

spicespoons

SHORBAT ADAS





# SHORBAT ADAS

## LENTIL SOUP

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This healthy soup is enjoyed throughout the Middle East, and although simple in preparation and ingredients, is a very flavourful soup. Lentil soup is the most traditional and popular soup in the Levant. During winter time, many families still start every dinner with a bowl of warming lentil soup. During Ramadan (regardless of the season it falls in) it is a favourite way to break the fast.

The soup may consist of green, brown, red, yellow or black lentils, with or without the husk. It may include vegetables such as carrots, potatoes, celery, and onion. Common flavourings are garlic, bay leaf, cumin, olive oil and lemon. It is sometimes garnished with Arabic pita bread croutons, olive oil and cream.

### INGREDIENTS

#### Syrup Ingredients

0.25 ltr	Vegetable stock
72 g	Red lentils
12.5 g	Coarsely chopped red onion
6.25 g	Coarsely chopped carrot
6.25 g	Coarsely chopped leek
6.25 g	Coarsely chopped celery
6.25 g	Cubes of peeled potato
2.5 g	Peeled garlic
25 ml	Extra virgin olive oil
5 g	Butter
1.25 g	Fresh thyme
1.25 g	Cumin powder
1.25 ml	Cooking cream

1/4 pc	Lemon cut in half, grilled
1/4 pc	Arabic bread cut into cubes and fried until golden brown

### METHOD

1. Wash the lentils and soak in water for 20 minutes.
2. Take a pre-heated pot, add some extra virgin olive oil and butter and let it melt, then add the chopped onion, garlic, leek, celery, carrot, thyme and potato. Sauté until partially cooked.
3. Strain the lentils, then add to the sautéed vegetables and mix together. Add the vegetable stock, bring to the boil, and skim the foam. Simmer for 20-30 minutes until lentils are tender.
4. Add the cumin powder, salt and white pepper.
5. Blend soup until smooth.
6. Pour the soup into a bowl, drizzle with cooking cream and serve with grilled lemon and fried Arabic bread.



### SERVING SIZE

1 Portion



### RECOMMENDED DRINK

Sparkling date juice



spicespoons



BATATA HARRA



# BATATA HARRA

## SPICY POTATOES

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A popular dish on Lebanese mezzeh platters, Batata Harra consists of potatoes, red peppers, coriander, chilli, and garlic which are all fried together in olive oil.

Similar to tapas dishes in Spain, this dish complements the creamy hummus and moutabbel dishes and is a good offset to the fried kibeeh.

### INGREDIENTS

250 ml	Vegetable oil, to fry
200 g	Potatoes, peeled, cut into 3cm cubes
20 g	Finely chopped coriander
5 g	Finely chopped garlic
2.5 g	Chilli powder
10 ml	Lemon juice
12.5 g	Chopped green chilli
1.25 g	Salt
1.25 g	White pepper

### METHOD

1. Fill a deep-fryer or saucepan one-third full with oil and heat over medium heat to 180C. Just before frying, season potatoes with salt. Working in two batches, gently lower potatoes into oil and fry stirring for 6 minutes or until golden and cooked through, drain on paper towel.
2. Place coriander, garlic and chilli powder in a bowl and stir to combine. Heat one tablespoon of oil in a frying pan over medium heat, add the coriander mixture and cook for 30 seconds or until fragrant. In medium pan put the sugar, butter, water, cinnamon stick, cinnamon powder and dried fruits, cover it and leave until cooked.
3. Add the fried potatoes, green chilli, salt, pepper and lemon juice, and toss to combine.
4. Transfer spicy potatoes to a bowl, decorate with coriander leaves and serve immediately.



### SERVING SIZE

1 Portion



### RECOMMENDED DRINK

Fresh sugarcane juice.





spicespoons

DJAJ MAKLOUBA



# DJAJ MAKLOUBA

## MIDDLE EASTERN STEW

This is a wonderful Middle Eastern specialty made with rice, chicken and vegetables. This dish, translates to upside down, because when the meal has finished cooking, you take the pot and flip it upside down onto a large serving platter, and everybody helps themselves. A traditional 'one-pot' recipe, the dish can include a variety of vegetables, such as fried tomatoes, potatoes, cauliflower, aubergine, and chicken. Maklouba is usually served with either yoghurt or a simple Arabic salad (salata Arabia) of diced tomato, cucumber, parsley and lemon juice, often mixed with a tahini sauce.

