

Parsley & Barley Salad

SERVES 4

We started off calling this Barley and feta tabbouleh, but the longer we spent with our recipes and sources the more we realized how strongly people feel about the names given to dishes. This is understandable in a place where so much is always at stake. Still, this recipe is very much inspired by the concept of tabbouleh. The barley can be replaced with spelt, farro, or wheat berries, with cooking times varying.

Ingredients

- $\frac{1}{4}$ cup / 40 g pearl barley
- 5 oz / 150 g feta cheese
- $5\frac{1}{2}$ tbsp olive oil
- 1 tsp za'atar
- $\frac{1}{2}$ tsp coriander seeds, lightly toasted and crushed
- $\frac{1}{4}$ tsp ground cumin
- 3 oz / 80 g flat-leaf parsley, leaves and fine stems
- 4 green onions, finely chopped ($\frac{1}{3}$ cup / 40 g in total)
- 2 cloves garlic, crushed
- $\frac{1}{3}$ cup / 40 g cashew nuts, lightly toasted and coarsely crushed
- 1 green pepper, seeded and cut into $\frac{3}{8}$ -inch / 1 cm dice
- $\frac{1}{2}$ tsp ground allspice
- 2 tbsp freshly squeezed lemon juice
- salt and freshly ground black pepper

Directions

Place the pearl barley in a small saucepan, cover with plenty of water, and boil for 30 to 35 minutes, until tender but with a bite. Pour into a fine sieve, shake to remove all the water, and transfer to a large bowl. Break the feta into rough pieces, about $\frac{3}{4}$ inch / 2 cm in size, and mix in a small bowl with $1\frac{1}{2}$ tablespoons of the olive oil, the za'atar, the coriander seeds, and the cumin. Gently mix together and leave to marinate while you prepare the rest of the salad. Chop the parsley finely and place in a bowl with the green onions, garlic, cashew nuts, pepper, allspice, lemon juice, the remaining olive oil, and the cooked barley. Mix together well and season to taste. To serve, divide the salad among four plates and top with the marinated feta.

Tabbouleh

SERVES 4 GENEROUSLY

Tabbouleh probably hails from Lebanon and Syria, but has become such an essential part of the Palestinian heritage that nobody seems to remember any more. A good tabbouleh is based on plenty of fresh flat-leaf parsley and mint, carefully shredded by hand to prevent bruising, well seasoned and sharp, mixed with some tomato and al dente bulgur wheat. The exact proportions of parsley to bulgur vary. The Lebanese use the least amount of bulgur, just a tiny quantity of grain dotted sparingly among the parsley. The Palestinians add a little more. Other elements need to be added carefully. Whichever way, this is, essentially, a parsley salad, not a bulgur salad.

If you can't get fine bulgur wheat, or if the pack doesn't mention the grade, soak it in boiling water for 5 minutes, then drain and leave to dry in a fine sieve. Tabbouleh is traditionally eaten scooped up with small romaine lettuce leaves. These can be arranged on a platter at the start of a meal and everybody helps themselves. It also goes well next to most meat and fish dishes.

Ingredients

- $\frac{1}{2}$ cup / 30 g fine bulgur wheat
- 2 large tomatoes, ripe but firm ($10\frac{1}{2}$ oz / 300 g in total)
- 1 shallot, finely chopped (3 tbsp / 30 g in total)
- 3 tbsp freshly squeezed lemon juice, plus a little extra to finish
- 4 large bunches flat-leaf parsley ($5\frac{1}{2}$ oz / 160 g in total)
- 2 bunches mint (1 oz / 30 g in total)
- 2 tsp ground allspice
- 1 tsp baharat spice mix (store-bought or see recipe)
- $\frac{1}{2}$ cup / 80 ml top-quality olive oil
- seeds of about $\frac{1}{2}$ large pomegranate ($\frac{1}{2}$ cup / 70 g in total), optional
- salt and freshly ground black pepper

Directions

Put the bulgur in a fine sieve and run under cold water until the water coming through looks clear and most of the starch has been removed. Transfer to a large mixing bowl. Use a small serrated knife to cut the tomatoes into slices $\frac{1}{4}$ inch / 0.5 cm thick. Cut each slice into $\frac{1}{4}$ -inch / 0.5cm strips and then into dice. Add the tomatoes and their juices to the bowl, along with the shallot and lemon juice and stir well. Take a few sprigs of parsley and pack them together tightly. Use a large, very sharp knife to trim off most of the stems and discard. Now use the knife to move up

the stems and leaves, gradually “feeding” the knife in order to shred the parsley as finely as you can and trying to avoid cutting pieces wider than 1/16 inch / 1 mm. Add to the bowl. Pick the mint leaves off the stems, pack a few together tightly, and shred them finely as you did the parsley; don’t chop them up too much as they tend to discolor. Add to the bowl. Finally, add the allspice, baharat, olive oil, pomegranate, if using, and some salt and pepper. Taste, and add more salt and pepper if you like, possibly a little bit of lemon juice, and serve.

Baharat Spice

There’s an infinite number of spice blends across the region; all vary according to spice availability, local tastes, and the different uses. Baharat, literally translated from Arabic as “spices,” is used for flavoring meats, fish, stews, and various bean and grain dishes. Make your own and keep it in a sealed jar for up to eight weeks. We recommend getting a spice grinder for this, and for plenty of other occasions. It is one of the kitchen gadgets we use the most, and it needn’t be expensive. If you are using a mortar and pestle, you may want to get ground cardamom, as the pods will be hard to grind by hand.

Ingredients

- 1 tsp black peppercorns
- 1 tsp coriander seeds
- 1 small cinnamon stick, coarsely chopped
- ½ tsp whole cloves
- ½ tsp ground allspice
- 2 tsp cumin seeds
- 1 tsp cardamom pods
- ½ whole nutmeg, grated

Directions

Place all the spices in a spice grinder or mortar and grind until a fine powder is formed. Store in an airtight container, where it will keep for 8 weeks.

