Turkish and Lebanese

Delicious Turkish Recipes and Lebanese Recipes in One Amazing Mediterranean Cookbook
(2nd Edition)

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Chapter I: Lebanon
Lebanese Bites

Ingredients
1 1/2 C. water
1/2 C. butter
8 tbsp flour
1 tbsp baking powder
6 eggs

2 tsp vanilla
1 C. water
1 C. sugar
lemon, juice

Directions
1. To make the puffs:
2. Before you do anything, preheat the oven to 375 F. Line up baking sheet with parchment paper.
3. Place a heavy saucepan over medium heat. Stir in it the butter with water until they melt.
4. Cook them until they start boiling. Mix in the flour with baking powder and a pinch of salt.
5. Stir the mixture while it is cooking until it turns into a ball of dough.
6. Turn off the heat. Add the eggs gradually while whisking them until you get a smooth batter.
7. Mix in the vanilla. Pour the mixture in a piping bag. Use it to pipe the batter into the sheet to make several dough balls.
8. Place the puffs sheet in the oven. Cook them for 3 to 4 min until they become golden brown.
9. To make the syrup:
10. Place a heavy saucepan over medium heat. Stir in it water with sugar. Cook them until they start boiling.
11. Lower the heat and let the syrup cook for an extra 25 min.
12. Stir into it the golden puffs then drain them right away.
13. Garnish them with some chopped nuts. Serve them with some tea.

Chapter I: Lebanon: Lebanese Bites
MINTY
Lamb Skillet

Prep Time: 20 mins  
Total Time: 40 mins

Servings per Recipe: 4 
Calories 860.4  
Fat 71.3g  
Cholesterol 182.8mg  
Sodium 158.8mg  
Carbohydrates 9.6g  
Protein 44.6g

Ingredients
1 tbsp olive oil  
2 onions, chopped  
3 garlic cloves, crushed  
2 1/4 lb. lean ground lamb  
1 tbsp pepper  
2 tbsp ground cumin  
1 tsp ground allspice  
2 tbsp dried mint  
1 bunch of fresh mint, chopped  
1 pinch cayenne pepper  
2 tbsp pomegranate molasses  
50 g toasted pine nuts  
salt

Directions
1. Place a pan over medium heat. Heat in it the oil. Sauté in it the garlic with onion for 3 min.
2. Stir in the ground lamb and cook them for 6 min while stirring them often.
3. Stir in the spices with dry and fresh mint. Let them cook for 5 min until the meat is done.
4. Stir in the molasses with pine nuts. Cook them for an extra 1 to 2 min.
5. Serve your lamb skillet warm with some toast or pita bread.
Herbed Lebanese Bread

Prep Time: 5 mins
Total Time: 2 hr 20 mins

Servings per Recipe: 1
Calories 196.5
Fat 9.3g
Cholesterol 0.0mg
Sodium 244.2mg
Carbohydrates 24.4g
Protein 3.4g

Ingredients
- 1 C. za’atar spice mix
- 1/2 C. extra-virgin olive oil
- Lebanese pita bread dough
- labneh
- fresh tomato, sliced
- black olives
- 3 C. all-purpose flour
- 1/4 oz. package active dry yeast
- 1 1/4 tsp kosher salt
- 1 tsp granulated sugar
- 1 1/2 C. lukewarm water
- olive oil

Directions
1. Get a mixing bowl: Whisk in it the olive oil with za’atar. Place it aside.
2. Get a mixing bowl: Mix in it the flour, yeast, salt, and sugar. Add the water and mix them well.
3. Place the dough on a floured surface and knead it for 12 min.
4. Place the dough in a greased bowl and cover it with a plastic wrap. Let it rest for 60 min.
5. Before you do anything, preheat the oven to 500 F. Line up a baking sheet with a parchment paper.
6. Shape the dough into 12 balls. Flatten each ball into a 1/4 inch circle. Poke them all over with a fork.
7. Place 3 to 4 dough circles on the lined up sheet. Coat them with the za’atar and oil mix.
8. Place the sheet in the pan and cook them for 6 min. Repeat the process with the remaining dough circles.
9. Serve your Lebanese bread with some kebobs, yogurts and veggies of your choice.
10. Enjoy.
**SUN Skillet**

**Prep Time:** 10 mins  
**Total Time:** 25 mins

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<td>Carbohydrates: 42.0g</td>
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<td>Protein: 11.1g</td>
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**Ingredients**
2 potatoes, peeled, boiled and sliced  
1 tbsp oil  
2 eggs  
1/2 C. onion, sliced  
1/2 tsp salt  
1 tsp pepper  
1 tsp sumac

**Directions**
1. Place a pan over medium heat. Heat in it the oil. Cook in it the onion with potato for 5 min.  
2. Get a mixing bowl: Whisk in it the eggs with a pinch of salt and pepper.  
3. Spread the potato and onion in the pan. Pour the beaten eggs all over them.  
4. Put on the lid and let the fritter cook until the egg sit then serve it warm.  
5. Enjoy.
Honey Dressing

Ingredients
1 C. yogurt
1 tbsp fresh dill
1 tbsp honey
3 minced garlic cloves

Directions
1. Get a food processor: Combine in it all the ingredients. Blend them smooth.
2. Place the dressing sauce in the fridge until ready to serve.
3. Enjoy.

Honey Dressing

Prep Time: 1 mins
Total Time: 1 mins

Servings per Recipe: 4
Calories 56.7
Fat 2.0g
Cholesterol 7.9mg
Sodium 28.8mg
Carbohydrates 7.9g
Protein 2.2g
**MILK PUDDING**

with Honey Sauce

**Ingredients**
- 1 2/3 C. water
- 1 C. sugar
- 1 tbsp honey
- red food coloring
- 1/2 C. water
- 10 tbsp cornstarch
- 3 C. milk
- vanilla

**Directions**
1. Place a heavy saucepan over medium heat. Stir in it the water with sugar, honey and few drops of red food coloring.
2. Bring them to a rolling boil for 7 to 8 min. Turn off the heat and let place the syrup aside to cool down.
3. Place another heavy saucepan over medium heat: Whisk in it the water with milk and cornstarch.
4. Stir in the vanilla and cook them until they start boiling. Lower the heat and let them cook until the mixture becomes slightly thick.
5. Divide the pudding between serving C. or bowls. Place them aside until they cool down completely.
6. Place the pudding C. in first to set for 90 min.
7. Drizzle the syrup over the pudding C. then serve them.
8. Enjoy.

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**Milk Pudding with Honey Sauce**

- Prep Time: 5 mins
- Total Time: 25 mins

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Saucy Butter Meat Stew

Prep Time: 10 mins
Total Time: 50 mins
Servings per Recipe: 4

Calories: 202.6
Fat: 3.9g
Cholesterol: 0.0mg
Sodium: 306.7mg
Carbohydrates: 33.1g
Protein: 10.6g

Ingredients
1 C. dried butter beans, soaked overnight
1 lb. lean ground meat
1 (14 oz.) cans diced tomatoes
1 C. water
1 tomato-flavored bouillon cubes
1/4 bunch cilantro, chopped
3 garlic cloves, minced
1 tbsp olive oil
1/2 tsp salt
1/4 tsp pepper
1/4 tsp cinnamon

Directions
1. Before you do anything, preheat the oven to 350 F. Grease a baking dish with some butter
2. Get a mixing bowl:
3. Place a pan over medium heat.
4. Get a mixing bowl:
5. Enjoy.
**SWEET Black Jam**

**Prep Time:** 30 mins  
**Total Time:** 1 hr 30 mins

**Ingredients**
1 lb. ripe eggplant, peeled cubed  
2 C. sugar  
6 cloves  
1 small square cheesecloth  
2 tbsp lemon juice

**Directions**
1. Before you do anything, preheat the oven to 350 F. Grease a baking dish with some butter.  
2. Get a mixing bowl.  
3. Place a pan over medium heat.  
4. Get a mixing bowl.  
5. Enjoy.
Spring Fritters

Ingredients
1 1/2 C. lentils  
1 C. onion, chopped  
2 large garlic cloves, crushed  
1 quart water  
1 C. bulgur  
1/4 C. fresh parsley, chopped  
2 tbsp oil  
1 3/4 tsp salt  
1 tsp paprika  
1/4 tsp pepper  
1 C. fresh parsley, minced  
1 C. green onion, tops minced

Directions
1. Before you do anything, preheat the oven to 350 F. Grease a baking dish with some butter.  
2. Get a mixing bowl:  
3. Place a pan over medium heat.  
4. Get a mixing bowl:  
5. Enjoy.
CRUNCHY RED
Salad with Lemon Dressing

Ingredients
2 large tomatoes, peeled, seeded & diced
2 cucumbers, peeled, seeded & diced
3 small green peppers
6 radishes, sliced
3 green onions
1/2 C. flat-leaf Italian parsley, chopped
6 tbsp lemon juice
1/4 C. olive oil
salt
pepper

Directions
1. Before you do anything, preheat the oven to 350 F. Grease a baking dish with some butter.
2. Get a mixing bowl:
3. Place a pan over medium heat.
4. Get a mixing bowl:
5. Enjoy.
**Spaghetti Rice**

**Ingredients**
- 2 C. long grain white rice, rinsed
- 6 tbsp butter
- 1/2 C. of broken spaghetti
- 4 C. hot water
- 2 - 3 tsp salt

**Directions**
1. Get a mixing bowl: Place it in the rice and cover it with water. Let it sit for 16 min.
2. Place a large saucepan over medium heat. Heat in it the butter. Add the spaghetti and cook it for 3 to 4 min until it becomes golden brown.
3. Stir in the drained rice and cook them for 6 min.
4. Stir in 4 C. of hot water and a pinch of salt. Put on the lid and let them cook until they start boiling.
5. Keep it boiling for 6 min. Lower the heat and cook them for 16 min until the rice is done.
6. Serve your spaghetti rice warm with some meat sauce.
7. Enjoy.