### INGREDIENTS

50 g	White onion
75 g	Medium sized aubergine
75 g	Cauliflower, cut into small florets
1/4 kg	Chicken cut into pieces
75 g	Sliced potatoes
75 g	Plain rice
1 cloves	Garlic
1.25 g	Turmeric powder
2.5 g	Cinnamon powder
2.5 g	Cumin
1.25 g	Seven spices
1/2 pcs	Bay leaves
25 g	Chopped parsley
25 ml	Olive oil
1.25 g	Sliced almonds
2.5 g	Pine nuts
2.5 g	Salt
2.5 g	Pepper

### METHOD

1. Peel and cut the aubergine into thick horizontal slices and marinate them in salt for 2 minutes. Wash the eggplant in water to get rid of the salt, and then drain the slices over paper towels.
2. Soak 2 cups of rice in warm water with 2 pinches of salt and 2 teaspoons turmeric powder and leave for 30 minutes.
3. In a large saucepan, pour the oil and fry the cauliflower florets, sliced potatoes and aubergine slices until brown. (Alternatively, these can be roasted)
4. In the same pan, heat the almond pieces and pine nuts until they are fried and set aside.
5. Place the chicken into a large pot and cover with water. Add in an onion chopped into quarters, the bay leaves the seven spices and cook until meat is done, approximately 30 minutes.
6. Remove the chicken and season with salt, saving the broth for later in a bowl.
7. In the large pot (the one used to cook the chicken), add the cauliflower florets, potatoes, eggplant and chicken, spread the garlic cloves over the chicken, and then add the rice over it all.
8. Pour the chicken broth, add some salt and additional turmeric powder, cinnamon powder and cumin powder. Make sure the stock just covers the rice (2cm over the rice is ideal).
9. Cook the saucepan on high heat for 7 minutes, and then cover and simmer for 40-45 minutes.
10. When the water has fully evaporated (and the rice is fully cooked) take the pot off the heat and leave to cool.
11. Flip the pot onto a serving plate and carefully remove the pot.
12. Garnish with fresh parsley and the fried nuts and almonds.



### SERVING SIZE

1 Portion



### RECOMMENDED DRINK

A young and crispy Sauvignon Blanc from Marlborough region or a medium to full bodied Pinot Grigio from Alto Adige region of Italy.



The image shows two bowls of hummus. The bowl in the foreground is larger and more prominent, filled with a thick, white hummus. It is topped with a pool of golden olive oil, several chickpeas, and a small sprig of fresh green mint. The bowl has a blue and white striped rim. The bowl in the background is smaller and partially obscured, also containing hummus with similar toppings. Both bowls are placed on a woven placemat with a pattern of blue, green, and brown. The lighting is bright, highlighting the textures of the hummus and the freshness of the ingredients.

spicespoons

HUMMUS



# HUMMUS

## ARABIC CHICKPEA DIP

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A traditional dip popular all over the Middle East, hummus is prepared with boiled chickpeas puréed with sesame paste, olive oil, lemon juice, salt and garlic, typically served with flat bread or 'pita'. Chickpeas are known to be cultivated in the ancient Mediterranean and the Middle East, but a little known fact is that it was a common food on the streets of ancient Rome. The ancient Greek philosophers Plato and Socrates also made reference to the nutritional value of hummus in their writings.

High in iron and vitamin C, and beneficial amounts of vitamin B6, hummus is also a good source of protein, fiber and potassium. Due to the fact that chickpeas and sesame seeds are so beneficially healthy for us, and that it has been a part of the human diet for thousands of years, it is no wonder hummus has become known as a nutritionist's delight.

### INGREDIENTS

125 g Dry chick peas  
75 g Tahina (sesame seed purée)  
2.5 g Garlic peeled  
12.5 ml Lemon juice  
12.5 ml Extra virgin olive oil  
5 g Lemon salt  
2.5 g Baking soda  
1.25 g Paprika powder  
Mint leaves for garnish

### METHOD

1. Wash and soak the chickpeas with water and baking soda overnight.
2. Re-wash again and boil till very tender, strain and cool.
3. Put the chick peas in a blender with the tahina, garlic and lemon salt.
4. Blend until the desired colour and consistency is achieved (use ice cubes if required) and add lemon juice.
5. Transfer the mixture to a small serving bowl.
6. Garnish with cooked chick peas, extra virgin olive oil, paprika powder and mint leaves.



