



SYRIA
Recipes
From
Home

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Starters

Roasted Cauliflower with Cumin (Zahra wa Kamoon)

Courgettes with Garlic and Mint (Kusa wa Na'na)

Spicy Potatoes (Batata Harra)

Mains

Chicken in Tahini Sauce (Fetteh Jaaj)

Rice & Aubergines (Makloubeh)

Pudding

Milk Pudding (Muhallabiyeh)

Roasted Cauliflower with Cumin (Zakra wa Kamoon)

Serves 4 as part of a Mezze



Ingredients:

1 large cauliflower, chopped into florets
vegetable oil for roasting
small handful of parsley, chopped
handful of almonds, toasted
salt & pepper to taste

For the dressing:

1 garlic clove
1/4 tsp sea salt
50ml extra virgin olive oil
juice of 1/2 lemon
1/2 tsp ground cumin

Method:

Heat oven to 180 / 350 / Gas 4

Roast Cauliflower florets with a little vegetable oil and salt and pepper for around 30 mins or until they have turned golden brown.

While cauliflower is cooking, make the dressing by crushing the garlic and salt with pestle and mortar, adding the olive oil, and whisk everything together.

Pour the dressing on the roasted cauliflower and sprinkle with parsley and almonds to serve.

Courgettes with Garlic and Mint (Kusa wa Na'na)

Serves 4 as part of a Mezze

Ingredients:

vegetable oil, for frying
2 large courgettes, peeled and diced
3-4 garlic cloves, crushed
salt & pepper, to taste
dried mint, to taste
extra virgin olive oil, for drizzling
flatbread, to serve

Method:

Heat a drizzle of oil in a frying pan, add the courgettes and fry on a low heat for 5-10 mins until they soften.
Add the garlic and fry for a few more mins.
Season with salt, pepper and dried mint to taste.
Serve with lashings of extra virgin olive oil and flatbread



Spicy Potatoes (Batata Harra)

Serves 4 as part of a Mezze



Ingredients:

4 potatoes, peeled and cut into 1-2cm cubes
olive oil, for roasting
3 garlic cloves, finely chopped
2 chillies, deseeded and finely chopped
1 bunch of coriander, chopped
1 tbsp Aleppo Pepper or Pul Biber
Salt, to taste

Method:

Heat the oven to 200 / 400 / Gas 6
Roast the potatoes with olive oil and salt for about 30 mins, or until they are a nice golden brown colour.
Meanwhile, quickly fry the garlic, chillies and half the coriander. Once the potatoes are ready, mix the fried ingredients together with the potatoes, the ground Aleppo or Pul Biber pepper and the rest of the coriander

Chicken in Tahini Sauce (Fetteh Jaaj)

Serves 4

Ingredients:

4 flat breads cut into square
Vegetable oil for frying
2 cloves of garlic crushed
200ml plain yoghurt
2 tbsp tahini
1 lemon
4 chicken breasts
1 heaped tbsp butter
200g rice
400ml boiling water
50g fresh parsley
75g pomegranate seeds
Handful of flaked almonds



Chicken in Tahini Sauce (Fetteh Jaaj)

Method:

Preheat oven to 180 / 350 / Gas 4

Coat flatbreads in oil and bake in oven until golden.

To prepare the sauce combine the garlic and yoghurt, and whisk until smooth. While stirring rapidly add the tahini and finally the lemon juice. Season with salt and pepper.

Fry the chicken breast in little oil until they start to turn golden on the outside and are cooked through. Leave to cool then shred into small pieces.

In a pan, melt the butter and add the rice, season well with salt and pepper and fry for 1 min. Add the boiling water, reduce the heat and cover. Leave to simmer for 30-40 mins until the water has evaporated

Assemble in a large serving dish by evenly distributing the chicken and the rice. Top with the yoghurt sauce and finish by sprinkling over parsley and pomegranate seeds.

For extra richness you can fry the flaked almonds and put on top.

Serve the toasted bread on the side

Rice & Aubergines (Makloubeh)

Serves 4

Ingredients:

2 aubergines sliced into 1cm disks
Vegetable oil
2 large tomatoes
1 small onion sliced
250g rice
500ml chicken / vegetable stock
Handful of toasted almonds

Method:

Pre-heat the oven to 180C
Place aubergines on an oven tray. Drizzle with a good amount of oil. Roast for 35 mins
Layer vegetables in the bottom of a pan/casserole. Start with aubergine, then tomato and finally onion. Add salt
Scatter the rice evenly on top of the vegetables and pour over the stock
Bring to the boil. Put a lid on it. Turn heat down to a simmer for about 20 mins, until water has evaporated and the rice is cooked evenly
Take lid off the rice. Place a tray or large plate on top of the pot. Turn it upside down but make sure you don't let go of the pan and tip out
Top with toasted almonds (you can also top with chicken pieces if you want a meat dish)



Milk Pudding (Muhallabiyeh)

Serves 12

Ingredients:

1 litre milk
200g sugar
3 tbsp cornflour, mixed with water
1/2 tsp vanilla essence
1 tbsp rose water or orange blossom water
20g pistachios, crushed
rose petals to decorate (optional)

Method:

In a saucepan gently heat the milk and sugar on a low heat, stirring regularly. Just before it boils, add the cornflour mix and stir constantly until it thickens, then add the vanilla and rose or orange blossom water. Once it reaches a nice thick consistency, pour the mix into individual bowls or trifle glasses and leave to cool.

Once cool, put them in the fridge to set for at least 2 hours.

When ready to serve, sprinkle with crushed pistachios and rose petals.



Shopping List

MEZZE:

Roasted Cauliflower:

1 large cauliflower
Parsley
Almonds
Garlic
Lemon
Ground Cumin

Spicy Potatoes:

4 Potatoes
Garlic
Chillies
Coriander
Aleppo or Pul Biber Pepper

Courgettes:

2 Courgettes
Garlic
Dried Mint
Flatbreads

MAINS:

Rice & Aubergines:

2 aubergines
2 large tomatoes
1 small onion
250g Basmati Rice
1/2L stock (chicken or vegetable)
Almonds
Some pieces of cooked chicken if you don't want it to be a veggie dish!

Chicken in Tahini Sauce:

Flat breads
Garlic
200ml Plain yoghurt
1 lemon
4 chicken breasts
200g Basmati rice
Fresh parsley
Pomegranate seeds
Flaked almonds

DESSERT:

Milk Pudding:

1 Litre Milk
200g Sugar
Cornflower
Vanilla essence
Rose water or Orange blossom water
Pistachios
Rose Petals