

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.

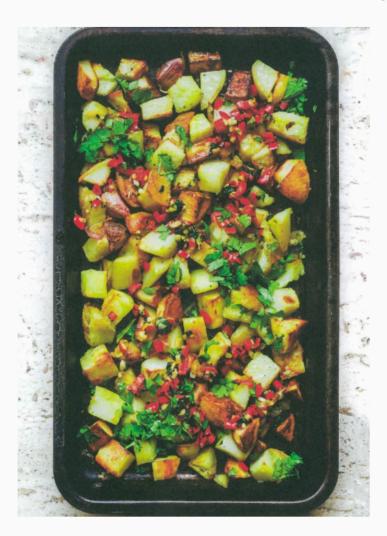
Season with salt, pepper and dried mint to taste.

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 over 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 and 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 makes 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 milk200g sugar3 tbsp cornflour, mixed with water

1/2 tsp vanilla essence
1 tbsp rose water or orange blossom water
20g pistachios, crushed

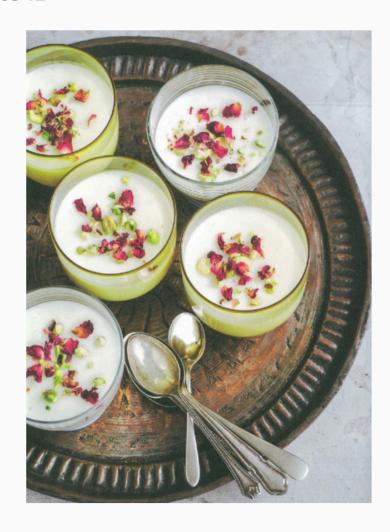
rose petals to decorate (optional)

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