### SERVING SIZE

1 Portion



### RECOMMENDED DRINK

Fresh sugarcane juice.



spicespoons



JESEK BIL JOUZ



# JESEK BIL JOUZ

## SAVOURY YOGURT & WALNUT DIP

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Labneh is a type of yoghurt that is thick and concentrated, which has been strained in a cloth, paper bag or filter to remove the whey, giving a consistency between that of yoghurt and cheese, while preserving yoghurt's distinctive sour taste. It is a traditional food in the hot Middle Eastern regions, as it is high enough in fat not to curdle at higher temperatures.

Traditionally it is eaten plain, but there are many variations of labneh, incorporating herbs and nuts. Walnuts and fresh herbs provide substance and earthiness to the yoghurt, and the addition of extra virgin olive oil makes it smooth as silk. Labneh can be substituted for Greek yoghurt and is usually served with pita bread or pita chips.

### INGREDIENTS

125 g	Labneh plain
75 g	Bulgur
12.5 g	Chopped white onion
50 g	Chopped walnut
7.5 g	Garlic chopped
2.5 g	Mint leaves
12.5 ml	Lemon juice
12.5 ml	Olive oil
2.5 g	Salt
1.25 g	Pepper
	Mint leaves for garnish

### METHOD

1. Soak the bulgur in warm water for 15 minutes, drain and set aside.
2. Mix well the labneh with olive oil until smooth, add the garlic, onion, mint leaves, salt, pepper, bulgur and walnuts.
3. Place in a serving bowl, topping with more nuts and olive oil to garnish.



### SERVING SIZE

1 Portion



### RECOMMENDED DRINK

Fresh sugarcane juice.



spicespoons



LAMB TAGINE



# LAMB TAGINE

## A NORTH AFRICAN STEW OF SPICED MEAT AND VEGETABLES

A tagine is historically a Berber dish from North Africa that is named after the special earthenware pot in which it is cooked. The traditional tagine pot is formed entirely of heavy clay and consists of two parts: a base unit that is flat and circular with low sides and a large cone-shaped cover that sits on the base during cooking. The cover is designed to promote the return of all condensation to the bottom and when it is removed, the base can be used as a serving platter. Traditional Moroccan lamb tagine is prepared by simmering pieces of meat with apricots, various spices and vegetables for almost three hours. The combination of meat, sweet vegetables and fruits is very typical of Moroccan cooking, where the sweetness is offset by the spices and cayenne pepper.

### INGREDIENTS

0.25 kg	Lamb shank	<b>Garnish</b>	
50 g	Chopped onion	25 g	Dried prunes
1/4 Cloves	Chopped garlic	25 g	Dried apricots
12.5 g	Ghee oil	1/4 pc	Cinnamon stick
25 ml	Olive oil	25 g	Dried figs
2.5 g	Seven spices (see recipe on the right)	2.5 g	Roasted sesame seeds
2.5 g	White pepper powder	25 g	Butter
2.5 g	Black pepper powder	25 g	White sugar
2.5 g	Ginger powder	1.25 g	Cinnamon powder
0.5 g	Saffron	25 g	Fried peeled almond
0.25 lt	Water		
2.5 g	Salt		

### METHOD

1. In a heavy pot on high heat put the lamb shank, chopped onions, minced garlic, olive oil, ghee oil and all the spices.
2. Add the water and cover, cook in slow heat for approximately 3 hours or until the meat is well cooked and tender, set aside.
3. In medium pan put the sugar, butter, water, cinnamon stick, cinnamon powder and dried fruits, cover it and leave until cooked.
4. Place the lamb shank into a tagine bowl, add the dried fruits and the sauce from the lamb shank.

### Seven Spices

20 g	Ground black pepper	10 g	Ground cloves
20 g	Paprika powder	10 g	Ground nutmeg
20 g	Ground cumin	10 g	Ground cinnamon
10 g	Ground coriander	10 g	Ground cardamom

Mix cumin, coriander, cardamom, pepper, cinnamon, cloves, and nutmeg in a bowl. Place mix in an airtight container, and store in a cool, dry place.



