

SPICY CHIPOTLE CARROT HUMMUS

Serves: 8-10

INGREDIENTS

- 1 pound of carrots, peeled and cut into ½-inch slices
- 4 tablespoons extra virgin olive oil, divided, plus more for drizzling on top
- 3 large garlic cloves, peeled and cut into quarters
- 1 15-ounce can of organic chickpeas, drained and rinsed
- ⅓ cup tahini (sesame paste)
- 4 tablespoons fresh lemon juice
- ¼ cup cold water
- 1 teaspoons sea salt or more, to taste
- ¼ teaspoon chipotle chile powder

Optional Garnishes (choose 1 or more):

- A few sprinkles of paprika
- Smoked paprika
- Sprinkle of cooked chickpeas
- Sprinkle toasted pine nuts

INSTRUCTIONS

1. Toss carrots in olive oil and roast on sheet tray @ 350 degrees until cooked through but not mushy.
2. Transfer carrots, garlic and whatever oil is in the pan, to the bowl of a food processor. Add chickpeas, tahini, lemon juice, water, salt and chipotle. Puree to a creamy consistency but don't over process. Add the remaining 2 tablespoons of olive oil and whiz for a few seconds to combine. Taste and correct seasoning with additional salt, if you like.
3. Serve carrot hummus in a shallow bowl. Move the back of a tablespoon over the hummus, in a circular motion, to smooth it out into the bowl and to make some circular grooves to hold streams of olive oil. Drizzle olive oil into the grooves. Add garnishes. Serve with crudités and/or toasted pita (see below)

4. To Toast and Prepare Pita so it's perfect for Dipping: Preheat the oven to Broil. Lay 4 6-inch pitas out on a jellyroll pan. Brush a light layer of olive oil over both sides of each pita.

Tomato Cucumber Relish:

- 2 tablespoons quality olive oil
- 2 teaspoons apple cider vinegar or white balsamic vinegar
- 1 teaspoon dried oregano
- 2 Roma tomatoes, chopped
- 1 English cucumber, chopped
- 1 clove garlic, grated
- 1 lemon, juiced
- 1/2 small red onion, minced
- Handful fresh parsley leaves, chopped
- Sea salt and freshly ground black pepper

For the relish: Mix the oil, vinegar, oregano, tomatoes, cucumbers, garlic, lemon juice, onion, parsley and some salt and pepper.

Tahini Sauce:

- 1/4 cup tahini paste
- 1 tablespoon extra-virgin olive oil
- 1/2 lemon, juiced
- Kosher salt
- Four 6-inch store-bought white pita pockets
- Olive oil

For the tahini sauce: In a medium bowl, combine the tahini paste, olive oil, lemon juice and 1/4 cup water. Season with sea salt.

SPINACH, FETA AND DILL HUMMUS WITH PINE NUTS

INGREDIENTS

- 2 cups chickpeas, drained and rinsed
- 1 tablespoon tahini
- 2 tablespoons lemon juice
- 2 cups baby kale leaves, blanched and drained
- 1 cup marinated feta, drained
- ¼ cup pine nuts, toasted, plus extra, chopped, to serve
- ¼ cup dill sprigs, plus extra, chopped, to serve
- Sea salt and cracked black pepper

INSTRUCTIONS

1. Place the chickpeas, tahini, lemon juice, spinach, feta, pine nuts, dill, salt and pepper in a food processor and process until smooth.
2. Place on a serving plate and sprinkle with extra dill, pine nuts and pepper. Drizzle with oil

MANAKISH MARKET PIZZA FLATS

INGREDIENTS

- 2 cups flour
- 1 tbsp active dry yeast
- 1 tsp sugar
- 1 tsp salt
- 3 tbsp vegetable oil
- 1/2 cup warm water