**Rice**

- Prep Time: 10 mins
- Total Time: 30 mins

**Servings per Recipe:** 6

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<td>Carbohydrates</td>
<td>74.2g</td>
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<td>Protein</td>
<td>8.8g</td>
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**Spaghetti Rice**

- Calories: 450.5
- Fat: 12.4g
- Cholesterol: 30.5mg
- Sodium: 886.3mg
- Carbohydrates: 74.2g
- Protein: 8.8g
ROASTED Adobo Hummus

Ingredients
2 (15 1/2 oz.) cans chickpeas, drained
1/2 C. water
1 lime, juice
1 tbsp lime zest
2 tbsp olive oil
1 chipotle chile in adobo
2 garlic cloves
1 1/2 tsp cumin
1 (7 oz.) jars roasted red peppers, drained
6 sun-dried tomatoes packed in oil, drained
1/2 C. cilantro, chopped
salt

Directions
1. Get a blender: Place in it all the ingredients. Blend them smooth.
2. Pour the hummus in a serving bowl. Place it in the fridge and let it sit for at least 5 h.
3. Serve your hummus with some pita bread, toast, veggies, or a salad.
4. Enjoy.
Classic Green Beans Stew

Ingredients
1 lb. fresh string bean
16 oz. of tomato, diced
1 C. white onion, chopped
1/2 C. cilantro, chopped
1 - 2 tbsp minced garlic
1/3 tsp salt
2 tbsp olive oil

Directions
1. Place a pan over medium heat. Heat in it the oil. Cook in it the onion for 3 min.
2. Stir in the beans, cilantro, garlic and the salt. Cook them for 6 min.
3. Stir in the tomato then lower the heat and let them cook for 16 min.
4. Serve your saucy bean stew warm as a side dish or with some rice.
5. Enjoy.

Servings per Recipe: 2
Calories 230.4
Fat 13.8g
Cholesterol 0.0mg
Sodium 406.0mg
Carbohydrates 25.8g
Protein 5.2g
Directions
1. To make the broth:
2. Place a large pot over medium heat. Stir in it the all the broth ingredients with 1 gallon of water.
3. Bring them to a boil. Lower the heat and simmer the broth 4 h 20 min.
4. Once the time is up, turn off the heat. Drain the chicken and shred it. Place it aside.
5. Strain the broth and place it aside.
6. To make the stew:
7. Place a large soup pot over medium heat. Heat in it 12 C. of water until they start boiling.
8. Stir in the mallow leaves and cook them for 6 min. Strain them and place them aside.
9. Place a large saucepan over medium heat. Heat in it the butter. Sauté in it the onion for 3 min.
10. Stir in the garlic with cilantro and cook them for 1 min. Sir in the cooked mallow leaves and cook them for 6 min.
11. Stir in the chicken broth with a pinch of salt and pepper. Lower the heat and let the stew cook for 46 min.
12. Add the shredded chicken and heat it through. Serve your stew warm with some brown rice.
**Prep Time:** 1 hr  
**Total Time:** 9 hr

**Minty Cabbage Rolls**

**Servings per Recipe:** 8  
**Calories:** 343.1  
**Fat:** 16.5g  
**Cholesterol:** 57.8mg  
**Sodium:** 809.6mg  
**Carbohydrates:** 29.3g  
**Protein:** 19.5g

**Ingredients**

- 1 medium-large head green cabbage
- 1 1/2 lbs. ground beef
- 1 C. long grain rice
- 3 tsp allspice
- 2 1/2 tsp salt
- 1 head garlic
- 2 - 3 tbsp olive oil
- 2 C. water
- 1/2 C. lemon juice
- 2 tbsp dried mint

**Directions**

1. Place the cabbage in a zip lock bag. Place it in the freezer for 3 days.
2. Pull it out of the freezer and let it sit for at least 1 day. Rinse it, discard the thick veins and cut the big leaves in half.
3. Place a large soup pot over medium heat. Lay in it the some of the small cabbage leaves.
4. Place a large pan over medium heat. Heat in it the oil. Cook in it the garlic for 1 min.
5. Stir in the water and lemon juice and 1/2 tsp salt. Cook them for 2 min to make the sauce. Turn off the heat and place it aside.
6. To make the stuffed cabbage:
7. Get a large mixing bowl: Combine in it the rice with allspice, meat, 2 tsp of salt, and onion to make the filling.
8. Place a cabbage leaf on a cutting board. Place in it 1/4 C. of the filling.
9. Roll it over the filling and place it in the pot with the seam facing down.
10. Repeat the process with the remaining filling and cabbage leaves until you go through half of the filling.
11. Pour half of the lemon sauce and 1 tbsp of mint on top. Repeat the process with the remaining filling to make another layer.
12. Drizzle over it the remaining lemon sauce and 1 tbsp of dry mint.
13. Cover the cabbage rolls with water then cover them with a small lid that will keep pushing them down.
14. Cook them over low heat for 5 to 6 h. Serve them warm with some rice and tomato salsa.
15. Enjoy.
Stuffed Peppers Casserole

Ingredients
4 big red peppers
10.5 minced beef
3.5g rice, cooked
1 big yellow onion
1 tbsp tomato concentrate
1 tsp dried mint
1 tsp coriander
1 pinch salt
1 pinch black pepper
1 tbsp lemon juice

Directions
1. Before you do anything, preheat the oven to 350 F. Grease a baking dish with some butter.
2. Get a mixing bowl: Mix in it the rice with meat, onion, tomato concentrate, mint, lemon juice and spices to make the filling.
3. Slice off the top of the pepper. Discard the membrane and seeds.
4. Spoon the filling into the peppers and place them in a casserole dish.
5. Place them in the oven and let them cook for 32 min. Serve your stuffed peppers warm.
Liver Skillet

Prep Time: 20 mins
Total Time: 30 mins

Servings per Recipe: 4
Calories 153.7
Fat 10.0g
Cholesterol 215.6mg
Sodium 46.9mg
Carbohydrates 4.6g
Protein 11.1g

Ingredients
9 chicken livers
2 tbsp extra virgin olive oil
1/2 C. mint leaves
1/4 C. ginger, sliced
salt

Directions
1. Get a mixing bowl: Stir in the liver, olive oil, mint leaves and ginger. Let them sit for 25 to 28 min.
2. Place a pan over medium heat. Cook in it the liver mix for 8 to 12 min or until the livers are done.
3. Serve your liver skillet warm with some rice.
4. Enjoy.
CUCUMBER Pickles

Directions
1. Place a heavy saucepan over medium heat. Stir in it the water, vinegar, sliced garlic and coriander seeds.
2. Cook them until they start boiling. Let them cook for 11 min over low medium heat.
3. Turn off the heat and let the cucumbers cool down.
4. Drain the cucumber and thinly slice them. Toss them in a mixing bowl with salt.
5. Cover the bowl with a plastic wrap and let it sit for 5 h while stirring them every once in a while.
6. Run the cucumber slices under some cool water 3 times. Drain them and place them in some tight sealed jars.
7. Pour over them vinegar mixture. Seal the jars and place them in a cool and dark place for at least 2 weeks.
8. Serve your pickles as toppings.

Ingredients
2 1/4 lb. cucumber
2 C. water
1/2 C. vinegar, White
2 - 3 tsp coriander seeds
4 - 5 garlic cloves, large
7 oz. salt

Servings per Recipe: 1
Calories 100.0
Fat 0.9 g
Cholesterol 0.0 mg
Sodium 38777.9 mg
Carbohydrates 21.1 g
Protein 3.8 g
**Spicy Lamb Skewers**

### Ingredients
- 1/2 brown onion, grated
- 1/4 C. seasoned breadcrumbs
- 3 garlic cloves, minced
- 2 tbsp chopped parsley
- 1 tbsp chopped of mint
- 1/2 tsp salt
- 1/2 tsp seven-spice mix
- 1 egg, beaten
- 1 lb. ground lamb

### Directions
1. Before you do anything, preheat the grill and grease it.
2. Get a mixing bowl. Mix in it all the ingredients. Shape the mixture into 8 medium size logs.
3. Press each log into a skewer. Place them on the grill and cook them for 5 to 7 min on each side.
4. Serve your lamb kofta skewers warm with some pita bread and veggies of your choice.
5. Enjoy.
BLOSSOM
Cookies

Ingredients
1 C. ghee
1 1/2 C. unbleached cane sugar
2 1/2 C. fine semolina flour
1 C. white flour
1 tsp baking powder
2 tbsp orange blossom water
1 egg

2 C. shelled unsalted pistachio nuts, halved
1/2 C. sesame seeds, toasted
1 tsp vanilla

Directions
1. Before you do anything, preheat the oven to 400 F. Line up a baking sheet with a parchment paper.
2. Get a mixing bowl: Beat in it the ghee with sugar until they become light and creamy.
3. Mix in the vanilla with baking powder, semolina flour and white flour.
4. Add the orange blossom and egg then mix them well.
5. Lay 4 to 8 pistachio halves on the lined up sheet next to each other.
6. Roll some of the cookie dough into a small ball. Roll it in the sesame seeds the press it gently into the pistachio halves.
7. Repeat the process with the remaining pistachios and cookie dough.
8. Place the cookies sheet in the oven and cook them for 9 to 13 until they become golden brown.
9. Allow the cookies to cool down completely.
10. Enjoy.
**Zesty Shawarma BBQ**

**Prep Time:** 10 mins  
**Total Time:** 40 mins  
**Servings per Recipe:** 5

**Calories** 278.7  
**Fat** 13.7g  
**Cholesterol** 105.6mg  
**Sodium** 797.0mg  
**Carbohydrates** 3.2g  
**Protein** 33.8g

**Ingredients**
- 1 lb. boneless beef top sirloin steak
- 1 lb. lamb
- 1/2 C. plain yogurt
- 1/4 C. malt vinegar
- 2 fresh garlic cloves
- 1 tsp black pepper
- 1 1/2 tsp salt
- 2 cardamom pods
- 2 tsp allspice
- 1 lemon juice
- 1/2 tsp nutmeg

**Directions**
1. Get a mixing bowl: Stir in it all the ingredients. Place it in the fridge and let it aside for 1 h or more.
2. Before you do anything, preheat the grill and grease it.
3. Drain the meat pieces and cook them on the grill until they are done to your liking.
4. Serve your barbecued grilled meat with some pita bread, yogurt dressing and veggies of your choice.
5. Enjoy.
ROASTED
Chicken with Golden Wheat