Middle Eastern Chopped Salad

Ingredients

- 2 extra large tomatoes, finely diced
- 1 English cucumber, finely diced
- 1 red bell pepper, finely diced
- 1 yellow bell pepper, finely diced
- 1 cup fresh mint, chopped
- zest of one lemon
- Lemon juice (start with ½ a lemon, add more to taste)
- Salt and pepper, to taste

Instructions

Chop the first veggies into a very small fine dice. The smaller, the better. Take your time with this and a sharp knife really makes this easier!

Place in a large bowl and toss with the mint, lemon zest, lemon juice, salt, pepper.

Taste and adjust lemon and salt to your liking.



Super Easy Hummus

This homemade hummus recipe is incredibly easy to make in minutes with canned chickpeas. Great with veggies or pita chips. Really it's great with anything!

Prep Time: 5 mins

Total Time: 5 mins

Servings: 4

Ingredients

- 1 (15 ounce) can chickpeas, drained, liquid reserved
- 1 tablespoon lemon juice
- 1 tablespoon olive oil
- 1 clove garlic, crushed
- ½ teaspoon ground cumin
- ½ teaspoon salt
- 2 drops sesame oil, or to taste (Optional)

Directions

Blend chickpeas, lemon juice, olive oil, garlic, cumin, salt, and sesame oil in a food processor. Stream reserved chickpea liquid into the mixture as it blends until desired consistency is achieved. Serve with pita chips or veggies.

Cook's Note

I usually end up using about half of the chickpea liquid, so be sure to reserve it. I like to let the flavors meld for several hours or overnight before serving.

Nutrition Facts

Calories 121, Total Fat 5g, Saturated Fat 1g, Sodium 501mg, Total Carbohydrate 17g, Dietary Fiber 3g, Total Sugars 0g, Protein 4g, Vitamin C 5mg, Calcium 27mg, Iron 1mg, Potassium 133mg

Mejadra

Serves four.

Ingredients

- 250ml sunflower oil
- 4 medium onions, thinly sliced
- 250g green or brown lentils
- 2 tsp cumin seeds
- 1½ tbsp coriander seeds
- 200g basmati rice
- 2 tbsp olive oil
- ½ tsp ground turmeric
- 1½ tsp ground allspice
- 1½ tsp ground cinnamon
- 1 tsp sugar
- Salt and black pepper
- 350ml water



Directions

Heat the sunflower oil in a medium-size heavy-based saucepan. When very hot, carefully add a third of the sliced onion. Fry for five to seven minutes, stirring occasionally with a slotted spoon, until the onion takes on a nice, golden-brown colour and turns crispy. Use the spoon to transfer the onion to a colander and sprinkle with salt. Repeat with two more batches of onion.

Meanwhile, put the lentils in a small saucepan, cover with plenty of water, bring to a boil and cook for 12–15 minutes, or until the lentils have softened but still have a little bite. Drain into a colander.

Wipe clean the saucepan in which you fried the onion and drop in the cumin and coriander seeds. Place over a medium heat and toast the seeds for a minute or two, until they release those distinctive aromas. Add the rice, olive oil, turmeric, allspice, cinnamon, sugar, half a teaspoon of salt and plenty of black pepper. Stir to coat the rice with oil, then add the cooked lentils and water. Bring to a boil, cover and simmer on very low heat for 15 minutes.

Remove from the heat, lift off the lid and cover the pan with a clean tea towel. Seal tightly with the lid and set aside for 10 minutes. Finally, tip the rice and lentils into a large mixing bowl. Add half the fried onion and stir gently with a fork. Pile up in a shallow serving bowl and top with the rest of the onion.

Persian Jeweled Rice with Dried Fruit

Yield: makes 8 to 10 servings

Active time: 25 min Total time: 1 1/2 hr (includes standing time)

Ingredients

- 3 cups basmati rice (1 ¼ lb)
- 4 qt water
- 3 tablespoons salt
- ½ cup dried apricots (3 ½ oz), quartered
- ½ cup golden raisins (3 oz)
- ½ cup dried cranberries (2 oz)
- 1 stick (½ cup) unsalted butter
- ½ teaspoon ground cardamom
- ½ teaspoon black pepper
- ½ cup coarsely chopped shelled unsalted pistachios (not dyed red; 2 ½ oz)



Directions

Rinse rice in several changes of cold water in a large bowl until water runs clear. Drain in a large sieve.

Bring water and salt to a boil in a 6-quart heavy pot, then add rice and boil, uncovered, stirring occasionally, 5 minutes from time water returns to boil. Drain rice in sieve.

Toss together dried fruit in a bowl. Melt 6 tablespoons butter with cardamom and pepper in cleaned and dried pot, stirring to combine, then alternately layer rice and dried fruit over it, beginning and ending with rice and mounding loosely. Make 5 or 6 holes in rice to bottom of pot with round handle of a wooden spoon, then cover pot with a kitchen towel and a heavy lid. Fold edges of towel up over lid (to keep towel from burning) and cook rice over moderately low heat, undisturbed, until tender and a crust forms on bottom, 30 to 35 minutes. Remove from heat and let rice stand, tightly covered and undisturbed, at least 30 minutes.

Heat remaining 2 tablespoons butter in a small skillet over moderate heat and cook pistachios, stirring, until lightly browned, 2 to 3 minutes. Spoon loose rice onto a platter, then break crust into 1-inch pieces and scatter over rice. Sprinkle with pistachios.

