



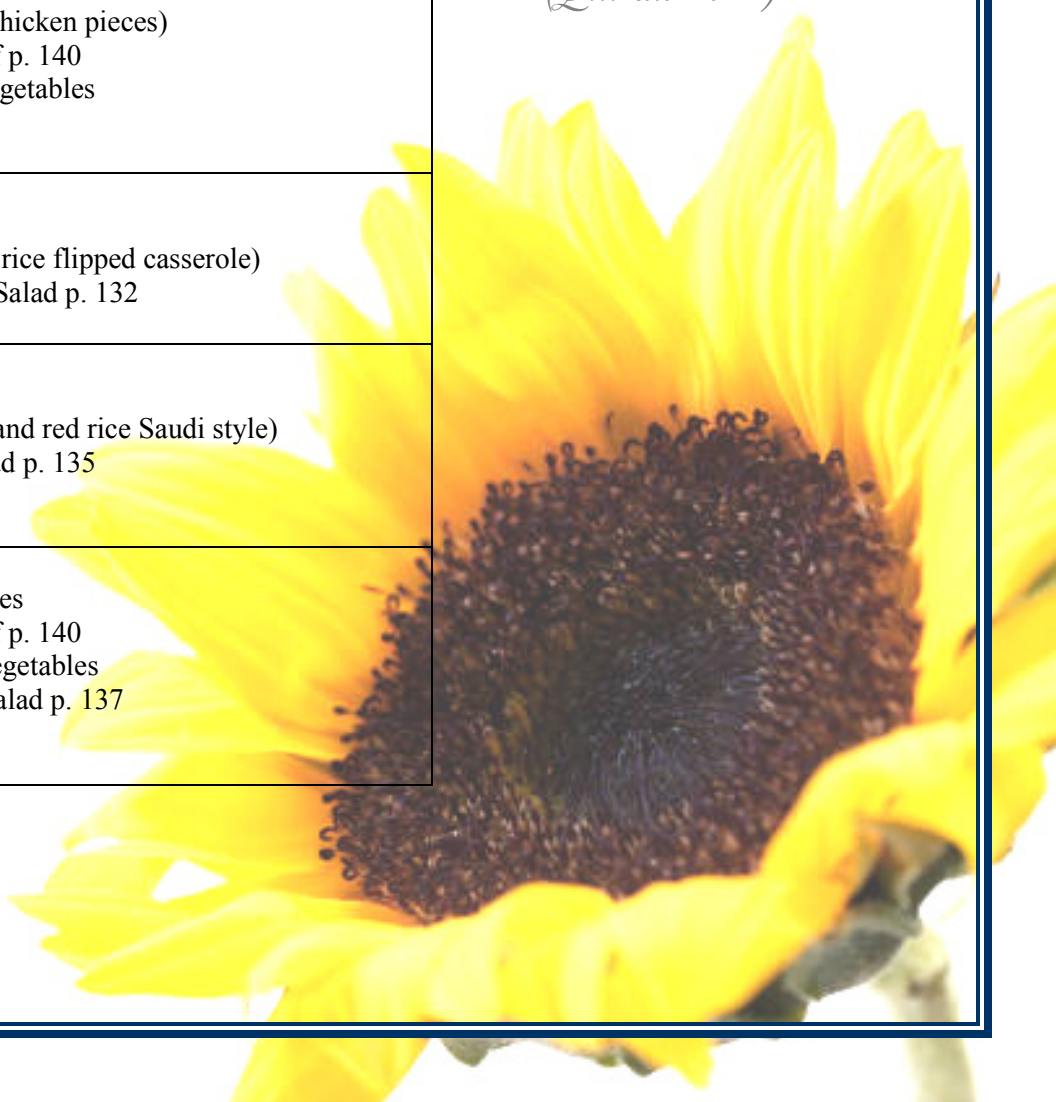
Weekly Dinner Planner

Week 1

	Dinner
Monday	Masakhan (chicken and bread casserole) Fattoush Salad p. 132
Tuesday	Chicken Pot Pie Caesar Salad p. 133
Wednesday	Fakhita Fel Foarn (roasted leg of lamb) Rice Pilaf p. 140 Hummus p. 138 Arab Salad p. 135
Thursday	Tikka (roasted chicken pieces) Rice Pilaf p. 140 Sliced Vegetables
Friday	Maqluba (beef and rice flipped casserole) Fattoush Salad p. 132
Saturday	Kabsah (chicken and red rice Saudi style) Arab Salad p. 135
Sunday	Tuna Cakes Rice Pilaf p. 140 Mixed Vegetables Garden Salad p. 137

“Who has made the earth your couch, and the heavens your canopy; and sent down rain from the heavens; and brought forth therewith Fruits for your sustenance; then set not up rivals unto Allah when ye know (the truth).”

(Qur’an 2:22)



Palestinian Masakhan

(Chicken and Bread Casserole)

Ingredients:

1	Whole chicken (about 3 1/2 pounds) cleaned
2 tsp.	Salt
1 tsp.	Freshly ground black pepper
1/2 c	Extra Virgin Olive Oil
3 1/2 lbs.	Onions peeled and sliced thinly
1/4 c	Sumac/Sumak (Palestinian spice available from the Halal Market)
4-6 pieces	Tandoori Naan (more bread if you like it, less if you do not)

Directions:

1. Cut the chicken into up into two breasts, two thighs, two legs, and two wings. Salt and pepper the chicken.
2. In a large, deep casserole, heat 1/4 cup of the olive oil, then lightly brown the chicken on all sides over a medium heat, about 20 minutes. Remove and set aside.
3. Add the remaining 1/4 cup olive oil to the casserole and cook the onions until translucent, about 35 minutes, stirring occasionally. Add the sumac and cook for 2 minutes to mix.
4. Preheat the oven to 350F. Cover a 9 x 12-inch baking dish with the pieces of bread. Spoon half the onions over the bread, then arrange the chicken on top of the onions and cover with the remaining onions and the juices from the casserole.
5. Cover with foil tightly. Bake until the chicken is very tender and almost falling off the bone, about 1 1/2 hours. *If you like the bread less wet, do not add it to the casserole while baking.*

Chicken Pot Pie

(Quick and Easy Version)

Pastry:

1/3 c	Butter
1/2 tsp.	Salt
3 Tbsp.	Cold water
1 c	All-purpose flour

1. Cut butter into flour and salt until particles are size of small peas.
2. Sprinkle in water, 1 tbsp. at a time, tossing with fork until all flour is moistened and pastry almost cleans side of bowl (1 to 2 tsp. water can be added if necessary.)
3. Gather pastry into ball, shape into flattened round on lightly floured board. Roll pastry 2" larger than the casserole dish you will be using (if using a very large or wide dish double the recipe so you will have enough dough). Fold pastry into quarters then place over and unfold it on the casserole dish once you have mixed the filling (see directions below).

Filing:

- 1 package (16 ounces) frozen mixed vegetables, thawed
- 1 cup cut-up cooked chicken
- 1 can (10 3/4 ounces) condensed cream of chicken soup

1. Heat oven to 400°F. Mix vegetables, chicken and soup in ungreased 2-quart casserole.
2. Cover with pastry (see directions above).
3. Bake 30 minutes or until golden brown.

Fakhita Fel Foarn

(Saudi Roasted Leg of Lamb, its not as complicated as it looks ☺)

Ingredients:

2 tsp. ground cardamom
2 tsp. ground cinnamon
1 Tbsp. crushed garlic
1 tsp. saffron (optional)
1 lemon
2 dried lemons (called Loomi at the Halal Market, you will need to grind them up in your blender or food processor).
1 Tbsp. salt
1/2 tsp. ground black pepper
1 bunch fresh parsley finely chopped or 1/2 cup of dried parsley flakes
1 cup olive oil

1 leg of lamb
1/2 cup almonds; blanched, skinned and sautéed in a tablespoon of oil till golden brown.
1/2 cup raisins, sautéed in a tablespoon of oil till a little puffy.

1. Mix all the spices and oil in the first part of the list to make a paste.
2. Wash the meat and make small cuts in several places; stuff cuts with the paste. Coat the meat with remaining paste and set aside for a half hour (the longer the better).
3. Cover the bottom of a dish with foil. Put the meat in the dish. Wrap the leg of lamb tightly in several layers of foil. Seal the edges securely and place the dish in the oven for two and a half hours, at 350 degrees, or until cooked.
4. When cooked unwrap the lamb and place back in the oven under the broiler for 10-15 minutes in order to brown (if needed). Garnish with almonds and raisins.

Serves 6-8.

Chicken Tikka

(Pakistani Roasted Chicken Pieces)

Ingredients:

1 pkg Chicken Tikka Spice (Shan brand from the Halal market)
 Yogurt
 Ginger Paste
 Crushed Garlic
 Lemon Juice

Directions:

1. Follow the package instructions.
2. You can bake the chicken a 9x 11 pan (foil lined and covered) at 350 F for 1 hour or until starting to pull away from the bones. Then uncover and broil for an additional 5-10 minutes or until the chicken has browned and the liquid is evaporated.
3. Note: if there is a lot of liquid in the pan when you uncover it, pour out liquid until there is only about ¼ inch of liquid left in the pan. This will keep the chicken from burning but allow the chicken to brown at the same time.

Beef Maqluba

(Beef Cube and Rice Flipped Casserole)

Ingredients:

2	medium-size eggplants (about 2 1/2 pounds total), peeled and slice 1/2 -inch slices
	Salt
6 Tbsp.	olive oil
1	large onion
1 1/2-2 lbs.	boneless beef cubes
1 Tbsp.	Baharaat p. 147
1 tsp.	ground black pepper
1 tsp.	ground allspice
Pinch	ground cinnamon
Pinch	grated nutmeg
3 c	water
6 c	olive oil (for frying the eggplant, you can sauté the eggplant instead)
3	large ripe (but firm) tomatoes cut into thick slices
1 1/2 c	long grain rice rinsed well and soaked in water for 30 minutes and then drained
2 c	boiling water

Directions:

1. Lay the eggplant slices on some paper towels and sprinkle generously with salt. Leave them to drain of their bitter juices for 30 minutes, then pat dry with paper towels.
2. In a large skillet, heat 5 tablespoons of the olive oil over medium-high heat, then cook the onion until yellow, about 10 minutes, stirring occasionally. Reduce the heat to the medium-low, add the lamb, Baharaat p. 147, 1 teaspoon salt, 1/2 teaspoon of the pepper, the allspice, cinnamon, and nutmeg, and brown for 10 minutes, turning the lamb. Add the water to barely cover the lamb and cook until the lamb is very tender, about 2 1/2 to 3 hours, adding a little water occasionally to keep the skillet from drying out. Remove the lamb from the skillet with a slotted ladle or skimmer, getting as much of the onion as you can and leaving behind the fat.
3. Meanwhile, preheat the frying oil to 375F in a deep-fryer or an 8-inch saucepan fitted with a basket insert. Deep-fry the eggplant slices in batches until golden brown, 7 to 8 minutes, turning once. Drain and reserve on paper towels. Let the frying oil cool completely, strain, and save for a future use.
4. Lightly oil the bottom of a round, heavy-bottomed 4- to 6-quart casserole 10 inches in diameter with a tight fitting lid with the remaining teaspoon extra virgin olive oil and arrange the tomatoes slices on the bottom, overlapping or double layering if necessary. Sprinkle a handful of the rice on top of the tomatoes. Layer the lamb on top, then layer the sliced eggplants on top of the meat. Press down with a spatula or the back of your hand. Pour the rice on top and spread it evenly, pressing down again with a spatula or the back of your hand, add 1 teaspoon salt, the remaining 1/2 teaspoon pepper, and the boiling water. Cover tightly and cook over low heat until the rice is tender and the liquid absorbed, about 1 hour. Don't check too often, maybe twice during the whole cooking time. The liquid in the casserole should not be boiling vigorously, so reduce the heat to very low, or use a heat diffuser, if you find that necessary.
5. When the rice is done, take off the lid, place a large round serving platter over the top of the casserole, and carefully invert in one very quick motion, holding both sides very tightly. Slowly and carefully lift the casserole. Serve.