Directions
1. Get a mixing bowl: Place in it the wheat and cover it with water. Let it sit until it starts absorbing it right away.
2. Place a large pot over medium heat. Place in it the chicken and cover it with water.
3. Cook it until it starts boiling. Discard the foam that rises on top. Stir in the halved onions, and cook them for an extra 35 min.
4. Drain the chicken and place it aside. Pour the broth in a fine mesh strainer.
5. Place a soup pot over medium heat. Heat in it the oil. Sauté in it the drained wheat for 3 min.
6. Stir in enough broth to cover it. Let it cook for 65 min while adding more broth when needed.
7. Before you do anything else, preheat the oven to 400 F.
8. Get a mixing bowl: Combine in it the tomato paste, olive oil, salt, pepper and paprika.
9. Place the chicken in a roasting pan. Coat it with the tomato mixture. Place it in the oven and let them cook for 22 min.
10. Serve your roasted chicken warm with the warm freekeh (wheat).
11. Enjoy.
Directions
1. To make the syrup
2. Place a heavy saucepan over medium heat. Stir in it the sugar with water.
3. Cook them until they start boiling. Keep it boiling for an extra 3 to 4 min. Turn off the heat and place it aside.
4. To make the Cream Layer:
5. Get a mixing bowl: Beat in it the whipped cream until it becomes light and fluffy.
6. Get another mixing bowl: Beat in the nestle cream until it becomes light.
7. Fold the whipped cream into the nestle cream then place it aside.
8. To make the bottom layer:
9. Combine in it the milk, sugar and vanilla. Cook them until they start boiling.
10. Add the farina and whisk them until they become smooth. Cook them until they start boiling.
11. Cook them for 5 to 6 min while stirring them at the same time. Turn off the heat and place the mixture aside to cool down.
12. Pour the milk pudding into serving bowls or C. Top them with the whipped cream, syrup and toasted coconut.
13. Place the delight C. in the fridge and let them sit for at least 60 min.
14. Serve your vanilla delight pudding with some of your favorite extra toppings.
15. Enjoy.
Creamy Apricot Pudding

Directions
1. Place a saucepan over medium heat. Stir in it the water with rice and a pinch of salt.
2. Let them cook for 32 min over low heat. Discard the excess water.
3. Place a saucepan over medium heat: Stir in it the milk, sugar, cornstarch, condensed milk, vanilla, rosewater.
4. Cook them until they start boiling over high heat. Lower the heat and stir in the cooked rice.
5. Let the rice cook until it becomes thick while stirring it all the time.
6. Allow the rice pudding to cool down completely. Garnish it with the apricot marmalade then serve it.
7. Enjoy.

Ingredients
- 1 3 C. white rice
- 3 1/2 C. milk
- 1 1/2 C. water
- 4 tbsp Nestle sweetened condensed milk
- 5 tbsp sugar
- 4 tbsp cornstarch
- 1 tsp vanilla
- 1 tbsp rose water
- 1 pinch salt
- 6 tsp apricot marmalade

Servings per Recipe: 4
Calories 349.4
Fat 9.5g
Cholesterol 36.3mg
Sodium 171.3mg
Carbohydrates 56.0g
Protein 9.5g
Hazelnut Chocolate Tart

**Ingredients**
- 9 oz. digestive biscuits, ground
- 4 oz. butter, melted
- 14 oz. sweetened condensed milk
- 2 1/2 C. water
- 2 oz. corn flour
- 2 tbsp cocoa powder
- 1 tbsp rose water
- 1/2 C. double cream, whipped
- 2.5 oz. hazelnuts, toasted and halved

**Directions**
1. Before you do anything, preheat the oven to 350 F.
2. Get a mixing bowl: Mix in it the butter with biscuit crumbs well.
3. Press the mixture into a butter greased tart pan. Place it in the fridge and let it sit for 11 min.
4. Place a saucepan over medium heat. Stir in it the Condensed Milk, water, corn flour and cocoa powder.
5. Cook them until they start boiling. Keep it cooking while stirring it all the time until the mix becomes thick.
6. Stir in the rose water and pour the mixture into the tart pan. Place it aside and let it cool down completely.
7. Top the tart with whipped cream. Garnish it with the toasted hazelnuts then serve it.
8. Enjoy.
**SWEET**

Tahini Dressing

### Ingredients
3 tbsp plain yogurt
2 1/2 - 3 tbsp mayonnaise
2 1/2 tbsp tahini sauce
1/2 - 1 tsp Dijon mustard
1/2 tsp honey
1/2 lemon, juice
salt and pepper

### Directions
1. Get a mixing bowl: Whisk in it the yogurt, mayonnaise and Tahini sauce.
2. Stir in the mustard, honey, lemon, a pinch of salt and pepper.
3. Serve your dressing right away with a salad or grilled chicken.
4. Enjoy.
Cinnamon Stuffed Cookies

Prep Time: 10 mins  
Total Time: 30 mins

Servings per Recipe: 1
Calories 131.0
Fat 9.0g
Cholesterol 19.5mg
Sodium 52.6mg
Carbohydrates 11.6g
Protein 1.4g

Ingredients
1/4 lb. butter
1/2 C. powdered sugar
2 tbsp orange blossom water
2 C. flour
1/2 C. of chopped walnuts

Directions
1. To make the dough:
2. Before you do anything, preheat the oven to 375 F. Line up a baking sheet with a parchment paper.
3. Get a mixing bowl: Beat in it the sugar with butter until they become light and fluffy.
4. Mix in the flour with orange water and a pinch of salt until you get a thick dough. Place it aside.
5. To make the filling:
6. Get a mixing bowl: Mix in it the nuts, sugar and cinnamon.
7. Shape the cookie dough into 1 inch balls.
8. Flatten a dough ball slightly in the palm of your hand. Place in it 1 tsp of the filling.
9. Pull the dough over the filling and place it on the lined up cookie sheet.
10. Repeat the process with the remaining filling and dough.
11. Place the cookie sheet in the oven and cook them for 16 to 21 min until they become golden brown.
12. Allow the cookies to cool down completely then serve them with some tea.
Directions
1. Place a pan over medium heat. Heat in it a splash of oil.
2. Sauté in it the onion for 4 min. Stir in the tomato with a pinch of salt and pepper.
3. Put on the lid and cook it for 26 min over low heat.
4. Crack the eggs over the shakshuka. Put on the lid and cook them for an extra 4 min.
5. Serve your shakshuka warm with some bread.

Ingredients
1 large onion, chopped
4 eggs
cooking oil
6 medium tomatoes, grated
salt and pepper

CLASSIC Shakshuka Skillet

Prep Time: 3 mins
Total Time: 33 mins

Servings per Recipe: 2
Calories 239.4
Fat 10.3g
Cholesterol 372.0mg
Sodium 163.4mg
Carbohydrates 22.0g
Protein 16.6g
Onion Salad with Lemon Dressing

Ingredients
1 large red onion, sliced
1 bunch flat leaf parsley
1/2 tsp salt
1 tbsp sumac
1/4 lemon, juice
extra virgin olive oil, drizzle

Directions
1. Get a small mixing bowl. Toss in it the onion with parsley, lemon juice, sumac, salt, and a drizzle of olive oil.
2. Serve your salad as topping with a sandwich, grill meat or chicken.
3. Enjoy.
LEB-MEX
Soup

Ingredients
9 C. water
1 C. green lentil
1 bunch Swiss chard, stemmed and chopped
10 garlic cloves, peeled and crushed to a paste
salt
2 lemons, juice

1/2 bunch cilantro, stemmed and chopped
1 medium onion, chopped
1/4 C. extra virgin olive oil
1 - 2 C. of diced potato

Directions
1. Place a large saucepan over medium heat. Stir in it the lentils with 9 C. of water.
2. Cook it until it starts boiling. Lower the heat and stir in it the Swiss chard.
3. Put on the lid and bring it to a soft boil. Cook it for an extra 16 min.
4. Place a small pan over medium heat. Heat in it the oil. Sauté in it the onion for 3 min.
5. Add the garlic and cook them for 4 min. Stir the mixture into the lentils saucepan.
6. Put on the lid and let the soup cook for 46 min.
7. Stir in the lemon juice, season with salt and pepper. Cook the soup for an extra 6 min.
8. Adjust the seasoning of the soup then serve it warm.

Prep Time: 15 mins
Total Time: 1 hr 15 mins

Servings per Recipe: 4
Calories 335.3
Fat 14.3g
Cholesterol 0.0mg
Sodium 227.9mg
Carbohydrates 39.2g
Protein 15.0g
Tahini Potato Mash

**Ingredients**
- 5 medium potatoes peeled and diced.
- 1 tbsp butter
- 1 lemon, juice
- 1/4 C. tahini
- 2 garlic cloves, minced
- 1 tsp salt
- 1/2 tsp black pepper
- 1 tsp cumin
- 1 tsp sumac
- extra virgin olive oil

**Directions**
1. To make the mashed potato:
2. Bring a large saucepan of water to a boil. Cook in it the potato until it becomes soft.
3. Get a food blender: Place in it the potato with the remaining ingredients. Blend them smooth.
4. Pour the mashed potato in a serving bowl.
5. Top it with the cumin, sumac, and a swirl of olive oil then serve it.
Eggplant Spread

Ingredients
- 2 large heavy eggplants
- 2 heads garlic
- 2/3 C Vidalia onion, chopped
- 2/3 C red bell pepper, chopped
- 2 tbsp extra virgin olive oil
- kosher salt
- ground black pepper
- parsley

Directions
1. Before you do anything, preheat the oven to 350 F.
2. Pierce the eggplants several times with a fork. Place them on a baking sheet with garlic.
3. Drizzle over them some olive oil. Roast them in the oven until they become soft.
4. Allow the eggplant and garlic to cool down completely. Discard their peel.
5. Finely chopped the eggplants and squeeze out the roasted garlic.
6. Get a large mixing bowl: Toss in it the garlic with eggplant, bell pepper, onion, oil, salt and pepper.
7. Serve your eggplant spread with some bread or a salad.
8. Enjoy.
Homemade Labneh

Ingredients
2 quarts yogurt
1/2 tsp salt
extra virgin olive oil

Directions
1. Stir the yogurt with salt.
2. Before you do anything, preheat the oven to 350 F. Grease a baking dish with some butter.
3. Get a bowl. Place over it a fine mesh sieve and cover. Cover the sieve completely with some paper towels.
4. Let sit to drain for at least 9 h to 25 h until it becomes thick.
5. Serve your yogurt labneh or cheese with some bread, as a topping with a sandwich.