Cooks' notes:

• *Rice can be parboiled and drained 4 hours ahead and transferred to a bowl. Keep, covered with a dampened kitchen towel, at room temperature.* • *Rice can stand off heat up to 1 hour.* • *If you're short on time, you can skip letting the rice stand after cooking: Spoon loose rice onto a platter and then dip bottom of pot into a large bowl of cold water for 30 seconds to loosen crust.*

Roasted Cauliflower & Charred Eggplant with Tomato Salsa

Ingredients

- 4 large aubergines, pricked in a few places with a small, sharp knife (1kg)
- 1 garlic clove, crushed
- 1½ tsp lemon juice
- 2 tbsp cider vinegar
- 1 large cauliflower (or 2 medium), cut into roughly 3cm florets (800g)
- 3 tbsp olive oil
- 1 tsp coriander seeds
- ¾ tsp ground turmeric
- Salt and black pepper



Tomato salsa:

- 3 large tomatoes, cut into ½cm dice (240g)
- 10g parsley, roughly chopped
- 1 tbsp oregano leaves, roughly chopped
- 2 tbsp olive oil
- 2 tbsp lemon juice

To serve:

- 5g picked mint leaves (small ones if you can, or else larger ones, shredded)
- 5g picked parsley leaves, roughly chopped

Directions

There are two ways to char your aubergines: either directly on the flame of your stove top or in a hot oven. The oven takes longer – 55–60 minutes (rather than 15–20 minutes on the stove).

Once the flesh has been scooped out of the burnt aubergines it should weigh about 500g. Place in a colander set over a bowl and leave for at least an hour (or overnight, in the fridge), to drain.

Once drained, put the aubergine flesh into a medium mixing bowl and, using your hands, pull it apart to create long, thin strands. Add the garlic, lemon, vinegar and 1 teaspoon of salt. Mix to combine and set aside (in the fridge if you are making this a day ahead).

Preheat the oven to 200°C fan.

Put the cauliflower into a large bowl along with the olive oil, coriander seeds, turmeric, ¾ teaspoon of salt and a good grind of pepper. Mix well to combine, then spread out on a

parchment-lined baking tray. Roast for 30 minutes, until the cauliflower is golden and tender. Remove from the oven and set aside to cool to room temperature.

While the cauliflower is roasting, place all the ingredients for the salsa in a bowl with $\frac{1}{2}$ teaspoon of salt. Mix to combine.

To assemble the dish, spread the aubergine on a serving plate which has a lip and arrange the cauliflower on top. Spoon over the salsa, sprinkle over the mint and parsley and serve.

Roasted Squash and Zucchini with Whipped Feta and Pistachios

Ingredients

- ½ small butternut squash, sliced lengthwise, seeds scooped out and cut into ¾"-inch" slices
- 2.5 T olive oil
- salt and black pepper, to taste
- 1 lb zucchini, cut into 8 slices
- 1 T honey
- 2 garlic cloves, crushed
- 1 T cider vinegar
- 1 cup ricotta
- 3 T Greek yogurt
- 3.5 oz feta, roughly crumbled
- 1.5 T lemon juice
- ⅓ c pistachios, toasted and chopped
- 1 t ground coriander
- ¾ t aleppo chile flakes
- ¼ c mint leaves



Instructions

Heat oven to 475F. Line two baking sheets with parchment paper. Set aside.

Combine the butternut squash, 1.5 T olive oil, ¾ t salt, and black pepper in a large bowl. Toss to combine.

Spread squash on one of the prepared baking sheets in a single layer. Roast for 25 minutes, turning the squash slices over halfway through. When browned and soft, remove from oven and set aside to let cool slightly.

Heat a grill pan over high heat and grease with olive oil. Combine zucchini, 1 T olive oil, ½ t salt, and black pepper in a large bowl. Toss to combine. Once the grill pan is hot, add zucchini and cook for a few minutes on each side until the slices are covered in grill marks.

In a large bowl, whisk honey, 1 clove crushed garlic, vinegar, and ⅛ t salt. Add the cooked squash and zucchini and stir gently to coat in the dressing.

In a food processor, combine ricotta, yogurt, feta, lemon juice, 1 clove crushed garlic, and a few twists of black pepper. Pulse until smooth and creamy.

To serve, to a smear of the feta mixture with the zucchini and squash. Sprinkle with pistachios, coriander, chili flakes, mint leaves, and extra crumbles of feta.

Spicy Roasted New Potatoes with Lemon and Herbs (Batata Bil Filfil)

Serves four as a side

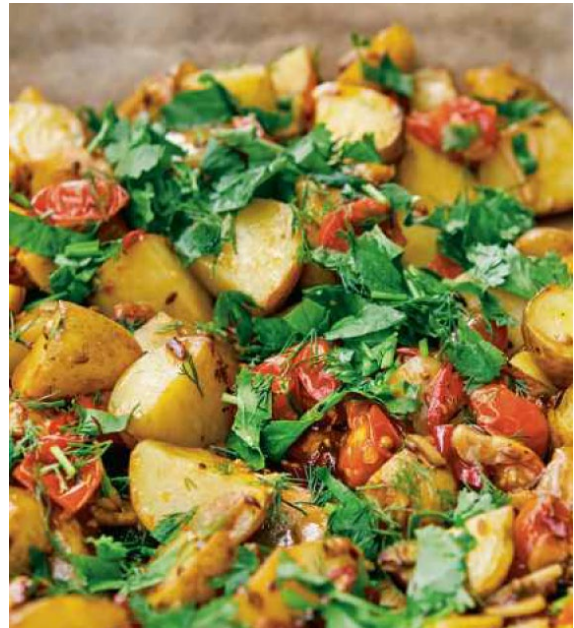
Ingredients

- 3 tbsp olive oil
- 1 tsp cumin seeds, lightly crushed in a mortar and pestle
- 1 tsp coriander seeds, lightly crushed in a mortar and pestle
- 7 large garlic cloves, thinly sliced (3 tbsp/20g)
- 1 large red chile, thinly sliced (¼ cup/20g)
- 7 oz/200g cherry tomatoes, sliced in half
- 1 lb 10 oz/750g baby new potatoes, quartered
- ½ tsp sugar
- Salt and black pepper
- 1 large lemon: finely grate the zest to get 2 tsp, then juice to
- get 2 tbsp
- ½ cup/10g cilantro leaves, roughly chopped
- ¼ cup/5g dill, roughly chopped

Directions

Preheat the oven to 425°F. Line a baking sheet with parchment paper. Put the oil into a large sauté pan and place over high heat. Add the cumin seeds and coriander seeds and cook for 1 minute, stirring frequently. Add the garlic and cook for another 1 minute, until the garlic starts to color. Add the chile and tomatoes and cook for another 2 minutes, stirring from time to time, until the tomatoes have started to soften. Add the potatoes, sugar, 1 tsp of salt, and a generous grind of black pepper. Give everything a good stir, then transfer the mixture to the prepared baking sheet. Roast for about 40 minutes, tossing once halfway through, until the potatoes are crispy and cooked and the tomatoes are breaking down.

