



Belgistan Mezze

Toomeyyah sauce

Houmous

Roasted Cauliflower salad

Tabouleh

Fatouch

Koukou Sabzi

Iranian rice

Chicken lemon en olives

Bean in tomato saus

Toomeyyah

Ingredients

500 ml water for the cornstarch paste
1/2 cup cornstarch
125 ml water
1 leveled teaspoon salt or to taste
12 large garlic cloves or more if you like your garlic
3 tablespoons freshly squeezed lemon juice
150 ml cup neutral oil sunflower oil

Instructions

1. In a saucepan, dissolve cornstarch and water, place on high heat and whisk continuously until the sauce bubbles and totally thickens. Remove from heat and set aside to completely cool down.
2. Combine the garlic cloves, 125ml water, lemon juice and salt.
3. Puree until smooth, the garlic will be more dominant after blending, stop to scrape down the sides of the bowl if needed.
4. Add the cornstarch paste to the food processor (the cornstarch paste must be cold), and pulse a few time to integrate the garlic mixture with the cornstarch paste.
5. Slowly, add the oil, drizzling it in a slow steady stream, while your food processor is running, keep on adding the oil in the same gradual fashion until you used all the oil. It is crucial to add the oil gradually while the food processor is running to help emulsifying the garlic sauce.
6. The end result should be loose and fluffy but not runny. If it is too thick add 3 tablespoons oil and pulse a few times to incorporate the mixture. Taste it to adjust salt to your taste preference. It is great immediately and even better after a few hours. It is advisable to make your toum one day in advance.

Hummus

Ingredients

900 g dried chickpeas
1 l chickpea cooking water
120 ml olive oil
200 ml lemon juice
100 g tahini (sesame cream)
50 g cumin powder
15 g savory or 1 dm² kombu seaweed or 5 g baking soda
6 garlic cloves
salt - pepper

Instructions

1. Soak chickpeas for at least 6 hours at room temperature.

Tip: do not leave to soak for more than 24 hours, otherwise the chickpeas will ferment (taste and smell funny)

2. Cook chickpeas in unsalted water. Add to water savory (or kombu seaweed or baking soda).

3. Bring to the boil and finish cooking, leaving to simmer for 30 mintues to 1 hour.

4. Chickpeas should be tender. Drain and keep the cooking water.

Tip: chickpeas are cooked when they are tender and crush easily between two fingers.

5. Blend chickpeas with tahini, olive oil, crushed garlic, cumin and lemon juice.

Tip : Add some of the cooking water in the mixer/blender. Then add is icewater or even better iceblocks.

6. Blend it till the is creamy. (It might take quiet a while so be patient)

7. Display the hummus on a plate. Turn the plate with one hand and hold a table spoon on the hummus. That way you will flatten the houmous evenly.

Roasted Cauliflower salad

Ingredients

- 4 large cauliflower, cut/broken into florets
- 120 ml extra virgin olive oil
- 2 tsp each salt and pepper

Salad:

- 1 cup hazelnuts , raw, skin on
- 1 pomegranate , seeds only (~1/3 cup)
- 1 cup parsley leaves , lightly packed

Dressing

- 120ml extra virgin olive oil
- 1 tsp cinnamon powder
- 1 tbsp apple vinegar
- 4 tsp maple syrup (or honey or golden syrup)
- 1 tsp each salt and pepper

Instructions

Roast Cauliflower:

1. Preheat oven to 220°C (200°C fan).
2. With a small knife, divide the cauliflower in small florets. Toss cauliflower with oil, salt and pepper. Spread on tray, roast 20 minutes, turn, then roast for a further 5 to 10 minutes until the edges are golden brown and the cauliflower is cooked through. Once cooked and crispy take the tray out of the oven. Otherwise it get overcooked, sad and soggy!
3. Transfer to bowl and let cool for 20 minutes.

Toast Hazelnuts:

1. Turn oven down to 160°C (140°C fan). Spread hazelnuts on tray then roast for 5 minutes until they smell amazing.
2. Cool slightly, then roughly chop (most skin will naturally fall off).

Salad:

1. Place hazelnuts, parsley and celery into the bowl. Sprinkle over cinnamon, salt and pepper. Drizzle with olive oil, maple syrup and vinegar. Toss gently with a spoon.