Nutrition Facts
Servings per Recipe: 1
Calories 591.5
Fat 31.5g
Cholesterol 126.0mg
Sodium 446.1mg
Carbohydrates 45.1g
Protein 33.6g
SAUCY
Beans and 
Tomato Stew

Ingredients
1 C. dried navy beans, soaked and drained
6 C. water
1 tbsp extra virgin olive oil
2 onions, diced
4 garlic cloves
14 1/2 oz. diced tomatoes
3 tbsp tomato paste
3 tsp cumin
salt & ground black pepper

Directions
1. Place a saucepan over medium heat. Place in it the navy beans and cover it with water.
2. Lower the heat and place over it half a cover. Cook it for 60 to 90 min until the beans become tender.
3. Once the time is up, drain the beans and place it aside. Reserve the cooking water.
4. Place a pot over medium heat. Heat in it the oil. Sauté in it the garlic with onion for 12 min.
5. Stir in the cumin, tomatoes, tomato paste and beans. Cover them with the beans cooking broth.
6. Season it with a pinch of salt and pepper. Let the stew cook for 22 min.
7. Serve it warm with some rice.
8. Enjoy.
**Lentils and Vermicelli Soup**

**Prep Time:** 30 mins  
**Total Time:** 1 hr 15 mins  
**Servings per Recipe:** 4

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**Ingredients**
- canola oil
- 1 large onion, chopped
- 4 garlic cloves, minced
- 3 C. water
- 4 C. chicken stock
- 1 C. lentils
- 2 tsp ground cumin
- 1/2 tsp ground cinnamon
- 10 oz. frozen spinach, thawed
- 3 oz. vermicelli, broken
- 1/2-1 lemon
- salt
- pepper
- 1/4 C. cilantro, chopped

**Directions**
1. Place a soup pot over medium heat. Heat in it the oil.
2. Sauté in it the onion for 5 to 6 min. Stir in the garlic and cook them for 2 min.
3. Stir in the water, stock, lentils, and spices. Cook them until they start simmering.
4. Put on the lid and let the lentils cook for 35 to 42 min.
5. Place a large pan over medium heat. Heat in it a splash of olive oil. Cook in it the drained spinach with a pinch of salt until it becomes crispy.
6. Drain the spinach and place it aside.
7. Stir the vermicelli into the lentils soup. Cook it for 5 min. Stir in the lemon juice with spinach, a pinch of salt and pepper.
8. Serve your soup hot.
Directions

1. To make the lamb:
2. Get a mixing bowl: Stir in it the yeast with the sugar in 1/2 C. of the water. Let it sit for 11 min.
3. Get a mixing bowl: Mix in it the flour, olive oil and a pinch of salt. Mix in the yeast and water mix.
4. Mix them well until you get a smooth dough.
5. Transfer the dough to a floured surface. Knead it for 11 min until it becomes soft.
6. Place the dough in a greased bowl and cover it with a plastic wrap. Let it rest for 1 h 45 min.
7. Before you do anything, preheat the oven to 450 F.
8. Place the dough on a floured surface. Divide the dough into 9 balls. Flatten each of them into a 7 inches circle.
9. Lay the dough circles on lined up baking sheets. Coat them with egg white.
10. Place the dough crusts in the oven and cook them for 11 min.
11. Flip the pizza crust and coat them with egg white. Cook them for extra 9 min on the other side.
12. Place them aside to cool down for a while.
13. Get a mixing bowl: Combine in it the filling ingredients. Spread the mixture over the pizza crusts.
14. Cook the pizzas in the oven for 16 min. Serve them warm with your favorite toppings.
15. Enjoy.
**Homemade Chile Sauce**

**Prep Time:** 25 mins  
**Total Time:** 30 mins  
**Servings per Recipe:** 1  
**Calories:** 313.2  
**Fat:** 15.2g  
**Cholesterol:** 0.0mg  
**Sodium:** 351.5mg  
**Carbohydrates:** 43.1g  
**Protein:** 7.6g

**Ingredients**
- 5 dried hot New Mexico chilies, seeded and rinsed
- 1 C. hot water
- 1 tbsp flour
- 1/4 tsp ground cumin
- 1/4 tsp ground coriander
- 1/4 tsp ground red pepper
- 1/8 tsp sugar
- 1/8 tsp caraway seed, crushed
- 1/2 C. onion, chopped
- 1 garlic clove, minced
- 1 tbsp vegetable oil
- 2 tbsp no-added-salt tomato paste
- 1/8 tsp salt
- 2 tsp lime juice

**Directions**
1. Slice the chilies into small strips.
2. Get a small bowl. Place in it the chili strips and cover them with hot water. Let it sit for 22 min.
3. Get a food processor. Place in it the chili water mixture. Blend them smooth.
4. Get a mixing bowl. Mix in it the four with spices. Place it aside.
5. Place a small pan over medium heat. Heat in it the oil. Sauté in it the garlic with onion for 6 min.
6. Mix in the flour and spices mix. Cook them for 2 min while mixing them.
7. Stir in the chili paste and cook them until they start bubbling. Add the tomato paste with salt.
8. Mix them well. Place the harissa aside and let it cool down completely.
9. Drizzle over it the lemon juice. Serve it right away or place it in the fridge until ready to serve.
10. Enjoy.
TRADITIONAL
Mashed Beans

Ingredients
1 (15 oz.) cans fava beans
1 (15 oz.) cans garbanzo beans
1 - 2 tbsp lemon juice
2 tbsp extra virgin olive oil
2 garlic cloves, minced

Directions
1. Place a large saucepan over medium heat. Stir in it all the ingredients.
2. Cook them until they start boiling. Lower the heat and let them cook for 25 to 31 min.
3. Use a fork or potato masher to mash the beans slightly.
4. Serve your mashed beans warm with some bread.
5. Enjoy.
Chickpea Chicken Stew with Couscous

Ingredients
- 1 chicken, cut into portions
- 4 oz. cooked chickpeas
- 2 cloves garlic, chopped
- 1 medium onion, sliced
- 2 carrots, cut into sticks
- 4 large ripe tomatoes, peeled and quartered
- 1 tbsp tomato puree
- 1 oz. chopped parsley
- 12 oz. couscous
- 4 tbsp olive oil
- salt and pepper

Directions
1. Place a deep pan over medium heat. Heat in it half of the oil. Cook in it the chicken pieces for 3 to 4 min on each side.
2. Stir in the garlic with onion, tomato purée, a pinch of salt and pepper. Cook them for 2 min.
3. Cover the chicken with water. Let it cook for 11 min.
4. Stir in the chickpeas, the carrots, and the tomatoes. Cook them for 15 min over low heat.
5. Get a mixing bowl. Stir in it the couscous, 1 1/2 C. of water, the rest of the olive oil and a pinch of salt.
6. Bring a pot of water to a boil. Place over it a fine mesh sieve. Place in it the couscous and let it cook for 24 to 26 min.
7. Place the couscous in a serving plate. Top it with the chicken chickpeas stew. Serve it hot.
8. Enjoy.
VEGAN
Stuffed Chard

Directions
1. Place a large pot of water over high heat. Bring it to a boil.
2. Cook in it the Swiss chard leaves for 11 min. Drain them and place them aside. Discard the veins.
3. Get a large mixing bowl: Mix in it the chickpeas with 1/2 C. of lemon juice, rice, oil, green onions, parsley, mint, salt and pepper.
4. Lay a Swiss chard leaf on a cutting board. Place on one side of it 1 tbsp of the chickpea filling.
5. Roll the Swiss chard leaf over the filling. Place it in a large saucepan with the seam facing down.
6. Repeat the process with the remaining filling and Swiss chard leaves.
7. Pour 1/2 C. of lemon juice all over the rolls. Cover them with water. Cook them until they start boiling.
8. Put on the lid and let them cook for 50 to 65 min until all the water evaporates.
9. Serve your rolls warm with some yogurt.
10. Enjoy.

Ingredients
40 -50 leaves Swiss chard leaves
1 C. rice, washed & drained
1/2 C. chickpeas, drained
1/2 C. vegetable oil
1 1/2 tsp salt
1/4 tsp pepper
6 green onions, chopped

1 C. lemon juice
2 tbsp dry mint
3/4 C. parsley, chopped
water

Servings per Recipe: 10
Calories 218.7
Fat 11.5g
Cholesterol 0.0mg
Sodium 696.1mg
Carbohydrates 26.3g
Protein 4.9g
**Lebanese Pickles**

**Ingredients**
- 2 1/4 lb. small turnip, trimmed and sliced
- 1 small beetroot, peeled and sliced
- 2 tbsp sugar
- 1/4 C. coarse salt
- 4 C. of water

**Directions**
1. Place a saucepan over medium heat. Stir in it the water with sugar and salt.
2. Cook them until they start boiling. Turn off the heat and let it cool down.
3. Place the turnip and beetroot slices in mason jars while alternating between them.
4. Pour over them the water mixture. Seal the jars and place them in a warm and dark place for at least 20 days.
5. Serve your pickles with some sandwiches or pizza.
TRIPOLI
Chickpea Nachos

Directions
1. Get a mortar and a pestle: Mash in it the garlic with 1 tsp of salt. Mix in the lemon juice.
2. Get a small mixing bowl: Whisk in it the garlic mixture with yogurt and tahini.
3. Cut the pita bread into bite size pieces.
4. Place a large pan over medium heat. Heat in it the oil. Fry in it the pita bread pieces until they become golden brown.
5. Place them aside to drain on some paper towels.
6. Get a mixing bowl: Toss in it the chickpeas with cumin and salt.
7. Place a small skillet over medium heat. Melt in it the butter. Toast in it the pine nuts for few minutes.
8. Lay some of the crunchy bread nachos on a serving plate. Top them with some of the chickpeas.
9. Repeat the process to make more layers. Drizzle the yogurt dressing on top.
10. Garnish your nacho plate with the toasted pine nuts then serve it right away.
11. Enjoy.

Ingredients
3 1/2 C. boiled chickpeas, drained
4 garlic cloves
1 tsp salt
2 tsp fresh lemon juice
3 C. plain yogurt
2 1/2 tbsp tahini
2 small pita breads

1/2 C. vegetable oil
2 - 3 tsp cumin
2 tbsp butter
1/2 C. pine nuts
1 pinch paprika

Servings per Recipe: 1
Calories 418.3
Fat 20.3g
Cholesterol 26.1mg
Sodium 952.7mg
Carbohydrates 46.7g
Protein 14.9g
Lebanese Turkey Kabobs

Prep Time: 20 mins
Total Time: 40 mins

Servings per Recipe: 8
Calories 185.7
Fat 9.4g
Cholesterol 101.5mg
Sodium 387.0mg
Carbohydrates 1.9g
Protein 23.4g

Ingredients
2 lbs. lean ground turkey
1 medium onion, grated and drained
1 egg
1 tbsp dried dill
1 tbsp dried coriander
1 tsp cumin
1 tsp sea salt
1/2 tsp pepper
1/4 tsp cayenne pepper
1/4 tsp turmeric
1/4 tsp saffron thread
1 pinch salt

Directions
1. Get a mixing bowl: Combine in it the turkey, grated onion, egg, dill, coriander, cumin, sea salt, pepper, cayenne pepper, turmeric and a pinch of salt.
2. Place a pan over medium heat. Cook in it the saffron thread for 10 sec with a pinch of salt.
3. Get a mortar and a pestle: Crush in it the saffron threads until it becomes like a powder.
4. Add it to the meat mixture and combine them well. Place the mixture in the fridge for at least an overnight.
5. Before you do anything, preheat the grill.
6. Shape the meat mixture into 10 medium sized logs. Press each one of them into a skewer.
7. Place the turkey kabobs on the grill and cook them for 4 to 5 min on each side.
8. Serve your kabobs warm with some pita bread and yogurt.
CHAPTER II: TURKEY