Remove from the oven and set aside to cool for 5 minutes before adding the lemon zest, lemon juice, cilantro, and dill. Toss gently and serve at once.



Chicken with Caramelized Onion & Cardamom Rice

YIELD 4 servings

TIME 1 hour, plus 30 minutes' cooking and 10 minutes' resting

Ingredients

- 3 tablespoons sugar (40 grams)
- scant 3 tablespoons water
- 2 ½ tablespoons barberries, or use currants (25 grams)
- 4 tablespoons olive oil
- 2 medium onions, thinly sliced (2 cups, or 250 grams)
- 2 ¼ pounds skin-on, bone-in chicken thighs (1 kilogram), or 1 whole chicken, quartered
- Salt and freshly ground black pepper
- 10 cardamom pods
- Rounded ¼ teaspoon whole cloves
- 2 long cinnamon sticks, broken in two
- 1 ⅔ cups basmati rice (300 grams)
- 2 ¼ cups boiling water (550 milliliters)
- 1 ½ tablespoons flat-leaf parsley leaves (5 grams), chopped
- ½ cup dill leaves (5 grams), chopped
- ¼ cup cilantro leaves (5 grams), chopped
- ⅓ cup Greek yogurt (100 grams), mixed with 2 tablespoons olive oil (optional)

Directions

Put the sugar and scant 3 tablespoons water in a small saucepan and heat until the sugar dissolves. Remove from the heat, add the barberries, and set aside to soak. If using currants, you do not need to soak them in this way.

Meanwhile, heat half the olive oil in a large sauté pan for which you have a lid over medium heat. Add the onion, and cook for 10 to 15 minutes, stirring occasionally, until the onion has turned a deep golden brown. Transfer the onion to a small bowl and wipe the pan clean.

Place the chicken in a large mixing bowl and season with 1½ teaspoons each salt and black pepper. Add the remaining olive oil, cardamom, cloves and cinnamon and use your hands to mix everything together well. Heat the frying pan again and place the chicken and spices in it. Sear chicken for 5 minutes on each side and remove from the pan (this is important as it part-cooks the chicken). The spices can stay in the pan, but don't worry if they stick to the chicken. Remove most of the remaining oil as well, leaving just a thin film at the bottom. Add the rice,



caramelized onion, 1 teaspoon salt and plenty of black pepper. Drain the barberries and add them as well. Stir well and return the seared chicken to the pan, pushing it into the rice.

Pour the boiling water over the rice and chicken, cover the pan, and cook over very low heat for 30 minutes. Take the pan off the heat, remove the lid, quickly place a clean tea towel over the pan, and seal again with the lid. Leave the dish undisturbed for another 10 minutes. Finally, add the herbs and use a fork to stir them in and fluff up the rice. Taste and add more salt and pepper if needed. Serve hot or warm with yogurt mixture if you like.

Lemon Chicken with Za'atar

Serves four

Ingredients

- 3 lemons
- 2 tsp sumac
- $\frac{3}{4}$ tsp ground allspice
- 4 tbsp/25g za'atar
- 1 whole chicken ($2\frac{3}{4}$ lb/1.3kg), cut into legs, thighs, and breasts with the wing-tips left on (or about 2 lb 2 oz/1kg of chicken legs or breasts with the wing-tips left on), skin on, if you prefer
- 2 onions, sliced in half, then each half cut into 3 wedges ($2\frac{3}{4}$ cups/260g)
- 2 heads of garlic, skin on, sliced in half, crosswise
- $\frac{3}{4}$ cup plus 2 tbsp/200ml chicken stock or water
- 6 tbsp/90ml olive oil
- Salt and black pepper
- $\frac{1}{4}$ cup/5g parsley, finely chopped
- $\frac{1}{4}$ cup/30g sliced almonds, toasted

Directions

Cut 2 of the lemons into $\frac{1}{4}$ inch-thick slices and place in a large mixing bowl. Finely grate the zest of the remaining lemon (to get $1\frac{1}{2}$ teaspoon of zest) and set this aside for later. Squeeze the same lemon to get about $1\frac{1}{2}$ tablespoons of juice and add this to the mixing bowl along with the chicken, onions, garlic, sumac, allspice, 2 tablespoons of za'atar, 2 tablespoons of oil, the stock, $1\frac{1}{2}$ teaspoons of salt, and a good grind of black pepper. Mix well to combine, then cover with a large plate and let marinate in the fridge for at least 2 hours (or overnight, if you have time).

Half an hour or an hour before baking, take the chicken out of the fridge; it should be at room temperature before going into the oven. Preheat the oven to 425°F.

Transfer the chicken to a large rimmed baking sheet, skin side up, and pour on all the marinade and lemon slices. Drizzle the chicken with 1 tablespoon of oil and bake for about 45 minutes, giving everything a bit of a stir halfway through, until the chicken is golden and cooked through and the onions have taken on some color.

Toward the end of the cooking time for the chicken, combine the parsley, lemon zest, remaining 2 tablespoons of za'atar, and remaining 3 tablespoons of olive oil in a bowl.

Transfer the chicken to a serving platter along with the lemon slices and any juices that have collected at the bottom of the pan. Some people will love to eat the lemon slices and others won't. Either way, serve them up with the chicken—they look great. Spoon the parsley mixture on the chicken, finish with the almonds, and serve.

