares.

## Bulanglang

1 Servings

- 1 c malunggay leaves\*
- 1 c squash,cubed
- 1 c upo (gourd),sliced
- 1 [substitute with zucchini -
- 1 ken]
- 1 c tokwa (tofu),cubed and
- 1 fried
- 1/2 onion
- 1 c water
- 1 tomatoes

\* (if you can't get this, try spinach or kangkong-[swamp cabbage, watercress can also substitute for it - Ken.]

Mix tomatoes, onion, and squash in a deep sauce pan or pot. Add water and boil. After 5 minutes cooking, add tokwa and upo. When the upo is almost tender, add malunggay and cook 2 minutes longer or until malunggay leaves are wilted. Remove from heat. Salt and pepper to taste (or instead of salt, you can add patis, it will give a better flavour). Garnish with fresh tomatoes and cilantro or kinchay

## Calderetta

5 Servings

500 g beef round,cubed  
1/4 c vinegar  
10 peppercorns,crushed  
1 t salt  
2 cl garlic,crushed  
1/4 c oil  
1 c onion,sliced  
1/2 c tomato sauce  
2 c water,Boiling  
1 c red (or green pepper),strips  
1 bay leaf  
1 dash of hot sauce  
1/3 c liver spread

Marinate beef in mixture of vinegar, peppercorn, salt and crushed garlic for 1 1/2 - 2 hours. Fry pieces of beef in cooking oil. Add onions and saute until tender. Pour in tomato sauce and boiling water. Add the green pepper, bay leaf and hot sauce as desired. Cover and simmer until meat is tender. Blend in liver spread. Cook 5 minutes more.

## Cari-Cari De Pata Y Rabo

6 Servings

- 1 ox tail (buntot ng baka)
- 1 ox shin (pata ng baka)
- 6 c water
- 1/2 c atchuete seeds
- 1/2 c hot water
- 4 long eggplants
- 400 g snake beans (sitao)
- 1 banana flower (puso ng -saging) ch,opped, salted
- 1 garlic head,chopped
- 2 medium onions,Sliced
- 1/4 c cooking oil
- 1/2 c fermented shrimp paste -(bagoong al,amang)
- 1 c peanuts,ground
- 1 c rice,toasted & ground
- 1 salt and msg,To Taste
- 1 \*bagoong guisado\*
- 1/4 c cooking oil
- 1 garlic head,chopped
- 1/4 Kg boiled pork,diced
- 1 1/2 c bagoong alamang
- 1 t sugar
- 1/4 c native vinegar
- 1/4 c pork broth

Boil the buntot and pata in water until tender. Cut into desired pieces and set aside. Soak atsuetete seeds in hot water. Rub to bring out colour. Set aside. Cut vegetables into desired pieces. Boil water, drop sitao and parboil. Remove, set aside. Do likewise with eggplants and puso ng saging. Saute garlic and onions in cooking oil. Add bagoong and atsuetete water. Let boil 5 minutes. Blend in ground peanuts and ground rice. Bring to a boil then put in the meats. Just before removing from the fire, add the vegetables. Serve with Bagoong Guisado.

Bagoong Guisado preparation. Saute garlic and onion in cooking oil. Add the pork, bagoong and sugar. Blend well, then add vinegar and broth. Boil until quite dry. Serve with the Cari-Cari.

## Manila's Pork Adobo

6 Servings

4 lb pork roast, trimmed of  
1 bone and fat, cubed  
1 c vinegar  
1/4 c soy sauce  
4 cloves garlic, crushed  
2 t sugar  
1 t salt  
1/2 t pepper, Freshly Ground

In bowl, combine pork, vinegar, soy sauce, garlic, sugar, salt and pepper; marinate 30 minutes. Transfer to heavy bottomed skillet; bring to a boil; reduce heat, simmer 3 1/2 to 4 hours or until liquid's almost evaporated. Serve with steamed rice

## Cassava Bibingka

1 Servings

- 4 c fresh cassava
- 2 c coconut milk
- 2 T butter, melted
- 3 eggs
- 2 c sugar
- 1 T salt
- 1/2 c pure coconut cream
- 1 cheese, grated or
- 1 strips of cottage cheese

Peel and grate cassava. Beat eggs; add sugar, butter and salt. Mix thoroughly. Add the grated cassava and coconut milk. Mix well and place in a pan or bibinka mold lined with banana leaves. Bake until half done. Brush with coconut cream. Sprinkle with grated cheese or strips of local cottage cheese. Brown top under hot cover or oven broiler. \*Cassava is also know as Yucca root.

## Chicken & Pork Adobo

1 Servings

- 1 1/2 c vinegar,white
- 1 1/2 c soy sauce
- 1 garlic head,crushed 1 tb  
-cooking o,il
- 1/2 T peppercorns,crushed
- 1 chicken,whole (3 lbs)
- 1 lb pork,boneless,cubed

Peel and crush head of garlic and combine with vinegar, soya sauce, and crushed peppercorns for marinade. Cut whole chicken into serving size pieces and combine with cubed pork. Cover the pork and chicken with marinade and let stand refrigerated for a minimum of 30 minutes. If more pronounced flavour is desired, the meat may be left, refrigerated in the marinade for up to 24 hours. Add water to the marinade and meat and simmer, uncovered until meat is tender, approximately one hour. With slotted spone, remove garlic, chicken and pork pieces from the marinade. Save marinade. Heat cooking Oil in a separate pan. Fry the garlic, pork and chicken removed from stew until golden. Drain and discard oil from meat and garlic. Return pork, chicken and garlic to marinade. Simmer for 10 minutes or until sauce is thickened and reduced. Serve with or over rice.

## Chicken Adobo (Adobong Manok)

6 Servings

- 1 chicken (~3lbs) pieces
- 1/2 c soy sauce
- 3/4 c white vinegar
- 1 heads garlic (more if pref)
- 2 bay leaves
- 1/2 T peppercorns
- 1 salt (to taste)

Boil Chicken with soy sauce, vinegar, garlic, bay leaves and peppercorns and simmer for half an hour. Remove the chicken pieces from the pot and broil them in a pan for 10 minutes. Let the sauce in the pot boil until it is reduced by half. Add salt to taste. Cover the broiled chicken pieces with the sauce. Serve hot.

Serve with rice.

## Chicken And Pork En Adobo

1 Servings

1 Kg pork,lean, boned [2 1/4 lb]  
450 g chicken breast,cubed [1 lb]  
1 garlic clove,peeled/crushed  
2 bay leaves  
2 md onions,peeled & quartered  
1/2 c cider vinegar  
1 T soy sauce  
1 salt  
1 black pepper,freshly ground  
1 1/2 c water  
1 T lard

Put the pork and chicken in a pan, then add the garlic, bay leaves, onion, vinegar, soy sauce, salt and pepper to taste. Star well, then leave to marinade for 30 minutes.

Add the water to the pan and bring to the boil. Lower the heat and simmer for 45 minutes to an hour, until the meat is tender and the cooking liquid has reduced to about 1/2 cup. Strain the cooking liquid and reserve.

Melt the lard in the cleaned pan. Add the pork and chicken and fry over brisk heat until browned. Add the reserved cooking liquid and simmer for about 5 minutes.

Serve hot with rice.

Serves 6-8

## Chicken Arroz Caldo (Chicken Rice Soup)

6 Servings

YIELD SERVINGS =====

- 1 1/2 lb chicken, cut into serving  
-pieces
- 1 tb vegetable oil 3 garlic  
-cloves, minced
- 1 md onion, finely sliced
- 1 t fresh ginger, finely sliced
- 1 c rice grains 7 cups water
- 2 tb fish sauce (patis)
- 5 stalks green onion, finely  
-sliced, For Garnish
- 1 salt and pepper, To Taste

In a large non-stick soup pot over medium heat, saute garlic in oil until lightly brown. Add ginger and onion, stir for a minute. Add chicken pieces and fish saue and cook for another 3 minutes. Add rice, water and a little salt and pepper. Cover and simmer in medium low heat for about 40 minutes or until the consistency of a light ceamed soup has been reached. Stir occasionally while cooking. Correct seasonings to taste. Stir in a small amount of sliced green onions. If rice soup becomes too thick, add a little water to thin it a bit. Garnish individual bowl servings with sliced green onions just before servings. Tips: If you prefer, sprinkle a little lemon juice on the soup servings. This will give a pleasant tartness to the dish. Serves 6 to 8.

## Chicken Arroz Valenciana

8 Servings

YIELD SERVINGS =====

- 2 pcs. deboned breasts, cut  
-into serving pieces
- 3 tb vegetable oil
- 3 garlic cloves, minced
- 1 md onion, chopped
- 2 md tomatoes, chopped
- 2 md potatoes, cubed
- 1 tb tomato paste
- 3/4 c water
- 1 c green peas, Frozen
- 3 c long grained rice 4 cups  
-chicken s, tock for cookin
- 1 salt and pepper, To Taste
- 1/2 c green olives (optional)
- 1/3 c sweet red pepper, sliced  
-thinly
- 2 hard-boiled eggs, sliced for  
- garnish
- 1 season chicken breast pieces  
- lightl,y with salt and

pepper and pan-fry in 2 tablespoons oil until browned. Set aside. In a deep pan over medium heat, saute garlic, onion and tomatoes in 1 tablespoon oil. Add chicken and 3/4 cup water. Simmer in covered pan over medium low heat for about 10 minutes. Add potatoes, peas, sweet pepper slices and olives. Correct seasonings. Cook for another 8-10 minutes or until potatoes are tender. Remove meat and vegetables and set aside. Remove fat from sauce. Remove sauce. Let cool. Combine reserved sauce with 1 tablespoon tomato paste with enough chicken stock to have a total amount of approximately 4 1/2 cups. Use this combined mixture in place of water to cook rice. Mix rice and liquid well in a rick cooker before cooking. Season with a little sant and pepper to taste. Turn on rice cooker. When rice is cooked, let cool a little then combine it gently with the meat and vegetable mixture in a shallow serving platter. Smoothen mixture with the back of a spoon for presentation. Garnish top with slices of hard-boiled eggs, green olives and sweet red pepper slices. Serves 8-10.

## Chicken Dinola

1 Servings

- 2 lb chicken, cut into serving  
-pieces
- 2 clove garlic, minced
- 1 T vegetable oil
- 1 t fresh ginger, thinly sliced
- 1 md onion, sliced
- 1 T fish sauce (patis) 5 cups  
-water
- 1 sm raw green papaya
- 1 salt and pepper, To Taste
- 1 bn fresh spinach, cut into 3  
-inch pieces

Peel papaya skin. Cut papaya lengthwise into 4-6 pieces, remove seeds and slice diagonally about 1/2 inch thick. Set aside. In a deep soup pot over medium heat, saute garlic in oil until lightly browned. Add ginger and onion, stir for a minute. Add chicken pieces and fish sauce. Cook for 3 minutes. Add water. Season with a little salt and pepper. Let boil, then simmer covered over medium low heat for 25 - 30 minutes. Add raw papaya and continue cooking for 6 to 8 minutes or until tender. Correct seasonings to taste. Turn off heat. Add spinach, cover for 1-2 minutes. Serve immediately. Serves 4-5.

## Chicken Soup With Mongo Beans

1 Servings

YIELD SERVINGS =====

- 2 lb fryer chicken, cut up in 2  
-inch pieces
- 1 thumb size ginger root or
- 2 t powdered ginger
- 2 lg tomatoes, quartered
- 1 sm garlic cloves, mashed
- 3/4 lb mongo beans, boiled and  
-peeled
- 2 tb patis (or fish sauce)
- 1 cn of anchovy fish fillets may  
- be use, d)
- 1 t msg
- 2 tb oil
- 1 fry chicken in oil until  
-slightly b,rown, stirring
- 1 constantly. add ginger and  
-garlic a,nd stir until

Add anchovy and cook if it is used instead of patis. Bring to boil, then simmer until chicken is tender. While chicken is simmering, boil beans in water until they are easy to peel. This is done by placing a bean between your fingers and rubbing the skin off the beans. When this is done with ease, remove from stove and drain. Add cold water to beans and then rub beans between your palms until almost all of the beans have been peeled. Keep replacing cold water and peeling will drain with water. When chicken is tender, add beans to soup and cook until soup is thick and beans are soft. Add water, if necessary, 5 minutes before it is done++add the patis if anchovies are not available. Variation: Bitter melons, cut in squares or leafy vegetables such as spinach may be used. Pork may be used instead of chicken.

## Chicken Tinola

8 Servings

2 t cooking oil  
4 cloves garlic,crushed  
1 t ginger,cut in strips  
1/2 c onion,chopped  
1 Kg stewing chicken,cut into  
-serving p,cs  
1 T patis,\* see note  
10 c rice water,\*\* see note  
1 sm green papaya,sliced 1/3  
-thick  
1 c pepper leaves  
1 t salt

\* fish sauce \*\* liquid used to wash rice - or vegetable stock.

1. Fry the garlic in hot cooking oil until brown. Add ginger and chopped onions. Cook until soft. 2. Drop in chicken. Season with patis (fish sauce). Cover and simmer for 5min. 3. Add the rice water, simmer until chicken is tender. 4. Add sliced papaya and cook until papaya is tender. 5. Just before removing from the fire, season with salt and vetsin. Add pepper leaves.

Serve hot, with steamed rice.

## Steamed Siopao

1 Servings

- 1 1/2 t yeast
- 1 1/2 t sugar
  - 1 c lukewarm water
  - 1 c all purpose flour
  - 3 c cake flour
- 2 1/4 t baking powder
- 1/2 c sugar
- 4 1/2 t butter,Melted
- 1/2 t salt
- 1 filling
- 1/4 c oil
  - 4 cloves garlic,minced
  - 2 pcs onions,chopped
  - 1/2 lb pork,boiled and diced
  - 1/2 lb chicken,boiled and diced
  - 1 enough broth
  - 1/4 c soysauce
  - 1/4 c sugar
  - 1 t salt
  - 1 sm green bell pepper
  - 1 diced(optional)
  - 1 sm can tomato sauce(140 gm. can
  - 1 or approx. 1/2 c.)
  - 1/4 c cheese,Grated

Dissolve yeast and sugar in lukewarm water. Let stand for 10 min. Sift together flours, and baking powder. Set aside. To yeast mixture, add sugar, melted butter and salt. Stir in flour to form a soft dough. Knead until smooth. Let rise until doubled in bulk. Prepare Filling: Saute garlic in oil. Add onions, when transparent, add meats. Add broth, soysauce and sugar. Simmer for a few minutes. Add all of the remaining ingredients. Continue cooking over low heat until thick. Divide dough into 12 pcs. Put filling in each dough and let rise for 20 minutes. Steam for 20-25 minutes. Serves:12

## Dad's Chicken Adobo

8 Servings

- 6 pork chops
- 4 chicken breast halves
- 1 without skin
- 1 t pepper
- 2 t ginger powder
- 3 lb fresh spinach
- 4 t sherry
- 2 t salt
- 1 t monosodium glutamate
- 8 T vinegar
- 4 bay leaves
- 4 cloves garlic --,Minced
- 1 T shoyu
- 1 1/2 T sugar

Leave chops and chicken whole. Wash and rain spinach and set aside. Make marinade with rest of ingredients and marinate meats for an hour in a skillet. Bring to near boil, then simmer for 1 hour. Remove meat. Add spinach to hot marinade, cover and simmer for 5 mins. serve.

## Dinuguan > Galing Galing

5 Servings

- 2 T cooking oil
- 3 cl garlic,minced
- 1 onion,minced
- 500 g pork head,boiled & diced
- 1 pork heart,boiled & diced
- 100 g pork liver,diced
- 3/4 c native vinegar
- 2 c broth
- 1 1/2 c pork blood
- 1 c beef blood
- 4 long green chillies
- 1 T salt
- 1/2 t vietsin (msg) (ajinomoto)

Saute garlic in cooking oil, add onion, pork head, heart and liver. Pour in vinegar and boil uncovered, without stirring until vinegar has evaporated. Add broth, cover and simmer for 15 minutes. Strain pork blood. Set aside. Cut beef blood into small pieces. Pour in pork and beef blood, stirring continuously until thick. Drop in chilli. Simmer 5 minutes more. Season with salt and Vietsin. Serve with white rice.

## Dipping Sauce For Lumpia

1 Servings

1/4 c brown sugar,packed

1/2 c white vinegar

1 t soysauce

1 t tapioca starch

2 T water

2 T ginger,minced

In a 2 quart pan mix sugar and vinegar and soy sauce stir over high heat until sugar dissolves. Mix tapioca starch with water add to sugar mixture and stir sauce till boils remove from heat add 2 Tablespoons fresh minced ginger.

## Easy Lumpia With Dipping Sauce

1 Servings

1 lb beef, Ground  
2 cloves garlic  
1 lg onion  
1 cn (8 oz.) water chestnuts  
1 slivered  
2 oz chop suey vegetables.  
1 1/2 t salt  
1/4 t pepper  
1 T patis  
2 T flour  
1/4 c water  
40 lumpia wrappers  
1 deep fat for frying  
3 cloves garlic, minced  
1/4 c vinegar  
1/8 t salt

Brown beef well. Stir in garlic and onion; saute lightly. Add water chestnuts, vegetables and seasonings; cook for about 2 minutes. Drain and cool thoroughly. Combine flour and water to form thin paste. To make rolls, place 2 tablespoons filling on a lumpia wrapper. Fold neatly like an envelope. Seal with paste. Heat deep fat to 375 degrees F. Combine remaining ingredients for sauce. Fry lumpia in hot fat until golden brown. Serve hot with sauce. Makes 40 lumpia.

## Eggplant Adobo

5 Servings

- 5 c diced eggplant, cut in 1  
-1/2-inch cubes
- 1 salt, To Taste
- 1/3 c vegetable oil
- 1/3 c soy sauce
- 1/4 c red wine vinegar
- 6 cloves garlic, minced
- 1/2 t black pepper, Freshly Ground

Spread eggplant on paper toweling and sprinkle with salt. Let drain for 30 minutes. Rinse and pat dry. In a non-stick skillet, fry eggplant in oil until brown and set aside. In a small saucepan, simmer soy sauce, vinegar, garlic and pepper for 5 minutes. Add eggplant, cover and cook over low heat for 7 minutes, stirring occasionally. Serve hot.

## Eva's Lumpia

1 Servings

2 T oil  
1 md onion,diced  
1 clove garlic,minced  
1 lg potato,pared and diced  
1 t salt  
1/2 c carrots,diced  
1/4 t pepper  
1/2 c french cut green beans  
2 T soy sauce  
1/2 c cabbage,Shredded  
1/4 lb pork,diced or  
1 ground pork (or),Ground  
1 beef (basically any meat  
1 will work,even chicken)

\*if you prefer you can add 1/4 lb. shrimp, diced. Also if you like you can put 1/2 cup of bean sprouts

Heat oil, saute garlic and onion. Add pork, saute until fully cooked, drain. Add water, cover and simmer 10 to 15 min. Season with salt, pepper, and soy sauce. Add potato and carrots, saute for 5 min. Add green beans and cabbage (this would be the time to add the shrimp and bean sprouts if you were to use them). Cook stirring 5-10 min. or until vegetables are done. Let cool to room temperature. Wrap filling in Lumpia wrappers. Fry in about 1 inch of hot oil, a couple of minutes on each side, until light golden brown.

## Family Style Pansit (Noodles With Pork And Shrimp)

1 Servings

- 7 1/2 long rice
- 4 lg mushrooms, Dried
- 1/2 lb pork, Lean
- 1/4 lb shrimp
- 2 T salad oil
- 4 cloves garlic, minced
- 28 oz can chicken broth
- 2 T patis
- 1/4 t pepper
- 8 oz pkg fried egg noodles
- 1 lemon wedges

Soak long rice and mushrooms in warm water for 30 minutes; drain. Cut long rice in 3 inch lengths. Remove stems from mushrooms; dice caps. Slice pork thinly. Shell, clean, and cut shrimp into small pieces. In a large skillet, heat oil; saute garlic and brown pork. Stir in shrimp and mushrooms; saute 1 minute. Add broth, patis and pepper; bring to a boil. Add long rice and noodles, stirring lightly until noodles are cooked. Serve with lemon wedges. Makes 6 servings.

## Filipino Breakfast Steaks

1 Servings

- 2 1/4 lb sirloin, sliced 1/8 to 1/4  
1 inch thick
- 1 1/2 T salt
- 2 T brown sugar
- 1 t garlic -- finely, Chopped
- 1/2 t black pepper, Cracked

Combine salt, sugar, garlic, and black pepper. Spread rub evenly on both sides of meat and store covered (or in a plastic bag) in the refrigerator overnight. Sun dry a couple of hours before cooking in smoker to medium or medium well.

Serving Suggestions: Serve with a salsa of chopped fresh tomatoes, chopped onions, grated radish, chopped fresh cilantro, oriental fish sauce (or salt) to taste, crushed hot chiles, and a little vinegar (or lemon juice). For heavy eaters, chop meat into small pieces and serve sprinkled over a mound of garlic fried rice and fried eggs.

## Filipino Garlic Vinegar Sauce

1 Servings

1/2 c vinegar,preferably coconut

1 or palm

2 cloves of garlic,smashed

1 salt,To Taste

Mix it all together and set it out for dipping.

## Filipino Pork

4 Servings

### PICNICS AND PARTIES =====

- 6 pork steaks
- 1/2 c soy sauce
- 1/2 c lemon juice
- 3 garlic cloves, crushed
- 1 bamboo skewers

Bone pork steak and cut into 1/2 in. strips thread or weave onto bamboo skewers mix soy sauce, lemon juice, and crushed garlic in 9 x 13 bake dish be sure to dip all skewers in marinade refrigerate for sev. hrs. or overnight hot tortillas or rice and a tossed green salad.