### SERVING SIZE

1 Portion



### RECOMMENDED DRINK

An aged oaky Chardonnay from Burgundy or a fruity and a medium bodied Cabernet Sauvignon from USA.



spicespoons

LUQAIMAT



# LUQAIMAT

## SWEET DUMPLINGS

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Crunchy on the outside, soft and airy in the middle, luqaimat are often dipped in date syrup and served garnished with sesame seeds. An Arabic word that literally means 'bite-sized', it is a traditional dessert popular amongst ancient Bedouins for its ease of preparation; the luqaimat is a firm favourite at Iftar experiences during the Holy Month of Ramadan.

Known as the gateway to the world of Emirati desserts, they are made of sugar, flour, saffron and cardamom, deep fried and then drizzled with date syrup.

### INGREDIENTS

125 g	All purpose flour
2.5 g	Dry yeast
6.25 g	Sugar
1.25 g	Salt
12.5 g	Corn flour
1.25 g	Cardamom powder
0.5 g	Saffron
87.5 ml	Warm water
12.5 g	White sesame seeds
25 ml	Date syrup (or honey)
250 ml	Oil for deep frying

### METHOD

1. Add saffron and cardamom to 100 ml of warm water. Set aside.
2. Sift flour with salt and set aside.
3. Add sugar and yeast to 180ml of warm water and set aside for 5 minutes.
4. Mix flour and corn flour, saffron and cardamom mixture and stir.
5. Gradually add the yeast mixture and keep on stirring, until the batter looks like cake batter.
6. Leave the batter to double in size, may take 30 to 40 minutes. The batter now should have bubbles, and be somewhat bouncy.
7. Heat oil. Take around a teaspoon from the batter, and carefully drop in the oil, if it floats quickly, the oil is too hot.
8. Scoop the batter with your fingers (take around 1/2 tablespoon from batter), use your thumb to push the batter off your fingers and in the oil, or take 1/2 tablespoon from batter using a spoon and push the batter off it using another spoon.
9. After 1 minute of frying, move the luqaimat around using a wooden spoon or spatula, this will make them cook evenly.
10. When the luqaimat are light brown, remove them from oil, and place them on kitchen paper. Pour the date syrup and sprinkle with sesame seeds.
11. Pour the date syrup and sprinkle with sesame seeds.



### SERVING SIZE

1 Portion



### RECOMMENDED DRINK

Riesling Spätlese from Germany or semi dry Gewürztraminer from Alsace region of France.



spicespoons



MACHBOOS AL SAMAK



# MACHBOOS AL SAMAK

## MARINATED BARRAMUNDI WITH RICE

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A popular dish in the UAE and a mainstay of the Gulf diet, Machboos Al Samak consists of fish fried with various spices, then simmered with rice to create a variation of the Indian Biryani. Fish is used heavily in Emirati cuisine and is prepared in a variety of recipes: grilled, fried or like in the Machboos, cooked with rice in paella style. Cinnamon, saffron and turmeric, along with nuts, lime and dried fruit heighten the flavour of this dish.

### INGREDIENTS

200 g	Barramundi
30 g	Rice
125 ml	Water
25 g	Onion white chopped
2.5 g	Garlic chopped
37.5 g	Large tomatoes
12.5 g	Fresh coriander
25 ml	Olive oil
1.75 g	Turmeric powder
1.75 g	Cinnamon powder
1.75 g	Black pepper powder
1/2 pc	Loumi (dried lime)
2.5 g	Salt
2.5 g	Pepper

### Garnish

2.5 g	Fried onions
2.5 g	Pine nuts roasted
2.5 g	Cashew nuts roasted
2.5 g	Raisins

### METHOD

1. In a large pan heat the oil, add onions and garlic; cook until tender.
2. Add all the spices, mix well, carefully add fish and allow to cook halfway on each side until lightly pink-white or about 1 minute or less on each side. Remove the fish and mixture and set aside.
3. Add the tomatoes and coriander to pan, cook a little then add rice and water. Carefully place the fish and mixture on top.
4. Raise heat to high and allow to come to a full boil, cover and reduce heat to low, cook it until the rice and fish are thoroughly cooked.
5. Place the rice and fish into a bowl and top it with coriander leaves, fried onions, pine nuts, cashew nut and raisins are thoroughly cooked (10-15 minutes).