Chicken Kabsah

(Saudi Chicken and Red Rice)

Ingredients:

1/4 cup	butter or margarine
1 (2-1/2 to 3-lb.)	chicken, cut up
1	large onion, chopped
5	garlic cloves, minced
1/4 c	tomato sauce or puree
2	medium tomatoes, chopped
2	medium carrots, grated
1	grated peel of orange
3	whole cloves
2	cardamom pods or 1/2 tsp. ground cardamom seeds
1	cinnamon stick
	Salt and freshly ground pepper to taste
3 c	chicken broth
1	cup long-grain rice
1/4	cup raisins
1/4	cup toasted sliced or slivered almonds

Directions:

1. Melt butter or margarine in a large skillet. Add chicken pieces and sauté till browned. Remove chicken from the pan.
2. Place onions in the pan and sauté until onion is tender.
3. Stir in tomato sauce or puree. Simmer over low heat 1 minute to blend flavors. Add tomatoes, carrots, orange peel, cloves, cardamom, cinnamon stick, salt and pepper. Cook 1 minute. Add broth.
4. Return chicken pieces to skillet. Bring to a boil. Reduce heat and cover. Simmer over low heat 30 minutes.
5. Stir rice into liquid between pieces of chicken. Or remove chicken, stir in rice, then return chicken pieces to skillet. Cover. Simmer 30 minutes longer or until rice is tender.
6. Garnish with raisins and almonds. Makes 6 to 8 servings.

Tuna Cakes

Ingredients:

4 cans	Albacore Tuna
1	Egg
2 tbsp	Mayonnaise
1 tbsp	Mustard
½ cup	Bread Crumbs
1tsp	Salt
½ tsp	Pepper
1 cup	Minced onion
½ cup	Olive Oil

Directions:

1. Mix all ingredients together in a bowl (except olive oil).
2. Heat oil in a skillet on a medium high fire.
3. Form small patties with the mixture (the size of the palm of your hand).
4. Place the patties in the skillet and sauté' for 2-3 minutes per side (or until golden brown).
5. Place cooked patties on paper towels to drain excess oil.

Week 2

	Dinner
Monday	Veggie Spaghetti Garden Salad p. 137 Toasted Italian Bread
Tuesday	Keema (beef curry) Rice Pilaf p. 140 Riyta p. 136 (yogurt salad)
Wednesday	Fried Fish French Fries Avocado Salad p. 134
Thursday	Yassa (chicken and onions) White Rice Sliced Vegetables
Friday	Lamb Kabob Rice Pilaf p. 140 Fattoush Salad p. 132
Saturday	Shrimp Scampi Bake Rice Pilaf p. 140 Caesar Salad p. 133
Sunday	Broccoli Alfredo Bread Sticks Caesar Salad p. 133

*“But give glad tidings to those who believe and work righteousness, that their portion is Gardens, beneath which rivers flow. Every time they are fed with fruits therefrom, they say: “Why, this is what we were fed with before,” for they are given things in similitude; and they have therein companions pure (and holy); and they abide therein (for ever).”
(Qur’an 2:25)*



Veggie Spaghetti

(Quick and Easy)

Ingredients:

1	16 oz. jar Prego or Ragu spaghetti sauce (Garden Vegetable)
3 Tbsp	Ground Cardamom
1 tsp	Pepper
1 can	Large Black Pitted Olives
1 can	Sliced Mushrooms
1 pkg	Spaghetti noodles (or any other type of noodle you like)

Directions:

1. Heat spaghetti sauce in a large pan.
2. Add spices and vegetables (the cardamom takes away the sweetness of the plain sauce and adds a richer flavor and aroma).
3. Heat through and allow to simmer for 10-15 minutes on very low flame.
4. Cook noodles according to package directions.
5. Mix in 2 tbsp. of butter to the noodles if you will be serving them later (in order to keep them separated).
6. Serve sauce on top of noodles.

Keema

(Unconventional and not spicy version of Pakistani Ground Beef Curry 😊)

Ingredients:

1 ½ lbs.	ground beef
1 c	frozen green peas
1 tsp.	salt
1 pkg.	Campbell's tomato soup
½ tsp.	garlic salt
½ c.	Parmesan
1 tsp.	A.1. steak sauce
½ c	chopped onion
2 tsp.	ground cinnamon
2 tsp.	turmeric powder
½ tsp.	cinnamon

Directions:

1. Brown ground beef in iron skillet, drain grease off.
2. Add onion and all the seasonings in to the beef; add green peas and Parmesan. Then simmer for 10 minutes.
3. Serve with rice.

Fried Fish

(American)

Ingredients:

4	Fish Fillets (cod, whiting, salmon, etc.)
1 c	Italian breadcrumbs
½ c	Parmesan Cheese
2	Eggs, beaten
1 tsp	Salt
½ c	Olive Oil

Directions:

1. Wash fillets and pat dry.
2. Heat oil in non-stick skillet to medium high heat.
3. Mix breadcrumbs and cheese in a wide dish.
4. Dip and coat fillets with egg, then flip the fillets in the breadcrumb mixture until thoroughly coated.
5. Place fillets in the skillet to sauté for 5-7 minutes per side. Make sure the coating is golden brown on both sides and that the fish flakes or is opaque before removing it.
6. Place paper towels on a plate and place fillets on the paper towels to drain excess fat.

Yassa

(Senegalese Chicken and Onion Sauté)

Ingredients:

- 1/4 c fresh lemon juice
- 4 large onions -- thinly sliced
- 2 tsp Salt and freshly ground black pepper -- to taste
- 1/8 tsp fresh habanera* -- minced
plus 1 habanera* pepper pricked with a fork
- 1/4 c plus 1 tablespoon peanut oil
- 1 chicken(2 1/2-3 1/2 lbs) -- cut in serving pcs
- 1/2 c pimiento-stuffed olives
- 4 carrots, scraped and -- thinly sliced
- 1 tablespoon Dijon-style mustard

*or other hot chili pepper, to taste

Direction:

1. In a large bowl, prepare a marinade with the lemon juice, onions, salt, pepper, the 1/8 teaspoon minced chili and 1/4 cup of the peanut oil. Place the chicken pieces in the marinade, making sure they are all well covered, and allow them to marinate for at least 2 hours in the refrigerator.
2. Preheat the broiler. Remove the chicken pieces, reserving the marinade, and place them in a shallow roasting pan. Broil them until they are lightly browned on both sides. Remove the onions from the marinade. Cook them slowly in the remaining 1 tablespoon oil in a flameproof 3-quart casserole or dutch oven until tender and translucent. Add the remaining marinade and heat through.
3. When the liquid is thoroughly heated, add the broiled chicken pieces, the pricked chili, the olives, carrots, mustard and 1/2 cup water. Stir to mix well, then bring the yassa slowly to a boil. Lower the heat and simmer for about 20 minutes, or until the chicken is cooked through. Serve hot over white rice.

Kabob Merinovat

(Afghani Roasted Lamb Chunks)

Ingredients:

2	Whole breasts of chicken, cut into 1-in cubes
1	medium onion, sliced thick
1/2 Tbsp.	Pepper
1/2 Tbsp.	Ground cinnamon
1/4 Tbsp.	Ground turmeric
1 Tbsp.	Salt

Directions:

1. Mix everything together & marinate at room temperature for a minimum of 1 hour or preferably in refrigerator overnight.
2. Put 4 or 5 cubes of chicken, without onion, on each metal skewers and broil over charcoal for 10 or 15 mins or in a gas or electric broiler. Serve hot with Afghan bread (Nani Afghan), salad, & pickles. Serves 4 or 5.

Shrimp Scampi Bake

(American)

Ingredients:

1c butter
2 Tbsp. prepared Dijon-style mustard
1 Tbsp. fresh lemon juice
1 Tbsp. chopped garlic
1 Tbsp. chopped fresh parsley
2 lbs. medium raw shrimp, shelled, deveined, with tails attached

Directions:

1. Preheat oven to 450 degrees F (230 degrees C).
2. In a small saucepan over medium heat, combine the butter, mustard, lemon juice, garlic, and parsley. When the butter melts completely, remove from heat.
3. Arrange shrimp in a shallow baking dish. Pour the butter mixture over the shrimp.
4. Bake in preheated oven for 12 to 15 minutes or until the shrimp are pink and opaque.

Broccoli Alfredo

(I usually double the recipe when making dinner for my family.)

Ingredients:

8 oz.	Cream cheese -- cut in bits
1 Tbsp.	Crushed garlic
3/4 c	Parmesan cheese -- grated
1/2 c	Butter or margarine
1/2 c	Milk
8 oz.	Fettuccine; cooked – drain
2-3 c	Frozen or fresh broccoli florets

Directions:

1. In large saucepan melt butter and sauté garlic until golden brown.
2. Add cream cheese, Parmesan, and milk, then stir constantly until smooth and heated through.
3. Cook pasta according to directions on box. Add the broccoli into the water when boiling the noodles so that it can cook at the same time.
4. Drain pasta and broccoli then toss with sauce, coating well. Leftovers freeze well.

Serves 4

Week 3

	Dinner
Monday	White Lasagna (Lasagna with white sauce, lots of veggies) Toasted Italian Bread Caesar Salad p. 133
Tuesday	Dutch Meatloaf Mixed Vegetables Mashed Potatoes Cornbread Garden Salad p. 137
Wednesday	Restaurant Style Crab Cake Sandwiches Salad Cocktail Sauce French Fries
Thursday	Lime Chicken Soft Taco Supreme
Friday	Aloo Chola (Potato Curry) Rice Pilaf p. 140 Sliced Vegetables
Saturday	Homemade Pizza Caesar Salad p. 133
Sunday	Eggplant Curry Rice Pilaf p. 140 (definitely add toasted Almonds as a garnish!) Garden Salad p. 137

“We said: "O Adam! dwell thou and thy wife in the Garden; and eat of the bountiful things therein as (where and when) ye will; but approach not this tree, or ye run into harm and transgression.”