Rotate bottom skewers to top every few hrs may be either broiled or grilled about 15 min. Small skewers may be used to make a great appetizer broil ahead and keep warm in oven

## Filipino Rice

- 2 3/4 gal water
- 2 c bacon fat
- 4 lb pork butts fz
- 20 eggs shell
- 1/4 t garlic dehy gra
- 2 1/2 lb onions dry
- 9 lb rice 10lb
- 1 1/2 c soy sauce
- 8 t salt table 5lb

PAN: 12 BY 20 BY 4" STEAM TABLE PAN  
350F. OVEN 350F. GRIDDLE

TEMPERATURE:

1. Sautee 2 lb 8 oz (1 3/4 qt) chopped dry onions (2 lb 12 oz a.p.) in 1 lb (2 cups) bacon fat until light yellow. add 9 lb (5 1/4 qt) rice; stir until well coated. add 2 3/4 gal water, 1/4 tsp dehydrated garlic, and 1 2/3 oz (2 2/3 tbsp) salt to rice mixture. bring to a boil in steam jacketed kettle or stock pot; cover; simmer 20-25 minutes.
2. Pour beaten eggs on lightly greased griddle. Cook until well done. do not turn. Cut into strips; add an equal amount to rice mixture in each pan.
3. Add pork to rice in each pan. mix lightly but thoroughly.
4. Bake 45 minutes.
5. Remove from oven; blend in 1/2 cup soy sauce per pan.

## Filipino Sweet And Sour Sauce

1 Servings

1/4 c vinegar  
1/4 c sugar  
1/4 t salt  
1/2 c water  
2 T catsup  
3 dr hot pepper sauce  
2 t cornstarch dissolved in  
1 T water

In a small pan combine vinegar, sugar, salt, water and catsup. Boil for two minutes. Add hot pepper sauce and corn starch. Stir well to blend. Cook for 3 more minutes at medium heat.

## Fillipino Fried Rice

2 Servings

- 2 c rice,steamed
- 1/2 lb bacon,fried crisp
- 1 sm green bell pepper,diced
- 1 medium onion,diced
- 1 small cabbage,shredded
- 2 cloves garlic,chopped
- 3 carrots,slivered
- 1 leftover pork (or beef  
-roast)  
- in bite size chunks,Diced
- 1/2 c soy sauce
- 1 c frozen green peas,thawed

In large skillet, fry bacon until crisp. Remove, leaving 1 to 2 T. of bacon grease. Stir fry all vegetables until crisp or desired texture. Add meat and crumbled bacon. Mix well. Add steamed rice. Thoroughly mix; add soy sauce and peas and mix.

## Fragrant Pork Adobo

1 Servings

1 lb pork meat,Lean  
1 2 cloves garlic,minced  
1/4 t black peppercorns  
1 bay leaf  
2 t cornstarch  
1 crisp-fried leeks for  
1 garnish  
2 t oil  
5 T soy sauce  
3 T cider vinegar  
1/2 c plus 2 tbs water  
1 salt,optional

Cut pork into 3/4-inch cubes. Heat oil in heavy saucepan over high heat. Lightly brown pork cubes. Add garlic, soy sauce, peppercorns, vinegar, bay leaf and 1/2 cup water. Cover and simmer until pork is tender, about 25-30 minutes. Stir cornstarch into remaining 2 tbs water until smooth. Stir into pork mixture. Simmer until thickened. Adjust soy sauce or salt to taste. Remove bay leaf. Serve hot with rice and garnish with Crisp-Fried Leeks. Makes 4 servings.

## Fresh Lumpia

2 Servings

- 1 lb ground pork, browned and fat  
- drained
- 1/2 lb shrimp, shelled (save the  
- shells!)
- 3 firm tofu, fried and cut  
- into cubes
- 1 lg onion, sliced
- 3 cloves garlic, crushed
- 1 lb turnips, cut into strips
- 1 lb potatoes, cut into cubes
- 2 lb pole beans, cleaned and cut  
- crosswise
- 1 bn lettuce (not iceberg)
- 2 T soy sauce
- 4 T vegetable oil
- 1 salt and pepper
- 2 T fish sauce (patis), optional
- 2 T accent salt, optional
- 1 lumpia wrappers

For the stock, boil the shrimp shells in 1 1/2 cups water. Sauté the garlic, onions, ground pork, shrimp, and tofu. Add the potatoes and 1/2 cup stock. Cook for 10 minutes, stirring constantly. Add the beans and cook for another 5 - 10 minutes. Then add turnips, soy sauce, vegetable oil, salt and pepper (to taste), and fish sauce. Continue to stir and cook for 5 more minutes. Drain and save the broth for the dipping sauce. Allow the mixture to cool. Separate the lumpia wrappers carefully. Line one end of the wrapper with a small piece of lettuce so that the lettuce pokes out a little bit - this is the top of the roll. Use 2 tbsp. of the mixture for filling (this will be a fatter roll than for fried lumpia) on top of the lettuce and roll the wrapper. Close the bottom end of the roll by folding it and securing it with a little water. Wrap each roll with wax paper. Makes 2 dozen, depending on size of roll. Spread garlic sauce (below) liberally over lumpia.

## Fried Chicken Manong Style

1 Servings

- 1 c soy sauce
- 1 t sesame oil
- 1 juice of one lemon
- 2 T ginger, sliced thin and
- 1 lightly, Smashed
- 1/2 head garlic, peeled and
- 1 minced
- 1 sm bunch parsley, chopped fine
- 1/4 c fresh rosemary, chopped
- 1/2 t pepper
- 1 chicken cut in pieces
- 1 skinned, washed and dried
- 1 thoroughly

Mix soy sauce, sesame oil, lemon juice, ginger, garlic, parsley, rosemary and pepper. Place chicken in marinade using shallow bowl or plastic bag and turn the chicken to insure it is coated. Marinate chicken overnight, turning several times.

Remove the chicken from the marinade and wipe lightly to remove herbs, ginger and garlic. Heat approximately 1/8" to 1/4" of oil on high. Fry 8 minutes to a side to achieve a crispy brown layer. Lower fire to medium and continue frying for another 20 to 30 minutes keeping close attention to avoid blackening or burning.

## Fried Lumpia

6 Servings

### SWEETSOUR SAUCE =====

- 1/4 c cider vinegar
- 1 t soy sauce
- 1/2 c sugar
- 1 c water (or pineapple juice)
- 1/2 t gingerroot, Finely Grated
- 1/2 garlic clove, crushed
- 2 T cornstarch, blended with:
  - 2 T cold water
- 1 salt

### LUMPIA =====

- 1/2 lb pork, Ground
- 1/2 lb uncooked shrimp, finely  
-chopped
- 1/2 c mushrooms, Minced
- 1/2 c peeled jicama, Diced
- 2 green onions, finely chopped
- 3 egg yolks
- 2 T soy sauce
- 1 lumpia wrappers
- 1 oil, for deep-frying

To make sauce, combine vinegar, 1 teaspoon soy sauce, sugar, water, ginger and garlic in small saucepan. Bring to boil. Stir in cornstarch paste and simmer 5 minutes, or until thickened. Season to taste with salt. Keep warm.

For lumpia, mix pork, shrimp, mushrooms, jicama, green onions, egg yolks and 2 tablespoons soy sauce in bowl. Mix well. Shape about 1 1/2 tablespoons meat mixture into strip and place along one side of lumpia wrapper. Roll tightly, folding in wrapper ends while rolling. Moisten edges lightly with water to seal. Repeat with remaining filling. Fry in deep hot oil until golden brown. Serve whole or cut in halves or thirds. Serve with sweet-sour sauce.

## Ginataan Rice With Corn

3 Servings

- 1/2 c mochi rice
- 5 c coconut milk
- 1 c young corn kernels
- 1 sugar, To Taste
- 1 t salt
- 1 c coconut cream (first
- 1 extract from coconut), Grated

Boil the washed mochi rice in coconut milk until half done. Add corn, sugar and salt; continue cooking, stirring occasionally until rice and corn are cooked. Add coconut cream, or use it to top each serving.

## Ginataang Talong

1 Servings

- 1 onion
- 1 c coconut cream
- 1 salt and pepper, To Taste
- 1 talong- eggplants

Roast eggplants in oven or over gas flame. Peel and chop fine. Peel onions and slice crosswise very fine. Heat oil in pan, add onions and fry until translucent. Add eggplants, stir for a couple of minutes. Season with salt and pepper. Remove from heat, add coconut cream, let sit several minutes to develop the flavours.

## Grilled Chicken Adobo

6 Servings

10 chicken breast halves,\*  
1/4 c achiote sauce base,below  
1 c orange juice  
2 T vegetable oil  
1 t basil leaves,dried  
1 t cinnamon,ground  
1/2 t salt  
1 \*achiote sauce base\*  
1/3 c achiote seeds  
-(annottoseeds)  
1/3 c orange juice  
1/3 c vinegar,white  
1 t red chiles,ground  
1/2 t pepper  
1 clove garlic

Servings: 6

\* There should be 10 breast halves (about 3 1/2 lbs) which should be boneless and skinless.

## Halo-Halo

1 Servings

YIELD RECIPE =====

- 2 tb coconut or,Grated  
-makapuno prese,rve
- 2 tb papaya sheds\*
- 1/2 c melon shreds\*
- 2 tb langka (fresh or  
-preserve)
- 1 tb ubi
- 1 tb kaong 2 tsp sugar
- 1/4 c evaporated milk
- 1 ice,Crushed

Combine any 4 of the first 6 ingredients in a tall glass. Fill up with crushed ice. Add sugar and evaporated milk. For a special halo-halo use a bana float dish. Top halo-halo with 1 scoop ice cream and cherry. \*Use ripe, firm fruits. Use macapuno scraper or grater to get shreds. Also available are ready made mixed fruits in a bottle call Halo-halo mixes, in various bottles, with beans and corn, etc.

## Heart Of Palm Rolls For Lumpia

10 Servings

- 2 lb hearts of palm,shredded
- 1 t garlic,Minced
- 3/4 c onion,chopped
- 2 T lard
- 1/4 c fish sauce
- 1 lb small shrimp (or prawns)  
-shelled and,Sliced
- 1 lb boiled pork,cut into narrow  
- strips
- 1 lb cooked crabmeat,flaked
- 1 salt and pepper
- 1 lumpia wrappers
- 1 lettuce leaves
- 1 your favorite hot sauce

Boil Heart of palm for 5 minutes; drain. Saute garlic and onion in lard until softened. Add fish sauce and shrimp and saute for 3 minutes. Add the pork and crab and heat through; season with salt and pepper. Add heart of palm and cook for 3 to 4 minutes. Line each lumpia wrapper with a lettuce leaf and fill generously. Roll up and serve with hot sauce.

## Hot And Sour Shrimp With Watercress And Walnuts

1 Servings

- 1 lb large shrimp,Uncooked
  - peeled, deveined, butterf
- 4 T dry sherry
- 1 T peeled fresh ginger,Grated
- 1/2 c chicken stock (or),Canned
  - broth
- 2 T soy sauce
- 2 T catsup. [see note. s.c.]
- 1 T cornstarch
- 1 T rice vinegar (or white wine)
  - vinegar
- 1 T sugar
- 1 t oriental sesame oil
- 1/4 t cayenne pepper
- 6 T peanut oil
- 2 T walnuts,Chopped
- 3 bn watercress,trimmed
- 2 md bell peppers,cut into
  - 1-inch squares
- 2 garlic cloves,minced
- 8 green onions,cut diagonally
  - into 1,-inch-long pieces

Combine shrimp, 2 tablespoons Sherry and grated ginger in large bowl. Cover and refrigerate for 30 minutes. Mix remaining 2 tablespoons Sherry, chicken stock, soy sauce, catsup, cornstarch, rice vinegar, sugar, sesame oil and cayenne pepper in small bowl.

Heat 2 teaspoons peanut oil in wok or heavy large skillet over high heat. Add walnuts and stir-fry for 1 minute. Transfer walnuts to plate using slotted spoon. Add watercress to wok and stir-fry until just wilted, about 1 minute. Divide watercress among plates. Add 2 teaspoons peanut oil, bell peppers and garlic to wok and stir-fry for 1 minute. Add remaining 2 teaspoons peanut oil, shrimp mixture and onions and stir-fry for 1 minute. Stir stock mixture, add to wok and cook sauce until clear and thick, stirring frequently, 2 minutes.

Spoon sauce and shrimp over watercress. Sprinkle with walnuts and serve.

## Inihaw Na Bangus (Grilled Milkfish)

4 Servings

- 1 whole bangus (about 2 lbs)  
-or white, fish, dressed
- 2 sl lemon
- 1 1/2 t salt
- 1/8 t pepper
- 1/2 c tomatoes, chopped
- 1/4 c onions, chopped
- 2 green onions, choppe

1. With sharp knife, cut along back of the fish and remove the backbo Rub fish inside and out with lemon slices, sprinkle with salt and pepper
2. Mix tomatoes, onions and green onions. Stuff fish with the mixtur through its back opening. Wrap in foil and grill over live coals unti done. (about 15 minutes on each side).
3. Serve with lemon wedges or with a lemon juice and patis (fish sauc dip).

## Kare-Kare> Filipino Ox-Tail Stew

1 Servings

- 1 string beans
- 1 chunky peanut butter
- 1 egg plant
- 1 ox tail (of course)
- 1 orr brand achuote

Boil (cook) the ox tail the night before until it is quite tender, but the meat doesn't fall off the bone. Remove the meat and cool the soup in the refrigerator. The next evening (or morning)... remove the fat. Cook the meat again and add egg plant, string beans and cook some more. Add the peanut butter. Mix the Achuote in water and add to the pot (only the liquid portion, strain the seeds) Let it cook some more.

Fry some Bagoong (Shrimp paste) Serve with rice.

## Lechon

1 Servings

YIELD SERVINGS =====

- 1 salt, To Taste
- 1 lettuce leave, For Garnish
- 1 h lechon sauce
- 1 cn liver pate (4 oz)
- 1 sm onion, finely chopped
- 1 tb vegetable oil
- 1 c water
- 3 tb vinegar
- 3 tb sugar
- 1/2 c bread crumbs
- 1 salt and pepper, To Taste

Salt pork lightly. Place pork on a rack in a pan. Roast in a preheated oven at 350F. Allow 25 to 30 minutes cooking time for each pound of pork. In the meantime, prepare the lechon sauce. In a small pan over medium heat, saute onion in oil until cooked. Add liver pate, water, vinegar, sugar, bread crumbs and salt and pepper to taste. Stir and let simmer for 8-10 minutes or until sauce has thickened. Correct seasonings. Set aside. Cut roast pork into small serving pieces and arrange on a plater with lettuce leaves as garnish. Sere with the lechon sauce. Yield. 4-6 servings.

## Long Rice With Shrimp (Pancit Luglug)

1 Servings

Fry a whole head of crushed garlic in a little lard. Fry some sliced boiled pork in the same pan. Add cubes of Tofu, some peeled shrimp, and about 1/2 cup of shrimp juice (ground and strained shrimp shells and heads), cover, and boil. Add Chinese celery cut in 1/2 inch pieces, salt and pepper.

In another pan, color 1 & 1/2 cups shrimp juice with Anatto water. Thicken it with flour or cornstarch and water. Salt and pepper to taste.

Cook presoaked long rice in a large amount of water, drain and arrange it in a flat serving bowl. Cover the long rice with the red sauce, then the pork shrimp mixture, then sprinkle with finely flaked smoked fish and powdered, crisp pork cracklings. Garnish with slices of hard cooked eggs, celery leaves, sliced green onions, and slices of seeded peeled lemon. Serve with lemon juice.

## Longganisa (Filipino Sausages) Seasoning

1 Servings

- 2 1/2 T salt
- 1 1/2 T sugar
- 1 1/2 T soy sauce
- 2 T vinegar
- 2 T wine
- 1/8 t saltpeter (salitre)
- 1 t pepper, Ground
- 2 t garlic, Chopped
- 1 sausage casings

The ingredients listed will cure 1 kilo of sausage meat, which should be 30% ground beef and 70% ground pork.

Mix all ingredients together and cure mixture for 5-6 days in the refrigerator and stuff into casings. This kind of sausage should be stored in a cooler, ready for use.

To cook: Place a small amount of water in a skillet. Place sausages and let boil in water for about 10 minutes. With a fork, pierce casings. The longganisa will be ready when juices flow out and turn a dark caramel color. The sausages should also turn the same color and some oil should leak out.

## Lumpia Shanghai

35 Servings

1/2 lb lean pork, Ground  
1/4 lb fine shrimp, Chopped  
1/3 c waterchestnuts, chopped  
4 pieces mushrooms, Dried  
1 soak, then chop  
1/2 c spring onions, cut very fine  
1 t salt  
1/4 t pepper  
1/2 t m.s.g.  
1 egg  
1 t soy sauce  
35 lumpia (or eggroll wrappers)  
1 sweet and sour sauce  
1 c vinegar  
1/4 c sugar  
1/4 t salt  
1/2 c stock (or water)  
2 t cornstarch in 1 tb. water  
1 T cooking oil  
2 T tomato ketchup

In a bowl, combine pork, shrimp, waterchestnuts, mushrooms and spring onions. Season with salt, pepper and M.S.G. Blend in egg and soy sauce. Beat mixture thoroughly. At one end of a lumpia wrapper, spoon about 2 tb of the pork mixture and roll tightly. Brush end of wrapper with water to seal. Cut rolls into 2 inch pieces. Deep fat fry. Serve hot with sweet and sour sauce.

Sweet and sour sauce: Combine vinegar, sugar, salt, stock and cornstarch. Set aside. Heat cooking oil. Fry tomato ketchup, add vinegar mixture and boil until thick.

## Lumpia With Sweet Potatoes

1 c pork,finely cubed	LUMPIA WRAPPERS
6 T lard	=====
3 cloves garlic,minced	3 c flour
1 md onion,Sliced	1 T salt
1/2 c bean curd,Diced	5 c water
1 c raw shelled shrimp,Deveined	1 pork fat
1 c string beans,cut into 1- pieces	LUMPIA SAUCE
1 c cabbage,cut into 1 squares	=====
1 c sweet potatoes,Cubed	6 T cornstarch
1 salt,To Taste	1 c water
1 stalk celery,finely chopped	1/2 c soy sauce
20 lumpia wrappers (recipe below)	1/2 c brown sugar
1 lumpia sauce (recipe below)	

Boil the pork in a pot until tender and the fat comes out. Remove the pork from the pot and drain. Put the lard in a large skillet and saute the pork, garlic, onion and bean curd. Add the shrimp, string beans, cabbage, sweet potatoes and a little water. Season with the salt and cook over medium heat until tender. Set aside on a platter to cool, add the celery on top.

### LUMPIA WRAPPERS

Sift the flour into a bowl. In another bowl, mix the salt with the water. Add 1 cup of salted water to the flour to make a stiff dough. Beat the dough hard against the sides of the mixing bowl to soften and make it elastic. Add more of the water to soften the dough. Continue beating and adding water until the mixture becomes very elastic and has a consistency of heavy cream. Use only enough water to achieve this consistency. Heat a frying pan greased with pork fat and pour in about 2 tablespoons of the thin batter, tilting the pan to spread the batter as thin as possible. Turn the wrapper when it can be freed from the frying pan And fry quickly on the other side. Remove from pan. Do the same with the rest of the batter.

To serve, put 2 tablespoons of lumpia mixture in each wrapper and fold into a tight roll. Serve with lumpia sauce.

LUMPIA SAUCE Cook over low heat until thick, stirring constantly. Remove from heat and let cool.

## Lumpia Wrapper

1 Servings

2 pieces  
12 up  
1 up  
1 duck eggs  
1 cornstarch  
1 water

1. Mix cornstarch in water until evenly dispersed
2. Separate egg yolks from whites.
3. Beat egg whites until frothy, add egg yolks and beat just to blend.
4. Blend in cornstarch and water until a smooth batter forms.
5. Brush frying pan with cooking oil (olive oil is wonderful!) and heat. Spoon 2 tsbs of batter then tilt pan to spread mixture evenly. Lift wrapper when done.

## Manila Clams With Black Bean And Ginger Sauce

1 Servings

2 t peanut oil  
2 T ginger --,Finely Minced  
1 T garlic --,Finely Minced  
1 jalapeno -- seeded and  
1 minced  
1/4 c scallion,Minced  
2 dozen  
1/4 c shao hsing (or dry sherry)  
1 T oyster sauce  
1 t thin soy sauce  
1/2 t sugar  
2 T salted black beans --  
1 with a,Crushed  
2 t cornstarch  
1/2 t sesame oil  
1 manila clams (or new  
-zealand)  
1 cockles  
1 clever

Place oil in a wok over medium high heat. Stir fry the ginger, garlic, jalapeno, and scallions for 1 minute. Add the clams and stir well to blend. Add the Shoa Hsing and a scant 3/4 cup water. Cover wok, and boil the clams open for about 2 to 3 minutes. Remove clams and place in a colander; shake over wok to let the juices run off into wok. Set aside. To the wok, add the oyster sauce, the soy sauce, the sugar and the black beans. Stir well. Cook over medium high heat for 30 seconds. Mix the cornstarch in a small cup with a little water until a milky liquid is formed, then add to the boiling liquid in the wok (which will thicken immediately). Stir well for 10 seconds, remove from heat, and add sesame oil. Return clams to wok and toss to coat. Serve immediately.

4 servings as a first course

## Marinade For Bbq Chicken And Pork Ribs

1 Servings

- 1 sm onion
- 2 garlic cloves (minced)
- 1 c white vinegar
- 1/2 c soy sauce
- 1 salt and pepper (to taste)

Marinate chicken pieces (fryer) or pork ribs overnight, then barbeque. I usually make two batches of marinade for pork ribs and chicken together. marinade for BBQ chicken and pork ribs!

## Menudo Recipe

1 Servings

- 2 1/2 c pork tenderloin,diced
- 1 c liver (optional),Diced
- 3 potatoes,Cubed
- 1 sm can skinned garbanzo beans
- 1 md sized tomato
- 2 cloves garlic
- 1 md onion,sliced
- 1 t paprika
- 1 salt,To Taste

Boil the pork until it is tender. Dice. Saute the garlic, onion, and tomatoes. Add the pork & liver and continue to cook about 5 more minutes. Add the water, salt, and paprika. Add the cubed potatoes and garbanzos. Cook until the potatoes are done.