### SERVING SIZE

1 Portion



### RECOMMENDED DRINK

A Premier Cru Chablis which has little contact with oak, fermented in a stainless steel tank, or a juicy fruit flavoured Dolcetto from Alba region of Piedmont, Italy.



spicespoons



MADFOUN LAHEM



# MADFOUN LAHEM

## SLOW ROASTED MARINATED LAMB SHOULDER WITH RICE

This meal is prepared in hundreds of ways across the Arabian Peninsula. The dish is comprised of delightfully spicy rice cooked with lamb, assorted vegetables and slivered nuts, served with minty cool yoghurt and some tangy salad. In any Emirati home, eating together and sharing plates of food is part of everyday life, even for simple meals there are often many different dishes laid out. Lamb is often the meat of choice and this recipe is designed to be shared at large gatherings. For best results, the lamb is marinated overnight to ensure a juicy and moist flavour.

### INGREDIENTS

1/4 kg	Lamb shoulder	2.5 g	Emirati Spices (Bezar)
75 g	Basmati rice	37.5 g	Cumin seeds (whole)
50 g	Chopped onions	37.5 g	Fennel seeds (whole)
2.5 g	Garlic	50 g	Cinnamon sticks
1/2 pcs	Loumi (dried lime)	37.5 g	Coriander seeds (whole)
25 ml	Olive oil	25 g	Peppercorns (whole)
0.25 lt	Water	5 g	Dried red chillies (whole)
1.25 g	Turmeric	31.25 g	Turmeric powder
2.5 g	Cumin powder		
15 ml	Ghee oil		
1.25 ml	Rose water	5 g	Fried onions
0.50 g	Saffron	5 g	Pine nuts
3.75 g	Salt	5 g	Roasted cashew nuts
2.5 g	White pepper	5 g	Chopped parsley

### Garnish

### METHOD

1. Soak the rice for one hour then strain it.
2. In a large pot sear the lamb with oil and ghee add the onions, garlic, spices and loumi.
3. Pour the water into the pot so that it totally covers the lamb, cover the pot and simmer over heat until the lamb is cooked.
4. Add the soaked rice to the pot and bring to boil, reduce the heat, sprinkle with rose water and saffron on top of the rice, cover the pot and leave it to cook through.
5. Place the rice into a bowl then top with shredded lamb, fried onions, pine nuts, cashew nuts and parsley.

### Bezar - Emirati Spices

Put the cumin, fennel, cinnamon, coriander, peppercorns and dried chillies into a frying pan and roast over a low heat, stirring continuously, until the spices turn golden. Remove from heat, grind in a blender and keep in an air tight container. Once the Bezar has been prepared, it can be kept in an airtight container and will remain fresh for up to 10 months.



### SERVING SIZE

1 Portion



### RECOMMENDED DRINK

Barrel fermented Sauvignon Blanc from Alto-Adige in Italy or a smooth Merlot from Chile.



spicespoons



MADLOUKA



# MADLOUKA

## ARABIC SEMOLINA

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A traditional Arabic dessert made of semolina, sugar, and butter infused with sugar syrup, orange blossom, and rose water, madlouka (or mafroukeh, depending on the region you order it in) is topped with a layer of milk-based cream known as qishta and chopped nuts.

Roasted and caramelized semolina is mixed with sugar and sugar syrup to make a pudding, which is then topped with pistachios or almonds. Deceptively easy in appearance but only prepared by the most skilled of cooks, this is a delicious and unique delicacy only found in Arabia.

### INGREDIENTS

#### Bottom layer

62.5 g	Semolina
12.5 g	White sugar
2.5 g	Cinnamon powder
0.5 g	Saffron
25 g	Unsalted butter

#### Sugar syrup

62.5 g	Sugar
12.5 ml	Rose water
37.5 ml	Water
1.25 ml	Lemon juice

#### Garnish

12.5 g	Dried red cranberries
12.5 g	Almond powder
12.5 g	Pistachio
12.5 g	Pine Nuts

#### Upper layer

100 g	Condensed milk
1.25 g	Mastic
125 ml	Fresh milk
62.5 g	Whipping cream
12.5 g	Corn flour

### METHOD

#### For the bottom layer

1. Heat butter in a medium pot over medium heat, add sugar and semolina keep stirring until golden colour then pour the saffron, cinnamon and sugar syrup into it.
2. Place the mix on a medium plate and set aside until cool.

#### For the upper layer

1. Place condensed milk, mastic, milk, whipping cream into a small pot until boiling, add the corn flour, stir for a minute and set aside.
2. Drop the mixture (upper layer) onto the semolina mixture (bottom layer).
3. Decorate with red cranberries, pine nuts, pistachios and almond powder.