Roast Lamb

Prep Time 1 hour hr. Cook Time 1 hour hr 25 minutes mins

Servings: 8 people

Ingredients

- | | |
|--|--|
| <ul style="list-style-type: none">• 1 4 to 5 pound leg of lamb, bone-in, fat trimmed• Salt and pepper• Extra virgin olive oil• 5 garlic cloves, peeled and sliced; more for later• 2 cups water• 1 yellow onion, peeled and cut into wedges• 1 teaspoon paprika, more for later• 1 teaspoon all-natural garlic powder• Fresh parsley for garnish, optional | <h3>For the rub</h3> <ul style="list-style-type: none">• 15 garlic cloves, peeled• 2 tablespoons dried oregano• 2 tablespoons dried mint flakes• 1 tablespoons paprika• 1/2 tablespoons nutmeg• 1/2 cup Extra virgin olive oil• 2 lemons, juice of |
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Instructions

1. Bring the leg of lamb to room temp. Take the leg of lamb out of the refrigerator and leave in room temperature for about 1 hour. In the meantime, prepare the remaining ingredients and make the lamb rub.
2. Prepare the seasoning. To make the rub or seasoning, in a food processor, combine the rub ingredients. Blend until smooth. Set aside (or in the fridge, if preparing in advance).
3. Salt the meat. When ready, pat the lamb dry and make a few slits on both sides. Season with salt and pepper.
4. Sear the Lamb. Turn the oven on broil. Place the leg of lamb on a wire rack and put it directly on the top rack so that it's only a few inches away from the broiler element. Broil for 5-7 minutes on each side or until the leg of lamb is nicely seared. Remove from the oven, then adjust the oven temperature to 325 degrees F.
5. Apply the seasoning or rub. When the lamb is cool enough to handle, insert the garlic slices in the slits you made earlier. Now cover the leg of lamb on all sides with the wet rub and place it in the middle of a roasting pan with an inside rack. Add two cups of water to the bottom of the roasting pan.

For Medium Roasted Lamb Leg

6. Season the onion wedges with the paprika, garlic powder and a little salt, then add them to the pan on either side of the lamb.
7. Cover and roast. Tent a large piece of foil over the roasting pan (make sure it does not touch the lamb) then place the pan on the middle rack of the 325 degrees F heated-oven.

Roast covered for about 1 hour. Remove the foil and return the roasting pan to the oven for another 15 to 20 minutes or until the lamb temperature registers 125 degrees F.

8. Let rest. Remove the pan from the oven and let the leg of lamb rest for about 15 to 20 minutes before serving (the lamb will continue to cook and its internal temperature will continue to rise to around 130 degrees F).

For Fall-Apart Slow Roasted Lamb

6. Cover and roast the lamb. Follow the recipe to step #5, and once seasoned, Tent a large piece of foil over the roasting pan (make sure it does not touch the lamb) then place the pan on the middle rack of the 325 degrees F heated-oven. Roast covered for about 4 to 4 1/2 hours.
7. Season the onion wedges with the paprika, garlic powder and a little salt, then add them to the pan on either side of the lamb. Return the pan to the oven, covered, for 1 to 1 1/2 hours or so.
8. Uncover and return the pan to the oven for another 15 to 20 minutes.
9. Let Rest. Remove from the oven and tent the lamb with a piece of foil. Allow it to rest for about 15 minutes (its internal temperature should be at 175 degrees or beyond for fall-apart tender lamb).

Notes

How long to roast leg of lamb? For best results follow the recipe for medium roasted lamb or for fall-apart tender lamb (anything in between may be tough). Here is a quick guide for oven roasted lamb leg at 325 degrees F (and remember that with the resting time, the lamb will continue to cook and its internal temperature will rise. The following should be the temps after the lamb has rested):

- Rare: About 15 minutes per pound or until internal temperature registers 125 degrees F.
- Medium-Rare: About 20 minutes per pound or until internal temperature registers 130°F to 135°F.
- Medium: About 25 minutes per pound or until internal temperature registers 135°F to 140°F.
- Well-Done: About 30 minutes per pound or until internal temperature registers 155°F to 165°F.
- Fall-Apart Tender Lamb. About 40 minutes per pound or until the internal temp registers 175°F or beyond

Kofta with Tahini, Potato, and Onion

Playing around: This is a rich dish, thanks to the tahini. If you want to lighten things up, the potatoes can be replaced with florets of cauliflower. Other vegetables also work, including cubes of butternut squash or pumpkin. If you do this, the cauliflower will need 5 minutes less in the oven than the potatoes and the squash or pumpkin will need about 5 minutes more.

Serves four

Ingredients

- 3 russet potatoes (1 lb 2 oz/500g), peeled and cut into roughly ½-inch/1.5cm dice (2 cups/470g)
- 3 tbsp olive oil
- Salt and black pepper

Kofta

- 9 oz/250g ground lamb (at least 20% fat)
- 9 oz/250g ground beef (at least 20% fat)
- ½ onion, coarsely grated (½ cup/75g)
- 1 large plum tomato, coarsely grated and skin discarded (½ cup/90g)
- 1 tsp tomato paste
- 2 tsp olive oil
- ¾ tsp ground allspice
- ¾ tsp ground cinnamon
- ¾ tsp Aleppo chile flakes (or ½ tsp regular chile flakes)
- ½ cup/10g parsley, roughly chopped
- 2 garlic cloves, crushed
- Salt and black pepper

Tahini Sauce

- 7 tbsp/125g tahini
- ⅓ cup/80g Greek yogurt
- 1½ tbsp lemon juice
- ¾ tbsp cider vinegar
- 2 garlic cloves, crushed
- ½ cup/120ml water
- Salt and black pepper
- 1 onion, thinly sliced (1¼ cups/150g)



Garnish

- ¼ cup/5g parsley leaves
- ¼ cup/25g pine nuts, lightly toasted
- ½ tsp Aleppo chile flakes (or ¼ tsp regular chile flakes)

Directions

Preheat the oven to 450°F. Line a baking sheet with parchment paper.

In a medium bowl, toss the potatoes with 2 tbsp of oil, ¾ tsp of salt, and a good grind of black pepper. Transfer to the prepared baking sheet and bake for 25 minutes, tossing halfway through, until golden and cooked through. Remove from the oven and set aside.

Increase the oven temperature to 475°F.