(Qur'an 2:35)



White Lasagna

(American)

Ingredients:

- 1 16 oz. pkg. mixed vegetables (corn, peas, carrots, etc.)
- 1 large onion -- chopped
- 1 14 1/2 ounce can diced tomatoes with liquid
- 2 Tbsp. Tomato paste
- 1 Beef bouillon cube
- 1 1/2 tsp. Italian seasoning
- 1 tsp. Salt
- 1/2 tsp. Pepper
- 1/4 tsp. Ground red or cayenne pepper

White sauce:

- 2 Tbsp. Butter or margarine
 - 3 Tbsp. Flour
 - 1 tsp. Salt
 - 1/4 tsp. Pepper
 - 2 c Milk
 - 1 1/4 c Mozzarella cheese – shredded
- 10 Uncooked lasagna noodles

Directions:

1. In a Dutch oven, cook beef and onion until meat is browned and onion is tender; drain. Add tomatoes, tomato paste, mixed vegetables, bouillon and seasonings. Cover and cook over medium-low heat for 20 minutes, stirring occasionally.
2. Meanwhile, melt butter in a medium saucepan; stir in flour, salt and pepper. Add milk gradually; bring to a boil, stirring constantly. Reduce heat and cook for 1 minute. Remove from the heat and stir in half of the cheese; set aside.
3. Pour half of the meat sauce into an ungreased 13x9x2" baking dish. Cover with half of the lasagna noodles. Cover with remaining meat sauce. Top with remaining noodles. Pour white sauce over noodles. Sprinkle with remaining cheese.
4. Cover and bake at 400 degrees for 40 minutes or until noodles are done. Uncover and bake additional 5-10 minutes to brown the cheese if you like.

Dutch Meatloaf with Cornbread

(American)

Meatloaf:

1 ½ lbs. Ground meat
1 ½ tsp. Salt
1 c Breadcrumbs
¼ tsp. Pepper
8 oz. Tomato sauce. w/onions
2 Tbsp. Brown sugar
2 Tbsp. Mustard
1 Egg
1 Tbsp. Vinegar

1. Mix meat, breadcrumbs, 1/2 tomato sauce, egg, salt & pepper. Shape into loaf.
2. Combine remaining ingredients with 1/2 tomato sauce. Pour over meat.
3. Bake at 350 degrees for 75 minutes.

Cornbread:

1 1/3 c all-purpose flour
1 c corn flour -- PLUS extra
2 Tbsp. corn flour
2/3 c sugar
5 tsp. baking powder
½ tsp. salt
1 1/3 c milk
5 Tbsp. butter -- melted
1 extra-large egg -- beaten

1. Pre-heat the oven to 350 degrees. In a large bowl stir together the flours, sugar, baking powder, and salt. In another bowl mix together the milk, butter, and egg.
2. Add the dry ingredients to the wet and mix until all lumps are dissolved. Pour the mixture into an 8 x 8-inch baking pan and bake until golden brown, about 50 to 60 minutes.

Yield: 9 servings

Restaurant Style Crab Cakes

(Quick and Easy)

Ingredients:

3 cans	Lump Crab Meat Drained (available at Port Covington Sam's Club for the best price)
1 cup	Salmon Seasoning (also available at Sam's)
1	Egg
½ tsp	Salt
½ cup	Mayonnaise
½-1 cup	Bread Crumbs (use as needed to make the mixture dry enough to form balls that hold their shape)
8	Kaiser Rolls
	Lettuce and Tomato slices
	Cocktail Sauce (the one from Sam's Club is the best and least expensive)

Directions:

1. Fold all ingredients except the Cocktail Sauce in a large bowl. Be careful not to break up the lumps of crabmeat. Using a spatula works best.
2. Form large balls of the mixture with your hands (the size of a small orange is good) and place on a foil lined cookie sheet.
3. Place crab cakes in the oven and broil till they are golden brown.
4. To serve place on Kaiser roll with lettuce, tomato, and Cocktail Sauce (optional)

Lime Chicken Soft Taco Supreme

Ingredients:

1 1/2 pounds	skinless, boneless chicken breast meat – cubed
1	lime, juiced
1 tsp.	white sugar
1/2 tsp.	salt
1/2 tsp.	ground black pepper
2	green onions, chopped
2	cloves garlic, minced
1 tsp.	dried oregano
10	(6 inch) flour tortillas
1	tomato, diced
1	cup shredded lettuce
1	cup shredded Monterey Jack cheese
1/2	cup salsa

Directions:

1. Sauté chicken in a medium saucepan over medium high heat for about 20 minutes. Add vinegar, lime juice, sugar, salt, pepper, green onion, garlic and oregano. Simmer for an extra 10 minutes.
2. Heat an iron skillet over medium heat. Place a tortilla in the pan, warm, and turn over to heat the other side. Repeat with remaining tortillas. Serve lime chicken mixture in warm tortillas topped with tomato, lettuce, cheese and salsa.

Aloo Chola

(Pakistani Potato Curry with Chickpeas)

Ingredients:

2-3 Tbsp Channa Masala (Shan spice brand from the Halal Market)
1 can Chickpeas (do not drain)
3 Large Potatoes cut into 1 inch cubes
2 Tbsp. Finley chopped Cilantro (dried or fresh) optional

Directions:

1. Place Channa Masala, potatoes and chickpeas (with chickpea liquid) in a medium sized pot. Add enough water to just cover potatoes. Boil (do not cover, or it will boil over) until potatoes are soft (15-20minutes).
2. Garnish with cilantro right before serving.

Homemade Pizza

(Makes two large pizzas)

Ingredients:

- 2 1/4 tsp. active dry yeast
- 1/2 tsp. brown sugar
- 1 1/2 c warm water (110 degrees F/45 degrees C)
- 1 tsp. salt
- 2 Tbsp. olive oil
- 3 1/3 c all-purpose flour
- 1 16 oz. jar spaghetti or pizza sauce
- 4 cups shredded mozzarella cheese

Directions:

1. In a large bowl, dissolve the yeast and brown sugar in the water, and let sit for 10 minutes.
2. Stir the salt and oil into the yeast solution. Mix in 2 1/2 cups of the flour.
3. Turn dough out onto a clean, well-floured surface, and knead in more flour until the dough is no longer sticky. Place the dough into a well-oiled bowl, and cover with a cloth. Let the dough rise until double; this should take about 1 hour. Punch down the dough, and form a tight ball. Allow the dough to relax for a minute before rolling out. Use for your favorite pizza recipe.
4. Preheat oven to 425 degrees F (220 degrees C). If you are baking the dough on a pizza stone, you may place your toppings on the dough, and bake immediately. If you are baking your pizza in a pan, lightly oil the pan, and let the dough rise for 15 or 20 minutes before topping and baking it.
5. Bake pizza in preheated oven, until the cheese and crust are golden brown, about 15 to 20 minutes.

Eggplant Curry

(Palestinian)

Ingredients:

- 2 Medium Eggplants (about 1 pound together) diced
- 2 Medium Green Peppers diced
- 2 Large onions diced
- 1 Small can tomato paste
- 2 tsp. Salt or to taste
- 1 tsp. Black Pepper or to taste
- 1 c Olive Oil (you can reduce this if you like)
- 3 c Water

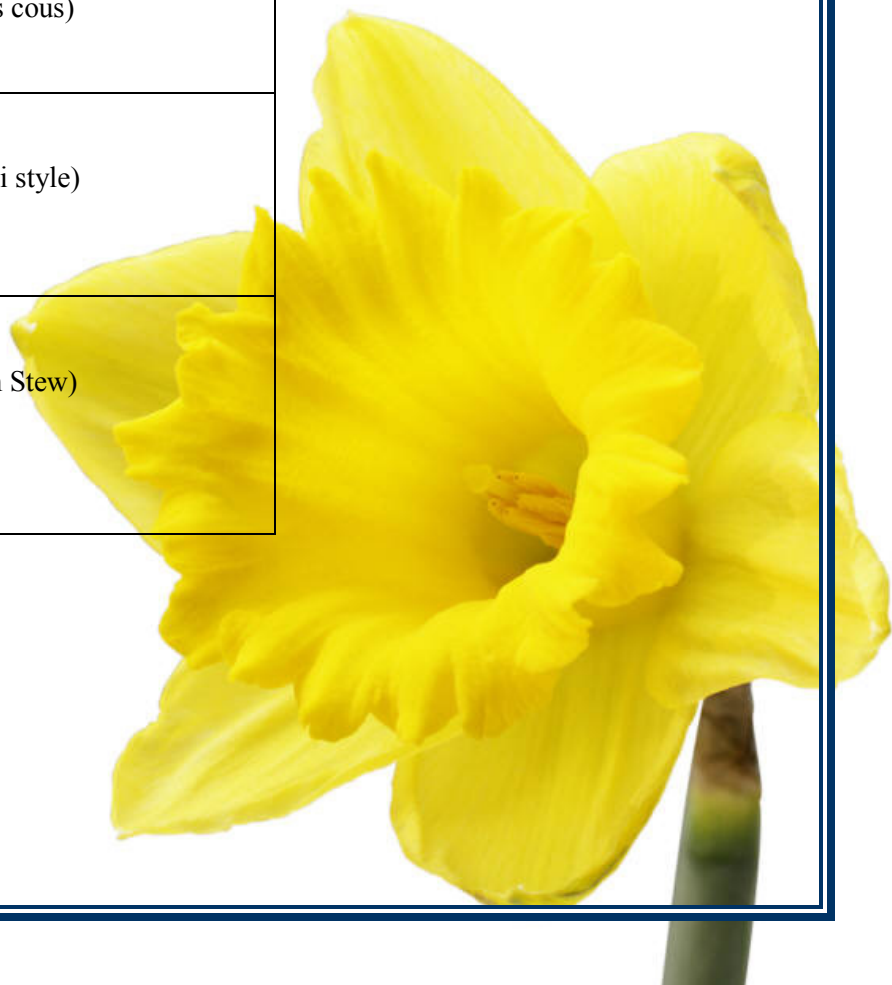
Directions:

1. Heat oil in a large pot and add all ingredients (except water and tomato paste) and fry for 5 minutes, stir constantly to keep from sticking.
2. Add water and bring to a boil, then reduce heat cover and simmer on medium low flame for 30 minutes or until oil starts to separate from the tomato sauce.
3. Check the sauce often to make sure it does not stick, add water in small amounts if necessary.
4. Serve with Rice Pilaf p. 140 and toasted almonds or pine nuts.

Week 4

	Dinner
Monday	Tandoori Chicken (BBQ chicken Pakistani Style) Rice Pilaf p. 140 Riyta p. 136 (yogurt salad)
Tuesday	Baked Chicken Breast Rice Pilaf p. 140 Garden Salad p. 137
Wednesday	Mafe' (Peanut Butter Curry) White Rice Arab Salad p. 135
Thursday	Lyulya Kebob (Ground Lamb Kebob) Pita Bread Hummus Fattoush Salad p. 132
Friday	Cous Cous Moroccan (Veggie stew with cous cous) Fattoush Salad p. 132
Saturday	Kabsah (beef and red rice Saudi style) Arab Salad p. 135
Sunday	Lubia Mutbookha (Lamb and Green Bean Stew) White Rice Caesar Salad p. 133

“Right graciously did her Lord accept her: He made her grow in purity and beauty: To the care of Zakariya was she assigned. Every time that he entered (Her) chamber to see her, He found her supplied with sustenance. He said: "O Mary! Whence (comes) this to you?" She said: "From Allah: for Allah Provides sustenance to whom He pleases without measure." (Qur'an 3:37)



Tandoori Chicken

(Pakistani BBQ Chicken)

1 pkg Chicken Tikka Spice (Shan brand from the Halal market)
 Yogurt
 Ginger Paste
 Crushed Garlic
 Lemon Juice

Directions:

1. Follow the package instructions.
2. If you do not want to barbeque the meat, you can bake the chicken in a 9x 11 pan (foil lined and covered) at 350 F for 1 hour or until starting to pull away from the bones. Then uncover and broil for an additional 5-10 minutes or until the chicken has browned and the liquid is evaporated.
3. Note: if there is a lot of liquid in the pan when you uncover it, pour out liquid until there is only about $\frac{1}{4}$ inch of liquid left in the pan. This will keep the chicken from burning but allow the chicken to brown at the same time.