### SERVING SIZE

1 Portion



### RECOMMENDED DRINK

Honey Basil Smash: Juicy strawberry and aromatic basil shaken with freshly squeezed orange juice, lime and honey syrup or a refreshing strawberry Daiquiri.



spicespoons



MOUTABEL



# MOUTABEL

## ARABIC AUBERGINE DIP

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Not to be confused with it's more popular cousin Baba Ganoush, Moutabel is a must on the Eastern Mediterranean mezzeh table.

Commonly enjoyed in the Levantine region, in the past Moutabel was prepared by pounding and mixing flame-grilled aubergines with strained yoghurt, sesame paste and spices in a large copper bowl, and then served with fresh pita bread. Unlike Baba Ghanoush, Moutabel is blended with sesame paste to get an earthy aubergine dip with a creamy texture. The addition of garlic and mint give the dish a distinct flavour, which beautifully offsets the smokiness of the aubergine itself.

### INGREDIENTS

1/2 kg	Aubergine
125 g	Tahina (sesame seeds purée)
75 g	Plain yoghurt
25 ml	Lemon juice
6.25 g	Chopped garlic
25 ml	Extra virgin olive oil
1.25 g	Paprika powder
15 g	Pomegranate seeds
Salt and pepper to taste	

### METHOD

1. Wash the aubergines and prick with a fork. Grill until the skin is charred and blackened, and flesh feels soft (approximately 20-25 minutes, turning halfway through cooking).
2. Once the aubergine has cooled, remove skin. They should come off fairly easy. If you are having a tough time, just scoop from the skin with a spoon. Set aside.
3. In a food processor combine the grilled aubergine, tahina, yoghurt, chopped garlic, lemon juice, salt and olive oil.
4. Remove from food processor and place in serving bowl.
5. Decorate with paprika powder, olive oil and pomegranate seeds.



### SERVING SIZE

1 Portion



### RECOMMENDED DRINK

Fresh sugarcane juice.



spicespoons



MUHRAMMARA



# MUHAMMARA

## RED PEPPER AND WALNUT DIP

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Originally from Aleppo, Syria, but also found in Palestinian and Lebanese cuisine, Muhammara which means “the red” in reference to the red chilli peppers in it, is a hot, spicy but subtly flavoured paste often used to flavour food.

The principal ingredients are usually fresh red peppers, ground walnuts, breadcrumbs, and olive oil. It may also contain garlic, salt, lemon juice, pomegranate molasses and sometimes spices (e.g. cumin). Muhammara is eaten as a dip with bread, as a spread for toast, and as an accompaniment for kebabs, grilled meats and fish.

### INGREDIENTS

37.5 g	Roasted red peppers
50 g	Breadcrumbs
37.5 g	Walnuts, toasted lightly and chopped fine
5 g	Garlic minced with 1g salt
5 ml	Fresh lemon juice, or to taste
5 g	Pomegranate molasses
1.25 g	Ground cumin
1.25 g	Dried hot red pepper flakes
12.5 g	Chilli sauce
25 ml	Extra-virgin olive oil
2.5 g	Salt
1.25 g	White pepper
Walnuts and olive oil for garnish	

### METHOD

1. In a food processor blend all the ingredients together until the mixture is smooth add salt to taste.
2. Transfer the Muhammara to a bowl add walnut and olive oil.



### SERVING SIZE

1 Portion



### RECOMMENDED DRINK

Karkade (Hibiscus Tea) – Traditional Arabian tea. Hibiscus flower is infused in the water to absorb the flavours, then cooled and served sweet by adding sugar.



spicespoons



RAHEB



# RAHEB

## AUBERGINE AND TOMATO SALAD

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History has it that Raheb is named after a monk who presumably lived in one of the monasteries that are scattered around the Lebanese mountains. The story states that the monk used hand-picked ingredients and seasonings, which were readily available and regularly cultivated on the mountains to prepare this light and fresh dish.

Raheb is served as one of the many dishes which constitute a mezzeh. A simple yet delicious dish, it is usually prepared using aubergine, capsicum, tomatoes and onions. Flavour is added through the use of parsley, mint and pomegranate molasses.