To make the kofta, meanwhile, put all the ingredients into another medium bowl with 1 tsp of salt and a generous grind of black pepper. Shape into 12 little torpedo-shaped pieces, each weighing about 2 oz/55g. Set aside.

Put the tahini, yogurt, lemon juice, vinegar, garlic, and water into a medium bowl with ¾ tsp of salt and a good grind of black pepper. Whisk together well, until smooth and slightly runny, and set aside until needed.

Put the remaining 1 tbsp of oil into a large ovenproof sauté pan and place over medium-high heat. Add the kofta and the sliced onion and cook for about 5 minutes, or until the kofta are lightly colored and the onion has softened. Transfer the pan to the oven and bake for 4 minutes, or until the kofta are cooked through and the onion has lightly browned. Remove from the oven, stir in the potatoes, and pour on the tahini sauce. Swirl the pan, so that the sauce gets distributed, and return to the oven for a final 4 minutes, or until the sauce is bubbling. Remove from the oven and let cool for 5 minutes before topping with the parsley, pine nuts, and chile flakes. Serve directly from the pan.

Falafel

Makes about 24 balls

Ingredients

- 2 cups dried chickpeas (Do NOT use canned or cooked chickpeas)
- 1/2 tsp baking soda
- 1 cup fresh parsley leaves, stems removed
- 3/4 cup fresh cilantro leaves, stems removed
- 1/2 cup fresh dill, stems removed
- 1 small onion, quartered
- 7–8 garlic cloves, peeled
- Salt to taste
- 1 tbsp ground black pepper
- 1 tbsp [ground cumin](#)
- 1 tbsp [ground coriander](#)
- 1 tsp cayenne pepper, optional
- 1 tsp baking powder
- 2 tbsp toasted sesame seeds
- Oil for frying



Instructions

1. (One day in advance) Place the dried chickpeas and baking soda in a large bowl filled with water to cover the chickpeas by at least 2 inches. Soak overnight for 18 hours (longer if the chickpeas are still too hard). When ready, drain the chickpeas completely and pat them dry.
2. Add the chickpeas, herbs, onions, garlic and spices to the large bowl of a food processor fitted with a blade. Run the food processor 40 seconds at a time until all is well combined.
3. Transfer the falafel mixture to a container and cover tightly. Refrigerate for at least 1 hour or (up to one whole night) until ready to cook.
4. Just before frying, add the baking powder and sesame seeds to the falafel mixture and stir with a spoon.
5. Scoop tablespoonfuls of the falafel mixture and form into patties (1/2 inch in thickness each). It helps to have wet hands as you form the patties.
6. Fill a medium saucepan 3 inches up with oil. Heat the oil on medium-high until it bubbles softly. Carefully drop the falafel patties in the oil, let them fry for about 3 to 5 minutes or

so until crispy and medium brown on the outside. Avoid crowding the falafel in the saucepan, fry them in batches if necessary.

7. Place the fried falafel patties in a colander or plate lined with paper towels to drain.

Notes

- **Pro Tip for Frying:** When you fry the falafel patties, you want to achieve a deep golden brown color on the outside. More importantly, the patties need to be fully done on the inside. Your frying oil needs to be at 375 degrees F, for my stove, that was at a medium-high temp. Be sure to test your first batch and adjust the frying time as needed.
- **Air fryer Method:** Set the air fryer to 400 degrees F Arrange the falafel patties in the air fryer basket. Lightly brush one side of the falafel patties with olive oil. Add them to the basket (oiled side down), and brush the top of the patties with olive oil as well. Don't crowd the basket, allow the patties enough room so they become crisp as they cook. (Work in batches as needed). Fry one side for 5 minutes, then check if they have gained some color. If not, close the basket and cook for another 3 to 5 minutes or until the ones side has turned nice and golden brown to your liking. Turn the patties and air fry on the other side.
- **Baked Falafel Option:** If you prefer, you can bake the falafel patties in a 350 degree F heated oven for about 15-20 minutes, turning them over midway through. Use a lightly oiled sheet pan, and you might like to give the patties a quick brush of extra virgin olive oil before baking.
- **Pro-Tip for Make-Ahead:** To make ahead and freeze, prepare the falafel mixture and divide into patties (up to step #6). Place the patties on a baking sheet lined with parchment paper and freeze. When they harden, you can transfer the falafel patties into a freezer bag. They will keep well in the freezer for a month or so. You can fry or bake them from frozen.

Sweet Filo Cigars

Ingredients

- 1 cup / 80 g sliced almonds
- ½ cup / 60 g unsalted pistachios, plus extra, crushed, to garnish
- 5 tbsp water
- ½ cup / 80 g vanilla sugar
- 1 large free-range egg, separated, white beaten
- 1 tbsp grated lemon zest
- filo pastry, cut into twelve 7½-inch / 18cm squares
- peanut oil, for frying
- ½ cup / 180 g good-quality honey

Directions

In a food processor, bring the almond and pistachio together into a fine paste. Place the ground nuts in a frying pan and add 4 tablespoons of the water and the sugar. Cook over very low heat until the sugar has dissolved, about 4 minutes. Remove the pan from the heat and add the egg yolk and lemon zest, stirring them into the mixture.

Put 1 sheet of pastry on a clean surface. Spread about 1 tablespoon of the nut mixture in a thin strip along the edge closest to you, leaving ¾ inch / 2 cm clear on the left and right sides. Fold the two sides over the paste to hold it in at both ends and roll away from you to create a compact cigar. Tuck the top edge in and seal it with a little bit of the beaten egg white. Repeat with the pastry and filling.

Pour enough oil into a frying pan to come ¾ inch / 2 cm up the sides. Heat the oil over medium-high heat and fry the cigars for 10 seconds on each side, until golden.

Place the cigars on a plate lined with paper towels and allow to cool. Place the honey and the remaining 1 tablespoon water in a small saucepan and bring to a boil. When the honey and water are hot, lightly dip the cooled cigars in the syrup for a minute and stir gently until well coated. Remove and arrange on a serving plate. Sprinkle with the crushed pistachios and leave to cool.