INSTRUCTIONS

Dough Instructions

1. Combine yeast, sugar and water in a small bowl. Let the mixture sit until yeast is activated and begins to foam. About 10 minutes.
2. Mix the flour and salt in a large bowl. Add the yeast mixture, oil and mix with your hands. Knead the dough for a few minutes and set aside in a well-oiled bowl. Cover with plastic wrap and let it sit in a warm area for 1.5 hours.
3. After 1.5 hours, remove the dough and place on a floured surface. Break the dough into 10 small balls and roll into small disks using a rolling pin. Repeat with all balls of dough. Place the disks onto a baking sheet and cover with plastic wrap for 20 minutes.
4. When disks have risen slightly, begin adding toppings of your choice

5. For the zaatar manakish, brush disks of dough with olive oil and sprinkle zaatar on top.
6. For the cheese, brush with olive oil and heavily sprinkle with halloumi.
7. For the tomato, brush with olive oil, place chopped tomatoes and sprinkle with zaatar.
8. For the lahm bi ajin, brush with olive oil and heavily spread the meat on top.
9. Cook in the oven at 425F for 10 minutes or until golden brown.

SUMAC ONIONS

INGREDIENTS

- 1 large red onion
- Hot water
- 1/4 cup red wine vinegar
- 3/4 to 1 cup chopped parsley, loosely packed
- 1 Tbsp. ground sumac
- 1 Tbsp. olive oil
- pinch of sea salt

INSTRUCTIONS

1. Thinly slice the onion and place it into a bowl.
2. Pour boiling water over the onions making sure they are covered. Soak the onions for about 10 minutes.
3. Drain the onions and pat them with a paper towel.
4. Add 1/4 cup of red wine vinegar to the onions and mix them well. Let the onions marinate for 5 to 10 minutes, making sure to stir them a few times.
5. Drain the vinegar leaving about 1 teaspoon in the bowl.
6. Add the rest of the ingredients and stir to combine. Place the onions in the fridge for about 30 minutes before serving.

Shaved fennel salad with spiced yogurt serves 4

INGREDIENTS

2 small fennel bulbs

2 tsp Sumac

½ cup full fat plain yogurt

1 tsp honey

8-10 sprigs of mint

¼ cup pomegranate seeds

INSTRUCTIONS

1. Slice the fennel finely using a mandolin or with a sharp knife. Place in a bowl with iced water for up to 25 minutes. (This helps make it very crunchy.)
2. In a separate bowl, mix the sumac with the yogurt & honey. Season well.
3. Drain and dry the sliced fennel very well.
Toss in a large bowl with the mint leaves. Gently turn in the yogurt and scatter with the pomegranate seeds.

Mediterranean “Tapa’s “ serves 4-6

INGREDIENTS

- Two English cucumbers diced
- 4 Roma tomatoes, seeded and diced
- 1 medium red onion, chopped into small pieces (about 1 cup)
- ¼ cup Kalamata olives
- 2 cloves garlic, minced
- 1 cup crumbled Feta cheese
- 3Tbsp. tablespoons olive oil
- 3 Tbsp. Red wine vinegar
- 2 Tablespoons fresh basil cut into small strips
- 1 tsp. sumac
- Sea salt & black pepper to taste

INSTRUCTIONS

In a large bowl, combine all ingredients and stir to combine. Cover and chill at least one hour so flavors can blend. Chill up to 8 hours before serving.
Serve with; pita chips or bread, grilled meats or salad to accompany meats.

Garlic Sun-Dried Tomatoes Shrimp Sticks

yield 8-9 two piece sticks

INGREDIENTS

5 tablespoons olive oil
4 cloves garlic, minced
The juice of 1 lemon
1 tsp grated lemon rind
1/2 cup sun-dried tomatoes in oil
1 heaping teaspoon chili flakes, or more to taste

1 lb. shelled, large deveined and tail-on shrimp (16/20)

1/4 teaspoon sea salt or to taste

1 tablespoon parsley leaves, chopped

INSTRUCTIONS

1. Heat up the oven to 375F.
2. Assemble shrimp Sticks
3. Heat up a skillet with the olive oil on medium heat. Add the garlic and lightly sauté. Add the sun-dried tomatoes and the chili flakes; stir to mix well, until the oil becomes slightly red in color, remove from heat. Brush on shrimp stixs
4. Grill on seasoned preheated grill, turn shrimp after about two minutes to cook other side, total cooking time is 4-6 minutes

ZA'ATAR SPICE MIX

INGREDIENTS

- Sumac - ¼ cup
- Dried thyme - 3 tbsp
- Sesame seeds - 2 tbsp
- Dried oregano - 2 tbsp
- Sea salt - 1 tsp
- Marjoram - 1 tsp

INSTRUCTIONS

Dry roast sesame seeds till slightly browned.