Baked Chicken Breast

Ingredients:

2 tsp. crushed garlic
1/4 c olive oil
1/4 c dry bread crumbs
1/4 c grated Parmesan cheese
4 skinless, boneless chicken breast halves

Directions:

1. Preheat oven to 425 degrees F (220 degrees C).
2. Warm the garlic and olive oil to blend the flavors. In a separate dish, combine the breadcrumbs and Parmesan cheese. Dip the chicken breasts in the olive oil and garlic mixture, then into the breadcrumb mixture. Place in a shallow baking dish.
3. Bake in the preheated oven for 30 to 35 minutes, until no longer pink and juices run clear.

Mafe'

(Senegalese Peanut Butter Curry, don't worry you will really like it 😊)

Ingredients:

- 2 Large onions, chopped
- 4 Tbsp. Peanut oil
- 1 ½ lbs. cubed beef or lamb
- 2 c Squash, sliced into 2 inch pieces
- 4 Turnips, sliced into 2 inch pieces
- 4 Potatoes, quartered
- 2 Large carrots, cut into 3 inch sections
- 1/2 Small white cabbage, quartered
- 2 Tomatoes, chopped
- 1 Bunch chard
- 2 Chili peppers
- 2 c Tomato sauce (spaghetti sauce or tomato soup works well also just eliminate the salt)
- 3/4 c Peanut butter (creamy)
- 2 large Bullion cubes (called Maggi you can get it at the halal market)
- 3 c Water

Directions:

1. Brown the onions in moderately hot oil in a large skillet.
2. Add meat and brown. Then add water and salt and simmer on med-high heat for 30 minutes.
3. Add vegetables, tomato sauce & about a cup of water (or enough to almost cover the vegetables). Reduce heat & simmer till all the vegetables and meat are tender. Spoon out half a cup of the broth & mix with the peanut butter to make a smooth paste. Return to the pot & simmer for 15 minutes. Serve over rice.

Lyulya Kebob

(Arab Ground Lamb Kebob)

Ingredients:

2 pounds boneless leg or shoulder of lamb with just a little fat, cut into 2 to 3 inch pieces
2 large onions
2 large cloves garlic, finely minced
1/2 teaspoon ground cumin
3 tablespoons finely chopped fresh mint
1/4 cup finely chopped fresh parsley
1/4 teaspoon cayenne pepper, or more to taste
Salt and freshly ground black pepper, to taste
4 to 5 tablespoons cold water
1/2 teaspoon Sumac for garnish

Optional items:

Lavash or pita breads
Thin red onion rings
Fresh, ripe tomato quarters
Fresh herb sprigs (mint, cilantro, tarragon, and watercress)
1 bunch scallions (green onions), trimmed

Directions:

1. If grinding the lamb yourself, quarter the onions, put the lamb, with the fat and onions, through the meat grinder twice. If the lamb was already ground by the butcher, grate the onion and add it to the meat.
2. Combine the ground lamb with the garlic, cumin, chopped herbs, cayenne, salt and pepper, and just enough water to give a firm consistency. Knead very thoroughly until smooth, then refrigerate for 30 minutes.
3. Have ready 6 long metal skewers, preferably flat. Wet your hands with cold water. Shape the lamb mixture into 3½-inch-long sausages around the skewers. The sausages should sit on skewers tightly. Sprinkle with paprika and refrigerate for at least 20 minutes.
4. Prepare hot coals for grilling until coated with white ash, or preheat the broiler. Oil the grill or broiler rack well.
5. Grill or broil the kebabs 3 inches away from the heat, carefully turning to brown evenly on all sides, until well done, about 13 minutes.
6. Serve the kebabs on the skewers, sprinkled with sumac and accompanied by lavash or pita breads, red onion rings, tomato quarters, fresh herbs, and scallions.

Serves 6.

Cous Cous Moroccan

(Veggie Stew and Cous Cous)

Ingredients:

2 cups garbanzo beans (chickpeas), rinsed and drained
1 zucchini, coarsely chopped
1 tablespoon lemon juice, fresh
1 (14.5 ounce) can chicken broth, canned, low sodium
1 (14.5 ounce) can tomatoes, canned, diced
1 red bell pepper, chopped
1 green bell pepper, chopped
1 1/2 cups red-skinned potato, chopped
1 yellow onion, coarsely chopped
8 ounces tomato sauce
1 1/2 teaspoons garlic, minced
1 teaspoon cinnamon, ground
1 teaspoon coriander, ground
1/2 teaspoon cumin, ground
1/2 teaspoon salt
1/4 teaspoon black pepper, freshly ground
1/4 teaspoon sugar
10 ounces couscous (Moroccan pasta)
1 1/2 tablespoons fresh herbs, for garnish (mint, cilantro or parsley)

Directions:

1. In a 5-quart pot, combine chicken broth, canned tomatoes (including juice), bell peppers, potatoes, onion, tomato sauce, garlic, cinnamon, coriander, cumin, salt, pepper, and sugar; bring to a boil. Reduce heat to medium-low and cook uncovered until potatoes are barely tender, about 15 minutes.
2. Stir in garbanzo beans, zucchini and lemon juice. Increase heat to high and return to boil. Reduce heat to medium-low and cook partially covered, until potatoes are tender; about 10 minutes. Serve warm with couscous and sprinkle with chopped mint.

Beef Kabsah

(Saudi Style Beef and red rice)

Ingredients:

1/4 cup	butter or margarine
2 lbs.	ground beef
1	large onion, chopped
5	garlic cloves, minced
1/4 c	tomato sauce or puree
2	medium tomatoes, chopped
2	medium carrots, grated
1	grated peel of orange
3	whole cloves
2	cardamom pods or 1/2 tsp. ground cardamom seeds
1	cinnamon stick
	Salt and freshly ground pepper to taste
3 c	chicken broth
1	cup long-grain rice
1/4	cup raisins
1/4	cup toasted sliced or slivered almonds

Directions:

1. Melt butter or margarine in a large skillet. Add beef and sauté till browned. Remove beef from the pan.
2. Place onions in the pan and sauté until onion is tender.
3. Stir in tomato sauce or puree. Simmer over low heat 1 minute to blend flavors. Add tomatoes, carrots, orange peel, cloves, cardamom, cinnamon stick, salt and pepper. Cook 1 minute. Add broth.
4. Return beef to skillet. Bring to a boil. Reduce heat and cover. Simmer over low heat 30 minutes.
5. Stir rice into liquid and cover. Simmer 30 minutes longer or until rice is tender.
6. Garnish with raisins and almonds. Makes 6 to 8 servings.

Lubia Mutbookha

(Arab Lamb and Green Bean Stew)

Ingredients:

1 yellow onion
1 lb beef chunks (trim off the fat)
2 (15 oz) cans tomato sauce
2 lbs green beans, fresh cut
2 tsp. Salt or to taste
2 tsp. Minced garlic
1 tsp. Pepper or to taste
1 tsp. Hot spice (optional)

Directions:

1. Fry the meat in a little oil until brown. Add enough water to cover the meat. Cook the meat for 1½ to 2 hours on a medium-high heat adding small amounts of water as necessary to keep meat from burning. You can also brown the meat for 15 minutes add water to cover and cook the meat in a pressure cooker for 15 minutes to achieve the same results.
2. Cut the green beans slant-wise into small pieces. Add the green beans and add enough water to cover the mixture. Add salt to taste. Cook for 1 hour. Add 2 cans of tomato sauce, garlic (minced), salt, pepper, and hot spice (optional). Cook for 20-30 minutes more. Serve over hot rice.

Week 5

	Dinner
Monday	Spinach Stuffed Chicken Breasts Toasted Garlic Bread Rice Pilaf p. 140 Garden Salad p. 137
Tuesday	Heshwa (Savory Ground Meat) Rice Pilaf p. 140 Fattoush Salad p. 132
Wednesday	Chicken Calzone (Stuffed Bread Loaf) Caesar Salad p. 133
Thursday	Roast Beef Vegetables Dinner Rolls Avocado Salad p. 134
Friday	Shrimp Alfredo Bread Sticks Caesar Salad p. 133
Saturday	Paneer Palak (Cheese and Spinach Stew) Tandoori Naan Sliced Vegetables
Sunday	Chicken Kabob Rice Pilaf p. 140 Tandoori Naan Arab Salad p. 135

“All food was lawful to the Children of Israel, except what Israel Made unlawful for itself, before the Law (of Moses) was revealed. Say: "Bring ye the Law and study it, if ye be men of truth.”

(Qur'an 3:93)



Spinach Stuffed Chicken Breasts

(Quick and Easy Recipe)

Ingredients:

4 skinless, boneless chicken breasts
1/2 cup mayonnaise
1/2 cup crumbled feta cheese
2 cloves garlic, chopped
1 (10 ounce) package frozen chopped spinach, thawed and drained

Directions:

1. In a medium bowl, mix mayonnaise, spinach, feta cheese, and garlic until well blended. Set aside.
2. Carefully butterfly chicken breasts, making sure not to cut all the way through. Spoon spinach mixture into chicken breasts. Wrap each with a piece of string to secure (or use a toothpick). Place in shallow baking dish. Cover.
3. Bake at 375 degrees F (190 degrees C) for 1 hour, or until chicken is no longer pink.

Heshwa

(Lebanese Savory Meat)

Ingredients:

4 tablespoons unsalted butter
1/2 cup pine nuts, almonds, pistachios, or combination
2 onions, finely chopped
1 lb. ground lean beef, lamb, or even turkey
1 teaspoon ground cinnamon
1 teaspoon ground allspice
1 teaspoon finely ground black pepper
1 teaspoon salt or to taste

Directions:

1. Melt the butter in a frying pan over a medium heat and sauté the nuts in it, stirring regularly, until they become golden brown. Remove with a slotted spoon and put to drain onto a double layer of paper towels.
2. Add onion, fry until golden. Then add ground meat and cook until it loses all traces of pink. Stir and separate meat well so it does not form lumps. Remove from heat and season with cinnamon, allspice, pepper and salt to taste. Mix in the nuts and adjust seasonings if needed.
3. Sprinkle the meat mixture over the hot rice on a large platter.

Chicken Calzone

Dough:

- 2 1/4 tsp. active dry yeast
- 1/2 tsp. brown sugar
- 1 1/2 c warm water (110 degrees F/45 degrees C)
- 1 tsp. salt
- 2 Tbsp. olive oil
- 3 1/3 c all-purpose flour

Filling:

- 1 lb. chicken breast cut into small pieces
- 2 Tbsp. olive oil
- 2 tsp. crushed garlic
- 1/2 tsp. salt
- 1/2 tsp. pepper
- 16 oz. jar spaghetti or pizza sauce
- 1 c shredded mozzarella cheese
- 1 can sliced black olives (optional)
- 1 can sliced mushrooms (optional)
- 1 sliced onion (optional)
- 1 chopped green pepper (optional)

Directions:

1. In a large bowl, dissolve the yeast and brown sugar in the water, and let sit for 10 minutes.
2. Stir the salt and oil into the yeast solution. Mix in 2 1/2 cups of the flour.
3. Turn dough out onto a clean, well floured surface, and knead in more flour until the dough is no longer sticky. Place the dough into a well-oiled bowl, and cover with a cloth. Let the dough rise until double; this should take about 1 hour. Punch down the dough, and form a tight ball. Allow the dough to relax for a minute before rolling out.
4. Roll out dough onto a floured surface till it is a circle approx. 12-14 inches in diameter (like you would make for a pizza crust). Fold the dough into quarters and place on your lightly oiled pizza pan or cookie sheet and unfold. Let rise for 15 minutes before stuffing.
5. In the meantime preheat oven to 400 degrees F and sauté the chicken with the salt, pepper and garlic until golden brown.
6. Add the chicken, sauce, cheese, and vegetables to one half of the dough (avoid getting anything on the edges). Then fold over the other half of the dough and pinch edges to make a half moon shape filled dough. Use a fork to poke several holes in the crust to allow steam to escape. Brush the calzone with egg wash (this gives it a nice appearance).
7. Bake at 400F for 25-30 minutes or until the crust is golden brown. Check halfway through the cooking time to see progress.