## Menudong Goto

4 Servings

500 g tripe (goto)  
2 T cooking oil  
2 cl garlic, crushed  
1 onion, chopped  
1 chorizo de bilbao (spanish  
1 sausage), sliced  
1 c tomato sauce  
1 red (or green pepper)  
1 c garbansos (chick peas), Cooked  
2 c broth  
2 potatoes, cubed and fried  
1 salt., To Taste  
1 t vetsin (msg)

Clean and boil tripe in salt and water until tender. Cut into small pieces and set aside. Fry the garlic and onions in hot oil. Add the chorizo de bilbao and pour in tomato sauce. Drop in tripe, pepper, garbansos and potatoes. Simmer until sauce is of desired consistency. Just before removing from the fire, season with salt and Vetsin.

## Misua

1 Servings

- 1 sm bundle misua (fine rice vermicelli)
- 1 vermicelli)
- 3 eggs
- 2 c water
- 1 T veg oil
- 1 clove garlic, Chopped
- 1 onion
- 1 salt (or patis and pepper -to)
- 1 taste

Saute garlic in oil until light brown. Add onion and saute until onion is translucent. Add water, salt or patis and pepper to taste. When the water boils add eggs whole, one at a time. Break misua into 3-inch lengths and add. Remove from heat and serve hot.

## Monggo

1 Servings

- 1 c whole monggo (mung) beans
- 5 T vegetable oil
- 7 cloves garlic,lightly
- 1 mashed
- 2 medium-sized onions
- 1 chopped
- 3/4 lb red-ripe tomatoes,chopped
- 1/2 lb malunggay leaves (substitute
  - 1 spinach (or kangkong))
  - 1 t salt (or),To Taste
  - 1 T calamansi (or lime juice)
  - 1 calamansi,or lime, cut into
  - 1 wedges

Clean and pick over the beans. Wash in several changes of water. Drain. Put the beans and 5 cups water into a 2-quart pot and bring to boil. Cover, lower heat and simmer for 2 minutes. Turn off the heat, and let the pot sit, covered for 1 hr. Bring the beans to a boil again. Turn heat to low and simmer gently for 1 1/2 hours or until the beans are tender and slightly mushy. Stir gently during the last half hour of cooking to prevent sticking.

Saute garlic in the veg oil until light brown. Add onions, fry until translucent. Add tomatoes, stir for 5-6 minutes. Add cooked monggo beans and bring to a simmer. Simmer, with occasional stirring for 5 minutes. Add malunggay leaves, salt and 1 tbsp calamansi juice. Stir and simmer. Simmer with occasional stirring, 5 minutes or until leaves are done. Serve with calamansi wedges and rice.

## Monkey Meat

The pork is sliced, and then marinated in 7-up.

That's right, 7-up. If you want, you can add a little garlic and/or onion to the marinade. The pork is then skewered and grilled, basting with soy sauce while cooking.

It sounds bizarre, but the 7-up would give a citrusy taste like lemon juice.

## Nalagang Manok (Chicken Soup)

6 Servings

- 2 lb chicken, cut into serving  
-pieces
- 1 md onion, sliced
- 2 sweet corn on the cob  
-quartered
- 2 md potato, peeled and quartered
- 1/4 t black peppercorns
- 1 T fish sauce (patis)
- 4 c bok choy, cut into 2-inch  
-pieces
- 1 salt, To Taste

In a covered deep pot over medium heat, bring the water, chicken pieces, onion, peppercorns and salt to a boil. Reduce heat to medium low and simmer for 25-30 minutes or until chicken is almost tender. Add potatoes, corn and fish sauce and cook for 10-12 minutes. Add bok choy and continue cooking for another 5-7 minutes or until vegetables are tender. Correct seasonings to taste. Remove fat that may accumulate on top of the soup.

## Paksiw Na Isda (Boiled Pickled Fish And Vegetables)

4 Servings

- 1 1/2 lb bangus (milkfish) (or white)  
-fish,dr,essed
- 1/2 c vinegar
- 1/4 c water
- 1 1/2 t salt
- 1 1/2 inch ginger,cru
- 2 pieces hot banana pe
- 1/2 c ampalaya (bitter mel
- 1/2 c eggplant,sliced

1. Cut fish into 4 slices. Place fish in a teflon or porcelain coated skillet. Add all other ingredients, except ampalaya and eggplant, cov and bring to a boil. Let simmer about 10 minutes, turning fish once to evenly.
2. Transfer to a covered dish and store in the refrigerator to "age" days.
3. Reheat over moderate heat just until heated enough before serving.
4. Add ampalaya and eggplant during the last five minutes of cooking.

## Pan De Sal

2 t active dry yeast dissolved  
1 in  
1/4 c 110-115 degrees water, Warm  
1 t granulated sugar  
2 T shortening  
2 T granulated sugar  
2 c bread flour  
3/4 t salt  
3/4 c water, Warm  
2 c bread flour  
1/2 c water, Warm

Yeast dissolved in 1/4 cup 110-115 degrees warm water 1 tsp granulated sugar. Let that yeast stand for 10 minutes.

Mix sugar and shortening together. Add the flour, salt & water with the mixed sugar and shortening. 3/4tsp salt 3/4cup Warm water

Add more or less of 2 cups Bread flour 1/2cup Warm water

Once it is mixed, don't knead it. Form a ball and let it rise till it doubles.

Then take the doubled dough and cut into half. The first half form a cylindrical shape on a lightly floured countertop and cut the dough. This will be sticky. That's why after you cut it (about the size of a golf ball) dip it immediately on bread crumbs. Then place the dipped dough on a cookie sheet. Don't make a ball shape because bread crumbs won't stick.

Let the dough rise again. While rising, you go ahead and preheat the oven 350 degrees.

When doubled, bake the dough until it becomes a little bit brown and spray with water. Spraying it with water makes the crust hard. Finish it up for another 3-5 minutes of baking. Your total baking should be 20 minutes or less.

## Pancit Canton

6 Servings

- 1/2 lb shrimp --,Peeled
- 1 T cornstarch
- 1 eggwhite
- 1 chicken breast --,Sliced
- 2 cloves garlic --,Crushed
- 1 onion --,Chopped
- 1/4 c pork (or kielbasa --),Sliced
- 2 T soy sauce
- 1 1/2 c chicken broth
- 1 carrot -- strips
- 1/2 head cauliflower --
- 1 flowerettes
- 4 cabbage leaves --,Shredded
- 1/4 c snow peas

Coat shrimp and chicken with cornstarch/eggwhite. Saute garlic, onion, pork, chicken and shrimp. Add soy sauce. Pour broth in and bring to boil. Then add vegetables. Thicken with cornstarch . Stir in dried canton noodles and cook 10 minutes.

## Pancit Guisado

- 1 pk vermicelli noodles (14-16oz)
- 1 c chicken breast,Boiled  
-flaked
- 1 c shrimps,shelled
- 1 c boiled pork meat,sliced  
-thinly
- 1 T vegetable oil
- 3 garlic cloves,minced
- 1 md onion,sliced
- 1 1/2 c fresh green beans,sliced  
-thinly diagonally
- 1/3 of a cabbage,sliced thinly
- 2 carrots,thinly sliced into  
-2-inch
- 3 stalk celery,sliced thinly  
-diagonally
- 1/2 c annatto water (see below)
- 2 T light fish sauce (patis)
- 1 salt and pepper,To Taste
- 1 lemon,Slices

Soak the rice vermicelli noodles in water until soft. Drain and set aside. In a non-stick deep pan over medium heat, saute garlic in oil until lightly browned. Add onion. Stir for 1 minute. Add chicken meat, shrimps, pork, green beans, cabbage, Carrots, celery, 1 tablespoon fish sauce and salt and pepper to taste. Cook for 5-8 minutes until vegetables are crisp-tender. Remove vegetable and meat mixture and set aside.

In the same non-stick pan, add chicken stock or canned chicken broth, annatto water, 1 tablespoon fish sauce, and a little salt and pepper to the stock left in the pan. Let boil, then add noodles. Simmer in medium heat until liquid is absorbed and noodles are cooked. Gently stir in 2/3 of the vegetable mixture taking care not to mash the noodles. Transfer to a serving platter and top with the rest of the vegetable mixture. Serve with slices of lemon and extra fish sauce on the sides. Serves 10 or more.

Annatto Water: 1 tbsp. annatto (achuete) seeds, 1/4 cup water. Soak annatto seeds in water for 15 to 20 minutes. With your fingers, squeeze color out of the seeds in water, until water turns orangy or reddish. Drain liquid into container and discard seeds. Use this liquid as a natural food coloring when the recipe calls for it.

## Pianono

1 Servings

6 egg whites  
6 T sugar  
6 egg yolks  
6 T flour, Sifted

To 6 egg whites beaten until stiff, add the following by spoonfuls, beating well after each addition 6 tablespoons sugar, then add 6 yolks of eggs (well beaten). Blend well. Cut and fold into the mixture: 6 tablespoons sifted flour

Pour into a jelly roll pan lined with greased paper. Bake for 15 minutes at 400F. Turn out on another sheet of paper sprinkled with sugar. Remove paper lining. Spread jam frosting over cake and roll. Dust surface with sugar. Slice crosswise.

## Pickled Pork Snouts (Kilawin)

4 Servings

- 1 lb pork snout (or 1 pkg)
- 1/2 c palm vinegar
- 1/4 c soy sauce
- 1/2 t pepper corns or, Cracked  
-ground black pepper
- 1 md onion (or green), Chopped  
-onions
- 4 clove garlic, Minced
- 2 fresh jalapenos, Sliced
- 1 pk fried tufu, Cubed
- 1 green papaya, shredded  
-(optional)

Procedure: Clean hairs from pork snouts by scrapping them with a knife. Remove excess fat. When snouts are clean put them in a pot and cover with enough water to boil.

When you think that the snouts are tender and soft let them cool off and then cut the snouts into inch size pieces.

Mix the rest of the ingredients in with the cut snouts. Taste a little bit so you can see if you need to add more of one or two of the ingredients to suit your taste.

## Poncit

5 Servings

- 1/4 c cooking oil
- 2 garlic cloves,minced
- 1 onion,minced
- 1 c meat,boiled (pork, chicken,  
- (or shr),imp)
- 1 lg carrot,cut into thin strips
- 1 sm cabbage,shredded
- 3 T soy sauce
- 3 T broth
- 1 celery,bunch
- 8 oz rice sticks (or wheat  
-noodles)
- 1 t salt
- 1 t msg
- 1 spring onion,chopped

Saute garlic in cooking oil. Add onions, meat, carrot and cabbage. Season with soy sauce and fry for 2 more minutes. Add broth and simmer, then add celery.

When vegetables are cooked, add rice sticks or noodles and season with salt and MSG. Garnish with spring onions. Serve with lemon.

## Pork Tabungao (White Squash With Pork)

1 Servings

YIELD SERVINGS =====

- 1 tb oil
- 1 garlic clove,minced
- 1 lb pork,sliced in small pieces
- 1/4 t pepper
- 1/4 t monosodium glutamate
- 4 tb patis
- 4 tb msg (optional)
- 1 md onion,sliced
- 1 md tomato,diced
- 1 tb dried shrimp,opt'l
- 1 c button mushrooms
- 1 c water
- 1 sm white squash (opu),sliced  
-into 1 x 1/4 inch
- 3 lb kabatiti (sequa),peeled and  
- cut into 1/2

On medium-high heat, brown garlic in oil. Add pork, pepper, MSG and 2 tbsp. patis. Cook until pork is lightly browned. Add tomato, onion and dried shrimp, stirring until onion is done. Add mushrooms and water. Bring to boil. Add sliced squash and remaining patis. Simmer on medium heat for 10 minutes or until squash is done. Serve hot. Makes approximately 5 servings.

## Puerco Adobado

4 Servings

- 1 1/4 lb pork shoulder, boneless cut  
-into 2, cubes
- 1 c , water
- 1/2 c vinegar
- 2 T soy sauce
- 6 garlic clove, minced
- 1/4 t pepper, black
- 4 t oil

On a rack in a broiling pan broil pork 6 inches from heat source until rare, 5 to 6 minutes; transfer to 3-quart saucepan. Add water, vinegar, soy sauce, garlic, and pepper and stir well to combine; bring to a boil over high heat. Reduce heat, cover, and let simmer until pork is fork tender, 30 to 40 minutes. Using slotted spoon, transfer pork to plate; set aside. Increase heat to high and cook pan juices, stirring occasionally, until liquid is reduced by half; remove from heat and reserve.

In a 10-inch nonstick skillet heat oil over medium-high heat; add pork cubes and cook, turning meat frequently, until well browned on all sides, 4 to 5 minutes. Add reserved pan juices and stir well; cook until sauce is heated, about 1 minute.

## Radish Pickles

1 Servings

SERVING SIZE =====

CATEGORIES FILIPINO PICK =====

- 1 lg radish
- 3 T rock salt
- 2 T vinegar
- 1/2 T sesame oil
- 3 T sugar
- 1 peel radish and slice paper  
-thin.
- 2 press radish down on rock  
-salt and,leave overnight
- 3 rinse radish with water  
-until no longer salty.
- 4 squeeze out water,add  
-vinegar,oil,and red peppe
- 5 place in air-tight jar and  
-serve.
- 1 red pepper ++ thinly,Sliced

Serving Ideas : Good as side serve for many stews and meat dishes.  
Radish Pickles

## Sans Rival (Cake Without A Rival)

12 Servings

### FILLING =====

- 6 egg yolks (large eggs)
- 1/2 lb butter
- 1/2 c karo light corn syrup

### WAFERS =====

- 6 egg whites
- 3/4 c sugar
- 1 t vanilla
- 1/2 lb (1 1/2 cups) roasted cashew  
-nuts
- 1 preferably unsalted, finely  
-chopped, manually or
- 1 by food processor

Beat egg yolks until light and lemon-colored. Heat corn syrup over low heat until bubbly 2 minutes. Immediately pour syrup in thin streams to egg yolk while beating. Chill to cool. Cream butter. Beat in cooled egg yolk mixture. Set aside in a cool place. Preheat oven to 325. Line 3 12x18 inch cookie sheets with waxed paper. Liberally grease and flour. Beat egg whites until soft peaks form when beater is slowly raised. Gradually beat in sugar, 3 tbs. at a time, beating well after each addition. At high speed, beat until stiff peaks form when beater is slowly raised. Fold in 1 cup of finely chopped cashews (save 1/2 cup for garnish) and vanilla, using rubber spatula, until blended. Spread evenly onto baking sheets, 1/4 inch thick. Bake at 325 for 20 minutes or until golden brown. Immediately cut wafer on each baking sheet in 1/2 down the center, loosen and transfer to a clean flat surface lined with wax paper, and quickly peel off the wax paper that the wafer cooked on (if you don't do this now while the wafer is hot, the paper won't come off). Spread icing thinly on top of each wafer (you should have six 12 by 9 inch wafers) and layer. Ice top layer and sprinkle with remaining nuts. Freeze. Cover cake when icing has hardened. Serves 12.

## Sawsawang Kamatis (Tomato Dip Or Salsa)

1 Servings

- 3/4 lb red-ripe tomatoes
- 1 t coarsely fresh, Grated
- 1 ginger
- 2 T peeled, chopped green mango
- 1 scallion, finely sliced
- 1/4 t salt (or), To Taste
- 1 black pepper, Freshly Ground
- 1 to taste

Cut the tomatoes into 1/8 inch thick rounds and arrange them in a single layer in a platter. Sprinkle the ginger, green mango, and scallion evenly over the tomatoes. Sprinkle salt and pepper over the top.

## Sinigang Na Baboy (Pork In Sour Broth)

4 Servings

- 1 1/2 lb pork riblets (or pork ribs)
  - country,style,cut to piece
- 5 c water
- 4 md tomatoes,sliced
- 1 md onion,sliced
- 1 1/2 t salt
- 1 md icicle radish,cut into 1
  - pieces (o,r 10 red radishe
- 1/4 lb green beans
- 1/2 lb spinach (or cabbage mustard
  - greens,or watercress)
- 5 md sampaloc (tamarind)
  - [available as p,owde

1. In a large pot, bring water and pork to a boil. Add tomatoes, oni salt and tamarind. Simmer 1 hour or until pork is tender.
2. Optional: Remove tamarind and mash with some broth. Strain juice into pot.
3. Taste for seasoning. Bring to a boil. Add green beans and radish 10 minutes.
4. Add spinach, cover and remove from heat. Let stand 5 minute to fi cooking spinach.

## Siopao

1 Servings

1 pk yeast  
3 c flour  
1/4 c sugar  
1 t salt  
1/2 c milk  
1/2 c water  
1 filling  
1 hard egg (or salted),Boiled  
1 egg  
2 chinese sausages,cut in  
1 sm pieces  
1 sm onion  
1 clove garlic,crushed  
1/2 c water chestnut,chopped  
1/2 lb pork,cut in small pieces  
1/2 c cooked ham,cut in small  
1 pieces  
2 T fish sauce (patis)

Dissolve yeast in lukewarm milk and water. Add dry ingredients and knead until smooth. Let rise. After the dough has risen, it is ready to be filled.

Saute the garlic, onion, chestnut, sausage, pork, ham, and season with patis. Simmer until all ingredients are done. Add 1/4 cup water with 1 tbsp. cornstarch to thicken.

Place the filing on flattened dough about 1/4 cup size, seal by twisting end of dough. Steam for about 10-15 minutes. Serve with the gravy from the filling.

## Sopa De Maiz (Filipino Corn Soup)

1 Servings

- 3/4 c thinly onions,Sliced
- 2 cloves of garlic,minced
- 1/2 lb raw shrimp,shelled,  
-deveined,and,diced
- 2 c bottled clam juice
- 2 c water
- 1/2 t black pepper,Freshly Ground
- 1 1/2 c chopped,cooked or canned  
-corn
- 1/2 c watercress or,Shredded  
-spinach

Saute the onions and garlic in the oil for five minutes. Add the shrimp and saute for two minutes. Stir in the clam juice, water, pepper, and corn. Bring to a boil and cook over low heat for 10 minutes. Add the cress and cook two minutes. Taste to adjust seasonings and serve.

## Spicy Soy Dipping Sauce

1 Servings

1/2 c thin soy sauce

1/4 c rice wine vinegar (you can

1 substitute -- such

1 as

1 balsamic )

1 T sambal

1 T scallions, Chopped

1 other vinegars

In a bowl, combine soy sauce, rice wine vinegar, sambal, and chopped scallions. Serve with Spring Rolls.

3/4 cup

## Stewed Dog (Wedding Style)

30 Servings

- 3 Kg dog meat,\* see note
- 1 1/2 c vinegar
- 60 peppercorns,crushed
- 6 T salt
- 12 cloves garlic,crushed
- 1/2 c cooking oil
- 6 c onion,sliced
- 3 c tomato sauce
- 10 c water,Boiling
- 6 c red pepper,cut into strips
- 6 pieces bay leaf
- 1 t tabasco sauce
- 1 1/2 c liver spread,\*\* see note
- 1 whole fresh pineapple,cut  
-1/2 inch,thick

1. First, kill a medium sized dog, then burn off the fur over a hot fire. 2. Carefully remove the skin while still warm and set aside for later (may be used in other recipes) 3. Cut meat into 1" cubes. Marinade meat in mixture of vinegar, peppercorn, salt and garlic for 2 hours. 4. Fry meat in oil using a large wok over an open fire, then add onions and chopped pineapple and suate until tender. 5. Pour in tomato sauce and boiling water, add green peper, bay leaf and tobasco. 6. Cover and simmer over warm coals until meat is tender. Blend in liver spread and cook for additional 5-7 minutes.

\* you can substitute lamb for dog. The taste is similar, but not as pungent. \*\* smooth liver pate will do as well.

## Stuffed Frogs

2 Servings

- 6 lg edible frogs,skinned, whole
- 1 c finely pork,Chopped
- 1/2 head garlic,chopped fine
- 1/4 vinegar
- 1 heaping teaspoon brown sugar
- 1 salt and pepper,To Taste

Mix pork with garlic, vinegar and seasonings. Stuff body cavities of well cleaned frogs. Rub with seasoning and hang in the sun to dry. Fry in deep, hot fat until frogs are a golden brown.

## The Bicol Express

6 Servings

- 1/4 c cooking oil
- 1 T garlic, Chopped
- 1/2 c onions, Chopped
- 1/4 c fresh ginger, Chopped
- 2 T dilao (fresh tumeric)
- 1 Kg pork sliced into, Cooked
- 1 1/2 strips
- 1 1/2 T hot chilli (siling, Chopped
- 1 labuyo)
- 1 1/2 c bagoong alamang
- 6 c coconut cream
- 2 c fresh hot green peppers
- 1 (elongated variety) sliced
- 1 diagonally into 1/4 strips
- 1 1/2 fresh red peppers (elongated
- 1 variety) diagonally, Sliced
- 1 into 1/4 strips

Saute garlic in hot oil. Add onions and cook until translucent. Stir in fresh ginger, dilao, and the sliced cooked pork. Stir continually for 5 minutes. Add bagoong alamang and chopped hot chilli (siling labuyo). Stir until the pork is completely covered by the mixture. (about 15 minutes.) Pour in 6 cups of coconut cream and add the sliced hot green and red peppers. Continue cooking for about 20 minutes. Add salt if necessary. Note: chillis and peppers to be added according to spiciness desired.

## Tikoy > Fried Mochiko Strips

1 Servings

330 g mochiko  
1 c unbleached all-purpose  
1 flour  
2 c sugar  
1/3 c milk  
2 c coconut milk  
2 T lard

Boil sugar, milk, and lard until mixture turns into a syrup.

Combine mochiko, all-purpose flour and coconut milk. Mix well.

Add the syrup to the mochiko mixture until it turns into a thin paste. Pour the paste into a heavily-oiled cake pan. Steam over high heat for 2 hours. Cool on a wire rack.

Cut tikoy into slices and dip in beaten egg. Fry in hot oil.