Mutabbaq

Ingredients

- $\frac{2}{3}$ cup / 130 g unsalted butter, melted
- 14 sheets filo pastry, 12 by 15½ inches / 31 by 39 cm
- 2 cups / 500 g ricotta cheese
- 9 oz / 250 g soft goat's milk cheese
- crushed unsalted pistachios, to garnish (optional)

Syrup

- 6 tbsp / 90 ml water
- rounded 1½ cups / 280 g superfine sugar
- 3 tbsp freshly squeezed lemon juice

Directions

Heat the oven to 450°F / 230°C. Brush a shallow-rimmed baking sheet about 11 by 14½ inches / 28 by 37 cm with some of the melted butter. Spread a filo sheet on top, tucking it into the corners and allowing the edges to hang over. Brush all over with butter, top with another sheet, and brush with butter again. Repeat the process until you have 7 sheets evenly stacked, each brushed with butter.

Place the ricotta and goat's milk cheese in a bowl and mash together with a fork, mixing well. Spread over the top filo sheet, leaving $\frac{3}{4}$ inch / 2 cm clear around the edge. Brush the surface of the cheese with butter and top with the remaining 7 sheets of filo, brushing each in turn with butter.

Use scissors to trim about $\frac{3}{4}$ inch / 2 cm off the edge but without reaching the cheese, so it stays well sealed within the pastry. Use your fingers to tuck the filo edges gently underneath the pastry to achieve a neat edge. Brush with more butter all over. Use a sharp knife to cut the surface into roughly 2¾-inch / 7cm squares, allowing the knife almost to reach the bottom but not quite. Bake for 25 to 27 minutes, until golden and crisp.

While the pastry is baking, prepare the syrup. Put the water and sugar in a small saucepan and mix well with a wooden spoon. Place over medium heat, bring to a boil, add the lemon juice, and simmer gently for 2 minutes. Remove from the heat.

Slowly pour the syrup over the pastry the minute you take it out of the oven, making sure it soaks in evenly. Leave to cool for 10 minutes. Sprinkle with the crushed pistachios, if using, and cut into portions. Serve warm.



Semolina, Coconut & Marmalade Cake

Ingredients

- $\frac{3}{4}$ cup / 180 ml sunflower oil
- 1 cup / 240 ml freshly squeezed orange juice
- $\frac{1}{2}$ cup / 160 g orange marmalade (fine-cut or without peel)
- 4 large free-range eggs
- grated zest of 1 orange
- $\frac{1}{3}$ cup / 70 g superfine sugar
- $\frac{3}{4}$ cup / 70 g shredded dried coconut
- $\frac{3}{4}$ cup / 90 g all-purpose flour
- 1 cup plus $1\frac{1}{2}$ tbsp / 180 g semolina
- 2 tbsp ground almonds
- 2 tsp baking powder
- thick Greek yogurt, flavored with 1 or 2 drops orange blossom water, to serve



Soaking syrup

- 1 cup / 200 g superfine sugar
- $\frac{1}{2}$ cup plus $1\frac{1}{2}$ tbsp / 140 ml water
- 1 tbsp orange blossom water

Directions

Preheat the oven to 350°F / 180°C. Whisk together the oil, orange juice, marmalade, eggs, and orange zest until the marmalade dissolves. In a separate bowl, mix together all the dry ingredients and add to the wet ingredients. Mix until well combined. The mixture should be runny.

Grease and line two 1-lb / 500g loaf pans (8½ by 4½ inches / 21 by 11 cm) with waxed paper. Divide the filling evenly between them. Bake for 45 to 60 minutes, until a skewer inserted in a cake comes out clean and the tops turn an orangey brown.

Near the end of the baking time, place the syrup ingredients in a small saucepan and bring to a boil, then remove from the heat. As soon as the cakes come out of the oven, start brushing them with the hot syrup using a pastry brush; you'll need to do this in a few goes, allowing the syrup to soak in for a minute or two before you carry on brushing with more syrup. Make sure you use up all the syrup and it is all absorbed into the cakes.

Once the cakes have cooled down a little, remove them from the pan and leave to cool completely. Serve with the Greek yogurt, flavored with a drop of orange blossom water.

Poached Pears in White Wine & Cardamom

Ingredients

- 2 cups / 500 ml dry white wine
- 1½ tbsp freshly squeezed lemon juice
- ¾ cup / 150 g superfine sugar
- 15 cardamom pods, lightly crushed
- ½ tsp saffron threads
- pinch of salt
- 4 firm pears, peeled
- crème fraîche, to serve

Directions

Pour the wine and lemon juice into a medium saucepan and add the sugar, cardamom, saffron, and salt. Bring to a light simmer and place the pears in the pan. Make sure they are immersed in the liquid; add water if needed. Cover the surface with a disk of waxed paper and simmer the pears, turning them occasionally, for 15 to 25 minutes, until they are cooked through but not mushy. To check if the pears are ready, insert a knife into the flesh; it should slide in smoothly.

Remove the pears from the liquid and transfer to four serving bowls. Increase the heat and reduce the liquid by about two-thirds, or until thick and syrupy. Pour over the pears and leave to cool down. Serve cold or at room temperature, with crème fraîche on the side or spooned on top.



Walnut & Fruit Crumble Cream

Ingredients

Fig compote

- 1 lb / 500 g ripe figs, quartered
- 2 tbsp freshly squeezed lemon juice
- 1 tbsp superfine sugar

Guava & plum compote

- 4 guavas, seeded and cut into 1¼-inch / 3cm pieces (about 2 cups / 300 g in total)
- 6 plums, pitted and cut into quarters (about 2 cups / 300 g in total)
- 2 tbsp superfine sugar
- 1 tbsp freshly squeezed lemon juice
- 1 tbsp water
- Crumble
 - ⅓ cup / 40 g whole-wheat flour
 - ⅓ cup / 40 g all-purpose flour
 - 3½ tbsp / 50 g unsalted butter, chilled and cut into ¾-inch / 2cm cubes
 - 3½ tbsp / 50 g light brown sugar
 - pinch of salt
 - 1 cup / 100 g walnuts, coarsely broken

Cream

- ⅔ cup / 150 ml heavy cream
- 6½ tbsp / 100 g Greek yogurt
- 6½ tbsp / 100 g mascarpone cheese
- 1 tbsp superfine sugar
- ½ tsp vanilla extract
- ½ tsp ground cardamom
- ½ star anise, ground

Directions

Preheat the oven to 375°F / 190°C. Start with the fruit, whichever option you choose. Mix all the ingredients together in a medium saucepan. Cook over medium-low heat for 15 to 20 minutes, until the fruits are completely soft, stirring occasionally. Remove from the heat and set aside to cool down.