2. Plate up: Taste, add more salt or pepper if needed. Transfer to serving bowl. Scatter over pomegranates. Serve at room temperature.

Tabouleh

Ingredients

- 2 cup bulgur
- 4 cup diced cucumber (1 small-to-medium)
- 4 teaspoon fine salt, divided
- 2 bunches curly parsley
- 1/3 cup (2/3 ounce) chopped fresh mint (optional but recommended—you can chop it in the food processor with the parsley)
- 2 bunch thinly sliced green onion
- 120 ml extra-virgin olive oil
- 200 ml lemon juice, to taste
- 4 clove garlic, pressed or minced

Instructions

1. Cook or soak the bulgur until tender according to package directions. Drain off any excess water, and set aside to cool.
2. Meanwhile, combine the diced cucumber with the salt. Stir, and let the mixture rest for at least 10 minutes in a colander. Rinse and keep it until you're ready to mix the salad.
3. To prepare the parsley, cut off the thick stems. Then, finely chop the parsley and remaining stems ***you can do this by hand, but it's much easier in a food processor with the standard "S" blade. Process 1 bunch at a time (each should yield about 1 cup chopped), transferring the chopped parsley to a large serving bowl before proceeding with the next.
4. Add the cooled bulgur, chopped fresh mint (if using) and green onion to the bowl of parsley. Strain off and discard the cucumber and tomato juice that has accumulated in the bottom of the bowl (this ensures that your tabbouleh isn't too watery). Add the strained cucumber to the bowl.
5. In a small measuring cup or bowl, whisk together the olive oil, 3 tablespoons lemon juice, garlic, and remaining salt. Pour it into the salad and stir to combine. Taste, and adjust if necessary—add another tablespoon of lemon juice for zing, or salt for more overall flavor.

Fattoush salad

Ingredients

- 2 loaves pita bread
- Extra virgin olive oil
- Salt
- 2 tsp sumac, divided, more as needed
- 1 heart of Romaine lettuce, chopped
- 1 cucumber, cut in half, seeds scraped, then chopped or sliced into half moons
- 5 green onions (both white and green parts), chopped
- 5 radishes, stems removed, thinly sliced
- 2 cups chopped fresh parsley leaves, stems removed
- 1 cup chopped fresh mint leaves (optional)

Vinaigrette/Dressing

- Juice of 1 lemon or 1 1/2 limes
- 1/3 cup extra virgin olive oil
- 1 to 2 tablespoons pomegranate molasses, optional
- Salt and pepper
- 1 tsp sumac
- 1/4 tsp ground cinnamon

Instructions

1. Break the pita bread into small bite-size pieces. Heat 3 tbsp of olive oil in a large pan until shimmering, and add the pita bread. Fry briefly until browned, tossing frequently. Using a pair of tongs, transfer the fried pita chips to a plate lined with paper towel to drain. Season with salt, pepper and sumac.
2. In a large mixing bowl, combine the chopped lettuce, cucumber, tomatoes, green onions with the sliced radish and parsley.
3. To make the dressing, in a small bowl, whisk together the lemon or lime juice, olive oil, pomegranate molasses (if using), salt, pepper and spices.
4. Pour toss lightly. Finally, add the pita chips, and more sumac if you like, and toss one more time.

KUKU SABZI

Ingredients

- 2 bunches spring onions
- 2 bunches parsley
- 2 bunches chopped fresh cilantro (Stem en leaf)
- 1 bunch chopped fresh dill
- 12 large eggs
- 4 TBSP Greek yogurt
- 2 TBSP flour
- 1,5 tsp baking powder
- 2 tsp salt
- 1 tsp turmeric
- 1/2 tsp freshly cracked black pepper
- Pinch of ground Alepo pepper
- 2 TBSP Iranian Dryed Sherries
- 6 TBSP vegetable oil
- 1 TBSP unsalted butter

Instructions

1. Clean and finely chop all leaf ingredients (parsley, spring onions, dill, cilantro). Set aside.
2. In a medium bowl add the eggs, yogurt, flour, baking powder, salt and spices. Whisk for several minutes until uniformly blended.
3. Add the egg mixture to the herbs. Add the Iranian dryed sherries, stir to combine.
4. In a nonstick 24 cm skillet heat the vegetable oil and butter over medium heat. The oil should be very hot but not smoking. Add the herb and egg mixture. Use a spatula to smooth the top and press down gently. You have enough mix to do four omelet.
5. Cover the skillet and reduce heat to medium low. Cook for about 20 minutes. The top will look cooked and will be firm to touch and the edges will be sizzling. Remove from the heat.
6. Remove the cover and place a 28 cm platter upside down over the skillet. Using two potholders

carefully turn both the platter and the skillet together and invert the kuku onto the platter. The browned side will be up now.

