Middle Eastern Recipes
Tabbouleh is a simple, classic Middle Eastern salad, made with masses of parsley, bulgur wheat, finely chopped tomato and onion, and a sharp lemony dressing. Tabbouleh puts parsley firmly in the spotlight, a sea of green, punctuated by glimmers of tomato and specks of bulgur wheat.

If you’re hungry for more, visit shop.embraceme.org for our full range of cookbooks containing mouth-watering recipes.
Directions:

1 Rinse the bulgur wheat in several changes of cold water. Drain well and put in a bowl. Stir it with a fork every now and then to help it fluff up.

2 Put the diced tomatoes in a bowl and set aside while you prepare the herbs. Try to slice, not chop, the herbs, to prevent bruising. Use a sharp knife, grab as much of the parsley and mint as you can in a bunch, and slice very thin, ending up with nice, crisp slender strips.

3 Drain the tomatoes of their juice and put in a large bowl. Add the onion and herbs. Sprinkle the bulgur all over. Season with the cinnamon, allspice and pepper. Add salt to taste. Add the lemon juice and olive oil and mix well. Taste and adjust the seasonings if necessary.

4 Enjoy!

Ingredients:

- 400g (14oz) flat-leaf parsley, most of the stalks discarded, leaves washed and dried
- 30g (3 tbsp) fine bulgur wheat
- 3 medium firm ripe tomatoes, diced into small cubes
- 2 spring onions or shallots, trimmed and very thinly sliced
- 20g mint leaves (no stems), washed and dried
- ¼ tsp ground cinnamon
- ½ tsp ground allspice (or Lebanese seven-spice mixture, baharat)
- ¼ tsp finely ground black pepper
- salt to taste
- juice of 1 lemon, or to taste
- 150ml extra virgin olive oil
Mana’ish bil za’atar

Mana’ish - traditional Middle Eastern flatbreads - are a Levantine favourite. We’ve suggested serving them with za’atar, a delicious mix of thyme and other herbs and spices, but they’re also great with melted cheese!

Ingredients:
• 500g plain flour
• ½ tsp sugar
• 2 tsp dried yeast
• ½ tsp salt
• About 310ml hand-hot water
• 4 tsp of Zaytoun’s za’atar
• 4-6 tbsp extra virgin olive oil

Zaytoun’s za’atar and olive oil are available to buy from our webshop. See shop.embraceme.org
Mana’ish bil za’atar

Directions:
1. To make the dough, sift the flour, sugar, yeast and salt in a large bowl.
2. Make a well in the centre. Add the water and knead until the dough has come together leaving the sides of the bowl clean.
3. Transfer onto a clean work surface and knead for about 10 minutes till the dough is smooth and elastic.
4. Lightly grease the bowl and transfer the dough into it. Cover with cling film and leave it in a warm place till it has doubled in bulk. This may take about 1½ hours.
5. Pre-heat the oven to Gas Mark 7/425F/220°C.
6. Put 2 large oiled baking sheets in the oven to heat.
7. Knock the air out of the dough and knead again for about 2 minutes.
8. Divide into 8 portions and roll each ball between your palms until smooth and round.

9. Flour the work surface and flatten each round with a rolling pin until it is circular, even, and about ¼ inch thick.
10. Cover and leave in a warm place to rise for 20 more minutes.
11. Brush the tops of the dough with a little olive oil.
12. In a small bowl, mix the za’atar with the remaining oil and give it a good mix.
13. Spread the oil-za’atar mixture over the surface of each bread.
14. Slide the bread onto the hot baking sheets and bake for 10 minutes or until the bread is golden brown.
15. Remove from the oven and serve hot.

Alternatively...
1. Mix 4 teaspoons of Zaytoun’s za’atar with 4-6 tablespoons extra virgin olive oil.
2. Spread the mixture over large pitta bread.
3. Warm in the oven preheated to 160°C.
This traditional Egyptian breakfast of dried fava beans is a humble dish as old as time. A fundamental part of Egyptian heritage and culture, eaten at all times of the day, in the fields, in village mud-houses, and in the cities. Restaurants serve it as a mezze, and it is sold in the streets. Eaten with pitta bread and often accompanied by a boiled egg.
**Ful medames**

**Ingredients:**
- 500g dried fava beans (if you can’t find fava beans butter beans can be used as an alternative)
- 1 tsp salt
- 1 tsp cumin powder
- 125ml (4fl oz) olive oil
- Juice of 2 lemons

**Optional:**
250g of red lentils. The traditional way of thickening the sauce is to throw a handful of red lentils into the water at the start of the cooking.

**Directions:**
1. Soak the dried fava beans overnight (or according to the packet instructions) in plenty of water.
2. The next day, rinse and drain the fava beans.
3. Place in a large pot and cover with water by about 5-7cm and cook on medium heat. Skim the froth as it accumulates. Once boiled turn down the heat and cook partially covered for 1½ – 2 hours. Add more water if necessary.
4. When cooked, mash lightly, and then mix in the salt, cumin, lemon juice to taste and drizzle olive oil over the top.

**Serving suggestions:**
- Peel and cut boiled eggs and arrange around the bowl of ful.
- Add chopped tomato, onion and cucumber salad.
- In Syria and Lebanon, they eat ful medames with yogurt or feta cheese, olives and cucumber.
- Add olive oil, quartered lemons, salt, pepper and cumin to the table for people to season to taste.
Hummus has been the subject of pride and identity in the Middle East for generations. The debate continues over who makes the best. Here are the basic ingredients – we suggest that you adjust to taste!

**Ingredients:**
- 4 garlic cloves (crushed)
- 2 x 400g cans of chickpeas, drained and rinsed
- 150g tahini
- Juice of 3 lemons
- 125ml (4fl oz) water
- 60ml (2fl oz) olive oil
- ½ tsp salt
- Toasted pine nuts and chopped parsley to garnish

**Directions:**
1. In a food processor, blend garlic, chickpeas, tahini, lemon juice, water and olive oil, until smooth. Add salt, to taste.
2. Put into a serving dish and sprinkle with toasted pine nuts, parsley and a drizzle of olive oil.
3. Enjoy with bread and salad.