To make the crumble, place both types of flour in a large mixing bowl with the butter, sugar, and salt. Use your fingers to rub the mixture into a bread crumb texture and then stir in the walnuts. Spread on a baking sheet lined with parchment paper and place in the oven for 15 to 20 minutes, until dry and cooked through. Remove and leave to cool.

For the cream, place all the ingredients in a large mixing bowl and whisk to soft peaks, taking care not to overwhip (it is quite thick to start with, so it shouldn't take more than 30 seconds).

To assemble, just spoon a nice dollop of cream into a bowl, top with some compote, and sprinkle with some crumble. For a fancier look, spoon one-third of the crumble into the bottom of four medium glasses or glass bowls. Cover this with two-thirds of the fruit, then two-thirds of the cream. Another one-third of the crumble goes on top of this, followed by the remaining fruit and then cream. Serve at once, or chill for a few hours before serving. Scatter the remaining crumble on top just before serving.

Clementine & Almond Syrup Cake

Ingredients

- $\frac{3}{4}$ cup plus 2 tbsp / 200 g unsalted butter
- scant 2 cups / 380 g superfine sugar
- grated zest and juice of 4 clementines
- grated zest and juice of 1 lemon
- $2\frac{1}{2}$ cups / 280 g ground almonds
- 5 large free-range eggs, beaten
- $\frac{3}{4}$ cup plus 1 tbsp / 100 g all-purpose flour, sifted
- pinch of salt
- long strips of orange zest to garnish

Directions

Preheat the oven to 350°F / 180°C. Lightly grease a 9½-inch / 24cm springform pan with butter and line the sides and bottom with parchment paper.

Place the butter, $1\frac{1}{2}$ cups / 300 g of the sugar, and both zests in a stand mixer fitted with the beater attachment and beat on low speed to combine everything well. Do not work the mixture too much or incorporate too much air. Add half the ground almonds and continue mixing until combined.

With the machine running, gradually add the eggs, stopping to scrape the bottom and sides of the bowl a couple of times as you go. Add the remaining ground almonds, the flour, and the salt and beat until completely smooth.

Pour the cake batter into the pan and level it with an offset spatula.

Bake the cake for 50 to 60 minutes. Check to see if it is ready by inserting a skewer into the center. It should come out a little bit moist.

When the cake is almost done, place the remaining $\frac{1}{3}$ cup / 80 g sugar and the citrus juices in a small saucepan and bring to a boil (the juices should total about $\frac{1}{2}$ cup / 120 ml; remove some juice if needed). When the syrup boils, remove it from the heat.

As soon as the cake comes out of the oven, brush it with the boiling syrup, making sure all the syrup soaks in. Leave the cake to cool down completely in the pan before you remove it. You can then serve it as it is, garnished with orange zest strips, or store it for up to 3 days in an airtight container.



Pistachio Harisa

Ingredients

- Sugar syrup
- 1¼ cups/300ml water
- 2½ cups/500g sugar
- 2½ tbsp lemon juice
- 2 tbsp rose water
- 1½ cups/190g pistachios
- ½ cup plus 2 tbsp/125g sugar
- 7 tbsp/95g unsalted butter, at room temperature
- ½ cup/120ml sunflower oil
- ⅔ cup/200g Greek yogurt
- 3 eggs
- 2¾ cups/440g fine semolina
- ¾ cup/65g unsweetened shredded coconut
- ¾ tsp baking powder
- ¾ tsp flaky sea salt
- 2 large lemons: finely grate the zest to get 1 tbsp



Directions

To make the sugar syrup, put the water and sugar into a small saucepan and place over medium-high heat. Bring to a boil, then decrease the heat to medium and simmer for 10 minutes. Stir in the lemon juice and rose water and remove from the heat. Set aside to cool.

Preheat the oven to 400°F. Butter a 9 x 13-inch/23 x 33cm baking dish and set aside.

Put ½ cup plus ⅓ cup/120g of pistachios into the bowl of a food processor and blitz for 1 minute, until very fine. Transfer to a separate bowl and set aside.

Place the remaining ½ cup/70g of pistachios in the same food processor (there's no need to clean it) and pulse-blitz just a few times; you just want these pistachios to be coarsely chopped. Transfer to a separate bowl and set aside.

Put the sugar, butter, oil, and yogurt into the bowl of a stand mixer fitted with the paddle attachment and beat on high speed for about 3 minutes, until well combined and smooth. Decrease the speed to medium and add the eggs, one at a time. Mix for another 1 minute, then add the finely ground pistachios, semolina, coconut, baking powder, flaky salt, and lemon zest. Continue to mix until just combined—you don't want to overwork it—then tip the batter into the prepared baking dish. Even out with a spatula and sprinkle the coarsely chopped pistachios on

top. Using your fingers, gently press the pistachios into the batter, without completely submerging them. Set aside for 10 minutes, to rest, then bake in the middle of the oven for 15 minutes, until the cake is almost set and the sides have taken on some color.

Remove the cake from the oven and, using a small sharp knife, make a diagonal crosshatch pattern across the top. Space the lines about 2 inches/5cm apart, doing five lines one way and five lines the other. Return to the oven for a final 10 minutes, until the surface is golden brown and a skewer inserted into the center comes out clean. Remove from the oven and set aside to cool for 10 minutes, then evenly pour the cooled sugar syrup over the cake. Set aside for 1 hour, until completely cool. When serving, follow the indentations to cut out individual pieces.