Turkish Mozzarella Casserole

Ingredients
3 pieces chicken breasts, cut in cubes
2 tsp extra virgin olive oil
1 tbsp butter
1 medium onion, chopped
1 - 2 garlic clove, minced
5 mixed mushrooms, brushed and thickly sliced
1 red bell pepper, cut in cubes
2 tomatoes, peeled, cut in cubes

salt
pepper
1 tsp oregano
GARNISH
1/4 C. mozzarella cheese
1/2 tsp Turkish red pepper powder

Directions
1. Place skillet over medium heat then melt the butter with olive oil in it. Add the garlic with onion and cook them for 4 min.
2. Stir in the chicken and cook them for an extra 4 min. combine in the mushrooms, tomatoes, cubanelle pepper (red bell pepper), salt and pepper.
3. Lower the heat and put on the lid then cook them for 16 min. once the time is up, remove the skillet from the heat and top it with oregano.
4. Before you do anything else preheat the oven to 400 f.
5. Spoon the chicken mix into a greased casserole dish and top it with the red pepper and mozzarella cheese. cook it in the oven for 5 to 10 min or until the cheese melts. serve it warm.
**Allspice Sweet Quinces Stew**

**Prep Time:** 30 mins  
**Total Time:** 2 hr

**Servings per Recipe:** 4

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**Ingredients**
- 4 tbsp olive oil
- 2 lbs lamb, fat removed, cut in 1 inch pieces
- 1 large onion, chopped
- 3 tbsp pomegranate molasses
- 1 C. water
- 1/2 tsp ground cinnamon
- 1/2 tsp ground allspice (optional)
- 1/2 tsp salt
- 1/4 tsp ground black pepper
- 2 tbsp butter or 2 tbsp margarine
- 2 lbs quinces, peeled, cored, and quartered
- 2 tbsp brown sugar
- 1 pinch ground cloves (optional) or 1 pinch allspice (optional)
- 1/2 tsp ground cinnamon

**Directions**
1. Place a large skillet over medium heat and heat 2 tbsp of oil. Cook in it the lamb in batches until it become brown.
2. Drain it and place it aside. Add 2 tbsp of oil to the skillet and heat it. Sauté in it the onion for 6 min.
3. Stir in the pomegranate molasses and the water. Add the browned lamb back with the tsp cinnamon, allspice, salt, and pepper. Put on the lid and let them cook for 1 h.
4. Place a skillet over medium heat and heat the butter in it. Stir in the quinces and cook them over high heat for 4 min on each side.
5. Stir in the sugar, cloves, and 1/2 tbsp cinnamon. Spoon the quinces mix and place them on over browned lamb mix.
6. Put on the lid and cook them for 32 min over low heat. Serve your lamb quince stew warm.
7. Enjoy.
CHICKEN
Taro Stew

Ingredients
3 tbsp olive oil
600 g chicken pieces or 600 g chicken breasts, chopped to bite size pieces
400 g taro root, peel dark skin, wash, chopped to bite size pieces
1 large onion, chopped (about 140 grams)
2 tbsp tomato paste
1 (400 g) cans diced tomatoes
2 C. chicken stock, may need more
1 lemon, juice of
Salt, to taste
Black pepper, to taste
GARNISH
Coriander (optional) or cilantro (optional)

Directions
1. Place a large saucepan over medium heat. Heat 1/3 of the olive oil in it and brown in it the chicken for 6 min. drain it and place it aside.
2. Heat another 1/3 of the olive oil in the same saucepan then sauté in it the taro for 5 min. drain it and place it aside.
3. Hear the rest of the olive oil in the saucepan then sauté in it the onion for 3 min. add the chicken back with tomato paste, diced tomatoes & chicken stock.
4. Lower the heat and cook them until they start boiling. Stir in the taro with lemon, a pinch of salt and pepper.
5. Lower the heat and cook the stew for 32 min over low heat then serve it warm.
**Turkish Breakfast**

**Prep Time:** 10 mins  
**Total Time:** 20 mins

**Servings per Recipe:** 1

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**Ingredients**

4 eggs  
1 tbsp cream  
1 cumbanel pepper, stemmed and chopped into bite-size pieces  
4 - 5 medium sized roma tomatoes, chopped into bite-size pieces  
1/2 tbsp extra virgin olive oil  
1/4 C. feta cheese, crumbled  
Salt and pepper

**Directions**

1. Place a large skillet over medium heat. Heat the oil in it. Add the peppers and cook them for 3 min over high heat.
2. Drain the tomato and add it to the pan with a pinch of salt and pepper. Let them cook for 9 min.
3. Whisk the cream with eggs, a pinch of salt and pepper in a mixing bowl. Pour the mix all over the tomato mix then cook it until it is done while stirring occasionally. Serve it warm.
4. Enjoy.
**LAMB STEW**

*with Turkish Baharat*

### Ingredients
- 1/2 kg boneless stewing lamb
- 2 tbsp olive oil
- 1 medium onion, finely chopped
- 1 garlic clove, minced
- 1/4 C. chopped sweet pepper
- 1/2 C. canned tomatoes, pureed or 3/4 C. chopped peeled tomatoes
- 3/4 C. water
- 1/2 tsp baharat, spice mix Baharat Spice
- Blend or 1/2 tsp ground allspice
- Salt
- Fresh ground black pepper
- 1/4 C. chopped parsley

### Directions
1. Slice the meat with a sharp knife into dices.
2. Place a large skillet over medium heat. Heat 1 tbsp of olive oil in it then brown in it the lamb in batches.
3. Drain it and place it aside. Heat the rest of oil in the same skillet. Sauté in it the onion with sweet pepper and garlic for 4 min.
4. Stir in the water with tomato, baharat, and a pinch of salt, pepper and some of the parsley.
5. Stir the browned lamb back into the skillet. Put on the lid and cook it for 1 h 35 min. serve your stew warm.
Quick Beef Lunch Skillet

Ingredients
2 - 3 C. Baby Spinach, coarsely chopped
1 lb ground beef
2 tbsp olive oil
1 tbsp butter
2 tbsp rice
1 small tomatoes, chopped
1/2 - 1 tsp red pepper paste
3 tbsp crushed canned tomatoes
salt
pepper
garlic, yogurt sauce
1/2 C. yogurt
1 clove garlic minced. mashed with salt

Directions
1. Place a pot over medium heat. Heat the oil in it with butter. Add the onion and cook it for 4 min.
2. Stir in the beef with a pinch of salt and pepper. Cook them for 8 min.
3. Stir in the rice, tomato, and red pepper paste and crushed tomato. Cover them with the spinach on top then put on the lid and let them cook for 15 min or until the rice is done.
4. Serve your beef skillet warm.
5. Enjoy.
CHEESE AND LAMB
Stuffed Pastry

Directions
1. To prepare the dough:
2. Place a medium saucepan over medium heat and heat the butter in it.
3. Combine in the sugar with salt and sugar in a large saucepan. Heat them until they become warm. Pour the mix into a large mixing bowl.
4. Add the yeast followed by the eggs and egg whites. Mix them well.
5. Combine in the flour gradually then keep your mixing them with your hands until you get a smooth dough.
6. Place the dough in a grease bowl and cover it with a wet towel. Place it aside to rest for 45 f.
7. To prepare the feta cheese filling:
8. Place a skillet over medium heat and heat the oil in it. Add the onion with garlic and cook them for 4 min. place it aside to lose heat.

9. Place the feta cheese in a medium mixing bowl and use a fork to crumble it. Add the cooked onion and garlic with egg, parsley, dill, a pinch of salt and pepper.

10. Mix them well with a fork until they become like a paste.

11. To prepare the beef filling:

12. Place a large skillet over medium heat. Heat the oil in it. Add the onion with garlic and cook them for 4 min.

13. Stir in the paprika with sugar, parsley, chili paste, lemon juice, a pinch of salt and pepper. Place the mix aside to lose heat. Add the egg and stir them well.

14. Before you do anything preheat the oven to 400 f.

15. Grease a working surface with some oil and place the dough on it. Slice into 2 then cut each half into 8 pieces.

16. Roll each portion of dough in the shape of circle then spoon the cheese filling into 8 of them and the beef filling into the other 8 rounds.

17. Roll the dough on top of the filling then pinch the edges to seal the edges with a fork or your hands. Place the galette on a lined up baking sheet. Coat them with a beaten egg.

18. Cook the stuffed galettes in the oven for 12 min. serve them with your favorite toppings.

19. Enjoy.
Greek Style Feta Salad

Prep Time: 15 mins
Total Time: 15 mins

Servings per Recipe: 4
Calories 198(0.0)
Fat 16.9g
Cholesterol 20.0mg
Sodium 380.9mg
Carbohydrates 8.6g
Protein 4.5g

Ingredients
1 large ripe tomatoes, cored and seeded and diced
1 medium cucumber, peeled and diced
1 medium green bell pepper, seeded and diced
1/2 small red onion, diced
3 tbsp fresh parsley, chopped (optional)
1/2 C. black olives, brine-cured
3 tbsp extra virgin olive oil
1 tbsp red wine vinegar (to taste)
salt and pepper, to taste
3 oz feta cheese, drained and crumbled

Directions
1. Toss the all the ingredients in a mixing bowl then season them with some salt and pepper.
   Serve your salad and garnish it with olives.
2. Enjoy.
**Warm Leeks Salad**

**Prep Time:** 15 mins  
**Total Time:** 1 hr 5 mins

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**Ingredients**

- 1/2 C. olive oil or 1/2 C. vegetable oil
- 2 lbs leeks, white and light green parts only trimmed, cleaned, and thinly sliced (about 10 medium)
- 2 C. peeled seeded and chopped tomatoes (about 1 lb)
- 1 C. vegetable stock or 1 C. water
- 3/4 tsp salt, about ground black pepper
- 1 pinch sugar
- 12 - 16 pitted black olives
- 2 - 3 tbsp fresh lemon juice

**Directions**

1. Get a large saucepan over medium heat; heat the oil in it. Sauté in it the leeks for 12 min.
2. Stir in the tomatoes, stock, salt, pepper, and sugar. Put on the lid and cook them for 32 min.
3. Stir in the lemon juice with olives then cook them for 12 min. place it aside to lose heat slightly then serve it.
4. Enjoy.
SAUCY
Rice Casserole

Directions
1. Place the rice in a colander and let drain for 2 min.
2. Place a pot over medium heat. Stir in it 2 C. of water with the grated tomato, butter and salt. Cook them until they start boiling.
3. Add the rice then cook them until they start boiling again. Put on the lid and lower the heat then cook them for 18 min over low heat while adding more water if needed.
4. Serve your saucy rice warm.
5. Enjoy.