## Tortang Tagalog

1 Servings

- 4 sm japanese-type talong
- 1 (eggplant)
- 4 eggs
- 1 onion
- 1 salt,pepper to taste
- 1 tomato,cilantro or kinchay
- 1 to garnish

Well, that's the name my mother gives it. We occasionally do this with minced beef, but in general, we just do it like this:

Roast the eggplants, either in the oven or over gas flame (latter is preferable) until the outside skin is charred. Peel off the skin and mash the flesh with a fork. Make sure to keep the whole thing as intact as possible.

In a skillet, fry the onion until translucent and remove. To prepare one torta, beat an egg in a bowl, then dip the eggplant. Hold the whole thing by the stem and don't dip that part in the egg. Add salt and pepper as you like, and if you really want to, add finely chopped cilantro or kinchay to the egg mixture. Heat oil in a frying pan, then when the oil is hot, add the mixture to the pan and layer some onions to the top of it. Let set then turn over with a spatula. Remove to a plate and garnish with tomato slices and cilantro/kinchay. Serve with rice.

## Vinegared Lettuce

### 1 Servings

- 1 lettuce leaves or
- 1 bok choy
- 1 malt vinegar
- 1 gingerroot,peeled & diced
- 1 garlic cloves
- 1 hot peppers,habaneros or  
-thai bird,peppers
- 1 sea salt
- 1 black peppercorns

Pack a quart jar with lettuce. Add enough vinegar to moisten. Add spices. After putting on the lid, shake to ensure all the lettuce is dampened with vinegar. After an hour or two the lettuce will start to wilt and compact. Add more lettuce in small batches until the jar remains full. The vinegar will extract moisture from the lettuce and should be sufficient to cover the greens. Otherwise add more vinegar.

Let stand at least 3 days for the spices to infuse the vinegar and the lettuce. Shake the jar daily.

## Wwalang Kaparis [sans Rival]

1 Servings

6 egg whites  
3/4 c sugar  
1 1/2 c cashew nuts, chopped finely  
1 t vanilla  
1 filling  
1 c sugar  
1/3 c water  
2 T rum  
6 egg yolks  
1/2 lb butter

Grease flour heavily 3 inverted 18 X 15 cookie sheets. Set aside. Beat egg whites until soft peaks are formed. Gradually add the sugar, beating well after each addition. Continue beating until egg whites are very stiff. Fold in cashew nuts and vanilla. Spread thinly in prepared pans. Bake at 300 degrees F for 20 minutes or until golden brown. Cut wafers in the center if desired. Loosen and slide wafers to a flat surface. Cool. (Work while wafers are hot because they are hard to loosen as they are crisp when cool.) Prepare filling.

### FILLING

Boil sugar and water until it spins a thread. Meanwhile, beat egg yolks until thick. Pour syrup in egg yolk mixture and rum. Fill and cover wafers before filling. Sprinkle top with chopped cashew nuts. Serve chilled.

## MIDDLEEASTERN RECIPES

### Lebanese Cabbage Rolls

1 Servings

- 1 lg head cabbage
- 1 lb beef, Coarsely Ground
- 1 c rice
- 2 t salt
- 1 juice of 2 lemons
- 1/4 t m.s.g.
- 1/2 t allspice
- 3 cloves garlic
- 2 c tomatoes (or 1 can), Canned
- 1 tomato
- 1 paste

Preparation : Wash rice and drain. Add meat and 1 cup tomatoes or 1/2 can paste. Add salt, pepper and spices. This is the filling. Separate cabbage leaves and drop separately in salted boiling water and cook a few minutes until limp. Cook all leaves then let drain. Trim leaves of heavy stems. Reserve stems and put in bottom of saucepan. On each leaf place 1 heaping tbsp. of filling and roll firmly. Place cabbage rolls neatly in rows making several layers. Place garlic buds among leaves as you roll. Add 1 cup tomatoes and enough hot water to cover rolls. Sprinkle 1/2 tsp. salt over all. Cook 45 minutes to 1 hour. During last 15 minutes of cooking, add the juice

## Abgushte Miveh (Dried Fruit Soups)

6 Servings

- 1 lb lamb (or beef stew meat)
  - Lean
- 1 lb lamb (or beef soup bones)
- 7 c ,water
- 1 limu omani (dried lime)
  - optional
- 1 black pepper,Freshly Ground
- 2 T ghee (or butter)
- 1 lg onion,finely chopped
- 2 t turmeric
- 1 c prunes,pitted
- 1/2 c apricot halves,Dried
- 1/2 c dried peaches,chopped
- 1/3 to 1/2 cup brown sugar
- 1 to 2 t. lemon (or lime
  - juice)

Cut meat into small cubes and place in a soup pot with bones, water, and dried lime if available. Bring slowly to the boil, skimming when necessary. Add salt and pepper, cover and simmer gently for 1 1/2 hours or until meat is almost tender. Remove bones and dried lime if used.

In a frying pan, heat ghee or butter and fry onion until transparent, stir in turmeric, and cook until lightly browned. Add to soup with dried fruits (these may be washed if necessary, but do not require soaking). Cover and simmer for 30 minutes. Add sugar and lemon or lime juice to taste so that soup has a pleasant sweet-sour flavor. Serve hot.

## Almond Falafel

1 Servings

- 1 1/2 lb lean lamb,Ground
- 1 sm eggplant (3/4 lb.),Diced
- 1 tomato -- coarsely,Chopped
- 1 1/2 t salt
- 1 c yogurt
- 1/4 c parmesan cheese,Grated
- 1 lg onion
- 1 clove garlic --,Minced
- 2 T dry red wine
- 1/2 t cinnamon
- 1 c almonds -- toasted,Chopped
- 3 (8 inch)
- 1 pita breads --,Halved

In Dutch oven brown lamb with onion, eggplant and garlic over medium heat about 5 minutes. Drain off excess fat. Stir in tomato, wine, salt and cinnamon. Continue to cook, covered, for about 20 minutes until vegetables are tender, stirring occasionally. Stir in yogurt, almonds, and cheese. Spoon 1 cup hot lamb mixture in each 1/2 of pita bread. Serve immediately.

## Alo-Balo Polo (Steamed Rice With Sour Cherries)

4 c cherries,sour,fresh, ripe,	2 c rice,iranian,imported or
1 ,pitted (about 2 pounds)	1 ,other uncooked long, soak
6 T sugar	1 ,and drained
1/4 c olive oil	8 T butter,melted
2 1/2 lb chicken	1/4 t saffron threads,pulverized
1 t salt	1 ,with a mortar and pestle
1 md onion,peeled and cut into	1 ,the back of a spoon, and
1 ,1/8 inch thick slices	1 ,dissolved in 1 tablespoon
1/2 c water	1 ,warm water

Combine the cherries and sugar in a 2 to 3 quart saucepan, and, stirring gently, bring to a boil over high heat. Reduce the heat to low and simmer uncovered for 2 or 3 minutes, or until the cherries have softened somewhat and given off most of their liquid. Remove from the heat.

In a heavy 3 to 4 quart casserole, heat the olive oil over moderate heat until a light haze forms above it. Pat the chicken completely dry with paper towels and sprinkle it inside and out with salt. Brown the chicken in the hot oil, turning it frequently with a large spoon or tongs and regulating the heat so that the bird colors quickly and deeply without burning.

Place the chicken on a plate and add the onion slices to the oil remaining in the casserole. Stirring frequently, cook for about 10 minutes, or until the slices are richly browned. Return the chicken and all of the juices which have accumulated on the plate to the casserole, add the cup of water and bring to a boil over high heat. Reduce the heat to low, cover tightly and simmer for about 30 minutes, or until the chicken is tender.

Transfer the chicken to a plate, set aside 2 tablespoons of the cooking liquid and discard the onion slices. When the bird is cool enough to handle, cut it into 6 or 8 serving pieces.

Meanwhile, bring 6 cups of water to a boil in a heavy 4 to 5 quart casserole with a tightly fitting lid. Pour in the rice in a slow, thin stream so the water does not stop boiling. Stir once or twice, boil briskly for 5 minutes, then drain the rice in a sieve.

Pour the reserved chicken cooking liquid and 4 tablespoons of the melted butter into the casserole and stir them together. Add half of the rice and, with a spatula or spoon, smooth it to the edges of the casserole. Cook uncovered over moderate heat for 5 minutes, then remove the casserole from the heat and add the chicken and half of the reserved cherries. Spread the remaining rice on top and pour in all the remaining cherries and their cooking liquid. Cover tightly and cook over low heat for 15 to 20 minutes, or until the rice is tender.

To serve, spoon about a cup of the rice into a small bowl, add the remaining 4 tablespoons of melted butter and the dissolved saffron and stir until the mixture is bright yellow. Place a layer of rice on a heated platter. Arrange the chicken on top of it, cover the chicken with the remaining rice and cherry mixture. Sprinkle the saffron rice on top. With a metal spatula, lift the rice crust from the bottom of the casserole and arrange small pieces of it around the edge of the platter.

## Arkayagan About (Meatball Soup)

6 Servings

1/2 lb venison (or lamb),Lean  
1 twice,Ground  
1/2 c cooked rice,ground wheat  
1 or bulghour  
1/4 c finely onion,Chopped  
1/4 c finely parsley,Chopped  
2 cn condensed chicken broth  
1 (10-1/2 ounces each)  
2 cn water  
1/3 c lemon juice  
2 eggs  
1 salt,pepper

Combine first four ingredients. Shape into 3/4-inch balls. Heat broth and water to the simmering point. Add meatballs; simmer 15 to 20 minutes. In a soup tureen, beat lemon juice and eggs until smooth. Gradually beat in hot broth. Add meatballs last. Season to taste with salt, pepper.

## Ash Sak (Lamb & Spinach Soup With Meatballs)

3 lb meat lamb bones,sawed,	meatballs:
6 c water	1/2 lb lean ground lamb
1/2 lb spinach,fresh,washed,trimmed and finely chopped	2 tb iranian rice; or raw, long grain rice
1 ,or 10 oz. pk chopped frozen spinach, defrosted	2 tb parsley; finely chopped
2 c parsley,finely chopped and preferably flat leaf	1 tb yellow split peas, dried
1 c onion,coarsely chopped	1 ts onion; finely chopped
1/2 c iranian rice,or other long grain rice, raw, soaked,drained	1/4 ts turmeric
1 T dill,fresh,finely cut or 1 teaspoon dried dill weed	1/2 ts salt
4 t salt	1 egg
1 black pepper,freshly ground	garnish:
1/2 c yellow split peas,dried	1/2 c olive oil
1/2 t turmeric	2 md onion; peeled and cut into 1/4 inch thick slices
	6 tb butter
	4 tb mint, fresh; finely cut or 2 tablespoons dried mint
	2 ts turmeric
	2 c yoghurt, unflavored; at room temperature

Soup: In a heavy 8 to 10 quart casserole, combine the lamb bones and water and bring to a boil over high heat, meanwhile skimming off the foam and scum as they rise to the surface. Then stir in the spinach, the 2 cups of parsley, 1 cup of onions, 1/2 cup of rice, dill, 4 teaspoon turmeric, cover tightly and simmer for 1 hour longer. (Check the casserole form time to time and add more water if necessary; the ingredients should be well covered with liquid throughout the cooking period.)

Meatballs: Combine the ground lamb, 2 tablespoons of rice, 2 tablespoons of parsley, 1 tablespoon split peas, 1 teaspoon onion, 1/4 teaspoon turmeric, 1/2 teaspoon salt and the egg in a deep bowl. Knead vigorously with both hands, then beat with a wooden spoon until fairly smooth. Moistening your hands in cold water occasionally, shape the mixture into balls about 1 inch in diameter. (There will be about 24 meatballs.) When the soup has cooked for 2 hours, gently drop in the meatballs and simmer tightly covered for about 30 minutes.

Garnish: About 15 minutes before the meatballs are done, heat 1/2 cup of olive oil in a heavy 10 to 12 inch skillet until a light haze forms above it. Add the sliced onions and, stirring frequently, cook over moderate heat for about 10 minutes, or until the onions are deeply browned. Set aside. In a small skillet or saucepan, melt the butter over low heat without letting it brown. Remove the pan from the heat and stir in the mint and 2 teaspoons of turmeric. For each serving, spoon about 1/4 cup of the yoghurt into a heated soup plate and ladle 2 cups of soup over it. Add 1 tablespoon of the melted butter and mint mixture, and stir until all the ingredients are well combined. Arrange 3 of the meatballs in each serving or the soup and sprinkle the top with a few of the browned onions. Serve at once.

## Ash-E Jow (Iranian Barley Soup)

1 Servings

1 c barley,Dried  
1/2 c green (or red lentils),Dried  
6 c water  
2 md onions,diced  
2 T olive (or sunflower oil)  
1 T mint (or parsley),Dried  
1 t turmeric  
1/2 t black pepper,Ground

- 1) Put everything into a pot and then bring to a gentle boil.
- 2) Simmer for 1 1/4 hours, stirring occasionally.
- 3) Serve with feta cheese and salad.

Variations: Fry the onions, in the oil, before putting them in the pot. Add 1 cup of cooked chick peas or red kidney beans, a few minutes before serving.

## Ashe Anfr (Pomegranate Soup)

5 Servings

### INGREDIENTS =====

1/2 lb beef,Ground  
1 small onion,grated  
1/4 t cinnamon  
1/4 t pepper  
1/4 t salt  
8 c water  
2 t salt  
1/2 c rice  
1 c spinach,chopped  
1 c parsley,chopped  
1/2 c green onions,chopped  
1 1/2 c pomegranate seeds or  
1 c pomegranate juice  
1/3 c sugar  
1 T lime juice (optional)

### SPICE FOR SOUP =====

1 T mint,Dried  
1/4 t cinnamon  
1/4 t pepper

### PREPARATION =====

Put the meat in a bowl. Add grated onions and seasoning and mix well. Make meat balls the size of walnuts. Put water in a 3 qt pot. Add salt and rice and let cook for 15 minutes. Add vegetables and let cook for another 15 minutes. Cut fresh pomegranate and take out the seeds to make about 1 1/2 cups. Add meat balls, pomegranate seeds, and sugar to the soup and let cook for another 20 minutes on a low fire or until the meat is done.

Rub dried mint in the palm of your hands to make it powdery. Add cinnamon and pepper to the mint. Add this to the soup just before removing it from the fire.

Taste soup, and if needed add more salt and lime juice for the right flavoring. If the pomegranate is sweet it will require lime juice.

## Ashe Mfst (Hot Yogurt Soup)

6 Servings

### INGREDIENTS =====

1/2 lb beef,Ground  
1 small onion,grated  
1/2 t salt  
1/2 t pepper  
4 c yogurt  
1/4 c rice  
1 egg  
1 T flour  
1 1/2 t salt  
1/2 t pepper  
4 1/2 c water  
1/2 c parsley,chopped  
1/2 c green onions,chopped  
1/2 T dill (optional)  
1/2 c chick peas,canned  
2 clove garlic  
1 T mint,Dried

### PREPARATION =====

Put the meat in a bowl. Add grated onion and seasoning and mix well.

Make meat balls the size of walnuts. Put yogurt in a 3-qt pot. Add rice, egg, flour, and seasoning and beat well. Add water and mix. Cook over a very low fire, stirring constantly for about 20 minutes or until it thickens. Add meat balls to the yogurt mixture and let simmer for 10 minutes. Add vegetables and chick peas and let simmer for 15 minutes. Stir it often to avoid curdling.

Chop one or two cloves of garlic and saute in butter, add dried mint, about 1 tablespoon, and put a teaspoonful of this hot garlic sauce on each plate of yogurt soup when serving.

## Ashe Reshte (Noodle Soup)

5 Servings

### INGREDIENTS =====

1/2 lb beef,Ground  
1 small onion,grated  
1/4 t cinnamon  
1/4 t pepper  
1/2 t salt  
4 c \*to\*  
5 c water  
1 1/2 t salt  
1/4 c black-eyed peas  
1/4 c lentils  
1 c noodles  
1/2 t pepper  
1/2 c parsley,chopped

### SPICE MIX FOR SOUP =====

1 T mint,Dried  
1/4 t pepper  
1/4 t cinnamon

### PREPARATION =====

Put the meat in a bowl. Add grated onions and seasoning, mix well and make meat balls the size of walnuts. Put the water in a 3-qt pot. Add salt and black-eyed peas and let cook for 15 minutes. Add meat balls, lentils, noodles, pepper and parsley and let simmer on a medium fire for about 35 minutes. Rub dried mint in the palm of your hands to make it powdery. Add cinnamon and pepper to the mint. Add this to the soup just before removing it from the fire.

## Baked Guavas Stuffed With Mushrooms & Olives

6 Servings

6 guavas  
1 T oil  
1 c mushrooms, chopped  
1 T onion, chopped  
1/2 c green olives, chopped  
2 T parsley, chopped  
4 t fresh dill weed or, Chopped  
1 t dill, Dried  
1/2 t each salt and pepper  
1 T sesame seeds

To prepare the guavas for stuffing, cut a thin slice from the top of the guava. With a melon ball scoop or small spoon, remove the seeds and set the guavas aside.

Heat the oil in a skillet. Add mushrooms, onion, green olives, herbs, salt and pepper; saute until vegetables are soft. Remove the mixture from the flame; cool. Stuff the guavas, filling them to the top.

Place stuffed guavas in a baking dish just large enough to hold them and sprinkle sesame seeds over the guava tops. Bake at 325 F. for 1 hour, or until the fruit is tender. Serve hot.

## Baked Kibbeh

6 Servings

1/2 c bulgar wheat  
2 c ,hot water  
1/4 c onion,finely chopped  
3/4 t salt  
1/2 t cinnamon,Ground  
1/4 to 1/2 tsp. pepper,Ground  
1 1/2 lb ground lamb (or beef),Ground  
3/4 c onion,finely chopped  
1/3 c pine nuts (or almonds)  
-slivered  
1 t lemon juice  
1/2 to 1 tsp. salt  
1 ds pepper  
1 plain yogurt

Soak bulgar in water for 1 hour. Drain well; squeeze out excess water. Stir in the 1/4 cup chopped onion, the 3/4 teaspoon salt, cinnamon, and 1/4 to 1/4 teaspoon pepper. Add 1 pound of the ground meat; mix well. Set aside.

In a skillet cook remaining meat, the 3/4 cup chopped onion, and nuts till meat is brown. Drain off fat. Stir in lemon juice, the 1/2 to 1 teaspoon salt, and the dash pepper. In a 10x6x2-inch baking dish press half of the meat-bulgar mixture evenly over the bottom. Top with cooked meat-nut mixture. Cover with remaining meat-bulgar mixture, pressing down with hands. Bake in 350 degree F. oven about 25 minutes or till done. Drain off fat. Serve warm or chilled with yogurt. Makes 6 servings.

## Baked Leeks

Slice a kilogram of leeks into thin rounds, including the green leafy parts. Wash and place in a saucepan.

Add 5 tablespoons of olive oil or margarine and half-a-cup of water. Cover tightly and cook over a medium heat until the leeks have softened and absorbed the liquid.

Remove from the heat and set aside to cool. Break 4 eggs into the leeks, add 1 cup of grated mild "kasar" (yellow cheese), 3 tablespoons of flour, 1 cup of chopped dill, and salt and black pepper to taste, and stir lightly. Cut 4 to 5 slices of pastirma (pastrami with garlic), 3 slices of "sucuk" garlic sausage, and 3 slices of ham into tiny pieces and stir into the leek mixture. Pour into a shallow greased oven dish and spread smoothly. Sprinkle plenty of paprika over the top and bake in a medium oven (350 F- 180 C) until browned. Serve hot.

## Beef Kibbe Patties

4 Servings

1/2 c bulgur  
1 sm onion, finely chopped  
2 T pine nuts, or chopped  
-almonds  
2 T lemon juice  
1 t salt  
1 t cinnamon  
1/2 t cayenne, (opt)  
1 lb beef, Ground  
1 yogurt, plain

In bowl, cover bulgur with boiling water, let soak for 10 minutes. Drain in sieve, pressing to squeeze out water. In bowl, combine bulgur, onion, pine nuts, lemon juice, salt, cinnamon, and cayenne. Mix in ground beef. Shape into eight 1/2 inch thick patties. In non-stick skillet, cook patties over medium heat, in batches if necessary and turning once, for 8 minutes or until no longer pink inside. Serve with yogurt.

## Beet Relish (Kuchundooria) Turkey

1 Servings

- 1 beets
- 1 water,Boiling
- 1 md onion,quartered and sliced
- 1 cider vinegar
- 1 t salt

Beets prepared this way are used as a relish with meat. Wash beets thoroughly. Top the beets, leaving 1 inch of the stems to retain color. Retain some of the stems that were cut off. Cover the beets with boiling water and cook till tender. Young beets will cook in 30-60 minutes, depending on size. Place the cooked beets in a pan of cold water and slip off their skins. Cut the beets in quarters and put them in a bowl or jar with one medium onion. Add cider vinegar blended with double the amount of boiled water to cover and 1 teaspoon of salt. Serve cold as a relish with chicken or meat.

## Best: Tahini Dip And Dressing

1 Servings

1/2 c tahini  
1/3 c lemon juice  
1/4 c extra-virgin olive oil  
1/4 c water  
1 garlic clove,minced  
1/2 t cumin,Ground  
1/4 t hot pepper sauce  
1/4 t salt

In small bowl, stir together tahini, lemon juice, oil and water until smooth; stir in garlic, cumin, hot pepper sauce and salt.

## Biram Ruzz (Molded Baked Rice With Chicken)

- 4 T butter, softened
- 2 T butter, cut into 1/4 inch
- 1 , pieces
- 3 c rice, uncooked, medium or
- 1 , long grain rice
- 2 1/2 lb chicken, cut into 6 to 8
- 1 , serving pieces
- 1 salt
- 1 black pepper, freshly ground
- 1 1/2 c milk
- 1 c cream, heavy
- 4 c chicken stock, fresh or can

Preheat the oven to 400 degrees (F). Using a pastry brush, heavily coat the bottom and sides of a round, deep 3 quart casserole or baking dish with the 4 tablespoons of softened butter.