### INGREDIENTS

1/2 kg	Large aubergine
37.5 g	Brunoise capsicum mixed
37.5 g	Brunoise large tomato
37.5 g	Brunoise white onion
25 g	Chopped flat parsley
25 ml	Lemon juice
25 ml	Extra virgin olive oil
5 g	Chopped garlic
2.5 g	Salt
1.25 g	Pepper

### Garnish

25 g	Pomegranate seeds
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### METHOD

1. Prick the aubergines with a fork. Grill until the skin is charred and blackened, and flesh feels soft (approximately 20-25 minutes, turning halfway through cooking).
2. When cool enough to handle, cut the aubergines in half and scoop out the flesh.
3. Mix the soft flesh with the remaining ingredients (brunoise of capsicum, brunoise of onion, brunoise of tomato, chopped parsley, garlic, lemon juice, olive oil, salt and pepper to taste).
4. Transfer the mixture to a small serving bowl.
5. Garnish with pomegranate seeds and drizzle with extra virgin olive oil.



### SERVING SIZE

1 Portion



### RECOMMENDED DRINK

Fresh sugarcane juice.



spicespoons



SAMKEH HARRA



# SAMKEH HARRA

## SPICY LEBANESE FISH

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This is a dish that hails from Tripoli, Lebanon's northern port city, but is loved by everyone in the country and beyond. Samkeh Harra is made of baked fish, a spicy sauce, and can be eaten cold as an appetiser. The whole fish is lightly fried, stuffed with a mixture of chillies, coriander and garlic and then baked.

### INGREDIENTS

0.375 kg	Barramundi fish whole	<b>Oriental Rice</b>	
50 g	Chopped onions	125 g	Minced lamb
7.5 g	Chopped garlic	75 g	Kabsa rice
12.5 g	Chopped coriander	12.5 g	Butter
50 g	Brunoise tomatoes	125 ml	Water
20 g	Brunoise green pepper	1.25 g	Black pepper
20 g	Brunoise red pepper		powder
12.5 g	Tomato paste	1.25 g	Arabic seven spices
2.5 g	Cumin powder	0.75 g	Nutmeg
50 ml	Lemon juice	1.25 g	Cinnamon
25 ml	Olive oil	5 g	Pine nuts
1.25 g	Ground coriander	Salt to taste	
75 ml	Water		
2.5 g	Salt	<b>Garnish</b>	
1.25 g	Pepper	5 g	Roasted pine nuts
		1/4 pc	Half a lemon, grilled

### METHOD

1. Marinate a whole fish with salt, pepper and olive oil for between 2 - 4 hours.
2. Preheat oven to 180C, and bake fish until cooked through (20-30 minutes).
3. For the sauce; Sauté onions and garlic over medium-high heat until completely translucent. Add tomato paste, tomato, peppers and spices until well cooked, add chopped coriander, lemon juice season with salt pepper and set aside.
4. Place the baked whole fish on a large plate, pour the sauce over it and decorate with pine nuts and chopped coriander. Serve with a bowl of oriental rice and lemon.

### Oriental Rice

1. Lightly brown the lamb in butter.
2. Add salt and spices and stir for 2 minutes.
3. Add the Kabsa rice, stir and add the water and bring to boil.
4. Cover and simmer for 20-25 minutes or until rice is tender and water is absorbed.
5. Allow to cool for 30 minutes and put in a large serving dish ready to serve.
6. Decorate with roasted pine nuts.



### SERVING SIZE

1 Portion



### RECOMMENDED DRINK

A refreshing and aromatic Vermentino from the coastal region of Sardinia or slightly barrel fermented wood flavours, creamy with an elegant acidity of Chenin Blanc.



spicespoons



TABBOULEH



# TABBOULEH

## PARSLEY SALAD

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Tabbouleh is traditionally served as mezzeh, the Arabic term for starters or small sharing dishes. The dish originates from the rural mountains of Syria and Lebanon, but has now been adopted and is consumed in Western cultures.

Ingredients commonly used to prepare Tabbouleh are bulgur, tomatoes, finely chopped parsley, mint, onion, and garlic, seasoned with olive oil, lemon juice, and salt. Bulgur wheat contains the metabolite 'Betaine', which is an important nutrient that protects internal organs and improves vascular stability.