Ingredients
1 C. white rice, washed and drained
1 large tomatoes, grated
1 tbsp butter
salt, to taste
Garnish
fresh parsley

Servings per Recipe: 4
Calories 204.7
Fat 3.2g
Cholesterol 7.6mg
Sodium 30.8mg
Carbohydrates 39.5g
Protein 3.5g
Directions
1. Discard several strips of the eggplant skin leaving some on then cut them in half lengthwise. Season them with some salt then place them on a lined up baking sheet.
2. Place a large pot over medium heat. Heat a splash of olive oil in it. Brown in it the eggplant pieces in batches until they become golden brown on both sides.
3. Drain the eggplant pieces and place them in a sieve to remove the excess oil. Repeat the process with the garlic, onion and peppers.
4. Before you do anything else preheat the oven to 450 f.
5. Lay the fried eggplants in glass dish then top it with the fried onion, garlic then red peppers on top.
6. Lay the tomato slices on top then spread then tomato paste on top.
7. Place the veggies casserole in the oven for 40 min. serve it warm with some rice.
8. Enjoy.
**Vanilla Chicken Pudding**

**Prep Time:** 30 mins  
**Total Time:** 50 mins

Servings per Recipe: 6  
Calories  430.4  
Fat  26.1g  
Cholesterol  105.5mg  
Sodium  128.6mg  
Carbohydrates  39.6g  
Protein  10.3g

**Ingredients**
- 3/4 C. sugar  
- 1 1/4 C. heavy cream  
- 3 1/2 C. milk  
- 1 tsp vanilla extract  
- 1 boneless skinless chicken breast  
- 5 tbsp rice flour or 5 tbsp cornstarch  
- 1 tbsp butter

**Directions**
1. Bring a large saucepan of salted water to a boil. Lay the chicken in it and lower the heat. Let the chicken cook for 22 min until it is done.
2. Drain it and place it aside to lose heat. Cut the chicken into bite size pieces.
3. Whisk the flour with a splash of milk in a mixing bowl until they become smooth.
4. Stir the rest of the milk into a large saucepan with the sugar and cream. Cook it until it starts boiling.
5. Add some of the cream mix to the flour mix then whisk it until no lumps are found. Add the mix to the pot while stirring all the time with the vanilla extract.
6. Keep mixing it until it becomes slightly thick then fold into it the shredded chicken.
7. Place a large pan over medium heat. Heat the butter n it then pour the chicken mix into it. Cook it over low heat for 9 min while stirring all the time.
8. Place it aside to lose heat then serve it with some crackers.
**Turkish Chicken and Potato Stew**

**Ingredients**
5 potatoes, cubed  
2 chicken breasts, cubed  
2 tomatoes  
1 medium onion, minced  
1 tbsp red pepper paste  
4 tbsp oil

**Directions**
1. Slice the tomatoes in half and grate them. Discard the skin.  
2. Place a large saucepan or pot over medium heat. Stir in it the grated tomato with onions, pepper paste, and oil. Cook them for 5 min.  
3. Stir in the potato and cook them for 8 min while stirring often. Stir in the chicken and cook them for 5 min.  
4. Pour in 2 C. of hot water to cover the ingredients. Put on the lid and lower the heat then cook them for 26 min over low heat.  
5. Serve your stew warm.  
ZESTY
Carrot Sauté

Ingredients
1 tbsp olive oil
3 medium carrots, scrubbed and diced
1 small diced onion
1 1/2 C. tomato sauce
1 freshly-squeezed lemon
2 C. frozen sweet peas
4 cloves garlic, chopped
salt and pepper
1/2 tsp dill weed

Directions
1. Place a large saucepan over medium heat. Heat the oil in it. Add the carrots and cook them for 7 min.
2. Stir in the onion and cook them for 3 min.
3. Combine in the tomato sauce with lemon juice, sweet peas, garlic, dill weed, a pinch of salt and pepper. Cook them until they start boiling.
4. Lower the heat and cook them for 10 min until the veggies become tender. Serve it warm.
5. Enjoy.
**Hot and Sweet Tomato Spread**

**Ingredients**
1/2 red onions  
1 tsp sumac  
salt, to taste  
3 medium tomatoes, seeded, finely chopped  
1/2 C. fresh parsley, very finely chopped  
2 tbsp extra virgin olive oil  
1 tsp pomegranate syrup  
2 - 3 tbsp fresh lemon juice  
1/2 - 1 red jalapeno chilis

**Directions**
1. Get pestle, place it in the sumac with salt and onion. Press them until they become similar to a paste.  
2. Transfer the crushed onion mix to a mixing bowl with the olive oil, tomato, syrup, chilis, lemon juice, a pinch of salt and pepper.  
3. Place the mix aside to sit for 2 hr then serve it with some nachos, crackers...  
4. Enjoy.
REFRESHING
Watermelon Salad

Ingredients
1 lb seedless watermelon, chunks cut into small slabs
6 oz. fresh goat cheese, cut into 12 rounds
1/4 tsp finely grated orange zest
1 tsp nigella seeds (optional)
2 tbsp fresh orange juice
1 tbsp fresh lemon juice
3 tbsp extra virgin olive oil
salt & freshly ground black pepper

Directions
1. Get a small mixing bowl: mix in it the lemon juice with olive oil, orange juice, a pinch of salt and pepper to make the vinaigrette.
2. Place the watermelon chunks on serving plates then top them with the cheese slices, orange zest and nigella seeds.
3. Drizzle the vinaigrette on top then serve your salad.
4. Enjoy.
Cheesy Eggplant Stuffed Pasties

Prep Time: 20 mins  
Total Time: 55 mins

Servings per Recipe: 10
Calories 234.9
Fat 14.2g
Cholesterol 29.5mg
Sodium 252.6mg
Carbohydrates 22.2g
Protein 4.9g

Ingredients
Dough:
1/2 C. vegetable oil
1/4 C. warm water
1/2 tsp salt
2 C. flour
1 egg yolk, mixed with 1 tsp water, for glazing
3 tbsp grated kashkaval (optional) or 3 tbsp parmesan cheese (optional)

Eggplant Filling:
1 lb eggplant
4 oz feta cheese
1 C. grated kashkaval, gruyere or 1 C. parmesan cheese
salt and pepper, as desired

Directions
1. Whisk the salt with oil and water in a mixing bowl. Add some flour and mix them until you get an oily dough.
2. Pierce the eggplants several times with a fork then broil them in the oven until they become tender.
3. Once the time is up, place the eggplants aside to lose heat. Discard their skin and place them in a colander then press them to smash them.
4. Drain them and transfer them to a large mixing bowl. Add the feta and gruyere cheese, a pinch of salt and pepper then combine them well.
5. Split the dough into 2 portions and spread each one of them into large thin circles then cut them in the shape of 4 inches circles.
6. place 1 tbsp of the filling in the middle of each dough circle then roll the dough around it to make in the shape of a half circle. Press the edges to seal them.
7. Before you do anything preheat the oven to 350 F.
8. Place the pasties on lined up baking sheet and brush them with the beaten egg mix. Sprinkle some extra cheese on top then cook them for 37 min.
9. Allow the pasties to cool down slightly then serve them.
10. Enjoy.
**TAGINE STYLE**
Lamb Stew

**Ingredients**
2 small eggplants, sliced  4 medium tomatoes, peeled and quartered
2 tsp salt  fresh ground pepper
2 tbsp butter  2 tbsp chopped parsley
2 lbs lamb, cut in 1-inch cubes
2 onions, sliced
1/2 lb green beans, cut in half
3 small zucchini or 2 medium zucchini, sliced thick

**Directions**
1. Season the eggplant slices with 1 tsp of salt. Place them in a colander to sit for 20 min. pour on them some water to remove the salt and pat them dry.
2. Place a large ovenproof pan over medium heat. Melt the butter in it. Brown in it the lamb pieces for 8 min. drain it and place it aside.
3. Stir in the onion into the same pan and cook them for 3 min. add the breads with zucchini and tomato, 1 tsp of salt and a pinch of pepper.
4. Place the lamb pieces on top followed by the eggplant slices. Season them with paprika then pour on them enough water to cover them.
5. Before you do anything else preheat the oven to 350 F.
6. Cook the lamb pan until it starts boiling then cook it in the oven for 1 h. serve it warm.
7. Enjoy.
**Turkish Style Nuts Pilaf**

**Ingredients**
- 2 tbsp olive oil
- 1 onion, finely chopped about 1/2 tsp. salt
- 1/3 C. slivered almonds
- 1/3 C. pistachios, halves
- 1/3 C. chopped walnuts
- 3 garlic cloves, minced
- 1 tsp ground coriander
- 1/2 tsp ground cumin
- 1/2 tsp fresh ground black pepper
- 1 C. long grain brown rice (or basmati brown rice)
- 1 C. dry white wine
- 2 1/2 C. reduced-chicken or 2 1/2 C. vegetable broth
- 2 tbsp minced flat leaf parsley (optional)

**Directions**
1. Place a large skillet over medium heat. Heat the olive oil in it. Sauté in it the onion with 1/2 tsp salt for 4 min.
2. Turn the heat to high. Stir in the almonds, pistachios, and walnuts. Let them cook for 2 min. add the garlic and cook them for 40 sec.
3. Stir in the cumin with coriander and a pinch of pepper. Cook them for another 40 sec. stir in the rice with wine and cook them for 3 min while stirring all the time.
4. Combine in the broth with a pinch of salt. Stir them well then serve your rice pilaf warm.
5. Enjoy.
**Directions**

1. Place the zucchini in a sieve then season it with a pinch of salt. Place it aside to drain for 30 min.
2. Pour on it some water to rinse it then press it with your hands to remove the water from it. Place it in another colander for 5 min to dry.
3. Toss it with the onion, garlic, feta, herbs and eggs. Mix them well. Add the flour with a pinch of salt and pepper then stir them well.
4. Place a large pan over medium heat. Heat a splash of olive oil in it. Use a tbsp to scoop the mix and the drop it in the hot oil in the shape of patties.
5. Cook them for 2 to 3 min on each side or until they become golden brown. Serve your zucchini patties warm.
Chili Pea Soup

Ingredients
2 tbsp vegetable oil
4 - 6 slices turkey bacon, cooked and crumbled
1 tsp chili flakes
1 large white onion, finely chopped
2 stalks celery, finely chopped
1 C. finely chopped carrot
4 tbsp tomato sauce
3 stalks fresh thyme
1 bay leaf
1 C. yellow split peas
6 - 7 C. water
salt
pepper