Spread 1 cups of the rice evenly in the dish, arrange the pieces of chicken skin side up on top and sprinkle them liberally with salt and pepper. In a small saucepan, bring the milk, cream and 2 cups of the stock to a boil over high heat and pour over the chicken. Spread the rest of the rice on top and dot evenly with the 2 tablespoons of the cut up butter.

Bake uncovered on the lowest shelf of the oven for 15 minutes. Meanwhile, bring the remaining 2 cups of stock to a simmer in a small saucepan and keep it barely simmering over low heat. Pour 1 cup of the simmering stock into the casserole and bake for 15 minutes longer. Pour in the remaining stock and transfer the casserole to the upper third of the oven. Continue baking for another 30 minutes, then remove the casserole from the oven, cover tightly with a lid or foil and let it rest at room temperature for about 20 minutes.

To unmold and serve, run a sharp knife around the inside edges of the casserole to loosen the biram ruzz and let it rest for 10 minutes longer. Place a heated serving platter upside down over the top, and, grasping the casserole and platter together firmly, quickly invert them. The biram ruzz should slide out easily. Serve at once.

## Borfnj Bfdemjfn (Eggplant Hors D'oeuvre)

6 Servings

### INGREDIENTS =====

- 2 eggplants
- 2 T salt
- 6 T shortening
- 2 cloves garlic, chopped
- 1 c yogurt
- 1 clove garlic, chopped

Cut the eggplants in half (lengthwise), then slice crosswise in 1/2" slices. Wash and salt the eggplants. Set them aside for about 20 minutes. Wash the salt off the eggplants and dry them with paper towel. Melt shortening in a skillet and saute the eggplants and chopped garlic. As you saute the eggplants, put them on a paper towel to absorb the grease. Let cool. Spread 2 to 3 tablespoons yogurt at the bottom of a dish and arrange the eggplants over it. Add some chopped garlic. Repeat this and top the eggplants with yogurt. Keep in the refrigerator till ready to serve. Serve well chilled.

Borfni Chogondar (Beet Hors D'oeuvre)

3 Servings

INGREDIENTS =====

1 cn beets,Sliced

4 T yogurt

1 T mint,Dried

PREPARATION =====

Drain water from the beets. Put two tablespoons of yogurt in a dish.

Arrange beets in the dish and top it with yogurt. Let it remain in the refrigerator until time to serve. When ready to serve, take the mint and rub it in the palm of your hands and sprinkle it over the beets.

Borfní Esfnfnj (Spinach Hors D'oeuvre)

3 Servings

INGREDIENTS =====

- 1 lb spinach
- 1 c water
- 1 medium onion, chopped
- 4 T butter
- 1 c yogurt
- 1/2 t salt
- 1/2 t cinnamon
- 1 or
- 2 clove garlic, chopped

PREPARATION =====

Clean, wash, and chop the spinach. Boil the spinach in water for 10 minutes. Saute the onions in butter. When the onions are half done, squeeze the water from the spinach and add it to the onions and saute a few more minutes. Add the spinach and onions to the yogurt, add the seasoning, mix well, cool and serve cold.

Borfni Gfrch (Mushroom Hors D'oeuvre)

3 Servings

INGREDIENTS =====

- 1 lb fresh mushrooms
- 1 lg onion, chopped
- 3 T butter
- 1/4 t salt
- 1 ds pepper
- 3/4 c yogurt
- 1/2 t dry mint

PREPARATION =====

Wash, clean and chop the mushrooms. Saute the mushrooms and the onions in the butter until golden. Remove and let cool. Add salt and pepper and yogurt, mix well. Decorate this with dry mint and serve cold. This may be served on toast or crackers.

## Broad Bean Soup (Fool Nabed)

10 Servings

- 2 c large broad beans, soaked  
-for 24 hours
- 8 c water
- 1 T olive oil
- 2 T ginger, grated
- 2 cl garlic, crushed
- 2 t salt
- 1 t pepper
- 1 t cumin
- 1/4 c lemon juice
- 2 T parsley, finely chopped

Drain beans and remove skins. Place beans in saucepan with water and bring to a boil. Cover and cook over medium heat for 1 1/2 hours or until well cooked. Allow to cool. Puree in a blender; then return to saucepan and bring to a boil, adding more water if necessary. Stir in remaining ingredients, except parsley, and bring to a boil. Cook over medium heat for 5 minutes, stirring a few times. Place in bowls; then garnish with parsley before serving.

## Bulgur Meatballs (Keftede)

3/4 c bulgur  
1/2 c chickpeas -- 4 oz, Cooked  
1 lb ground lamb -- lean  
1/2 c bread crumbs  
1 (finely pita, Crumbled bread)  
1 lg egg -- slightly, Beaten  
1/4 c fresh lemon juice  
1 clove garlic --, Crushed  
1 1/2 t coriander, Ground  
1 t cumin, Ground  
1/2 t salt  
1/4 t white pepper  
1/4 c parsley -- (or mint), Chopped  
1 or mix  
3 T virgin olive oil -- (or less)  
1 sprig fresh mint -- for garnish  
1 salad leaves --, For Garnish  
1/3 c plain lowfat yogurt --

**PREPARATION** (30 minutes) - Place the bulgur in a small bowl, add enough cold water to cover and let soak for 10 minutes. Drain through a sieve lined with a piece of cheesecloth. Wrap the cheesecloth around the bulgur and squeeze out the excess water. - OR USE INSTANT Place the chickpeas in a blender or a food processor fitted with a metal blade and blend until finely chopped. (Or coarse chop)

**COOKING** (30 minutes chilling and 30 minutes cooking) Place the bulgur, chickpeas, lamb, bread crumbs, egg, lemon juice, garlic, coriander, cumin, salt, pepper and mint in a large mixing bowl and combine well. - With cold, wet hands, roll the mixture into 30 balls, about 1-1/2 in (3 cm) in diameter. Place on a large plate, cover and refrigerate for at least 20 minutes. Re-roll the chilled meatballs, if necessary, to refine the shape. Heat half the oil in a large, non-stick skillet over medium heat. Reduce the heat to low, add half the meatballs and cook, moving and turning over frequently, until browned on all sides and cooked in the center, about 6 to 8 minutes. Test one for pink-center. Transfer to paper toweling when done. Cover with foil to keep warm. - Heat the remaining oil in the skillet and cook the remaining meatballs. - Place meatballs on a warm serving platter. Serve hot, garnished with mint and salad leaves or dandelion greens. Serve with yogurt in a bowl.

## Casserole Of Veal( Dana Tas Etli Kebabi)Turkey

1 Servings

2 lb boned leg of veal,sliced  
2 T onion,Chopped  
1 t salt  
1/2 t pepper  
2 T fresh coconut,or canned  
1 flaked coconut  
1/4 t thyme  
1/4 t cloves,Ground  
1/4 c chicken fat (or olive oil)  
2 tomatoes,peeled  
1 c dry white wine

Wipe off the meat and cut into thick chunks, about 2 inches square. Place in a shallow casserole or skillet with the onion, salt, pepper, coconut, thyme and cloves. Mix thoroughly and put aside in a cool place for 2 hours. Heat the fat or olive oil and add it to the meat in the casserole.Saute for 3 minutes, moving the pan continuously. Add the tomatoes and wine. Cover tightly. Cook over low heat 3-4 hours till meat is tender. Serve hot with white or saffron rice. Serves 6

## Chawarma > Lebanese Steak

1 Servings

2 lb thin sirloin steak,Sliced

1 c vinegar

1 t cinnamon

1 t sweet pepper

1 t nutmeg

1 pn cardamon ( hab hal)

1 T garlic,Mashed

1 salt,To Taste

Marinate the meat overnight in the spices , garlic and vinegar . Fry the meat in a little bit of oil until half cooked , cut it in thin stripes , and put it in a pyrex . Cover with aluminium paper and put it in the oven for about 20 mn, uncover it and leave it in the oven for 10 more minutes and serve ..

## Chelo Seebzamini (Steamed Rice With Saffron Potatoes)

6 Servings

- 2 c iranian rice,or other long
- 1 ,grain white rice, soaked
- 1 ,drained
- 1/2 t saffron threads
- 1 pn sugar
- 1 t water,Warm
- 5 T butter,melted
- 2 T butter,cut into 1/4 inch
- 1 ,pieces
- 2 sm potato,baking, peeled and
- 1 ,sliced 1/16 inch thick

In a heavy 3 to 4 quart casserole equipped with a tightly fitting lid, bring 6 cups of water to a boil over high heat. Pour in the rice in a slow, thin stream so the water does not stop boiling. Stir once or twice, boil briskly for 5 minutes, then drain in a sieve. Meanwhile, with a mortar and pestle or the back of a spoon, mash the saffron and sugar together to a powder. Stir in the 1 teaspoon of warm water, then pour it into the casserole and stir in the 5 tablespoons of melted butter. Add the potatoes and turn them about with a spoon until they are thoroughly coated. Spread the potatoes out flat so that they cover the entire bottom of the casserole and spoon the rice over them, mounding it slightly in the center. Dot the top of the rice with the remaining 2 tablespoons of butter. Cover tightly and cook over high heat for 5 minutes. Then place a sheet of aluminum foil over the casserole to seal it completely and set the lid back in place. Reduce the heat to the lowest possible point and steam the rice and potatoes for 45 minutes, or until tender. To serve, spoon the rice in a mound on a heated serving platter. With a wide metal spatula, gently lift out the potato slices and arrange them browned side up on the rice. Chelo seebzamini is traditionally served with a khoresh or stew, such as fensenjan, gormeh sabzi or khoresh karafs. Or it may be served like chelo with butter, raw egg yolk, salt pepper and a little dried sumak.

## Chicken Shiwarma

1 Servings

- 2 Kg chicken breasts,Boned
- 1 1/2 c vegetable oil
- 2 c fresh lemon juice
- 1 table spoon of seven,Ground
- 1 spices\*
- 1 dash of salt
- 1 t allspice,Ground
- 1 dash of white pepper,Ground
- 1 little dash of mastic
- 1 (mistaka,as in gum)

Cut chicken breasts in julienne, mix all the ingredient together well, cover and marinate in the refrigerator for 24 hours.

Put into a baking pan, preheat oven at 250 C, cook for 45 minute, or until done to taste.

In a blender put slightly fried potatoes, garlic, lemon juice, dash of salt, and olive oil. Blend and serve with Shawarma.

## Chicken Sumac

1 Servings

4 lb chicken parts  
1 salt  
1 pepper  
1 sumac\*  
1 marinade  
1/2 c olive oil  
1/4 c fresh lemon juice  
1/2 c onion, Chopped  
1 t garlic, Minced  
3 sm chilli peppers, chopped  
1 c dry white wine  
1 t sumac  
1/2 t salt  
1/2 t pepper  
1/2 c triple sec liqueur

Preparation Slit the skin of the chicken. Under the skin, rub in additional salt, pepper and sumac to season. Combine the marinade ingredients and marinate the chicken in a large glass or ceramic dish for at least 2 hours, turning often.

Broil or grill the chicken parts on both sides until the skin is crisp. Baste several times with the marinade. Remove the chicken to a large platter and keep warm. Scrape the broiler pan and put the juices in a saucepan. Add the leftover marinade and bring to a boil. Pour in 1/2 cup triple sec and continue to boil until the mixture has reduced by half. Pour this sauce over the chicken and serve.

## Caponata

1 Servings

- 6 T olive oil
- 2 lb eggplant, cut 1 inch thick
- 2 c yellow onion, chopped
- 1 c red pepper, chopped
- 1 t garlic, minced
- 2 1/2 c canned tomatoes, drained and  
1 chopped
- 1/4 c red wine vinegar
- 2 T sugar
- 1/2 t salt
- 1/4 t pepper
- 1/4 c pine nuts
- 1/2 c fresh basil, chopped

In a skillet, heat 4 tablespoons olive oil over medium-high heat. Add the eggplant and saute until soft and browned (around 10 minutes). Remove to a bowl and set aside.

Add the remaining 2 tablespoons olive oil to the pan and place over medium-high heat. Add the onion and sweet red pepper. Saute until soft (around 5 minutes). Stir in garlic and cook 1 minute longer. Add the tomato, vinegar, browned eggplant, and sugar, salt, and pepper to taste. Bring the mixture to a boil, then reduce heat to low and simmer uncovered, stirring frequently, for about 25 minutes. taste and add more vinegar, sugar, salt, and pepper as needed. Stir in the pine nuts and basil. Simmer until heated through. Remove from heat and let cool to room temperature before serving, or cool, cover, and refrigerator for as long as two weeks.

## Couscous And Veal

- 1 2/3 lb breast of veal
- 6 oz lean veal, Boned
- 3 1/3 c coarse grained semolina
- 1 chicken liver, minced
- 1 hard boiled egg, diced
- 1 yolk
- 1 lg onion, diced
- 1 various greens\*

\*, such as savoy cabbage, onions, celery, carrots, spinach, and beet greens, julienned.

Set the semolina in a low sided, extremely wide vessel made of either terracotta or tinned copper. Season it with salt and pepper and slowly sprinkle it with 1/3 cup of water, spreading it around with the palm of your hand till the grains expand and separate. Once you've added the water, add a tablespoon of oil in the same manner; it should take about a half hour to complete the two operations. Once the semolina is prepared, put it in a soup bowl and cover it with a cloth. Fold the excess fabric under the plate and tie it tightly with a string.

Boil the breast of veal in three quarts of water, so as to make broth, and, once you've skimmed the pot, lower the heat and cover it with the bowl of semolina. Make sure there's some space between the broth and the bottom of the bowl, but also make sure that the bowl forms a tight seal, so that no vapor escapes (if you have a double boiler large enough, it will work well here). Steam the semolina like this for an hour and a quarter; when its half cooked, stir the semolina and retie the cloth.

Using a knife, mince the 6 ounces of veal, add to it some about two tablespoons of bread crumbs, and season the mixture with salt and pepper. Divide the mixture into meat balls about the size of a hazelnut and fry them in oil. Remove them when they are done, three to five minutes. Saute the onion in the oil first, and when it has turned translucent, add the remaining vegetables, season them with salt and pepper, stir them, and cook them until they reabsorb the water they give off. Once they are almost dry, dampen them either with meat sauce or broth and tomato sauce or paste, and cook them till done, adding the chicken liver and the meat balls. Remove the semolina from the bowl, set it in a pot over a low flame, and, without letting it come to a boil, stir in the egg yolk and some of the sauce from the vegetables. Mix well and transfer the semolina to a platter. It should be almost dry, so that it forms a mound, which you will decorate with the pieces of hard boiled egg. Mix the rest of the vegetables into the broth. Divvy the broth into as many bowls as there you have guests, and serve it with the semolina. In other words, each diner spoons some of the semolina onto his plate, and drinks the broth with a spoon while eating the semolina.

## Domatorizo Pilafi (Tomato Pilaf)

4 Servings

2 md tomato, fresh, ripe,  
1 , coarsely chopped  
4 T butter  
4 T butter, melted  
1 t salt  
1 black pepper, freshly ground  
2 c beef stock, fresh or canned  
1 t tomato paste  
1 c rice, uncooked, long or med.  
1 , grain white rice

In a heavy 2 to 3 quart saucepan, combine the tomatoes, 4 tablespoons of butter, the salt and a few grindings of pepper. Stirring and mashing the tomatoes with a spoon, cook over moderate heat for 5 minutes until the mixture is thick and fairly smooth. Add the stock and the tomato paste, bring to a boil and cook briskly for 5 minutes. Puree the mixture through a fine sieve set over a bowl, pressing down hard on the tomatoes with the back of a spoon before discarding the seeds and coarse pulp.

Measure the puree and return it to the saucepan. There should be 2 cups. If there is more, boil it briskly over high heat until reduced to the required amount; if there is less, add more stock. Bring to a boil over high heat, then pour in the rice. Stir once or twice, reduce the heat to low, cover tightly and simmer for about 20 minutes, or until all the liquid has been absorbed and the rice is tender but still slightly resistant to the bite.

Add the 4 tablespoons of melted butter and toss the rice with a fork until the grains glisten. Drape a towel over the rice and let it stand at room temperature for 20 minutes or so before serving.

## Eggplant Puree (Hunjar Begendi - Sultan's Delight)

1 Servings

1 lg eggplant  
4 T butter  
4 T flour  
8 oz rich milk, or half and half  
8 T parmesan, Grated  
1 salt and white pepper to  
1 taste

Puncture eggplant in several places and bake at 400F (200C) for 1 hr or until soft (or nuke for 5-7 minutes). Remove and discard peel. Mash pulp and set aside.

Make a thick white sauce out of the butter, flour, and milk. Stir in cheese and season with salt and white pepper. Fold in eggplant and cook, stirring constantly to prevent scorching, 3 min or until thickened to taste. Serve hot.

## Elbasan Tavasi

Buy a leg of lamb weighing around two and a half kilograms, and ask your butcher to remove all the fat, and cut it into several large pieces on the bone. Place the pieces into a saucepan, and add 1 medium grated onion and 2 cups of water. Bring to the boil over a high heat, and skim. Lower the heat and simmer until the liquid has evaporated. If the meat is not yet tender add a little more hot water and continue cooking.

Beat 6 eggs in a bowl, and continue to beat while adding 1 tablespoon of flour and 1 tablespoon of corn starch. When the flour is well mixed, add 3 cups of yoghurt and beat until the mixture is creamy. Spread one third of this mixture in a shallow oven dish, and arrange the pieces of meat over the top in as single layer. Sprinkle 1 teaspoonful of dried mint over the meat and salt and black pepper to taste. Pour the remainder of the yoghurt and egg mixture over the top and bake in a medium oven (350 F-180 C) for 15 minutes until browned. Be careful not to overcook. Melt 2 tablespoons of butter in a small pan, stir in 3 teaspoons of paprika or hot red pepper and pour over before serving.

## Falafel

1 Servings

- 1 lb dry ful (fava beans)
- 1 sm onion
- 1 bn parsley, Chopped
- 2 cloves of garlic, crushed
- 1 t coriander, Ground
- 1/4 t hot red pepper (optional)
- 1 t baking soda
- 1/2 t cumin
- 1 salt and pepper, To Taste
- 1 T flour

Soak ful (fava beans) in cold water for a few days, changing water daily. When ready, peel ful and grind with onion in meat grinder. Add all ingredients, mixing well. Grind mixture a second time. Form into patties and fry.

## Ff Baba Ghanoush

1 Servings

2 md eggplants  
2 T lime (or lemon juice)  
2 to 5 cloves garlic, Crushed  
1 (to taste)  
1/4 t cumin  
1 salt, To Taste

Pierce the eggplants and roast, whole, in a 350 oven until they collapse and the skins are turning crispy. Scoop out the eggplant flesh into a blender. Add remaining ingredients except salt. puree until completely smooth and fluffy. Taste, add salt and blend again until you like it.

## Ghaima Bademjune (Persian Chicken)

1 Servings

- 1 lb chicken breasts
- 2 md onions -- cut one in large
- 1 pie
- 1 for cooking with chicken
- 1/2 c yellow split peas
- 6 oz can tomato puree (or paste)
- 1 (puree is prefe
- 2 1/2 lemons (you could, Dried
- 1 substitute l, Dried
- 3 1/2 zucchini (or 1-2 eggplant)
- 1 (japanese preferr
- 1 thick (slice lengthwise)
- 1 salt
- 1 oil

Fry onion. Cook chicken in water with onion. When well done add fried onion and split peas. After cooked well, add tomato paste/puree, dried lemon peel, and simmer till very well done.

Fry zucchini and eggplant slices in oil with turmeric after sprinkling with salt.

Put chicken and sauce in dish and place veg. slices on top. Warm in oven or microwave.

Serve with Hot basmati rice.

## Green Peppers With Eggs And Cheese

1 Servings

1 text file

Take 12 medium sweet green peppers and remove the stalks. Then carefully cut out a cap from around the base of the stalk. Remove the seeds. Break 5 eggs into a bowl add 400 gm of crumbled white cheese and mix well.

Fill this mixture into the peppers with a spoon, and replace the lids. Heat 2 cups of oil (or sufficient to cover the peppers) in a saucepan and arrange the stuffed peppers upright in the hot oil. When the peppers begin to turn a golden brown, remove and arrange upright on a serving dish. While they cool, prepare the sauce. Grate two large tomatoes into a saucepan, and add 2 tablespoons of vinegar, 3 tablespoons of oil (corn or sunflower seed), 2 tablespoons of chopped fresh garlic, half a teaspoon of granulated sugar, and a pinch of salt. Bring to the boil and simmer, stirring occasionally, pour over the stuffed peppers and serve.

## Halek (Fruit And Nut Mix For Passover)

1/4 c Almonds 1/4 c Pistachio nuts 1/4 c  
Walnuts 1/4 c Pumpkin seeds 1/4 c Hazelnuts 1/8 c Pitted dates,  
coarsely Chopped 1/8 c Light and dark raisins 1/8 c Dried apricots,  
coarsely Chopped 1/8 c Prunes, chopped 1/8 c Aloo bukhara (dried  
apricots With seeds) 1/8 c Dried seeded cherries, Coarsely chopped  
1/4 c Red wine 2 t Wine vinegar 1/4 t Advieh; see recipe 1/4 t  
Rosewater

1. Coarsely chop the nuts in a processor. Mix the nuts, fruits, wine, vinegar, Advieh, and rosewater to achieve a moist, textured consistency.