Roast Beef

Ingredients:

- 2 (10.75 ounce) cans condensed cream of mushroom soup
- 1 (1 ounce) package dry onion soup mix
- 1 1/4 cups water
- 5 1/2 pounds pot roast

Directions:

1. In a slow cooker, mix cream of mushroom soup, dry onion soup mix and water. Place pot roast in slow cooker and coat with soup mixture.
2. Cook on High setting for 3 to 4 hours, or on Low setting for 8 to 9 hours.

Shrimp Alfredo

(chicken and bread casserole)

Ingredients:

8 oz.	Cream cheese -- cut in bits
1 Tbsp.	Crushed garlic
3/4 c	Parmesan cheese -- grated
1/2 c	Butter or margarine
1/2 c	Milk
8 oz.	Fettuccine; cooked – drain
2 lbs.	Shrimp deviened and shelled
2 Tbsp.	Olive oil

Directions:

1. In large saucepan melt butter and sauté garlic until golden brown. At the same time cook pasta according to directions on box.
2. Add cream cheese, Parmesan, and milk, to the saucepan and stir constantly until smooth and heated through.
3. In a separate skillet sauté shrimp with olive oil till cooked (5-10 minutes) and add to the sauce.
4. Drain pasta and then toss with sauce, coating well. Leftovers freeze well.

Serves 4

Paneer Palak

(Afghani Style)

Ingredients:

6 tablespoons olive oil
2 cloves garlic, chopped
1 tablespoon grated fresh ginger root
2 dried red chili peppers
1/2 cup finely chopped onion
2 teaspoons ground cumin
1 teaspoon ground coriander
1 teaspoon ground turmeric
3/4 cup sour cream
3 pkg. frozen chopped spinach
1 large tomato, quartered
4 sprigs fresh cilantro leaves
8 ounces paneer cheese (from the halal market) chopped into 1/2 inch cubes

1 tsp. salt or to taste

Directions:

1. In a large saucepan heat 3 tablespoons of olive oil and sauté garlic, 1/2 tablespoon of ginger, red chilies (optional ingredient) and onion until brown. Mix in the cumin, coriander, turmeric and sour cream (add more or less to achieve desired creaminess). Add the spinach, handfuls at a time until it is cooked down, about 15 minutes total. Remove from heat and allow to cool slightly.
2. Pour spinach mixture into a blender or food processor and add the tomato, the remaining 1/2 tablespoon of ginger, and cilantro (add more or less according to taste). Blend for 15 to 30 seconds, or until the spinach is finely chopped (almost a paste). Pour back into the saucepan and keep warm over low heat.
3. In a medium frying pan heat 3 tablespoons of olive oil over medium heat, and fry cheese (paneer) until browned; drain and add to spinach. Cook for 10 minutes on low heat. Season with salt to taste.

Chicken Kabob

Ingredients:

4 Whole breasts of chicken, cut into 1-in cubes
2 medium onion, sliced thick
1 tablespoon of Pepper
1 tablespoon of Ground cinnamon
1/2 tablespoon of Ground turmeric
1 tablespoon of Salt

Directions:

1. Mix everything together & marinate at room temperature for a minimum of 1 hour or preferably in refrigerator overnight.
2. Put 4 or 5 cubes of chicken, with onion, on each metal skewers and broil over charcoal for 10 or 15 mins or in a gas or electric broiler. Serve hot with Afghan bread (Nani Afghan), salad, & pickles. Sprinkle with Sumac for garnish and extra flavor if desired.

Serve 4 or 5

Week 6

	Dinner
Monday	Chicken Lo Main
Tuesday	Baked Chicken (Moroccan Style) Mashed Potatoes Dinner Rolls Garden Salad p. 137
Wednesday	Tchabo Dgen (Red Rice and Fish)
Thursday	Chicken Biryani Riyta p. 136
Friday	Peanut-Ginger BBQ Chicken Potato Salad Dinner Rolls Caesar Salad p. 133
Saturday	Beef Stroganoff Toasted Bread Sticks Caesar Salad p. 133
Sunday	Blue Cheese Burgers French Fries Garden Salad p. 137

“O ye who believe! fulfil (all) obligations. Lawful unto you (for food) are all four-footed animals, with the exceptions named: But animals of the chase are forbidden while ye are in the sacred precincts or in pilgrim garb: for Allah doth command according to His will and plan.”
(Qur’an 5:1)



Chicken Lo Mien

Ingredients:

4 skinless, boneless chicken breast halves - cut into thin strips
5 teaspoons white sugar
3 tablespoons vinegar
1/2 cup soy sauce
1 1/4 cups chicken broth
1 cup water
1 tablespoon sesame oil
1/2 teaspoon ground black pepper
2 tablespoons cornstarch
1 (12 ounce) package uncooked linguine pasta
2 tablespoons vegetable oil
2 tablespoons minced fresh ginger root
1 tablespoon minced garlic
1/2 pound fresh shiitake mushrooms, stemmed and sliced
6 green onions, sliced diagonally into 1/2 inch pieces

Directions:

1. In a medium bowl, combine the chicken with 2 1/2 teaspoons of white sugar, 1 1/2 tablespoons vinegar and 1/4 cup soy sauce. Mix this together and coat the chicken well. Cover and let marinate in the refrigerator for at least 1 hour.
2. In another medium bowl, combine the chicken broth, water, sesame oil and ground black pepper with the remaining sugar, vinegar and soy sauce. In a separate small bowl, dissolve the cornstarch with some of this mixture and slowly add to the bulk of the mixture, stirring well. Set aside.
3. Cook the linguine according to package directions, drain and set aside. Heat 1 tablespoon of the vegetable oil in a wok or large saucepan over high heat until it starts to smoke. Add the chicken and stir-fry for 4 to 5 minutes, or until browned. Transfer this and all juices to a warm plate.
4. Heat the remaining vegetable oil in the wok or pan over high heat. Add the ginger, garlic, mushrooms and green onions, and stir-fry for 30 seconds. Add the reserved sauce mixture and then the chicken. Simmer until the sauce begins to thicken, about 2 minutes. Add the reserved noodles and toss gently, coating everything well with the sauce.

Baked Chicken

(Moroccan)

Ingredients:

- 1 Tbsp. cumin seed
- 1 3-inch cinnamon stick, broken into pieces
- 5 whole cloves
- 2 Tbsp. paprika or sumac
- 1/4 tsp. cayenne
- 2 2 ½ -pound chickens, quartered
- 2 garlic cloves, chopped and mashed to a paste with 1 teaspoon salt
- ½ Tbsp. freshly grated lemon zest
- 1 Tbsp. fresh lemon juice
- 1 Tbsp. olive oil
- ½ stick unsalted butter
- 1 tsp. salt or to taste
- 1 Tbsp. chopped fresh parsley leaves

Directions:

1. With a mortar and pestle or in an electric spice grinder grind cumin seed, cinnamon stick pieces, and cloves and in a small bowl mix with paprika, cayenne, and salt to taste. In a non-aluminum container large enough to hold chicken stir together garlic paste, zest, lemon juice, oil, and 2 tablespoons spice mixture (reserving remainder) to make marinade.
2. Rinse chicken and pat dry with paper towels. Put chicken in container and rub with marinade to coat. Marinate chicken, covered and chilled, at least 2 hours or overnight.
3. Preheat oven to 450°F.
4. Put chicken in large roasting pans. Brush chicken with any marinade left in container and season chicken with salt.
5. Roast chicken for 20 minutes. In a small saucepan melt butter. Brush chickens with butter and sprinkle with chopped parsley and roast 30 minutes more, or until a meat starts to fall off the bones.

Serves 4

Tchabo Dgen

(Senegalese Fish and Rice)

Stuffing mixture:

- 1 sweet peppers (or bell peppers), chopped
- 1 onion, chopped
- 1 tsp. garlic, minced (optional)
- 1 small bunch of parsley
- 1 tsp. salt
- 1 hot chili pepper, cleaned and chopped (optional)

2-3 lbs. of fish: whole, filets, or steaks; cleaned (sea bass, hake, haddock, sea bream, halibut, or any similar firm-fleshed fish)

- 1 cup vegetable oil
- 2 onions, chopped
- 3 tomatoes (peeled if desired), whole
- 4 oz. tomato paste (optional)
- 1 large carrot, cut into 2-3 inch sections
- 1 large yam, quartered
- 1 small white cabbage, quartered
- 1 squash (any kind will do) or zucchini, cleaned and chopped
- 1 small eggplant, quartered
- 1 chili pepper, cleaned and chopped (optional)

Directions:

1. Combine the stuffing mixture ingredients. Chop, mix, and grind them into a paste. A small amount of water or oil can be added. (Use a food processor if possible) Cut a few slits into the fish. Stuff the slits with the mixture.
2. Heat oil in a deep pot. Fry fish on each side, until nearly done. Add onions and fry until tender. Add tomatoes, cover, reduce heat and simmer for ten minutes.
3. Remove fish and set it aside. Add the whole sweet peppers and the carrot and yam to the same pot in which the fish was fried. Add water to halfway cover the vegetables. Bring to a boil then reduce heat and simmer for 30 to 45 minutes. Then add the cabbage and eggplant. Add water only if necessary. Place fish on top, but not in liquid. Simmer for another 30 minutes.
4. When all the vegetables are nearly done, carefully remove the tomatoes and a cup of the broth and place them in a separate pot. Add the cooked rice. Stir to mix tomato into rice, continue to heat and stir until the liquid is absorbed and the rice begins to stick to the bottom of the pot. (A spoonful of tomato paste could be added to the rice at this point if desired.)
5. Place rice in the center of the serving dish. Scrape some of the crust from the bottom of the rice pot (yes that is actually the part they really like to eat in Senegal!) and put this over the rice. Put the fish on top of the rice, and surround it with the vegetables. Garnish with the rest of the parsley. Any remaining cooking liquid from the vegetables can be brought to a boil and served in a separate bowl as a sauce to be poured on rice as desired (that is the traditional way to serve).