Directions
1. Place a large saucepan over medium heat. Heat the oil in it. Brown in it the bacon pieces with chili flakes for 10 sec.
2. Stir in the carrot with onion and celery. Cook them for 5 min. add the tomato sauce and cook them for 2 min while stirring all the time.
3. Combine in the thyme, bay leaf and peas, a pinch of salt and pepper.
4. Stir in 2 1/2 C. of water into the saucepan then put on the lid and cook the soup for 22 min over low heat.
5. Once the time is up, stir in another C. of water and let the soup cook for an extra 22 min while adding more water if needed until the peas are done.
6. Turn off the heat and place the soup aside to cool down. Discard the bay leaf.
7. Get a food processor: pour the soup into it and pulse it several times until it becomes chunky. Serve your soup warm.
8. Enjoy.
**Turkish Pumpkin Candy**

### Ingredients
- 2 1/4 lbs fresh pumpkin, peeled and cut into 2-inch chunks
- 1 1/2 C. sugar
- 1/2 C. light brown sugar
- 1/4 tsp sea salt
- 2 tsp cinnamon
- 1/2 tsp allspice
- 1/2 tsp cardamom
- 1/2 tsp ground ginger
- 1/4 tsp ground cloves

### Directions
1. Get a large storage container. Place in it the pumpkin dices and top them with the sugar, spices and salt.
2. Put on the lid and place the container in the fridge for 3 days or 4 while stirring gently every day.
3. Once the time is up, spoon the mix into a large heavy saucepan. Cook them until they start boiling.
4. Lower the heat and cook them for 1 h 45 min over low heat while stirring every once in a while.
5. Once the time is up, then syrupy candy lose heat completely then transfer it storing jars. Serve it or store it in the fridge for more than 2 months.
Saucy Eggplant Casserole

Prep Time: 20 mins  Total Time: 2 hr 20 mins
Servings per Recipe: 6
Calories  252.1
Fat  20.5g
Cholesterol  21.8mg
Sodium  54.8mg
Carbohydrates  14.8g
Protein  4.4g

Ingredients
2 eggplants
600 g beef, diced
6 large garlic cloves, chopped
1 large onion
2 tomatoes, sliced
2 tbsp olive oil
2 tbsp tomato paste, for spaghetti sauce

Directions
1. Cut the eggplants into slices. Place it in a salted bowl of water and let it sit for 22 min. run it under some water and drain it.
2. Place an over large skillet over medium heat and heat the oil in it. Lay in it the meat followed by the garlic, onion, tomato, eggplant, olive oil, tomato paste and a pinch of salt.
3. Before you do anything preheat the oven to 400 F.
4. Place the skillet in the oven for 16 min. once the time is up, pour into it 4 C. of water.
5. Place it back in the oven and let it cook for 1 h 32 min or until the meat and veggies are done. Serve it warm.
EASY PEASY
Chickpea Falafels

Ingredients
1 (15 oz) cans chickpeas, drained
1 medium onion, finely chopped
1 tbsp minced garlic
2 tbsp fresh parsley, finely chopped
1 tsp coriander, finely chopped
3/4 tsp cumin
1/2 tsp salt
2 tbsp flour
canola oil (for frying) or vegetable oil (for frying)

Directions
1. Get a mixing bowl: toss in it the chickpeas, garlic, onion, coriander, flour, cumin, salt and pepper.
2. Use a fork or a potato masher to mash them until they are well combined. Shape the mix into medium sized patties and place them on a lined up baking sheet.
3. Place a large skillet over medium heat and fill 2 inches of it with oil then heat it until it start sizzling.
4. Drop in it the chickpea falafels and cook them on both sides until they become golden brown. Serve them with your favorite toppings.
5. Enjoy.
**Chicken Flavored Leeks Stew**

**Prep Time:** 10 mins  
**Total Time:** 50 mins

**Servings per Recipe:** 4

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**Ingredients**
- 2 lbs leeks, outer leaves and root ends removed
- 3 tbsp olive oil
- 3 medium onions, sliced thin
- 3 tomatoes, peeled & chopped
- 1/2 tsp salt
- fresh ground pepper
- 1 C. chicken broth or 1 C. chicken bouillon
- 2 tbsp chopped fresh dill or 1 tbsp dried dill

**Directions**
1. Slice the leeks in half crosswise.
2. Get a pot: heat the oil in it then sauté in it the onion for 4 min. combine in the leeks and cook them for another 4 min.
3. Combine in the broth with tomato then cook them until they start boiling. Lower the heat and cook them for 32 min.
4. Turn off the heat then serve your stew warm.
5. Enjoy.
**SESAME**

**Bread Wheels**

**Directions**

1. Before you do anything preheat the oven to 400 F.
2. Get a large mixing bowl: combine in it the flour with salt. Add the oil with butter, milk, egg and water in the middle.
3. Mix them with a whisk until they are well combined then use your hands to knead the dough until it becomes soft.
4. Transfer the dough to a floured surface and roll it with a rolling pin then cut into 4 inches rings.
5. Lay the dough wheels on greased baking sheets then brush them with some milk. Sprinkle the sesame seeds on them.
6. Cook the sesame wheels in the oven for 32 min. serve them warm.
7. Enjoy.

**Ingredients**

8 oz. plain white flour (225g)
1 tsp salt
2 oz. margarine (50g) or 2 oz. butter (50g)
1 tbsp oil
1 tbsp milk
1 tbsp water
1 egg, beaten
1 oz. sesame seeds (25g) or 1 oz. poppy seed, approximately (25g)

**Servings per Recipe:** 4  
**Calories** 399.4  
**Fat** 20.2g  
**Cholesterol** 47.0mg  
**Sodium** 736.6mg  
**Carbohydrates** 45.3g  
**Protein** 8.9g
Creamy Nectarine Chocolate Parfait

**Ingredients**
- 400 g ricotta cheese
- 165 g caster sugar
- 300 ml thickened cream
- 100 g white chocolate Toblerone chocolate bars, chopped finely
- 100 g Turkish Delight, chopped finely
- 150 g chopped nectarines

**Directions**
1. Combine the sugar with ricotta cheese in large mixing bowl. Mix them with an electric mixer until they become light and fluffy.
2. Pour the cream into a mixing bowl. Mix it with an electric mixer until it soft peaks.
3. Fold the chocolate with Turkish delight and nectarines into the mix followed the cream.
4. Line up a casserole dish with a piece of foil then pour the cream mix into it and spread it. Place another piece of foil on top to cover it.
5. Place it in the freeze for 8 to 12 h. once the time is up, remove the frozen cream delight from the casserole dish and let sit for 16 min.
6. Cut with a sharp knife into slices and serve it.
7. Enjoy.
**BELL MARINATED**

**Lamb Kebab**

**Prep Time:** 30 mins  
**Total Time:** 40 mins

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**Ingredients**

- 1 lb ground lamb
- 1 lb ground veal
- 4 tsp olive oil, for brushing on pita’s
- 4 tsp salted butter, small cubes
- 1 red bell pepper, minced
- 1 medium yellow onion, minced
- 3 garlic cloves, minced
- 1 C. yogurt
- 2 medium red onions, sliced very thin
- 1 tsp sumac
- 1 tsp lemon juice
- 8 pieces pita bread or 8 pieces naan bread
- 2 tsp red pepper flakes
- 2 tsp ground coriander
- 2 tsp cumin
- 2 tsp black pepper
- 2 tsp kosher salt
- 2 tsp sumac

**Directions**

1. Stir the bell peppers with onion, veal and lamb, spices, a pinch of salt and pepper. Cover the bowl with a piece of plastic wrap. Place it in the fridge for 8 h.
2. Before you do anything preheat the grill and grease its grates.
3. Whisk the red onion, sumac, and yogurt and lemon juice. Put on the lid and place it in the fridge to make the sauce.
4. Shape the meat mix into medium sized logs and thread them into skewers. Grill them for 4 to 5 min on each side or until they are done.
5. Serve your lamb kebabs with pita bread and yogurt sauce.
**Walnut Egg Noodles Salad**

### Ingredients
- 2 C. wide egg noodles
- 1 bunch arugula, washed, drained, ripped
- 2 tbsp butter
- salt
dresses crack black pepper
- Garnish:
  - 1/2 C. toasted walnuts, coarsely chopped
  - thick yogurt

### Directions
1. Cook the noodles according to the directions on the package.
2. Place a large saucepan over medium heat. Heat the butter in it. Sauté in it the egg noodles with a pinch of salt and pepper for 3 to 5 min.
3. Stir in the arugula and cook them for 1 min while stirring all the time. Turn off the heat.
4. Spoon the noodles into a serving plate then top it with yogurt and walnuts.
5. To prepare homemade egg noodles:
6. Combine the salt with flour in a large mixing bowl. Make a well in the middle of it. Place in it the eggs and mix them with a fork gradually until they are combined.
7. Transfer the dough to a floured working surface and knead the dough with your hands until it becomes soft. Shape it into a bowl and cover it with a wet cloth.
8. Allow the dough to rest for 32 min. cut it into 3 portions. Place them on a floured surface and roll them until in the shape of a rectangular until they become thin.
9. Cut the dough rectangular into 1 cm wide strips with a sharp knife or pizza cutter.
10. Bring a large pot of water to a boil. Add the noodles to it and put on the lid. Cook it until it start boiling again.
11. Let the noodles cook for another 4 to 6 min. drain it and prepare it the way you desire.
12. Enjoy.
FETA FRITTERS with Creamy Cucumber Sauce

**Ingredients**

Yogurt Sauce:
- 1 C. plain yogurt
- 1/4 C. cucumber, finely diced
- 2 tbsp fresh dill, chopped
- 1 tbsp lime juice
- 1 garlic clove, grated (optional)
- salt
- pepper

Fritters:
- 2 1/2 C. zucchini
- 4 tbsp green onions, chopped
- 2 tbsp fresh dill, chopped
- 2 eggs
- 4 tbsp gluten-free flour or 4 tbsp rice flour
- 1/2 tsp salt
- 3 oz feta cheese, crumbled
- oil

**Directions**

1. Grate the zucchini and press it with your hands to remove the excess water from it.
2. Get a small mixing bowl: stir in it the yogurt, cucumber, dill, lime juice, garlic, salt and pepper to make the sauce. Place it in the fridge.
3. Get a large mixing bowl: combine in it the shredded zucchini with green onions, dill, eggs, flour and salt. Stir in the cheese.
4. Place a large skillet over medium heat. Heat a splash of oil in it. Spoon 1/6 of the zucchini mix with a large tbsp and drop it in the hot oil in a round shape.
5. Repeat the process with the rest of the mix to make several patties. Cook them for 3 to 5 min on each side until they become golden brown on each side.
6. Serve your zucchini patties with the cucumber sauce.
7. Enjoy.
Warm Veggies and Butter Beans Stew