## Hamam Mahshi (Braised Pigeons with Crushed Wheat Stuffing)

- 8 T butter, 1/4 pound stick
- 1/2 c onion, finely chopped
- 1 pigeon giblets, finely chop
- 2 1/2 c fireek, (coarsely crushed
- 1 , green wheat grains)
- 2 t mint, fresh, finely cut or
- 1 , 1 ts. dried mint, crumble
- 1 1/2 t salt
- 1 black pepper, freshly ground
- 4 pigeons, (1 pound each) oven
- 1 , ready, or 4 1 pound doves
- 1 , young partridge, baby
- 1 , pheasant, quail, woodcock or grouse
- 1 1/2 c water, cold
- 2 1/2 c chicken stock, fresh or can
- 1 parsley sprigs

Over moderate heat melt 4 tablespoons of the butter in a heavy 10 to 12 inch skillet. When the foam begins to subside, add the onions and the pigeon giblets and, stirring frequently, cook for 8 to 10 minutes, or until the onions are soft and light brown. Add the fireek, mint, 1 teaspoon of the salt and a few grindings of the pepper and stir for 2 or 3 minutes until the grains are coated with butter. Set aside. Preheat the oven to 350 degrees (F). Pat the pigeons thoroughly dry inside and out with paper towels and sprinkle their cavities with the remaining salt and a few grindings of pepper. Then stuff 5 tablespoons of the fireek mixture into the breast cavity and 1 tablespoon into the neck cavity of each pigeon. Set the remaining fireek aside. Fasten the neck skin to the back of each bird with a skewer and close the breast openings by lacing them with skewers or sewing them with heavy white thread. Truss the birds by tying their legs together and brush the skins with the remaining 4 tablespoons of butter.

Place the pigeons, breast side up, in a heavy 4 to 5 quart casserole and pour in the water. Bring to a boil on top of the stove, cover tightly and braise in the middle of the oven for 45 minutes. Baste the pigeons with the liquid in the casserole, and continue braising for 1 hour longer. To test for doneness, pierce the thigh of a bird with the point of a small, sharp knife. If the juices that run out are slightly pink, cook for another 5 to 10 minutes.

A half hour or so before the pigeons are done, bring the chicken stock to a boil in a 2 to 3 quart saucepan over high heat. Stirring constantly, add the reserved fireek mixture and bring to a boil again. Reduce the heat to low, cover tightly, and simmer for 30 minutes, or until the grains are tender and have absorbed all the liquid.

To serve, arrange the pigeons on a heated platter and remove the trussing strings and skewers. Moisten the pigeons with the liquid remaining in the casserole, and garnish the platter with parsley. Fluff the fireek with a fork and serve it separately in a heated bowl.

## Harissa

1 Servings

- 8 oz fresh hot chilies
- 1/2 t yellow asafoetida powder (or  
1 garlic to your taste)
- 1 t caraway seeds,Ground
- 1 t salt
- 1 1/2 t pepper,Fresh Ground
- 1 1/2 t cumin,Ground
- 1 t coriander,Ground
- 1 olive oil

Place the chilies in a processor and chop until coarsely ground. Add the other ingredients (except oil) and process until smooth. Store the sauce in a small jar with a thin layer of olive oil on top. Keep in fridge. Use as needed.

## Haroseth Para Pesach (Passover Haroseth)

6 Servings

3/4 c Raisins 2 lb Seeded dates 1 Apple, peeled and sliced 1 c Red wine, not too dry

1. Grind the fruit together. Add the wine and mix well. Place on the Seder table.

## Hummus (Manton)

1 Servings

- 1 c mashed/pureed chickpeas
- 2 T tahini (optional, sort of)
- 4 to 5 cloves/chopped, Crushed
- 1 garlic
- 1 lemon juice, To Taste
- 1 (depending on how sour you
- 1 like it)

Everyone has their own preference for the particular formula of tahini/garlic/lemon juice...you'll have to experiment to find your perfect blend.

Mash/blend everything all up together, then scoop up/eat with strips of fresh pita bread, celery, green pepper, carrot, zucchini, whatever you.

## Hummus With Sun-Dried Tomatoes And Cilantro

1 Servings

1 c chick-peas  
3 lg garlic cloves, chopped  
1/4 c lemon juice  
3 T olive oil or  
2 T olive oil and  
1 T chili flavored olive oil  
3 T sesame tahini  
1/4 c plain low-fat yogurt  
1/2 t cumin  
4 sun-dried tomatoes in oil  
1 roughly, Chopped  
1/4 c fresh cilantro, finely  
1 chopped  
1 salt  
1 ds cayenne pepper  
1 some finely fresh, Chopped  
1 cilantro

2 1/2 cups cooked chick-peas (1 cup dried), drained (reserve some of the liquid) or 1 15-ounce can, drained (reserve some of the liquid)

1. Chop the garlic in a food processor fitted with the steel blade. Add the chick-peas. Process for about a minute, until the chick-peas are chopped and mealy.
2. Add the lemon juice, olive oil, tahini, half of the yogurt and a dash of cayenne pepper. Process until smooth. Thin out as desired with the remaining yogurt and some extra olive oil. The mixture should be smooth but not runny. If the mixture seems too dry, add a bit of the reserved liquid from the chick-peas or a bit more oil.
3. Remove mixture from the food processor and place in bowl. Stir in the chopped sun-dried tomatoes and the finely chopped cilantro. Taste and adjust seasonings. Garnish with the extra chopped cilantro.
4. Serve with raw vegetables and/or pita bread sliced into triangular wedges.

## Hunkar Begendi (Roasted Eggplant Puree)

3 Servings

4 sm eggplant,(about 1/2 lb. or  
1 ,2 md. (about 1 lb. ea.)  
1 T butter  
1 T flour  
1/3 c milk  
1/4 c kasher/kasseri,freshly  
1 ,grated or use romano chee  
1/2 t salt  
1 black pepper,freshly grated

First, roast the eggplants in the following fashion: Prick each one in 3 or 4 places with the tines of a long handled fork. Then impale them, one at a time, on the tines of the fork and turn them over a gas flame until the skin chars and begins to crack. (If you have an electric stove, pierce the eggplants, place them on a large baking sheet and broil them 4 inches from the heat sseri; freshly grated or use Romano cheese 1/2 ts Salt Black pepper; freshly grated

First, roasm, cutting away any badly charred spots on the surface. Cut the eggplants in half lengthwise and chop them finely. Then mash the pulp to a smooth puree with the back of a spoon or with a mortar and pestle. In a heavy 3 to 4 quart saucepan, heat the tablespoon of butter over moderate heat. When the foam begins to subside, stir in the flour and when it is completely absorbed pour in the milk all at once. Stirring vigorously with a whisk, cook over high heat until the mixture comes to a boil and thickens heavily. Beat in the pureed eggplant, reduce the heat to low, and, stirring occasionally, simmer for 5 minutes. Off the heat add the cheese, salt and a few grindings of pepper. Beat vigorously until the mixture is thick enough to hold its shape almost solidly in the spoon. Taste for seasoning and serve at once.

## Iranian Vegetable Stew; Ghormeh Sabzi

- 1 bn fresh spinach (esfenag)
- 1/2 bn fresh dill (sheveed)
- 1 bn fresh parsely (ja`faree)
- 1 bn fresh cilantro (or coriantro)
- 1 (geshneez)
- 1 bn (use only the green stems)
- 1 fresh leak (tareh farangee)
- 1 bn fresh chives (tareh)
- 1 bn scallions (piazcheh).
- 1 table spoon,Dried
- 1 shanbelileh
- 1 lb stew meat (beef,lamb, veal, etc ),cubed.
- 4 lemons (limoo amanee),Dried or tablespoon lemon,Dried
- 1 md onion,finely chopped.
- 1/2 t turmeric (zard choobeh).
- 3 T cooking oil.
- 1 T lemon juice (optional).
- 1 c beans pre-soaked or,Dried can
- 1 touch each of salt,pepper
- 1 and red peppers

Wash and cube the meat and let it drain. Cut off the heads of the leaks (and scallions) and put the stems along with the rest of vegetables in a kitchen stringer, thoroughly was and let them drain. Using a cutting board, while repeatedly bunching up all vegetables together, finely chop the vegetables. The smaller the pieces the better.

Place the chopped vegetables in a pot, put the heat setting to high, and frequently stir the vegetables until all their excess water has evaporated. Add two table spoons of cooking oil and continually stir fry the vegetables until they turn a redish color. This process should take about 15 minutes. Take the pot off the heat and put it aside. During the stir fry process, you may add a bit more oil if needed. When finished, the vegetables resemble dried ones with no water remaining in the pot.

In another pot, add about one table spoon of cooking oil and the chopped onions and stir fry over medium heat, until they turn a golden brown color. Add the meat, stir fry for a few minutes, add salt, pepper and turmeric and let the meat fry with the onions for a few minutes. If you are using dried beans, at this point drain them and add them to the mixture.

Next poke a hole in each of the dried lemons and add them to the mixture (or add the powdered kind). Add about two cups (16 oz) of water, place the lid on the pot and let it boil for another 15 minutes.

Add the fried vegetables into the mixture, turn the heat setting to medium-low and let it cook. The cooking time required from this point on is about another hour. Half way through this period, if you are using canned beans, add them into the mixture. Once the meat is separated when poked by a fork, the stew is ready. This stew is served over white rice.

## Israeli Burekas (Pronounced Buh-Ray-Kahs)

1 Servings

- 1 l pkg. prepared strudel dough
- 1 or puff pastry
- 1 sesame seeds (optional)
- 1 cheese filling
- 1 c cheddar cheese, Grated
- 1 c white salty cheese, Grated
- 1 (fetta (or salty goat)
- 1 cheese)
- 1 egg
- 1 egg yolk and, Beaten
- 1 T water (to brush on top)

Mix together the cheese and egg. Set aside. Divide pastry dough in half. Roll out and stretch to form a large rectangle. Cut into 4-inch squares. Place a heaping spoonful of cheese mixture in the center of each square. Fold over to form a triangle. Pinch edges together firmly; brush tops of each with egg yolk mix and sprinkle with sesame seeds, if desired.

Bake on lightly greased cookie sheet at 350 degrees for about 30 minutes, or until golden brown. Makes about 20 burekas. Serve hot. These are delicious for breakfast or lunch. Made smaller they serve as tasty appetizers.

I have given the recipe for cheese burekas here, but a great many other fillings are equally good. Be creative. To mashed potatoes add a dash of onion powder and some parsley flakes. Many people love spinach fillings or sauteed mushrooms. My own family likes a sweet cheese filling made with egg and sugar (to taste), added to cream cheese.

## Israeli Lentils And Rice

1 Servings

- 1 c lentils
- 1 c rice
- 1 onion, chopped
- 4 T olive oil
- 2 t chicken bouillon
- 1 salt, pepper, garlic powder.
- 1 to taste
- 1 water

Fry lentils in 2 tbsp. oil for about 2 minutes, stirring constantly. Add 3 c. water, salt, pepper and garlic powder. Cover and let simmer for about 40 minutes. Meanwhile, in another pan, fry rice in 2 tbsp. oil. Add 2 1/2 c. water and 2 tsp. chicken bouillon. Cover and simmer slowly about 20 minutes. When both rice and lentils are done, mix together and add more seasoning if necessary. For an added treat, fry another onion in a little oil or margarine and sprinkle over the top of lentils/rice just before serving.

## Kebseh

6 Servings

- 3 T olive oil
- 1 lg onion, chopped
- 1 clove garlic, minced
- 3 pods cardamom
- 1 cinnamon stick
- 1/4 t cumin, ground
- 1 1/2 lb lamb, cubed
- 1 salt
- 1 lb ripe tomatoes
- 1 c water
- 1/4 c low-fat yoghurt
- 1 serrano pepper (optional)
- 1 c uncooked rice, soaked
- 1 pepper

Saute the onion in the olive oil until soft and transparent. Stir the spices into the oil to release the flavors. Cook for a minute or two. Raise the heat and add the lamb, sprinkling with salt. Saute until browned on all sides. Whirl the fresh tomatoes in a food processor or blender until nearly smooth, and add to the meat. Stir in the water, yoghurt, garlic and serrano pepper. Taste and adjust the seasoning. Cover and simmer about 2 hours until the meat is tender. The tomato sauce will reduce somewhat. After cooking 2 hours, measure the liquid. The amount of rice that needs to be added is based on the amount of liquid. Example: If sauce has 2 cups of liquid; then add 1 cup of rice. Can add more water if needed. Add rice and bring back to a boil. Cover saucepan with a dish towel (to absorb moisture) and replace lid. Simmer for approximately 20 minutes until moisture is gone and rice is done. Do not stir during this 20 minute process!!

## Kibbe (Baked)

2 lb boneless leg of lamb (no fat or gristle), cut into large  
2 c fine bulgur wheat  
4 c water  
2 lg yellow onions, peeled  
2 T parsley, Chopped  
1/2 t salt  
1/4 t allspice, Ground  
1/4 t cinnamon, Ground  
2 T fresh mint (or 1 tsp)-Chopped  
1/4 c chilled water  
1 stuffing  
1/2 lb boneless leg of lamb (no fat or gristle)  
2 T butter  
1/4 c pine nuts  
1 md yellow onion, peeled and finely, Chopped  
1/8 t cinnamon, Ground  
1/8 t allspice, Ground  
1 salt and, Freshly Ground  
1 black pepper, To Taste  
5 T olive oil

Soak the bulgur in 4 cups water for 1/2 hour. Drain well. Prepare kibbe mixture as above.

Stuffing: Grind the lamb coarsely in your meat grinder. Saute the lamb in the butter into the moisture has evaporated, then add all the other ingredients except the oil and continue cooking until the onions are transparent. Oil a 9x13-inch glass baking dish well with 2 tbsp of the olive oil. Spread a 1/4 inch layer of the raw kibbe evenly in the bottom. Keep your hands moist and the kibbe will spread more evenly and smoothly. Next, spread all the stuffing evenly over the bottom layer. Form the remaining raw kibbe into 1-inch-thick patties and lay them over the stuffing. With your hands still moist, join the patties and smooth them into a layer (thick) to cover the stuffing. Using a paring knife, score lines about 1/4 inch deep into the meat, making 1-inch-long diamond patterns all over. Lightly cover with the remaining 3 tbsp of olive oil.

Bake in a preheated 400 F oven for 20 minutes. Reduce heat to 300 F and bake for at least 30 minutes, or until golden brown.

To serve, cut the meat into 3 pieces.

## Kizarmis Patlican (Fried Eggplant With Green

- 2 T olive oil
- 1 1/2 c olive oil
- 4 md tomato,peeled, seeded and coarsely chopped
- 2 lg garlic cloves,peeled and thinly sliced
- 1 t salt
- 1/4 c salt
- 1 eggplant,(about 1 lb.)
- 2 md green peppers, seeded, deribbed and cut lengthwise

In a heavy 8 to 10 inch skillet, heat 2 tablespoons of the olive oil over moderate heat until a light haze forms above it. Add the tomatoes, garlic and 1 teaspoon of the salt. Mashing and stirring frequently, cook the tomatoes briskly until almost all their liquid evaporates and they become a thick, somewhat smooth puree. Set aside off the heat.

With a large, sharp knife, peel the eggplant and cut off the stem end. Cut the eggplant lengthwise into inch thick slices. Then one at a time lay each slice flat and cut lengthwise strips at inch intervals starting at the wide end and cutting to within about 2 inches of the narrow end. the slices should now look like fans. Combine 1 quart of water and the remaining 1/4 cup of salt in a shallow bowl or baking dish, and add the eggplant sections. Turn them about to coat them evenly with the brine, and let them soak at room temperature for about 10 minutes to rid them of any bitterness. In a heavy 12 inch skillet, heat the remaining 1 cups of oil over high heat until a light haze forms above it. Pat the eggplant completely dry with paper towels. Regulating the heat so the eggplant colors evenly without burning, fry it 3 or 4 slices at a time for about 5 minutes on each side, or until it is lightly browned and shows no resistance when pierced with the tines of a fork. Transfer the eggplant to paper towels and fry the remaining slices. Add the green peppers, skin side up, to the oil remaining in the skillet, adding more oil if necessary. Cook the peppers over moderate heat for about 10 minutes, turning them over with tongs. When they are soft but still somewhat firm to the touch, drain them on paper towels. Peel off the skins with a small, sharp knife. Mound the eggplant slices in the center of a serving platter and pour the tomato sauce over them. Fold the peppers in half lengthwise and arrange them attractively around the eggplant. Serve at room temperature.

## Kukuye Sabzi (Herb Omelet)

4 Servings

- 2 c spinach, finely chopped
- 1 1/2 c green onions, finely chopped
- 1/2 c parsley, finely chopped
- 1/4 c coriander, chopped
- 1 T dill, chopped
- 1 T tarragon, chopped
- 2 T tareh (garlic chives)  
-chopped
- 1 T flour
- 1 ,salt
- 1 black pepper, Freshly Ground
- 8 eggs
- 1/4 c ghee (or butter)

Vegetables and herbs must be well washed and dried before chopping and measuring. Chopping can be done very speedily and efficiently in a food processor if desired. Accurate measuring of greens is not essential to success of this dish.

Combine greens in a bowl. Mix flour with 1 teaspoon salt and pepper to taste and sprinkle over greens, then toss well. Beat eggs until frothy and pour over greens. Stir well to combine and adjust seasoning. Heat butter in a 9-inch round casserole dish or deep cake pan in a moderate oven. Swirl to coat sides and pour in egg mixture.

Bake in a moderate oven, one shelf above center, for 45-50 minutes until set and top is lightly browned. If insufficiently browned when set, place briefly under a hot grill. Serve hot, cut in wedges, with yogurt and flat bread. Also good served cold. Serves 4.

## Lebanese Baba Ghanoush

1 Servings

- 1 lg eggplant,unpeeled, about 1 lb
- 1 lg clove garlic,peeled and crushed
- 2 T tahini (sesame paste)
- 1 juice of 1/2 lemon (or to taste)
- 1 salt,To Taste
- 1 garnishes
- 3 T olive oil
- 1 pita bread,Cut Into Wedges
- 1 parsley,Chopped

Using a fork, poke the eggplant at least a dozen times. Place on a baking sheet and broil on all sides about 4 to 5 inches from the source of heat. Turn often until the eggplant is browned nicely all over. Total time will be about 45 minutes.

Remove the eggplant from the broiler and allow to cool for a few minutes. Cut the eggplant in half lengthwise, and scoop out the soft insides, discarding the browned peel. In a bowl mash the eggplant and the remaining ingredients, except the garnishes, with a fork. Do not use a food processor or blender as you do not want too smooth a paste.

Serve on a plate with the olive oil and parsley sprinkled over the top. Guests dip the bread wedges into the Baba Ghanoush and go directly to heaven without passing go!

Serves 4-6 as an appetizer.

## Lebanese Rice Pilaf

1 Servings

1/4 c chinese egg noodles or  
1 thin spaghetti, broken into  
1/2 pieces  
3 T olive oil  
2 c long-grain rice  
4 c cold water  
1 salt, To Taste

In a small frying pan, saute the noodle pieces in the olive oil until they are golden brown. Careful, they burn easily!

Wash the rice, drain it, and place it in a small pan with a tight-fitting lid. Add the water and the toasted noodles and oil. Add the salt. Bring to a boil, reduce the heat to low, and cook, covered, for 20 minutes

Serves 6-8

## Lebanese Yogurt And Cucumber Salad

1 Servings

- 3 c plain yogurt
- 12 fresh mint leaves
- 2 cloves garlic,peeled
- 1 salt,To Taste
- 3 cucumbers,peeled and thinly
- 1 sliced

Drain the yogurt in a cheesecloth-lined colander for several hours, discarding the liquid that has collected. Place the mint and garlic together in a salad bowl and crush with a little salt. Add the drained yogurt and cucumbers. Mix and chill before serving.

Serves 6-8 as a salad or dip.

## Lentil And Tomato Soup (Shawrbat `adas Maa Ba

10 Servings

1 c lentils,rinsed  
7 c water  
1 T olive oil  
2 md onions,chopped  
4 cl garlic,crushed  
2 c stewed tomatoes  
2 t salt  
1 t cumin  
1 t coriander seeds,Ground  
1/2 t pepper  
1/8 t cayenne  
1/4 c white rice,uncooked  
1/4 c lemon juice

Place lentils and water in a saucepan and bring to a boil. Cover and cook over medium heat for 25 minutes. In the meanwhile, in a frying pan, heat oil and saute onions and garlic until they turn golden brown. Stir in remaining ingredients, except lemon juice, and saute another 5 minutes. Stir the frying pan contents into the lentils and bring to a oil. Cover and cook over low heat for 20 minutes or until rice and lentils are well cooked. Stir in lemon juice and serve hot.

## Lentil And Vermicelli Soup (Shawrbat `adas Ma

10 Servings

- 1 c lentils,rinsed
- 8 c water
- 2 t salt
- 1 t pepper
- 1 t cumin,Ground
- 1 T olive oil
- 2 md onions,chopped
- 4 cl garlic,crushed
- 1 sm hot pepper,finely chopped
- 1/2 c coriander leaves,finely  
-chopped
- 1/3 c vermicelli,broken into  
-small piece,s

Place lentils, water, salt, pepper and cumin in a pot and bring to a boil. Cover and cook over medium heat for 25 minutes. In the meantime, heat oil in frying pan; then saute onions, garlic, and hot pepper over medium heat for about 10 minutes. Add coriander and stir-fry for 3 more minutes. Add frying pan contents and vermicelli to lentils and bring to a boil. Cover and simmer over low heat for about 30 minutes or until vermicelli and lentils are well cooked.

## Live Hummus

2 Servings

- 1 bag sprouted bean mix (1 3/4
- 1 cup)
- 2 to 3 lemons, Juiced
- 2 to 3 garlic cloves
- 1 to 2 tbsp. tamari soy sauce
- 1/4 to 1/2 cup fresh organic
- 1 carrot juice

Put all ingredients in a food processor or blender and blend until smooth. A blender may need a little more liquid to get a smooth texture.

My variation: instead of the carrot juice, I grate 2 whole organic carrots in the food processor first, then add all the other ingredients and process until smooth.