### INGREDIENTS

37.5 g Fine bulgur  
25 ml Olive oil  
150 g Finely chopped flat parsley  
25 g Finely chopped fresh mint  
37.5 g Brunoise onion  
37.5 g Brunoise medium tomatoes  
25 ml Fresh lemon juice  
Salt and pepper to taste

### Garnish

12.5 g Baby lettuce  
1/4 pc Fresh lemon  
5 g Mint leaves

### METHOD

1. In a medium mixing bowl add the parsley, tomato, onion, mint, bulgur, lemon juice, extra virgin olive oil and mix gently.
2. Add salt and pepper to taste.
3. Arrange in the small bowl. Garnish with baby lettuce, lemon wedges and mint leaves.



### SERVING SIZE

1 Portion



### RECOMMENDED DRINK

Fresh sugarcane juice.



spicespoons



UMM ALI



# UMM ALI

## ARABIC BREAD PUDDING

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Literally translated to 'Ali's mother' and described as Arabic Bread Pudding, Umm Ali is a Middle Eastern dessert in which puff pastry is layered in a cake pan with luscious fruit, covered in warm milk and sugar, and baked again.

This dessert has many stories attached to its origin. One legend is that it was created as the result of a dispute between the two wives of the Egyptian Sultan Izz al-Din Aybak. After his death, the two women fought over which of their sons would rule. Ali's mother was victorious and is said to have created this dessert to celebrate her son's reign.

### INGREDIENTS

175 g	Puff pastry sheets
375 ml	Milk
25 g	Sugar (depending on how sweet you like it to be)
2.5 g	Cinnamon powder
31.25 ml	Whipping cream
12.5 g	Sliced almonds
12.5 g	Walnuts
12.5 g	Pistachio
12.5 g	Sultanas

### METHOD

1. Bake puff pastry for 5 -10 minutes (until puffed up and golden brown).
2. Remove from oven and allow to cool.
3. In a pot add the milk, sugar and spices and allow to come to a gentle simmer.
4. Add the cream and take off the heat.
5. Break the puff pastry into small pieces and place half the amount in a baking dish.
6. Top with the other half of puff pastry crumbs.
7. Slowly add the milk mixture, one ladle at a time to the dish with puff pastry and nuts until the milk fully covers the puff pastry.
8. Allow to rest for 10 minutes, you'll notice that the puff pastry absorbs some of the milk. Add milk again until it covers the puff pastry.
9. Bake at 220C for 15 minutes until golden brown and serve hot.



### SERVING SIZE

1 Portion



### RECOMMENDED DRINK

Shahd Dudh: Traditional Arabian drink with the combination of milk and honey, which is good for the health and assists digestion.





spicespoons

BASBOUSA



# BASBOUSA

## SWEET SEMOLINA CAKE

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Basbousa is a sweet cake made of cooked semolina or farina soaked in simple syrup. Coconut is a popular addition. The syrup may also optionally contain orange flower water or rose water. Popular in the Middle East as well as the countries along the Eastern Mediterranean shores, the cake itself is not too sweet but it is soaked with sugar syrup scented with rose water.

### INGREDIENTS

#### Syrup Ingredients

150 g	White sugar	1.5 g	Vanilla extract
100 ml	Water	5 g	Baking powder
Juice from 1/4 lemon (or 1/2 tablespoon of orange juice)		1.5	Whole eggs
1.25 ml	Honey (optional)	25 g	Coconut powder
12.5 ml	Rosewater (optional)		
1.25g	White pepper		

#### Garnish

25 g	Pistachio powder
25 g	Coconut powder

#### Cake Ingredients

62.5 g	Semolina
75 g	White sugar
100 g	All purpose flour
62.5 ml	Corn oil
62.5 ml	Milk

### METHOD

1. Prepare syrup first. Dissolve sugar in water in a medium saucepan. Add lemon juice and bring to the boil. Once the syrup begins to boil, add honey. Reduce heat and allow to gently boil for about 8-10 minutes. Remove from heat and set aside.
2. Preheat oven to 170C. Lightly grease and flour a round or square baking dish.
3. Beat egg, sugar and vanilla on high speed for 5 minutes, reduce speed, add oil and milk and blend for 1 minute, then add semolina, flour, baking powder and blend for a further 30 seconds.
4. Bake for 25 minutes at 170C then remove from oven and rest for 1 hour.
5. Take knife and make diagonal lines from left to right and complete to make diamond shapes.
6. Pour syrup over the cake until soaked, then sprinkle with coconut and pistachio.



### SERVING SIZE

1 Portion



### RECOMMENDED DRINK

Moscato di Asti. A slightly sweet sparkling wine from Asti region of Piedmont, Italy.