1. Cool.
2. Mix all the ingredients in a blender and blend to make a smooth powder.
3. Store in an airtight container for up to 15 days.

RAS-EI-HANOUT

Yield 8 Tablespoons

INGREDIENTS

- 2 teaspoons ground nutmeg
- 2 teaspoons ground coriander
- 2 teaspoons ground cumin
- 2 teaspoons ground ginger
- 2 teaspoons turmeric
- 2 teaspoons salt
- 2 teaspoons cinnamon

- 1 ½ teaspoons sugar
- 1 ½ teaspoons paprika
- 1 ½ teaspoons ground black pepper
- 1 teaspoon cayenne pepper
- 1 teaspoon cardamom powder
- 1 teaspoon ground allspice
- ½ teaspoon ground cloves

INSTRUCTIONS

Mix all the spices together & store in an airtight container.

Middle Eastern Pickles Of Many Flavors

INGREDIENTS

Pickled Cucumbers

- 2 1/2 cups cold water
- 1 cups distilled white vinegar
- ½ cup coconut
- 1/2 cup granulated sugar
- 1/4 cup kosher salt
- 1 small yellow onion, thinly sliced
- 2 garlic cloves, thinly sliced
- 1 teaspoon mustard seeds
- 1/4 teaspoon ground turmeric
- 1/4 teaspoon dill seeds
- 6 to 8 Kirby cucumbers, sliced into thin rounds

Pickled Cauliflower

- 2 1/2 cups cold water
- 1 cup distilled white vinegar
- 1/2 cup granulated sugar
- 1 1/2 tablespoons chaat masala or amba spice mix*
- 1 tablespoon kosher salt
- ¼ tsp. ground turmeric
- 1 large head cauliflower
- 1 1/2 teaspoons nigella seeds
- 1 garlic clove

Pickled Red Onions

- 4 small red onions, thinly sliced
- 1 beet, sliced into paper-thin rounds
- 1 bay leaf
- 1 star anise
- 1 cinnamon stick
- 2 cups distilled white vinegar
- 1 cup granulated sugar

INSTRUCTIONS

Make the pickled cucumbers

1. Combine the water, vinegar, sugar, and salt in a small saucepan. Bring to a boil and stir until the sugar is completely dissolved. Remove from the heat and let cool to room temperature.
2. Mix the onion, garlic, mustard seeds, turmeric, dill seeds, and cucumbers together in a large bowl. When the vinegar mixture has cooled, pour it over the cucumbers and stir well to combine.
3. Transfer the pickles to a 1-quart glass jar, cover, and stash in the back of the fridge for at least 1 week. The pickles will keep, refrigerated, for up to several weeks.

Make the pickled cauliflower

4. Stir together the water, vinegar, sugar, chaat masala or amba, salt, and turmeric in a small pan. Bring to a boil and stir until the sugar is completely dissolved. Remove from the heat and let cool to room temperature.
5. Meanwhile, trim the cauliflower into small florets and place in a 4-pint glass jar. Pour the cooled vinegar mixture into the jar, and then toss in the nigella seeds and garlic. Cover and stash in the back of the fridge for at least 1 week. The pickles will keep, refrigerated, for up to several weeks.

Pickled red onions

Place the onions, beet slices, bay leaf, star anise, and cinnamon stick in a 1-quart glass jar. Whisk together the vinegar and sugar in a small bowl and pour over the jumble of red onions and other ingredients. Cover and stash in the back of the fridge for at least 1 week. The pickles will keep, refrigerated, for up to several weeks.