## Marilyn's Persian Rice

- 1 T butter
- 2 T olive oil
- 1 onion, chopped
- 3 cloves garlic, minced
- 1 dried red chile, seeded and finely, Minced
- 1/2 t cumin seeds, crushed
- 2 cardamom pods, seeds removed
- 1/2 t ginger, Ground
- 1/2 t saffron
- 4 1/2 c chicken stock, warmed
- 2 c long-grain rice
- 1 cinnamon stick
- 1 bay leaf
- 1/4 c currants, Dried
- 12 sm whole dried apricots, cut in quarters
- 3/4 t ,salt (optional)
- 1/2 c unblanched almonds
- 3 T pine nuts
- 1/2 c pistachio nuts, Unsalted shelled
- 1 black pepper, To Taste
- 3 T fresh coriander leaves, torn

In a large saucepan, melt the butter and olive oil over low heat. Add onion and garlic and cook until softened about 4 minutes stirring frequently. Increase the heat a little and add the chile, cumin seeds, cardamom, and ginger. Cook, stirring, about 2 minutes until it is fragrant. Add the saffron and chicken stock, mix well and remove from the heat. Cover and let the saffron flavor the stock for 5 minutes or so.

Preheat the oven to 400 degrees F. Bring the stock to a simmer over moderate heat. Stir in the rice, cinnamon, bay leaf, currants, apricots and the salt. Return to a simmer, then reduce the heat to low. Cover and cook for another 15 to 16 minutes. If the rice is too wet cook a little longer.

Meanwhile, place the almonds and pine nuts on a baking sheet and toast them in the oven for 3 to 4 minutes until lightly golden. Add the pistachios and toast for another minute. Remove from oven and put on a plate to cool.

Uncover the rice and using a fork stir to fluff. Season with additional salt and black pepper to taste. Add the nuts and toss it together.

## Mjaddra (Lentils With Rice)

4 Servings

2 c lentils  
3/4 c rice, Uncooked  
2 md onions, chopped  
1/2 c olive oil  
1 T salt  
1/4 t cumin  
1/2 t allspice (or bhar)

Clean and wash the lentils and boil them until tender. Mash and strain into a separate pot. Add the rice, salt, and spices, and mix well. In a pan, saute the chopped onions in oil until golden. Add them with the frying oil to the lentils and rice. Bring the mixture to the boil with enough water to cover and simmer over low heat for about 10 minutes, until the rice is cooked, stirring regularly to prevent sticking. Serve lukewarm or cold with radishes and spring onions or a cabbage salad.

## Mouhammara

1 Servings

1 text file

Chop 10 dried red pepper in a mixer. chop one medium size onion with 3 tablespoons of walnuts in the mixer.

Mix every thing together with some salt, pomegrate (2 teaspoons), bread crumbs (1/2 cup), olive oil (1/2 cup) and Cumin (2 teaspoons). decorate the top with some chopped walnuts and olive oil.

## Mujaddara

1 Servings

3/4 c brown rice (dry) - (or -)

3/4 c bulghur (dry)

1 c lentils

1 lg onion

1 t cumin

1 salt & pepper

Start 3/4 cup brown rice cooking; alternatively reserve that much uncooked bulghur - start 1 cup lentils cooking - dice and brown 1 large onion in some huge amount of olive oil (I used less than the 6 Tbs called for, which cuts down on the taste) - after 30 minutes of the lentils cooking, toss in the rice (drained) or bulghur, the onion, 1 tsp cumin [I've used twice as much and added some coriander as well], and some pepper and salt. simmer another 15 minutes - brown (caramelize) another diced onion - add the onion to the top of the lentil/grain mixture; let sit 10 minutes

## Musakka'a (Baked Eggplant, Tomato & Chick Pea)

- 1 1/2 c dried chick peas
- 1 olive oil
- 2 md eggplants,(about 1 lb. ea.) cut into 2 inch cubes
- 3 md onion,peeled and cut into 1/4 inch thick slices
- 3 t salt
- 1 black pepper,freshly ground
- 12 md tomato,fresh, ripe, peeled,seeded & finely chopped
- 1 1/2 c water

Starting a day ahead, wash the dried chick peas in a sieve under cold running water, then place them in a large bowl or pan and add enough cold water to cover them by 2 inches. Soak at room temperature for at least 12 hours. Drain the peas and place them in a heavy 2 to 3 quart saucepan.

Add enough fresh water to the chick peas to cover them completely and bring to a boil over high heat. Reduce the heat to low and simmer partially covered for about 2 to 2 1/2 hours until the peas are tender but still intact. Replenish with more boiling water from time to time if necessary. Drain the peas in a sieve or colander. (Canned chick peas require no cooking and need only to be drained and rinsed thoroughly under cold running water.)

Preheat the oven to 400 degrees (F). In a heavy 12 inch skillet, heat about 1 inch of oil over high heat almost to the smoking point. Drop in the eggplant cubes and, stirring frequently, cook for about 5 minutes, or until they are lightly browned on all sides. With a slotted spoon, transfer them to a 9 by 14 by 2 1/2 inch baking/serving dish and spread them out evenly. Add the onions to the oil remaining in the skillet and, stirring frequently, cook over moderate heat for 8 to 10 minutes, or until they are soft and delicately browned. watch carefully for any signs of burning and regulate the heat accordingly. Spread the onions and all of their cooking oil on top of the eggplant and pour over them an additional 1/2 cup of olive oil. Sprinkle the onions with 1 teaspoon of the salt and a few grindings of pepper. Scatter the chick peas on top, and cover them with the tomatoes. Sprinkle with remaining 2 teaspoons of salt and a few grindings of pepper and pour in the water.

Bring the musakka'a to a boil on top of the stove, then bake in the lower third of the oven for 40 minutes, or until the vegetables are very tender. Cool the musakka'a to room temperature and serve directly from the baking dish, accompanied by Arab bread.

Mfst Va Khifr (Yogurt With Cucumbers)

3 Servings

INGREDIENTS =====

- 1 1/2 c yogurt
- 1 cucumber
- 1 T fresh dill or
- 1 t dill weed, Dried
- 1 salt and pepper

PREPARATION =====

Put the yogurt in a bowl. Peel and chop the cucumber finely and add to the yogurt. Add finely chopped dill and salt and pepper taste and mix well. Refrigerate 1/2 hour before serving. May be used as a substitute for salad.

## Nfzkhftun (Eggplant Caviar)

5 Servings

### INGREDIENTS =====

2 medium eggplants  
1/2 c parsley,Chopped  
2 clove garlic  
1 t salt  
1/2 t pepper  
1/4 t cinnamon  
2 T vinegar  
1 T lemon juice  
1 T dry mint

### PREPARATION =====

Wash and bake the eggplants in 350 oven for 1 hour or until done. When done, remove the skin and chop the eggplants. Add chopped parsley and mix well. Squeeze garlic into the eggplant mixture, add the seasoning and vinegar, and mix well. Let stay for a few hours before serving.

## Okra And Lamb Stew

1 Servings

- 1 lb boneless leg of lamb,in
- 1 long strips,2 wide, 1/2
- 1 thick
- 3 T olive oil
- 1 lg yellow onion,peeled and
- 1 minced
- 3 lg cloves garlic,peeled and
- 1 crushed
- 1/2 t allspice,Ground
- 1/2 t cinnamon,Ground
- 1 2-pound can,Crushed
- 1 tomatoes
- 1 juice of 1 lemon
- 1 salt and,Freshly Ground
- 1 black pepper,To Taste
- 1 lb fresh (or whole okra),Frozen
- 1 thawed

Quickly brown the lamb strips in the olive oil. Add the onion and garlic and cook until transparent. Add the spices, tomato, and lemon juice, and salt and pepper. Simmer until the lamb is tender. Add the thawed okra, and cook 5 minutes. This dish is better if cooked a few hours ahead and reheated.

## Oznei Haman Or Hamantaschen (Cookies With (See Dirs))

### FILLING

1 c poppy seeds,dried  
1/2 c water,cold  
1/4 c honey  
1/4 c almonds,blanched, pulverized  
2 T sugar  
1 T lemon juice,fresh  
1/8 t salt  
1/4 c raisins,seedless  
1 t lemon peel,finely grated  
1 egg

### DOUGH

12 T butter,(1.5 quarter pound sticks)  
2 T butter,softened  
1/2 c sugar  
3 c flour,all purpose  
1 egg  
1/4 c milk  
1/2 t vanilla extract,combined with above milk  
1 egg yolk,beaten lightly and combined with 2 tb of milk

Place the poppy seeds in a bowl, pour in enough boiling water to cover them by 1 inch and soak for at least 3 hours. To make the filling, drain the poppy seeds, spread them out on a paper towels and pat dry. Then pulverize them, cup at a time, in an electric blender or with the finest blade of a meat grinder or with a mortar/pestle.

In a heavy 1 to 2 quart saucepan, combine the poppy seeds, cold water, honey, almonds, 2 tablespoons of sugar, the lemon juice and salt. Stirring constantly, bring to a boil over moderate heat and cook until the sugar is completely dissolved. Transfer the mixture to a bowl and cool to room temperature. Just before using, stir in raisins, lemon peel and the whole egg.

Meanwhile, prepare the dough in the following fashion: In a deep bowl, cream the 12 tablespoons butter and the cup of sugar together by mashing and beating them against the sides of the bowl with a large spoon until light and fluffy. Beat in 1/4 cup of the flour and when it is completely absorbed, add the egg. Beating well after each addition, add 1 cup of flour, then 2 tablespoons of the milk and vanilla mixture, followed by another cup of flour, the rest of the milk mixture and all of the remaining flour. Gather the dough into a ball, cover it with wax paper or plastic wrap and refrigerate for at least 30 minutes.

To make the cookies, preheat the oven to 350 degrees (F). With a pastry brush, coat 2 large baking sheets with the remaining 2 tablespoons of softened butter. On a lightly floured surface, roll the dough out into a rough circle about 1/16 inch thick. With a 4 to 5 inch round cookie cutter (or pastry wheel), cut the dough into as many rounds as you can. Then gather the scraps into a small ball, reroll and cut into similar rounds, continuing the process until all the dough has been used. Oznei haman are traditionally shaped like three cornered hats. To form each one, place a heaping tablespoon of the poppy seed filling in the center of a round of dough and lightly moisten the edges of the round with a finger dipped in water. Join your thumb tips under the nearest edge in such a way the thumbs and index fingers will form a triangle when they are brought up over the filling until they meet above it. Pinch the top together tightly to enclose the filling completely.

Place the cookies on the baking sheets, brush the tops with the beaten egg yolk and milk mixture and bake in the center of the oven for 20 to 25 minutes, or until they are lightly browned. With a spatula, transfer them to a cake rack to cool before serving.

## Pastirma ( Preserved Meat With Spicy Sauce)

1 Servings

3 Kg pieces of veal (well-fed  
1 veal)  
50 g red pepper  
50 g fenugreek seeds  
50 g garlic  
1 enough salt

Cut the meat evenly in slices approximately 20 cm long, 8 cm wide and 2 or 3 fingers thick. After pounding them, put them in a can as: one layer meat, one layer salt and continue with layers. Place a wooden board on top and with the help of a weight, flatten the meat in can. Allow to stand in a cool place for 15-20 days, then soak meat in fresh water and allow to stand for 1 day to free from extra salt. Take the meat pieces out of the water, tie onto a string, and drain the water out by hanging them in shade. Crush the garlic and 2 tablespoons salt, add the fenugreek seeds and red pepper and blend well. Add some water to prepare a thick paste, and spread paste evenly over the meat. Hang in a cool place to dry, When the paste has dried, take the meat off the string and put in a cool place to preserve.

## Patlican Imam Bayildi

1 Servings

8 sm japanese eggplant  
1/2 c oil  
3 md onions,peeled and in thin  
1 strips  
2 md tomatoes,diced  
2 md green peppers,in thin  
1 strips  
1 sm red hot pepper,minced  
2 T parsley,chopped  
5 cl garlic,minced  
1 ,s&p  
2 T olive oil  
1 1/2 c stock (or broth)  
1 1/2 T lemon juice,(1/2 lemon)  
1 t sugar

Oven at 350F (175C).

Grease a large baking pan.

Rinse and dry eggplant. Slit eggplant lengthwise submarine-sandwich-style. Heat oil and cook eggplant over high heat until skins blister on all sides, about 2 min. Drain.

In the same oil, add onions, half the tomatoes, green peppers, hot pepper, parsley, garlic, salt, and pepper. Cook until onions are just tender.

Put eggplant on baking pan and stuff with vegetable mixture. Drizzle olive oil over and top with rest of tomatoes. Pour broth around. Sprinkle juice and sugar over eggplant. Cover with a cover or foil and bake until very soft, 40-60 min.

## Persian Abgusht

1 Servings

- 1 lb stew beef (or lamb)
- 1 lg onion (chopped)
- 1 salt and pepper, To Taste
- 1/2 t tumerick
- 1/2 t saffron
- 1 2 large potatoes
- 1/2 c chick peas
- 2 tomatoes
- 1 eggplant (optional), Chopped
- 1 water

Put everything in a large pot and simmer for 1-1/2 to 2 hours on a low setting. Add salt and pepper to taste and any other favorite soup flavorings. Make sure there is plenty of water. when done, the water will have the consistency of a thick soup and the other ingredients will be well cooked.

## Persian Quince Stew (Khoresh-E Beh)

2 onion, finely sliced  
1/3 c oil (or butter)  
1 lb stewing meat (lamb (or beef) cut in 1 inch cubes  
1 t salt  
1/4 t pepper  
1/2 t cinnamon, Ground  
3 c ,water  
2 lg quinces  
3 T sugar  
1/4 c vinegar (or lemon juice)  
1/4 t ground saffron, dissolved in 1 T ,water, hot  
1/3 c yellow split peas  
CHELO =====  
3 c basmati rice  
8 c ,water  
2 T salt  
3/4 c butter, melted  
1/2 t saffron, dissolved in 2T ,water, hot  
2 T yogurt (opt)

In large pot, brown onions in 3 Tbsp. of oil or butter. Add meat and brown. Add salt, pepper, and cinnamon. Add water, cover and simmer over low heat for 1 hr, stirring occasionally.

Wash, but don't peel quinces. Use apple corer to remove seeds. Slice as for apple pie. In skillet, saute in 2 Tbsp. oil or butter and set aside.

To the meat, add sugar, vinegar or lemon juice, saffron, split peas, and quince. Cover and simmer 35 minutes. Check to see that meat and fruit are cooked. Taste and correct seasoning. Transfer to deep casserole dish and keep in warm oven until ready to serve. Serve hot with chelo (recipe below.)

Chelo: Wash rice 5 times in cold water. Bring water and salt to boil in a large non-stick pan. Add washed and drained rice. Boil 6 minutes, stirring gently twice to loosen grains that may have stuck to bottom. Drain rice in colander and rinse in lukewarm water.

In same pot, heat half the butter, 2 Tbsp. hot water, a drop of dissolved saffron, and yogurt. Taking one spatula at a time, place rice gently in pot mounding in the shape of a pyramid. Dissolve remaining butter in 2 Tbsp. hot water and pour over rice. Place clean dishtowel over pot and cover firmly with lid to prevent steam from escaping. Cook 10 minutes over medium heat and 50 minutes over low heat. Remove from heat.

Allow to cool 5 minutes on a damp surface without removing lid. Put 2 Tbsp. of the rice in with remaining saffron and set aside for garnish. Gently remove rice from pot without disturbing crust. Sprinkle saffron flavored rice over top and serve. Detach crust and serve separately.

## Pesto Hummus

1 Servings

- 1 cn chickpeas (garbanzo beans)
- 1 almost (keep juice), Drained
- 2 bn basil (or so), chopped.
- 1 should make at least 1
- 1 cup of basil, Packed
- 1/2 lemon, Juiced

Put chickpeas, basil, and some of the lemon into bowl. Puree using blender. Add lemon juice until consistency and taste are pleasing. If still too thick, you can add some of the leftover juice from the chickpea can. Serve as a dip or use as a spread on fresh bread.

## Pickled Lemons

1 Servings

1 text file

Scrub lemons well and slice them. Sprinkle the slices generously with salt and leave for at least 24 hours on a large plate set at an angle or in a collander. They will become soft and limp, and lose their bitterness. Arrange the slices in layers in a glass jar, sprinkling a little paprika between each layer." (Note, as paprika is late-period at best, you might want to experiment with other spices - coriander, cinnamon, etc.) Cover with corn or nut oil. Sometimes olive oil is used, but its taste is rather strong and may slightly overpower the lemons. Close the jar tightly. After about 3 weeks, the lemons will be ready to eat - soft, yellow, and a beautiful orange color.

## Pilav (Steamed Sauted Rice)

6 Servings

- 2 T butter
- 4 T butter, melted
- 1 c rice, white, long or medium
- 1 , grain, uncooked
- 2 c chicken stock, fresh or can
- 1/2 t salt
- 1 black pepper, freshly ground

In a heavy 2 to 3 quart saucepan, melt the 2 tablespoons of butter over moderate heat. when the foam begins to subside, add the rice and stir for 2 or 3 minutes until all the grains are evenly coated. Do not let the rice brown. Pour in the stock, add the salt and a few grindings of pepper, and bring to a boil, stirring constantly. Cover the pan and reduce the heat to its lowest point. Simmer for 20 minutes, or until all the liquid has been absorbed and the rice is tender but still slightly resistant to the bite. Pour in the 4 tablespoons of melted butter and toss the rice with a fork until the grains glisten. Drape a towel over the rice and let it stand at room temperature for about 20 minutes before serving.

## Red Chicken A La Touran

1 Servings

4 spring chickens (cornish  
1 hens),weighing 1 lb. each  
3 tbps coarse salt  
3 onions,sliced  
3 cloves garlic,crushed  
1/2 t black pepper  
1/2 t saffron  
1/4 t cardamom,Ground  
1/4 t cloves,Ground  
2 tablespoons sumak  
1/2 c olive oil  
4 lg pitas

Clean the chickens, rub with salt inside and out, and refrigerate for 1 hour. Put the onions and garlic into a shallow casserole dish just big enough to hold all 4 chickens. Mix all the spices together. Take the chickens out of the refrigerator, wash them, pat them dry and rub them with the spice mixture inside and out. Put them on top of the onions in the casserole dish, breast up. Refrigerate for several hours.

Transfer the contents of the casserole dish to a large, shallow saucepan, add 2 cups of water, bring to a boil, over and cook until the birds are very tender. The water will evaporate, but if this happens too fast, add a little more. Remove from the heat and add the olive oil. Transfer to the casserole dish and broil/grill for 8 minutes. Spread the onions on the 4 pitas, put the chickens on top and broil for another 5 minutes.

## Reshmi Kabab

1 Servings

1 Kg boneless chicken  
4 md sized onions  
5 cm  
8 cloves garlic  
1 bn coriander (cilantro) leaves  
1 t cummin (jeera) seeds  
1 white pepper, To Taste  
1 (around 1 tsp if you  
1 t garam masala (available in  
1 indian stores)  
2 eggs  
1 salt, To Taste  
1 lemon  
1 spring onions (red onions  
1 are ok)  
1 ginger

1. Mince the chicken.
2. Grind all ingredients together except eggs and salt.
3. Mix in the eggs and salt.
4. Shape into sausages, put on skewers and cook over charcoal fire or in rotisserie till tender.
5. Garnish with onions and lemon.

## Saffron Shortbread (Sfoof) Lebanese

1 Servings

4 c flour  
2 c sugar  
2 t baking powder  
1 t saffron [or turmeric, In A  
1 pinch]  
1/2 t salt  
2/3 c milk  
2 T milk  
2 T pine nuts

Melt Butter. Cool to lukewarm by placing pan in cold water. Sift flour with sugar, baking powder, saffron or turmeric, and salt. Stir butter into flour mixture until flour is well moistened. Rub mixture together between palms, "smearing" the butter and flour until all lumps are gone. Mixture will resemble coarse cornmeal. This may take a few minutes, but it thoroughly works the butter into the flour mixture. Poke several holes in mixture and pour 2/3 cup milk into holes. Stir with fork only enough to incorporate liquid so dough holds together.

Grease a 9 x 13 inch baking dish and pat dough evenly over the bottom, pressing down firmly. Brush with a few tablespoons of milk. Decorate with pine nuts place at 1 1/2-2 inch intervals. Bake at 350 deg.F for 30- 35 minutes, until crust becomes light brown and a toothpick inserted in the middle pulls out clean. Cool, Cut into 40 squares with a pine nuts in each center.

## Sfeeha (Baked Lamb Pies)

### DOUGH

2 3/4 c water,lukewarm	2 md tomato,fresh, ripe, peeled,seeded and finely chopped
2 pk active dry yeast	1/2 c green pepper,finely chopped
1 pn sugar	1/2 c parsley,finely chopped flat leaf parsley
8 c all purpose flour	1/2 c lemon juice,fresh
2 t salt	1/4 c red wine vinegar
1/4 c olive oil	1 T tomato paste

### FILLING

2 c onion,finely chopped	1 t cayenne pepper
2 t salt	1 t allspice
4 T olive oil	2 t salt
1/2 c pine nuts,(pignolia)	1 black pepper,freshly ground
2 lb lamb,lean, boneless	

Make the dough in the following fashion: pour 1/4 cup of the lukewarm water into a small, shallow bowl and sprinkle it with the yeast and sugar. Let the mixture rest for 2 or 3 minutes, then stir to dissolve the yeast completely. Set the bowl in a warm, draft free place (such as a turned off oven) for about 5 minutes, or until the mixture almost doubles in volume. In a deep mixing bowl, combine the flour and the 2 teaspoons of salt, make a well in the center and into it pour the yeast mixture, the 1/4 cup of olive oil, and 2 cups of the remaining lukewarm water. Gently stir the center ingredients together with a large spoon, then slowly incorporate the flour and continue to beat until the ingredients are well combined. Add up to 1/2 cup more lukewarm water, beating it in a tablespoon or so at a time, and using as much as necessary to form a dough that can be gathered into a compact ball. If the dough is difficult to stir, work in the water with your fingers. Place the dough on a lightly floured surface and knead it by pressing it down, pushing it forward several times with the heel of your hand and folding it back on itself. Repeat for about 20 minutes, or until the dough is smooth and elastic. Sprinkle it from time to time with a little flour to prevent it from sticking to the board. Shape the dough into a ball and place it in a lightly oiled bowl. Drape loosely with a kitchen towel and set aside in the warm, draft free place for 45 minutes to 1 hour, or until the dough doubles in bulk. Punch the dough down with a single blow of your fist and divide it into 16 equal pieces. Roll each piece into a ball about 1 1/2 inches in diameter, cover the balls with a towel and let them rest for 30 minutes.