Prep Time: 5 mins
Total Time: 30 mins

Servings per Recipe: 4
Calories 356.7
Fat 14.9g
Cholesterol 1.8mg
Sodium 645.7mg
Carbohydrates 45.5g
Protein 11.8g

Ingredients
1/4 C. olive oil
1 onion, chopped
2 cloves garlic, minced
1 large tomatoes, chopped (optional)
1 medium carrot, peeled and diced
1 medium potato, peeled and diced
1 stalk celery, thinly sliced
1 C. chicken stock
2 (15 oz) cans butter beans, drained
2 tbsp lemon juice
1 tbsp fresh parsley
salt and pepper, to taste

Directions
1. Place a large heavy saucepan over medium heat. Heat the oil in it. Sauté in it the garlic with onion for 4 min.
2. Stir in the carrot with celery, tomato and potato. Cook them for 5 min. stir in the stock and cook them for 12 min.
3. Once the time is up, combine in the beans, lemon juice, a pinch of salt and pepper. Cook the stew for an extra 12 min over low heat.
4. Fold in the parsley. Serve your stew warm with some rice.
5. Enjoy.
Directions
1. Before you do anything preheat the oven to 350 F.
2. Get a blender: combine in it the spinach, olive oil, vanilla and lemon juice. Process them until they become smooth.
3. Combine in the sugar with eggs and process them again.
4. Mix the flour with baking powder in a large mixing bowl. Pour in the vanilla and spinach mix. Stir them until no lumps are found.
5. Grease a 9 inches cake pan with some butter and flour it. Pour the cake batter into it and bake it for 32 min.
6. Allow the cake to cool down completely then serve it with your favorite toppings.
7. Enjoy.

Ingredients
- 150 - 200 g spinach
- 3/4 C. extra virgin olive oil
- 2 tbsp lemon juice
- 1 tsp vanilla essence
- 3 eggs
- 1 1/2 C. sugar
- 2 C. flour
- 3 tsp baking powder
Ajvar Chicken Stew

Ingredients
2 tbsp olive oil, divided
1 1/2 lbs boneless skinless chicken breasts, cut into 1 inch cubes or 1 1/2 lbs chicken legs with thigh
0.5 (12 oz) Ajvar
1 (14 1/2 oz) cans diced tomatoes with juice
1 (6 oz) jars mushrooms, drained
1 onion, diced
1 tbsp garlic, minced
salt and pepper, to taste

Directions
1. Place a large pot over medium heat. Heat 1 tbsp of oil in it. Brown in it the chicken for 8 min.
2. Stir in the chicken, ajvar, tomatoes, mushrooms, onion, and garlic, a pinch of salt and pepper. Add the rest of the oil to them.
3. Cook them until they start boiling. Put on the lid and cook them for 1 h 35 min over low heat.
4. Once the time is up, serve your chicken stew warm.
5. Enjoy.
### Spicy Chicken Kabobs with Pomegranate Relish

**Prep Time:** 35 mins  
**Total Time:** 1 hr 35 mins  
**Servings per Recipe:** 4  
**Calories:** 530.9  
**Fat:** 35.5g  
**Cholesterol:** 75.5mg  
**Sodium:** 154.1mg  
**Carbohydrates:** 23.8g  
**Protein:** 33.3g

#### Ingredients

**Tahini Yogurt:**
- 3 1/2 tbsp fresh lemon juice
- 1 tbsp baharat seasoning
- 1 large garlic clove, pressed
- 1/2 C. plain whole-milk Greek yogurt
- 1/4 C. tahini

**Relish**
- 1 1/4 C. pomegranate seeds
- 2/3 C. pistachios, coarsely chopped, shelled unsalted natural
- 1/3 C. fresh Italian parsley, coarsely chopped

**Chicken:**
- 2 1/2 tbsp olive oil
- 2 1/2 tsp fresh lemon juice

**For Serving:**
- 2 tbsp fresh lemon juice
- 2 tbsp olive oil
- 2 tsp baharat seasoning
- 4 boneless skinless chicken breast halves, each halved lengthwise, then cut crosswise into 3 pieces

#### Directions

1. To make the yogurt sauce:
   - Get a mixing bowl: pour in it the lemon juice, Baharat seasoning, and garlic. Mix them with a fork and stir in the tahini with a pinch of salt. Place it aside.
2. To make the relish:
   - Get a mixing bowl: stir in it the pomegranate seeds with parsley, lemon juice, olive oil and pistachios with a pinch of salt. Place it aside to sit for 2 h.
3. To make the chicken kabobs:
   - Get a large mixing bowl: mix in it the onion with oil, Baharat seasoning and lemon juice.
4. To make the chicken kabobs:
   - Add the chicken and place it aside to sit for 2 h.
5. Before you do anything else preheat the oven broiler.
6. Thread the chicken pieces into skewers and then season them with some salt and pepper.
7. Place them on a greased baking sheet and cook them in the oven for 7 min on each side. Serve them warm with the pomegranate relish and yogurt sauce.
8. Enjoy.
# Double Stuffed Eggplants

**Prep Time:** 30 mins  
**Total Time:** 1 hr 20 mins  

**Servings per Recipe:** 6  
**Calories** 253.8  
**Fat** 10.8g  
**Cholesterol** 0.0mg  
**Sodium** 564.4mg  
**Carbohydrates** 36.0g  
**Protein** 6.4g

## Ingredients

- 2 medium eggplants (about 1-1/4 lbs. each)
- 4 tbsp olive oil
- 2 medium onions, chopped (about 2 C.)
- 4 garlic cloves, minced
- 4 large tomatoes, seeded and chopped (about 6 C.)
- 1 1/4 C. Italian-style dry breadcrumbs, divided
- 1 tsp salt
- 1 1/2 tsp pepper
- 3/4 C. water

## Directions

1. Before you do anything preheat the oven to 350 F.
2. Slice the eggplants in half. Spoon out the flesh of the eggplant while reserving the shell intact.
3. Place the eggplant shells in a greased casserole dish and drizzle some olive oil on them. Place them aside.
4. Slice the eggplant flesh into dices. Place a large saucepan over medium heat. Heat the oil in it. Cook in it the onion for 6 min.
5. Stir in the garlic and cook them for 2 min. add the tomato and let them cook for an extra 9 min.
6. Stir in 1 C. of breadcrumbs with a pinch of salt and pepper to make the filling. Spoon the mix into the eggplant shells and sprinkle on them the remaining breadcrumbs.
7. Add the water to the casserole dish then cook it in the oven for 55 min. once the time is up, serve it warm.
8. Enjoy.
**SAFFRON**

**Rice Kebab**

Prep Time: 1 hr 30 mins  
Total Time: 2 hr

Servings per Recipe: 4  
Calories  784.0  
Fat  27.6g  
Cholesterol  144.0mg  
Sodium  111.0mg  
Carbohydrates  84.0g  
Protein  45.2g

**Ingredients**
600 g fatter mutton, diced  
1 lemon, juice of  
2 onions  
200 g rice  
salt and pepper  
1 tsp saffron

**Directions**
1. Stir the meat with onion and lemon juice in a large mixing bowl. Place it aside to sit for 60 min.
2. Place a large saucepan over medium heat and heat the oil in it. Add the rice and coo kit for 2 min. stir in the water with saffron in a mixing bowl then add them to the rice.
3. Lower the heat and cook them until the rice is done.
4. Preheat the grill and grease its grates. Thread the lamb dices into skewers then drizzle on them some oil. Cook them for 5 to 7 min on each side. Serve them warm.
5. Enjoy.
Hot Molasses Dip

Ingredients
1/2 C. grape molasses
1/4 C. tahini

Directions
1. Stir in the all the ingredients in a small mixing bowl.
2. Serve it with some bread.
3. Enjoy.
**TOFU Dessert Salad**

**Ingredients**
- 12 oz. firm tofu
- 15 oz. canned chick-peas
- 1/2 C. apricot
- 1/2 C. grapes
- 1/4 C. prune
- 1 medium onion
- 1/4 C. slivered almonds
- 3 figs
- 1/2 tsp saffron thread
- 1 1/2 tbsp flour
- 1 1/2 tsp salt
- 1/4 C. sugar-free syrup
- 1 tsp poppy seed

**Directions**
1. Place a large heavy saucepan over medium heat. Stir in the fruits with tofu and onion and syrup. Cook them for 10 min.
2. Drain the cooked tofu, fruit and veggies mix and place it aside. Add the flour to remaining syrup in the pan and stir it well. Cook until it thickens.
3. Stir the tofu mix back into the saucepan with a pinch of salt and pepper then cook them for another 10 min over low heat. Serve it with warm with poppy seeds on top.
4. Enjoy.
Directions

1. Place a large pot over medium heat. Heat the oil in it. Add the onion and cook it for 3 min. Stir in the meat and cook them for 6 min. Stir in the garlic and cook them for 40 sec.
2. Stir in the sugar with tomato, a pinch of salt and pepper. Pour in the water then put on the lid and let them cook for 1 h 25 min while adding water if needed.
3. To make the eggplant:
4. Before you do anything preheat the oven to 500 F.
5. Pierce the eggplants with a fork several times. Place them on a lined up baking sheet and cook them for 32 min.
6. Place the eggplants aside to lose heat for a while then peel them.
7. Fill a bowl with water and stir into it some lemon juice then place in it the eggplants.
8. Place a large saucepan over medium heat. Heat the butter in it. Add the flour and stir it while cooking for 2 min.
9. Turn off the heat and combine the milk gradually while whisking all the time. Stir in the nutmeg powder with a pinch of salt and pepper.
10. Let them cook for 16 min over low heat while stirring from time to time until you get a thick sauce.
11. Remove the eggplants from the water and pat them dry then transfer them to a mixing bowl. Mash them with a potato masher.
12. Transfer the eggplant to the saucepan with the milk mix then mix them well. Heat them over medium heat then stir in the cheese until it melts.
13. Adjust the seasoning of the sauce then serve it over the lamb stew warm.

Ingredients

Stew
1 large onion, sliced
1 tbsp vegetable oil
1 1/2 lbs lamb, cut into 3/4 inch cubes
2 garlic cloves, chopped
1 lb tomatoes, peeled and chopped
1 tsp sugar

Eggplant Sauce
1 lb eggplant
2 tbsp lemon juice
4 tbsp butter
2 tbsp all-purpose flour
2 C. hot milk
1/4 tsp grated nutmeg
1/2 C. kasseri cheese, grated

Servings per Recipe: 6
Calories 366.7
Fat 24.5g
Cholesterol 91.7mg
Sodium 145.7mg
Carbohydrates 17.0g
Protein 20.7g
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