Chicken Biryani

Ingredients:

1/2 pkg	Biryani Spice Mix (get the Shan brand that says “Biryani: mild meat pilaf” from the Halal market)
3 c	Rice (soaked for 30 minutes)
2 lbs.	Chicken legs (they give the best flavor)
4	Medium tomatoes
4	Medium onions (or use 1 cup dry fried onions from the Halal market, they sell bags of golden fried onions ready to use in sauces or rice. This cuts your cooking time down and gives a nicer appearance and flavor.)
1 ½ c	Yogurt
2 Tbsp.	Ginger Paste
2 Tbsp.	Crushed Garlic
½ c	Olive oil

Directions:

1. Fry onions till golden brown (if using dry fried onions add them in step 2). Add meat and sauté till browned, add garlic, ginger, and 4 cups water cover and cook on medium heat till the meat is tender.
2. Add tomatoes, yogurt and ½ of the spice packet to the chicken. Cook uncovered until oil begins to separate from the sauce and chicken begins to fall off the bones. The sauce should begin to reduce till you have just enough liquid to coat the rice. If liquid is too much simmer a little longer to reduce the liquid.
3. Separately drain rice then place in another pot with 4 ½ cups water, cover and bring to a boil. Then lower flame to low and simmer for 20 minutes or until done.
4. When chicken and rice are both done, mix together and let simmer on a low flame for another 10 minutes.

Peanut-Ginger BBQ Chicken

Ingredients:

- 1/2 cup hot water
- 1/2 cup creamy peanut butter
- 1/4 cup chili paste (or less if you want a mild hot flavor)
- 1/4 cup soy sauce
- 2 tablespoons vegetable oil
- 2 tablespoons white vinegar
- 4 cloves garlic, minced
- 2 teaspoons grated fresh ginger root
- 1/4 teaspoon ground red pepper
- 3 pounds skinless, boneless chicken breast halves - cut into bite-size pieces

Directions:

1. In a large bowl, gradually stir hot water into peanut butter. Stir in chili paste, soy sauce, oil, vinegar, garlic, ginger and ground red pepper. Place chicken in marinade, and turn to coat evenly. Cover, and refrigerate overnight, turning occasionally.
2. Preheat an outdoor grill for medium heat, and lightly oil grate. Thread chicken pieces onto skewers. Discard marinade.
3. Grill chicken 8 to 10 minutes per side, or until no longer pink, and juices run clear.

Beef Stroganoff

Ingredients:

	Nonstick cooking spray
1 lb.	Round steak -- cut into 1/4 in strips
2/3 c	Water
3 oz.	Mushrooms, sliced -- canned
1 pkg.	Dry onion soup mix
1 c	Yogurt, plain, lowfat
2 tbsp.	Flour
6 oz.	Egg noodles – cooked according to package directions.

Directions:

1. In a frying pan sprayed with nonstick cooking spray, brown meat. Add water, mushrooms (including liquid), and soup mix. Cover and simmer for 15 minutes.
2. In a small bowl, blend yogurt and flour; add to meat mixture.
3. Cook and stir on low heat until mixture thickens. Serve over hot noodles.

Blue Cheese Burgers

(American style, 5 star recipe!)

Ingredients:

- 3 pounds lean ground beef
- 4 ounces blue cheese, crumbled
- 1/2 cup minced fresh chives
- 1/4 teaspoon hot pepper sauce
- 1 teaspoon Worcestershire sauce
- 1 teaspoon coarsely ground black pepper
- 1 1/2 teaspoons salt
- 1 teaspoon dry mustard
- 12 French rolls or hamburger buns

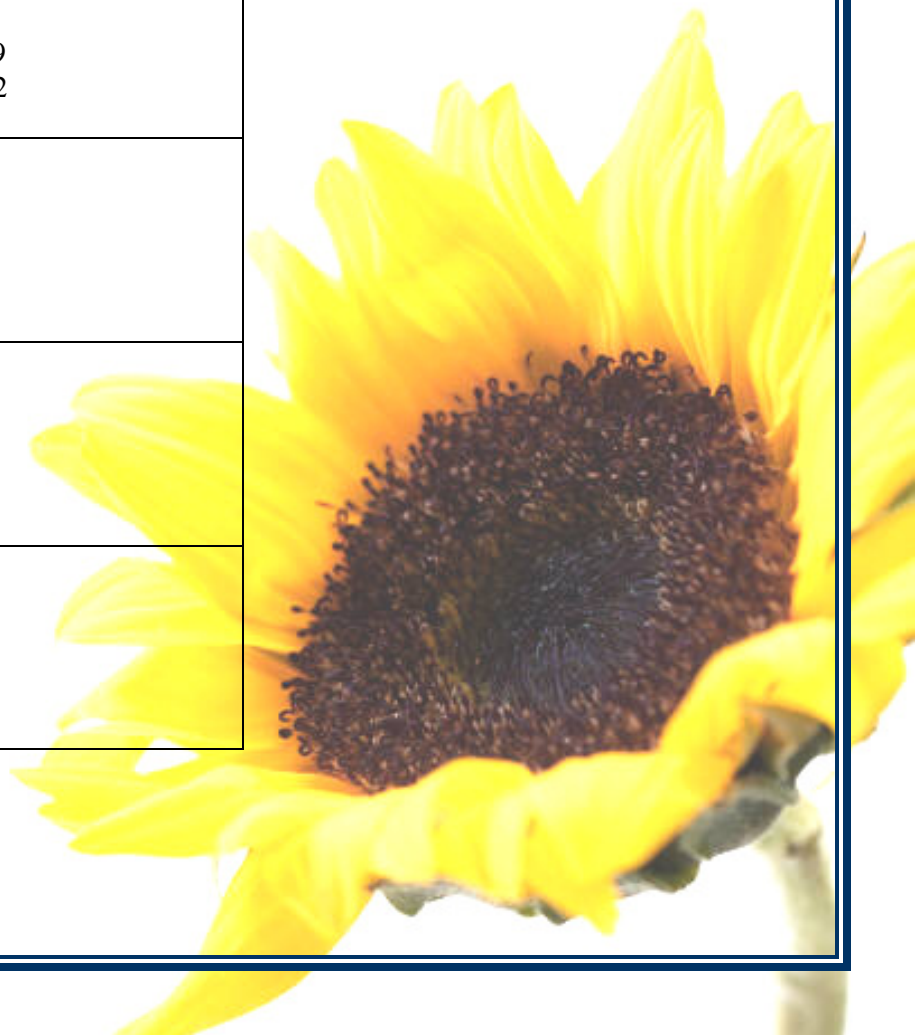
Directions:

1. In a large bowl, mix the ground beef, blue cheese, chives, hot pepper sauce, Worcestershire sauce, black pepper, salt, and mustard. Cover, and refrigerate for 2 hours.
2. Preheat grill for high heat. Gently form the burger mixture into about 12 patties.
3. Oil the grill grate. Grill patties 5 minutes per side, or until well done. Serve on rolls.

Week 7

	Dinner
Monday	Dajaj Mahshy Pita Bread Hummus p. 138 Fattoush Salad p. 132
Tuesday	Chicken Shawarma (grilled sliced marinated chicken) Tandoori Naan Sliced Vegetables Yogurt
Wednesday	Zanzibar Pilau Arab Salad p. 135
Thursday	Kibbeh (Lamb and Bulger) Pita Bread Baba Ganoush p. 139 Fattoush Salad p. 132
Friday	Steak Baked Potatoes Green Beans Ceasar Salad p. 133
Saturday	Chili Toasted Bread Caesar Salad p. 133
Sunday	Chicken Stir Fry White Rice

“They ask thee what is lawful to them (as food). Say: lawful unto you are (all) things good and pure: and what ye have taught your trained hunting animals (to catch) in the manner directed to you by Allah: eat what they catch for you, but pronounce the name of Allah over it: and fear Allah; for Allah is swift in taking account.” (Qur’an 5:04)



Dajaj Mahshy

(Arab Style Stuffed Chicken)

Ingredients:

12 tablespoons of oil
1 chicken (3 lbs)
1 onion (grated)
1 teaspoon each of: cinnamon, cloves, black pepper,
cardamom and saffron
1 tsp. salt or to taste
¼ cup raisins
¼ cup blanched almonds, skinned and sautéed till
golden brown
1 cup cooked white rice
1 tomato puréed
flour

Directions:

1. Thoroughly clean the chicken inside and out. Rub with flour and salt.
2. Fry the onion and black pepper; add to the cooked rice. Add the almonds, raisins and spices to the above and mix well.
3. Stuff the chicken with the mixture and truss.
4. Place the chicken in a large pan. Pour the tomato purée on top, add salt, cover tightly with foil and bake in the oven at 350 F for 1 ½ to 2 hours or until skin browns and the meat starts to come away from the bones.

Serves 4.

Chicken Shwarma

(Saudi Style, this is a classic Arab dish served all over the Middle East)

Ingredients:

2 lbs boneless chicken breasts
1 Tbsp. lemon juice
1 Tbsp. olive oil
½ Tbsp. crushed garlic
1 tsp. Salt (or to taste)
½ tsp. Pepper
1 tsp. cardamom powder
1 tsp. cumin powder
1 tsp. coriander powder
½ Tbsp. mustard
1/3 c White vinegar
1 dash cloves powder
1 dash nutmeg ground
½ c plane yogurt

Directions:

1. Remove the skin from chicken and mix all other ingredients in a bowl to make the marinade.
2. Place the chicken into the marinade and coat well. Refrigerator over night (12hours).
3. Slice the chicken into thin strips and sauté in a frying pan (add 2 tsp. oil if needed to keep the meat from sticking).
4. Served as sandwiches or in a plate, served with garlic sauce, mint leaves and pickles.

Zanzibar Pilau

Ingredients:

one-half teaspoon cumin seeds
one-half teaspoon whole black peppercorns
several whole cloves
one cinnamon stick (or a few pinches ground cinnamon)
a few cardamom pods (or a few pinches ground cardamom)
oil for frying
three cloves of garlic
two teaspoons fresh ginger
three cups of rice (uncooked)
three onions, chopped
two pounds of meat (beef, chicken, mutton, fish, shrimp, or prawns), cut into bite-sized pieces
three tomatoes, chopped (or canned tomatoes)
three potatoes, peeled and cut into quarters
one apple, peeled and cut into slices (optional)
one cup raisins (optional)

Directions:

1. Combine cumin, peppercorns, cloves, cinnamon and cardamom in a teacup, cover with warm water, stir, and set aside. *(Cooking tip: The spices can be tied up in a small sack, like a tea bag, or can be put into a tea infuser before being placed in the warm water. This avoids having whole spices in the dish when it is served.)*
2. Pound the garlic and ginger together and set aside. Wash the rice, drain, and set aside.
3. Heat oil in deep pot. Fry onions until clear. Stir. Add garlic and ginger. Continue stirring and frying until the flavors have mixed -- it should develop a nice aroma.
4. Add the meat, stir and cook over high heat until meat is browned on the outside. Reduce heat and simmer for a few minutes. Remove the meat and most of the onions, and set them aside. Add the rice and stir it thoroughly to coat each grain of rice with the oil. Add the spices and water. Stir. Wait five minutes. Add the tomatoes. Cover and simmer for a few minutes. Stir occasionally.
5. Check every few minutes to see if more water is needed and add water (or broth) as necessary. Stir as liquid is added. After ten minutes add the potatoes (and/or the optional apples or raisins) and the meat and onions. Keep covered, keep checking, add water if bottom of pot is dry. Continue cooking over low heat for ten more minutes.
6. Remove pot from stove, keep covered. Place entire pot in warm oven for an additional ten to twenty minutes. All moisture should be absorbed by rice and potatoes should be tender. Serve hot.