### FILLING:

Meanwhile, prepare the filling. Drop the onions into a deep bowl and sprinkle them with 1 tablespoon of the salt, turning them about with a spoon to coat them evenly. Let the onions rest at room temperature for at least 30 minutes, then squeeze them dry and return them to the bowl. In a small skillet or saucepan, heat 1 tablespoon of olive oil until a light haze forms above it. Add the pine nuts and, stirring constantly, brown them lightly. Add them to the bowl of onions, along with the lamb, tomatoes, green pepper, parsley, lemon juice, vinegar, tomato paste, cayenne pepper, allspice, 2 teaspoons of salt and a liberal grinding of black pepper. Knead the mixture vigorously with both hands, then beat with a wooden spoon until the mixture is smooth and fluffy. Taste for seasoning. Preheat the oven to 500 degrees (F). With a pastry brush, coat 3

large baking sheets or jelly roll pans with the remaining 3 tablespoons of oil. On a lightly floured surface, roll each of the balls into a round about 4 inches in diameter and no more than 1/8 inch thick. To make open face pies, spoon about 1/2 cup of the lamb filling mixture on the center of each round. Then with a spatula or the back of the spoon, spread the filling to about 1/2 inch of the edge. To make closed pies, spoon about 1/2 cup of the filling on the center of each round. Pull up the edge from 3 equally distant points to make a roughly triangular shaped pie and pinch the dough securely together at the top. With a metal spatula, arrange the pies on the baking sheets. Bake in the lower third of the oven for 30 minutes, or until the pastry is lightly browned. Serve hot, or at room temperature, accompanied, if you like, with yogurt.

## Shoubra (Vegetable Soup)

10 Servings

- 1 T olive oil
- 2 md onions, chopped
- 4 cl garlic, peeled and crushed
- 1 1/2 lb potatoes, peeled, 1 dice
- 1 lb zucchini, 1/2 dice
- 1 lb carrots, peeled, 1/2 dice
- 2 1/2 t salt
- 8 c water
- 4 T coriander leaves, finely  
-chopped
- 4 T zhug (or), To Taste
- 2 T hulbah (or), To Taste

Heat oil in a saucepan, then saute onions and garlic for about 10 minutes. Add potatoes, zucchini, carrots, salt and water, then bring to a boil. Cover and cook over medium heat for 40 minutes or until vegetables are well cooked. Stir in coriander, zhug, and hulbah. Serve immediately with toasted pita bread, each diner adding bread to taste.

## Skordalia (Garlic And Potato Sauce)

1 Servings

- 1 lb potatoes, baking, peeled &
- 1 , cut into small pieces
- 1 T garlic, finely chopped
- 1 t salt
- 1 egg yolk
- 12 T olive oil
- 2 T lemon juice, fresh
- 1 white (or black pepper)
- 1 , freshly ground

Drop the potatoes into enough lightly salted boiling water to cover them completely and cook briskly until they show no resistance when pierced with the point of a small, sharp knife. Drain and return the potatoes to the pan. Shake the pan constantly over moderate heat for a minute or so until the potatoes are completely dry. Then mash them to a smooth puree.

With a large mortar and pestle or the back of a spoon, mash the garlic and salt together to a fine paste. Add the warm mashed potatoes a little at a time, stirring and mashing vigorously until the ingredients are well combined. Beat in the egg yolk, then the oil, a tablespoon or so at a time, making sure each addition of oil is absorbed before adding more. The mixture will absorb from 8 to 12 tablespoons of oil, depending on the texture of the potatoes. Beat in the lemon juice, taste and add as much pepper and salt as you think it needs. the sauce should be highly seasoned and dense enough to hold its shape almost solidly in a spoon. If you prefer a thinner sauce, beat in a little luke warm water a few drops at a time. Skordalia is traditionally served with fried food or broiled seafood or with cold sliced beets.

## Soupe Mfst Va Khifr (Cold Yogurt Soup)

4 Servings

### INGREDIENTS =====

1 boiled egg,chopped  
1/2 c raisins  
2/3 c yogurt  
1/2 c light cream  
6 ice cubes  
1 cucumber,chopped  
1/4 c green onions,chopped  
2 t salt  
1/2 t pepper  
1 c cold water  
1 T parsley,chopped  
1 T fresh dill,chopped or  
1 t dill weed,Dried

### PREPARATION =====

Soak the raisins in cold water for 5 minutes. Put yogurt in a big mixing bowl, add cream, chopped egg, ice cubes, chopped cucumber, green onions, salt and pepper. Pour off the water from the raisins and add it to the yogurt mixture. Add 1 cup of cold water and mix well. Let this soup stand in the icebox for 2 to 3 hours. When serving, garnish with parsley and dill.

## Spiced Vegetable Pasties

### PASTRY =====

50 g wholemeal flour  
50 g plain white flour  
1/4 t salt  
50 g margerine

### FILLING =====

1/2 peeled and onion,Chopped  
1 T oil  
1/2 garlic clove,Crushed  
1/2 T coriander,Ground  
1/2 t cumin,Ground  
50 g peeled and potato,Diced  
50 g peeled and carrots,Diced  
210 g chick peas  
1 salt  
1 pepper

#### Filling.

1. Fry the onion in the oil for 5 minutes and add the garlic, spices, carrot and potato. Cook for ten minutes, or until the vegetables are tender.
2. Add the chick peas and season with the salt and pepper. Leave to cool down.
3. Preheat the oven to 200C/400F

#### Pastry:

1. Sift the flours and salt into a large bowl. Add the margerine and rub into the flour with your hands until the mixture is like bread crumbs.
2. Add the cold water and press the mixture together to form a dough. Turn out onto a floured board and divide into 2 equal pieces.
3. Take out one piece of the dough and knead lightly, pressing it into a round shape.
4. Roll it into a circle about 15cm across. Put 1/2 of the vegetable mixture on top and fold into a pasty type shape and press the edges together.
5. Pierce a couple of holes in the top and bake for 20 minutes or until crisp.

## Stuffed Grape Leaves

1 Servings

40 preserved grape leaves  
1 c rice  
1/2 lb lamb, Ground  
1 1/2 t salt  
1/2 t pepper  
1/4 t allspice  
1/4 t cinnamon  
2 T vegetable oil  
1/4 c fresh lemon juice  
1 water

This traditional Middle Eastern dish is a lot of work. However, once you get the hang of the rolling technique it gets easier. The combination of the slightly acidic leaf, rice and meat stuffing, and the cool yogurt make it worth it. If you can get your hands on fresh grape leaves, by all means use them. Just remember to soften them up by soaking them in hot water for 10 minutes.

Remove preserved grape leaves from jar and rinse with water. Set aside. In a medium bowl, mix rice ground lamb, salt, pepper, allspice, cinnamon, and vegetable oil. Place a heaping teaspoonful of rice mixture on dull side of grape leaf. Begin rolling in a jelly roll fashion. After the first roll, tuck in the ends, and continue rolling. The roll should be firm, but not too tight so that the expanding rice won't burst it and not too loose so it won't sag and the filling won't ooze out. Repeat with the rest of the leaves and the filling.

In a 2 1/2 quart pan, arrange rolls in compact rows. Add enough water to just below the top row of rolls. Place a small plate on top of the rolls. This is to weigh them down so they will remain intact while they cook. Bring the pot to a boil, reduce heat. Cover and let simmer until leaves are tender (45 minutes). Most of the water should have evaporated at this point. Uncover, add lemon juice and cook for 5 minutes longer. Remove from heat and transfer to serving platter. Serve with yogurt.

## Sufganiyot (Israeli Doughnuts)

- 1 scant tablespoon (1 package) dry yeast
- 4 T sugar
- 3/4 c lukewarm milk (or), Warm water
- 2 1/2 c all-purpose flour
- 1 pn salt
- 1 t cinnamon, Ground
- 2 eggs --, Separated
- 2 T butter (or margarine softened)
- 1 apricot (or strawberry) preserves -- for filling
- 1 sugar
- 1 oil -- for deep-frying

Child: Sift the flour and mix it with the remaining sugar; salt; cinnamon; egg yolks; and the yeast mixture.

Adult with Child: Knead the dough until it forms a ball. Add the butter or margarine. Knead some more; until the butter is well absorbed. Cover with a towel and let rise overnight in the refrigerator.

Adult: Roll out the dough to a thickness of 1/8 inch.

Child: Cut out the dough into 24 rounds with a juice glass; or any object about 2 inches in diameter. Take 1/2 teaspoon of preserves and place in center of 12 rounds. Top with the other 12. Press down at edges; sealing with egg whites. Crimping with the thumb and second finger is best. Let rise for about 30 minutes.

Adult: Heat 2 inches of oil to about 375. Drop the doughnuts into the hot oil; about 5 at a time. Turn to brown on both sides. Drain on paper towels.

Child: Roll the doughnuts in sugar.

## Syrian Sausage In Pita

6 Servings

- 2 lb leg of lamb,ground once
- 2 T fresh tarragon,chopped
- 2 t coriander seed,Ground
- 1 t allspice
- 2 T red wine
- 1/4 c pine nuts
- 1 T salt
- 1/2 t pepper
- 5 feet narrow sausage casing\*
- 1 butter and olive oil
- 6 individual pita rounds
- 1 bunch coriander,chopped

To make the sausage meat, combine the first eight ingredients in a large bowl. Mix well with your hands. Using a sausage stuffer or a pastry bag, stuff the casings, twisting every 3 inches.

Saute the sausage in a mixture of half butter and half olive oil until brown, turning occasionally. Serve in pita rounds, sprinkled with plenty of chopped coriander. Makes 6 servings.

## Syrian Wheat Pudding

8 Servings

- 1 1/2 c bulgar (cracked wheat)
- 4 c water
- 1 c raisins
- 1/2 t caraway seeds
- 1 T pistachio nuts,shelled
- 1 T walnuts,shelled, chopped
- 1/4 c maple syrup

Place bulgar, water, raisins, and carway seeds in a covered pot. Cook over medium heat for 30 minutes. Stir occasionally. Add nuts and syrup. Simmer 5 minutes longer. Serve warm.

## Tabouleh

1 Servings

1 c fine grain bulgur wheat  
2 lg bunches of parsley  
1 sm red bell pepper, cored,  
1 seeded, large chunks  
2 stalks celery, large pieces  
2 bn scallions, large pieces  
2 T coarsely fresh mint, Chopped  
1 leaves or  
1 t mint, Dried  
1/4 c extra virgin olive oil  
1/4 c lemon juice  
1/4 t allspice, Ground  
1/4 t cinnamon, Ground  
1 t salt  
1/4 t black pepper, Freshly Ground  
4 md tomatoes, 1/4-inch dice

Soak the bulgur wheat in 2 cups cold water for 15 minutes. Squeeze dry.

Pick the parsley leaves from the large stems. Wash at least twice and drain very well. Mix the parsley, bell pepper, celery, scallions, and mint together, and place in a food processor with a metal blade. Pulse-chop until fine and place in a large mixing bowl.

In a separate bowl mix the olive oil, lemon juice, spices, and salt and pepper, and stir with fork or whisk until smooth.

Combine all of the ingredients except the tomatoes thoroughly in the mixing bowl. Then gently blend in tomatoes. Serve immediately. Serves 6 as a salad course.

## Tabouli (Bulgur Wheat Salad)

1 Servings

1 c whole wheat bulgur  
1 lg onion,Chopped  
1 water,Boiling  
1 lb tomatoes,chopped or 1\*16\*oz  
1 cn tomatoes,Diced  
1/2 c lemon juice  
1/4 t black epper  
1 salt

Put 1 cup of whole wheat bulgur and 1 large chopped onion in a medium Pyrex bowl and cover with boiling water...let these soak 2 hours Drain well and add 1 lb of fresh chopped tomatoes or one 16 oz can of diced tomatoes, 1/3 cup lemon juice (freshly squeezed tastes much better than from concentrate), 1/4 tsp or more freshly ground black pepper, and salt to taste. Let it stand for several hours or overnight in the refrigerator to mix the flavors.

## Tah Chin (Yogurt, Lamb And Rice)

6 Servings

2 lb lamb from leg,Lean  
2 1/2 c yogurt  
1 ,salt  
1 black pepper,Freshly Ground  
1 t turmeric or  
1/2 t saffron threads  
3 c basmati rice  
8 c ,water  
2 egg yolks  
1/4 c ghee (or butter),melted  
1 T ,hot water

Cut lamb into 1-1/4 inch cubes. Combine in a bowl with 2 cups yogurt, 2 teaspoons salt, a good grinding of black pepper and the turmeric or pounded saffron threads. Cover and marinate in refrigerator for 6 hours or overnight.

Pick over rice and wash well until water runs clear. Boil water, add 2 tablespoons salt and the rice, stir and return to the boil. Leave uncovered and boil for 5 minutes. Drain in colander or large sieve.

Beat egg yolks in a bowl, stir in 1/2 cup yogurt and 1-1/2 cups of the rice. Place melted ghee and hot water in a 10-cup casserole or Dutch oven. Swirl to coat sides. Spread egg, yogurt and rice mixture evenly over base.

Arrange half the lamb cubes over this with some of the yogurt marinade. Add a layer of rice, remaining lamb mixture, and all but 1/2 cup of marinade. Top with remaining rice and spread reserved yogurt marinade on top. Cover casserole or Dutch oven with lid and cook tah chin in a moderate oven for 1-1/2 hours.

Spoon rice and lamb mixture into center of serving dish. Lift off crusty layer from bottom of dish and break into large pieces. Arrange around edge of dish. Alternatively if a Dutch oven has been used, place on cold surface or in cold water for 5-10 minutes, run a knife blade around edge of contents and invert serving dish on top. Tip upside down so that contents can come out like a cake. Cut in wedges to serve.

## Tomato And Chickpea Soup (Hasa Al-Tomatat Maa

10 Servings

1 T olive oil  
2 md onions, chopped  
4 cl garlic, crushed  
4 T coriander leaves, finely  
-chopped  
2 c chickpeas, cooked  
2 c tomato juice  
6 c water  
1/4 c white rice, rinsed  
2 t salt  
1 t pepper  
1 t allspice  
1/8 t cayenne

Heat oil in saucepan, then saute' onions and garlic over medium heat for 10 minutes. Add remaining ingredients and bring to a boil. Cover and cook over medium heat for 25 minutes or until rice is cooked.

## Tu B'shevat Fruitcake

1 Servings

1/2 c brown sugar  
3/4 c flour,Sifted  
1/2 t baking powder  
2 eggs  
1 c fruit,Dried  
1 c mixed nuts,almonds,walnuts  
1 pecans,etc (peanuts not  
1 recommended)

Mix it all. Pour into greased loaf pan. Bake in preheated 350 degree oven until brown. Stick a toothpick in center to check. If it comes out clean, your cake is cake.

## Turkish Imam Biayeldi

1 Servings

6 sm or  
3 md aubergines (1 1/2 lb)  
1 lb onions, thinly sliced  
5 garlic cloves, chopped  
1 finely  
1 sunflower oil  
1 green pepper, thinly sliced  
1 (optional)  
1 good quality tomato juice  
8 oz tomatoes, peeled and  
1 chopped  
1 pepper  
1 t sugar  
1 lg bunch parsley, chopped  
1 lg tomato, sliced

Cut aubergines in half lengthways. Sprinkle with salt and leave for 30 mins. Rinse and pat dry.

Preheat oven to 200 C (gas 6). To make stuffing gently fry onions and garlic in 3 tbsps oil until soft. Add the green pepper and tomatoes, seasoned with salt, pepper, and a little sugar. Cook gently for about 15 mins and stir in the parsley.

Quickly shallow fry the aubergines in hot oil enough to seal them, turning to brown all over. Drain on kitchen paper.

Make a deep slit along the length of the aubergine halves. Open the slit and spoon in as much stuffing as the slit will hold.

Lay the aubergine halves close to each other in a baking dish and garnish with tomato slices.

Pour in enough tomato juice to almost cover the aubergines and bake for about 45 mins.

Serve at room temperature

## Turkish Menemen

1 Servings

- 4 T olive oil
- 1 1/4 lb tomatoes,skinned & chopped
- 1 t marjoram,Dried
- 1/2 t sugar
- 2 green peppers,seeded &  
1 chopped
- 3 oz feta (or caerphilly),diced
- 6 eggs,beaten lightly
- 1 salt & pepper

Heat the olive oil in a large frying pan.Add the chopped tomatoes with the marjoram and seasoning.Cook for twenty minutes, stirring occasionally, until most of the moisture has evaporated and a rich sauce is formed.

Add the sugar and chopped peppers and cook for 2-3 minutes.

Add the cheese, mix well and pour the beaten eggs over. Mix lightly with a spatula as for scrambled eggs and season. Cook for 4-6 minutes until the eggs are cooked to your taste. Serve

## Turkish Mussels With Garlic & Walnut Sauce

1 Servings

2 lb mussels  
1 seasoned flour  
1 2 eggs,lightly beaten  
1 sunflower oil for frying  
1 sauce ..  
2 sl stale white bread,crust  
1 remove  
3 cloves garlic,crushed  
2 T white wine vinegar  
2 oz walnuts,finely ground  
6 T olive oil  
1 salt

Make sauce. Soak the bread in water for 10 minutes. Drain and gently squeeze out the water.

In a liquidiser whizz the bread with the garlic, vinegar, nuts and salt until smooth. Gradually drizzle in the olive oil. Taste and adjust the seasoning.

Clean the mussels well and rinse thoroughly. Heat 1/2 " water in a large wide pan until boiling. Add the mussels, cover tightly and shake over a high heat for a few minutes until they have opened. Remove mussels from shell and reserve.

Carefully thread the mussels onto wooden skewers that have been presoaked in water for 30 minutes.Put on about 6 mussels per skewer and dont pack too tightly.

Coat each skewerful first in seasoned flour, then in beaten egg and finally in flour again. Make sure that it is coated thoroughly each time.

Fry in hot oil, turning occasionally with tongs, until golden brown. Drain briefly on kitchen paper and serve immedietely with the sauce.

## Turkish Spicy Turkish Eggs

1 Servings

- 2 onions, finely sliced
- 1 yellow pepper, cored &  
1 sliced
- 2 red peppers, cored & sliced
- 2 cloves garlic, chopped
- 2 chillies, chopped
- 1/2 t cumin seeds
- 3 T oil
- 4 eggs
- 1 salt & pepper
- 1 greek yoghurt

Fry the vegetables and spices in olive oil until the peppers are soft and juicy. Season with salt.

One at a time break the eggs into a saucer and then slip into the nest of peppers. Cook until the whites of the egg are set.

Serve from the pan with a dollop of yoghurt.

## Tzatziki Sauce

1 Servings

2 cucumbers,peeled, seeded,  
1 grated,and well drained  
1 or 2 cloves garlic,minced  
1/2 t salt  
1/2 t white pepper  
1 t white vinegar  
1/4 c olive oil  
16 oz plain yogurt

In medium bowl of electric mixer, mix all ingredients except yogurt. Add yogurt and beat on medium speed until mixture has a creamy appearance. Refrigerate, covered, overnight to blend the flavors.

Serve with gyros or other lamb dishes.

## Vegetable Soup (Hasa Al-Khadr)

10 Servings

2 T olive oil  
2 md carrots,peeled and chopped  
-into s  
1 lg onion,chopped  
2 cl garlic,crushed  
2 T fresh ginger,grated  
2 md potatoes,peeled, 1/2 dice  
4 md tomatoes,chopped  
1 c coriander leaves,finely  
-chopped  
7 c water  
2 t salt  
1 t pepper  
1 t cumin

Heat oil in a saucepan; then stir-fry carrots, onions, garlic, and ginger over medium heat for 8 minutes. Add potatoes, tomatoes, and coriander leaves and stir-fry for another 5 minutes. Add remaining ingredients and bring to a boil. Cover and simmer over medium-low heat for 1 hour or until vegetables are well-done.

## Yemenite Meat Loaf (Halabi Kebab)

1 Servings

2 1/2 lb beef,Ground  
3 T flour  
1 T oil  
1 t salt  
1 t pepper  
1 T zhoug\*  
3 T oil  
1 c finely onions,Chopped  
1 c mushrooms,Sliced  
1 c parsley,Chopped  
3 eggs

Combine ground beef with flour, 1 tbsp oil, salt, pepper and zhoug. Form the meat mixture into a 10-inch loaf. Make a well the entire length of the loaf.

Heat 3 tbsp of oil in a skillet. Saute together the onions, mushrooms and parsley until the onions are golden. Place the mixture in the well of the loaf. Lightly beat the eggs and pour over the vegetables.

Preheat oven to 350 degrees.

Pat the sides of the loaf together to close up the well, and wrap in aluminum foil. Bake for 30 minutes. The loaf may be served either hot or cold.

## Yemiser Selatta (Lentil Salad)

1 Servings

- 1 1/4 c lentils,dried
- 3 T wine vinegar,red
- 2 T oil
- 1 t salt
- 1 pepper,black
- 8 lg shallot,large
- 2 anaheim chiles

Peel shallots, then cut lengthwise in half. Seed chiles and cut into 1" x 1/8" strips. Wash lentils under cold running water. Simmer them in lightly salted water for 25 to 30 minutes, or until tender but still somewhat firm. Drain and rinse under cold water to cool them. Drain again and set aside.

Combine vinegar, oil, salt and pepper in a bowl, beating with a whisk. Add lentils, shallots and chiles. Stir gently to mix well. Marinate at room temperature for about 30 minutes before serving, stirring periodically.

## Yogurt Sauce For Seekh Kabobs

1 Servings

- 4 c plain yogurt
- 2 lg cucumbers,peeled, seeded,  
1 and thinly,Sliced
- 1/3 c fresh mint leaves
- 1 paprika
- 1 cilantro sprigs

Combine yogurt, cucumbers and mint. Garnish with paprika and cilantro sprigs.

Serve with Shikh Kabobs or other Lamb dishes.