7. Reduce heat to low and slide kuku back into the same skillet with the cooked side up.
8. Cover and continue cooking over low heat for another 20 minutes. Remove from the heat and cool on a rack for 10 minutes.

Iranian Dill Rice

Ingredients

2,5 kg rice

15 l eau

4 bunch fresh dill

300 g butter or oil

600 g (potatoes peeled en slice 3 mm)

300 ml of boiling water with 1 tablespoon of dry turmeric

200 g dried Iranian sheries

Salt

Instructions

- Rinse basmati rice in cold water until clear, then soak in salted water for 20 minutes. Drain.
- In a large pot, bring 15 liters of water to a boil. Add 6 tablespoons of salt and the soaked rice. Cook for 6–8 minutes until about 70% done (grains should still be firm but not crunchy). Drain and rinse with cold water.
- In the same pot, heat oil and butter over medium heat. Layer potatoes slices on the bottom.
- Then layer parboiled rice, repeating until the rice is used.
- Drizzle turmeric water over the top.
- Cover with a clean kitchen towel or paper towel under the lid to trap steam. Reduce heat to low and cook for 30 minutes.
- Arrange the finely chopped dill and the dried Iranian sheries on the surface of the rice.
- Turn off the heat and let rest for 5 minutes.
- Fluff gently, and season with salt to taste.

Roasted Lemon-Sumac Chicken

Ingredients

- 1 Tablespoon salt
- 1 Tablespoon sumac
- 1 Tablespoon za'atar
- 1 teaspoon freshly ground black pepper
- 60 ml extra-virgin olive oil
- 3 large garlic cloves thickly sliced
- 6 chicken drumstick
- 1 onion thickly sliced into ½ inch rounds
- Handful of fresh oregano sprigs or 1 teaspoon dried
- Handful of fresh thyme sprigs or 1 teaspoon dried
- 1 lemon halved

Instructions

1. In a large bowl big enough to fit the whole chicken drumsticks, whisk together the salt, sumac, za'atar, pepper and olive oil. Stir in the garlic until well combined.
2. Place the drumsticks in the bowl and toss to coat with the marinade. Let it rest for 15 minutes
3. In a large skillet, roast the drumstick until you get a goldbrown colour.
4. Preheat oven to 180 degrees or 160 convection.
5. Arrange the onion slices in one layer in a roasting pan. Place the chicken drumsticks over the onions, herbs, lemon slice, olives and garlic and scrape out any marinade from the bowl over the chicken. Roast chicken for 40 minutes.
6. Allow to sit covered out of the oven for 5-10 minutes before carving.

Lebanese Green Bean Stew (Loubia b'zeit)

Ingredients

- 1 large onion chopped
- 300 g green beans fresh or frozen
- 1 can chopped tomatoes
- 1 tablespoon tomato concentrate
- 2 garlic cloves chopped
- $\frac{1}{2}$ teaspoon Aleppo pepper
- $\frac{1}{2}$ teaspoon salt
- 3-4 tablespoon mild olive oil
- 125 ml of boiling water

Instructions

1. Chop the onion and add to a pot with a good drizzle of mild olive oil
2. Saute the onions on low heat until caramelized. This may take twenty minutes
3. Follow by adding the chopped garlic and chili to the onions. Saute for 1-2 minutes taking care not to burn the garlic. Add the chopped tomatoes and tomato concentrate.
4. Wash and trim the ends off the green beans and saute for ten minutes until they turn a vibrant green. Add 2 tablespoons of water, cover with a lid and let it cook 10 minutes more till done.
5. Gather the sauce and the beans and let it cook five minutes more.