Kibbeh

(Lamb and Bulgur kufta)

Ingredients:

3/4	cup	Bulgur
1/2	cup	Chickpeas -- cooked 4 oz (or use 1/2 cup of canned Hummus p. 138)
1	lb	Ground lamb -- lean
1/2	cup	Bread crumbs (or finely crumbled pita Bread)
1	large	Egg -- slightly beaten
1/4	cup	Fresh lemon juice
1		Clove garlic -- crushed
1 1/2	tsp.	Ground coriander
1	tsp.	Ground cumin
1/2	tsp.	Salt
1/4	tsp.	white pepper
1/4	cup	Chopped parsley -- or mint Or mix
2	cups	Virgin olive oil

Directions:

1. Place bulgur in a medium size bowl lined with cheesecloth, add water to cover, and let soak for 10 minutes.
2. In the meantime mix all other ingredients (except oil) in a large bowl.
3. Gather edges of cheesecloth together and squeeze water out of the soaked bulgur. Get out as much water as possible. Then unwrap the cheesecloth and add the bulgur to the meat mixture.
4. Form about 30 balls (golf ball size) with your hands and place them on a platter in the refrigerator for 30 minutes.
5. Heat the oil in a large deep pan. Place the balls into the pan and fry until browned (about 5-10 minutes). Turn often to make sure they are browned evenly on all sides.

Serves 4

Steak

(Japanese)

Ingredients:

- 1/4 cup chili sauce
- 1/4 cup fish sauce (from Asian Market)
- 1 1/2 tablespoons dark sesame oil
- 1 tablespoon grated fresh ginger root
- 3 cloves garlic, peeled and crushed
- 2 pounds flank steak

Directions:

1. In a medium bowl, whisk together chili sauce, fish sauce, sesame oil, ginger, and garlic. Set aside a few tablespoons of the mixture for brushing the steaks during grilling. Score flank steak and place in a shallow dish. Pour remaining marinade over the steak, and turn to coat. Cover, and marinate in the refrigerator at least 3 hours.
2. Preheat an outdoor grill for high heat.
3. Lightly brush the grilling surface with oil. Grill steak 5 minutes per side, or to desired doneness, brushing frequently with the reserved marinade mixture.

Chili

(5 star American Style, I know the ingredient will sound weird but it is the highest rated Chili recipe I have ever found 😊)

Ingredients:

- 2 tablespoons vegetable oil
- 2 onions, chopped
- 3 cloves garlic, minced
- 1 pound ground beef
- 3/4 pound beef sirloin, cubed
- 1 (14.5 ounce) can peeled and diced tomatoes with juice
- 1 (12 fluid ounce) can or bottle dark apple cider
- 1 cup strong brewed coffee
- 2 (6 ounce) cans tomato paste
- 1 (14 ounce) can beef broth
- 1/2 cup packed brown sugar
- 3 1/2 tablespoons chili powder
- 1 tablespoon cumin seeds
- 1 tablespoon unsweetened cocoa powder
- 1 teaspoon dried oregano
- 1 teaspoon ground cayenne pepper
- 1 teaspoon ground coriander
- 1 teaspoon salt
- 4 (15 ounce) cans kidney beans
- 4 fresh hot chili peppers, seeded and chopped

Directions:

1. Heat oil in a large saucepan over medium heat. Cook onions, garlic, ground beef and cubed sirloin in oil for 10 minutes, or until the meat is well browned and the onions are tender.
2. Mix in the diced tomatoes with juice, cider, coffee, and tomato paste and beef broth. Season with brown sugar, chili powder, cumin, cocoa powder, oregano, cayenne pepper, coriander and salt. Stir in 2 cans of the beans and hot chili peppers. Reduce heat to low, and simmer for 1 1/2 hours.
3. Stir in the 2 remaining cans of beans, and simmer for another 30 minutes.

Chicken Stir Fry

(Chinese)

Ingredients:

1 lb. lean chicken breast cut into strips
1 small bunch broccoli, cut into bite size pieces
2 celery sticks, sliced
2 carrots, cut in 2" sticks
1 green and red pepper, cut into strips
1 teaspoon each ground ginger, garlic
1/4 teaspoon garam masala
1 teaspoon cumin powder
1 teaspoon coriander powder
6 Tablespoon oil
2 Tablespoon corn starch
1/2 teaspoon salt
1/2 teaspoon pepper
1 cup soy sauce
2 Tablespoon hot sauce
1/3 cup vinegar

Directions:

1. Heat half of the oil in a skillet on high heat and add chicken strips, stirring until brown.
2. Add garlic, ginger, garam masala, cumin, coriander, salt and pepper and 1/4 cup of water. Cover and turn down to medium, cook until tender.
3. Add remaining oil to another pan and heat on high. Add the vegetables and stir fry until tender and crisp, approximately 4-5 minutes.
4. Mix 1 cup water with vinegar, corn starch, soy sauce, and hot sauce in a small pot. Cook for 1 minute on medium heat, stirring constantly. Pour into pan with chicken and vegetables and mix thoroughly on medium heat. Serve with rice.

Week 8

	Dinner
Monday	Salisbury Steak Mixed Vegetables Garden Salad p. 137
Tuesday	Butter Chicken Rice Pilaf p. 140 Caesar Salad p. 133
Wednesday	Honey-Mustard Curried Chicken White Rice Garden Salad p. 137
Thursday	Mahshiy (Stuffed Eggplant) Pita Bread Fattoush Salad p. 132
Friday	Meat Stuffed Bread Fattoush Salad p. 132
Saturday	Lamb and Rice Arab Salad p. 135
Sunday	Indonesian Chicken Avocado Salad p. 134

“This day are (all) things good and pure made lawful unto you. The food of the People of the Book is lawful unto you and yours is lawful unto them.”

(Qur’an 5:5)



Salisbury Steak

(30 minutes to make)

Ingredients:

- 1 (10.5 ounce) can condensed French onion soup
- 1 1/2 pounds ground beef
- 1/2 cup dry bread crumbs
- 1 egg
- 1/4 teaspoon salt
- 1/8 teaspoon ground black pepper
- 1 tablespoon all-purpose flour
- 1/4 cup ketchup (yes that's right)
- 1/4 cup water
- 1 tablespoon Worcestershire sauce
- 1/2 teaspoon mustard powder

Directions:

1. In a large bowl, mix together 1/3 cup condensed French onion soup with ground beef, breadcrumbs, egg, salt and black pepper. Shape into 6 oval patties.
2. In a large skillet over medium-high heat, brown both sides of patties. Pour off excess fat.
3. In a small bowl, blend flour and remaining soup until smooth. Mix in ketchup, water, Worcestershire sauce and mustard powder. Pour over meat in skillet. Cover, and cook for 20 minutes, stirring occasionally.

Butter Chicken

(American)

Ingredients:

- 2 eggs, beaten
- 1 cup crushed buttery round cracker crumbs
- 1/2 teaspoon garlic salt
- ground black pepper to taste
- 4 skinless, boneless chicken breast halves
- 1/2 cup butter, cut into pieces

Directions:

1. Preheat oven to 375 degrees F (190 degrees C).
2. Place eggs and cracker crumbs in two separate shallow bowls. Mix cracker crumbs with garlic salt and pepper. Dip chicken in the eggs, then dredge in the crumb mixture to coat.
3. Arrange coated chicken in a 9x13 inch baking dish. Place pieces of butter around the chicken.
4. Bake in the preheated oven for 40 minutes, or until chicken is no longer pink and juices run clear.

Honey-Mustard Curried Chicken

Ingredients:

- 1/3 cup butter, melted
- 1/3 cup honey
- 1/4 cup prepared mustard
- 4 teaspoons curry powder
- 1 pinch ground cayenne pepper
- 4 skinless, boneless chicken breasts

Directions:

1. In a medium bowl combine the melted butter/margarine, honey, mustard, curry powder and cayenne powder. Mix well. cut chicken breast into 4-5 pieces each and place in a 9x13 inch baking dish and pour honey/mustard mixture over chicken. Cover and place in refrigerator. Marinate for at least 4 hours or overnight.
2. Preheat oven to 375 degrees F (190 degrees C).
3. Remove dish from refrigerator and bake, covered, in the preheated oven for 10-15 minutes. Remove cover and bake about 10 minutes more, or until done and juices run clear (baking time will depend a little on how thick your chicken breasts pieces are).

Mahshiy

(Turkish Stuffed Eggplant)

Ingredients:

1 large eggplant
3 to 4 tablespoons extra virgin olive oil, or as needed
1 tsp. Salt and pepper or to taste
4 boneless skinless chicken breast halves
Flour for dredging
2 yellow onions, diced
6 garlic cloves, coarsely chopped
2 cans diced tomatoes (about 14 ounces each)
Pinch of sugar
1/4 teaspoon oregano, or to taste
Pinch of cinnamon
Pinch of allspice or cloves
15 or so Mediterranean black olives, pitted and halved
2 tablespoons chopped parsley

Directions:

1. Cut the eggplant into halves lengthwise, then cut each half in half lengthwise. Using a grapefruit knife or a sharp paring knife and a spoon, hollow out each eggplant quarter, leaving a 1/2- to 3/4-inch-thick wall. Dice the eggplant flesh you have removed.
2. Heat a small amount of olive oil in a nonstick skillet. Add the eggplant quarters and sauté until lightly browned on each side. The hollowed-out side will need to be pushed on a little to get the inside flesh cooked a bit. Transfer the quarters to a baking dish just large enough to hold them in a single layer.
3. Add a tad more olive oil to the skillet. When it is hot, add the diced eggplant and sauté until tender. Season with 1/2 salt and pepper; remove from the pan and set aside.
4. Cut the chicken breasts into large bite-size pieces. Season with salt and lightly coat with flour; shake off excess.
5. Brown them lightly in the olive oil until they are just golden on each side but not cooked through. Remove and set aside.
6. In the same pan, sauté the onions and garlic for about 10 minutes, until tender. Add the tomatoes, sugar, oregano, cinnamon and allspice. Season with salt and pepper. Cook over medium-high heat for 5 to 6 minutes, until the sauce has thickened.
7. Add the diced eggplant, olives and reserved chicken to the sauce. Spoon into the hollowed-out eggplant, mounding the filling as high and as full as you can.
8. Bake in a 350 degrees-375 degrees oven for 20 to 25 minutes, or long enough to just heat through and finish cooking the chicken.

Meat Stuffed Bread

(Palestinian)

Filling:

4 tablespoons unsalted butter
1/2 cup pine nuts, almonds, pistachios, or combination
2 onions, finely chopped
1 lb. ground lean beef, lamb, or even turkey
1 teaspoon ground cinnamon
1 teaspoon ground allspice
1 teaspoon finely ground black pepper
1 teaspoon salt or to taste
1 bunch parsley chopped finely
1 tsp. dried mint

Dough:

6 cups all purpose flour
1 Tbsp. active dry yeast
1/2 cup very warm water (warm to the touch)
1/2 Tbsp. sugar
1 egg
1/2 cup olive oil
1 cup cold water

Dough Directions:

1. Put yeast, sugar and water in a mug and mix. Set aside.
2. Place all other ingredients in a large bowl (except cold water). When yeast has risen to the top of the mug pour it into the bowl add the cold water and mix all ingredients by hand. The dough should form a firm ball (like pizza dough) if it is too wet add a little flour, if too dry add a little cold water.
3. Set dough in warm place covered to rise for 1 hour.

Filling Directions:

1. Melt the butter in a frying pan over a medium heat and sauté the nuts in it, stirring regularly, until they become golden brown. Remove with a slotted spoon and put to drain onto a double layer of paper towels.
2. Add onion, fry until golden. Then add ground meat and cook until it loses all traces of pink. Stir and separate meat well so it does not form lumps. Remove from heat and season with cinnamon, allspice, pepper and salt to taste. Mix in the nuts.
3. Roll out dough on a floured surface (should be a rectangle approx. 12 x 10 inches).
4. Spread the mixture over the dough to cover (avoid the edges on all sides). Then roll the dough (like a cinnamon roll) so that the meat is encased completely.
5. Place the roll carefully on a well-oiled cookie sheet and bake at 350 F for 20-30 minutes or until golden brown. Check throughout cooking time to see progress.

Lamb and Rice

(Saudi Style)

Ingredients:

2-1/2 lbs. lean lamb meat, cubed
2 onions, chopped
oil for frying
2 cups rice
1/2 teaspoon salt
1/2 teaspoon pepper
1/2 teaspoon cinnamon
1/2 teaspoon cardamom
1/4 cup almonds, toasted
1/4 cup pine nuts, toasted

Directions:

1. Brown lamb and onions over medium heat in vegetable oil, in a large skillet. Season with salt, pepper, cinnamon and cardamom. Add enough hot water to cover the lamb. Cover pan and simmer until lamb is tender.
2. Drain the lamb, reserving the liquid in a measuring cup. Add enough water to the liquid to measure three cups. Pour liquid into saucepan and bring to a boil. Add the rice. Cover pan and reduce heat to low. Let rice simmer for 20 minutes, while lamb and onions are kept warm in the oven.
3. Mound rice on a serving platter. Top with lamb and onions, and garnish with toasted almonds and pine nuts.

Indonesian Chicken

Ingredients:

- 1 cup uncooked long grain white rice
- 2 cups water
- 1 pound fresh green beans, trimmed and snapped
- 2 teaspoons olive oil
- 1 pound skinless, boneless chicken breast halves - cut into chunks
- 3/4 cup low-sodium chicken broth
- 1/3 cup smooth peanut butter
- 2 teaspoons honey
- 1 tablespoon low sodium soy sauce
- 1 teaspoon red chili paste
- 2 tablespoons lemon juice
- 3 green onions, thinly sliced
- 2 tablespoons chopped peanuts (optional)

Directions:

1. Bring the rice and water to boil in a pot. Reduce heat to low, cover, and simmer 20 minutes.
2. Place green beans in a pot fitted with a steamer basket over boiling water, and steam 10 minutes, or until tender but crisp.
3. Heat the oil in a skillet, and cook the chicken 5 minutes on each side, or until juices run clear.
4. Mix the chicken broth, peanut butter, honey, soy sauce, chili paste, lemon juice in a saucepan over medium heat. Cook and stir 5 minutes, until slightly thickened. Mix in the green beans and rice. Serve over rice. Garnish with green onions and peanuts.

Week 9

	Dinner
Monday	Beef Biryani Riyta p. 136 Sliced Vegetables
Tuesday	Hearty Beef Stew Dinner Rolls Garden Salad p. 137
Wednesday	Chicken Alfredo Toasted Bread Sticks Caesar Salad p. 133
Thursday	Dolma (Stuffed Grape Leaves) Hummus p. 138 Pita Bread Fattoush Salad p. 132
Friday	Maqluba (Chicken and rice flipped casserole) Fattoush Salad p. 132
Saturday	Spinach Soufflé Garden Salad p. 137
Sunday	Creamy Chicken Lasagna Toasted Italian Bread Caesar Salad p. 133

“Christ the son of Mary was no more than a messenger; many were the messengers that passed away before him. His mother was a woman of truth. They had both to eat their (daily) food.”

(Qur’an 5:75)



Beef Biryani

Ingredients:

1/2 pkg	Biryani Spice Mix (get the Shan brand that says “Biryani: mild meat pilaf” from the Halal market)
3 c	Rice (soaked for 30 minutes)
2 lbs.	beef cubes
4	Medium tomatoes
4	small potatoes quartered
4	Medium onions (or use 1 cup dry fried onions from the Halal market, they sell bags of golden fried onions ready to use in sauces or rice. This cuts your cooking time down and gives a nicer appearance and flavor.)
1 ½ c	Yogurt
2 Tbsp.	Ginger Paste
2 Tbsp.	Crushed Garlic
½ c	Olive oil

Directions:

1. Fry onions till golden brown (if using dry fried onions add them in step 2). Add meat and sauté till browned, add garlic, ginger, and 4 cups water cover and cook on medium heat till the meat is tender.
2. Add potatoes, tomatoes, yogurt and ½ of the spice packet to the beef. Cook uncovered until oil begins to separate from the sauce. The sauce should begin to reduce till you have just enough liquid to coat the rice. If liquid is too much simmer a little longer to reduce the liquid.
3. Separately drain rice then place in another pot with 4 ½ cups water, cover and bring to a boil. Then lower flame to low and simmer for 20 minutes or until done.
4. When meat and rice are both done, mix together and let simmer on a low flame for another 10 minutes.

Hearty Beef Stew

(American)

Ingredients:

- pounds cubed beef stew meat
- 3 tablespoons vegetable oil
- 4 cubes beef bouillon, crumbled
- 4 cups water
- 1 teaspoon dried rosemary
- 1 teaspoon dried parsley
- 1/2 teaspoon ground black pepper
- 3 large potatoes, peeled and cubed
- 4 carrots, cut into 1 inch pieces
- 4 stalks celery, cut into 1 inch pieces
- 1 large onion, chopped
- 2 teaspoons cornstarch
- 2 teaspoons cold water

Directions:

1. In a large pot or dutch oven, cook beef in oil over medium heat until brown. Dissolve bouillon in water and pour into pot. Stir in rosemary, parsley and pepper. Bring to a boil, then reduce heat, cover and simmer 1 hour.
2. Stir potatoes, carrots, celery, and onion into the pot. Dissolve cornstarch in 2 teaspoons cold water and stir into stew. Cover and simmer 1 hour more.

Chicken Alfredo

(chicken and bread casserole)

Ingredients:

8 oz.	Cream cheese -- cut in bits
1 Tbsp.	Crushed garlic
3/4 c	Parmesan cheese -- grated
1/2 c	Butter or margarine
1/2 c	Milk
8 oz.	Fettuccine; cooked – drain
1 ½ lbs.	Chicken breast cut into bite-sized pieces

Directions:

1. In large saucepan melt butter and sauté garlic until golden brown.
2. Add cream cheese, Parmesan, and milk, then stir constantly until smooth and heated through.
3. Cook pasta according to directions on box.
4. In a separate pan sauté chicken in a teaspoon of oil till done, salt and pepper to taste, then mix in the Alfredo sauce.
5. Drain pasta and then toss with sauce, coating well. Leftovers freeze well.

Serves 4

Dolma

(Lebanese Stuffed Grape Leaves, this is a hard one as far as the time it takes to put together but well worth the effort ☺)

Ingredients:

16 oz Jar grape leaves (from the Halal Market Barquq brad yellow and red label is best)
1 c Long grain rice (soaked for 30 minutes and then drained)
3 tb Fresh dried mint
1 c Water
2 lb Ground lamb or beef
1/8 ts Cinnamon
3 Tbsp. crushed garlic
8 Tbsp. lemonjuice
1 tsp. salt

Directions:

1. Mix ground meat with rice; season with salt, pepper and cinnamon.
2. Line a large soup pot with foil.
3. Remove stem from each grape leaf. Spread each leaf on flat surface. Place about 1 teaspoon of meat stuffing the center of the leaf. Fold in bottom, right and then left sides to contain the meat and then roll forward tightly all the way to the end of the leaf to form the roll. Repeat for each leaf.
4. Neatly place each stuffed roll in the pot. Make sure the rolls are tightly packed together like sardines in rows. If you need to make a second layer you can. (note do not double the recipe or make more than two layers in a pot)
5. Mix garlic with mint, 1 cup water and lemon juice then pour over grape
6. leaves in the pot. Cover with a plate that can fit inside the pot and then place a bowl filled with water on top of the plate to weight the grape leaves down during cooking. Place a tight fitting lid over the pot to keep the steam in.
7. Bring to a boil over high heat. Cook, covered, very slowly for 1 hour. Add more water if needed. Steam until grape leaves are soft and are pierced and cut easily with a fork. Do not over cook. The leaves should not fall apart.

Chicken Maqluba

Ingredients:

2	medium-size eggplants (about 2 1/2 pounds total), peeled and slice 1/2 -inch slices
	Salt
6 Tbsp.	olive oil
1	large onion
1 1/2-2 lbs.	bonless chicken breast cut into 1 inch cubes
1 Tbsp.	Baharaat p. 147
1 tsp.	ground black pepper
1 tsp.	ground allspice
Pinch	ground cinnamon
Pinch	grated nutmeg
3 c	water
6 c	olive oil (for frying the eggplant, you can sauté the eggplant instead)
3	large ripe (but firm) tomatoes cut into thick slices
1 1/2 c	long grain rice rinsed well and soaked in water for 30 minutes and then drained
2 c	boiling water

Directions:

1. Lay the eggplant slices on some paper towels and sprinkle generously with salt. Leave them to drain of their bitter juices for 30 minutes, then pat dry with paper towels.
2. In a large skillet, heat 5 tablespoons of the olive oil over medium-high heat, then cook the onion until yellow, about 10 minutes, stirring occasionally. Reduce the heat to the medium-low, add the chicken, Baharaat p. 147, 1 teaspoon salt, 1/2 teaspoon of the pepper, the allspice, cinnamon, and nutmeg, and brown for 10 minutes, turning the chicken. Remove the chicken from the skillet with a slotted ladle or skimmer, getting as much of the onion as you can and leaving behind the fat.
3. Meanwhile, preheat the frying oil to 375F in a deep-fryer or an 8-inch saucepan fitted with a basket insert. Deep-fry the eggplant slices in batches until golden brown, 7 to 8 minutes, turning once. Drain and reserve on paper towels. Let the frying oil cool completely, strain, and save for a future use.
4. Lightly oil the bottom of a round, heavy-bottomed 4- to 6-quart casserole 10 inches in diameter with a tight fitting lid with the remaining teaspoon extra virgin olive oil and arrange the tomatoes slices on the bottom, overlapping or double layering if necessary. Sprinkle a handful of the rice on top of the tomatoes. Layer the chicken on top, then layer the sliced eggplants on top of the meat. Press down with a spatula or the back of your hand. Pour the rice on top and spread it evenly, pressing down again with a spatula or the back of your hand, add 1 teaspoon salt, the remaining 1/2 teaspoon pepper, and the boiling water. Cover tightly and cook over low heat until the rice is tender and the liquid absorbed, about 1 hour. Don't check too often, maybe twice during the whole cooking time. The liquid in the casserole should not be boiling vigorously, so reduce the heat to very low, or use a heat diffuser, if you find that necessary.
5. When the rice is done, take off the lid, place a large round serving platter over the top of the casserole, and carefully invert in one very quick motion, holding both sides very tightly. Slowly and carefully lift the casserole. Serve.

Lamb Kabsah

(Saudi Lamb and Red Rice)

Ingredients:

1/4 cup	butter or margarine
2 lbs.	Lamb cut into small cubes
1	large onion, chopped
5	garlic cloves, minced
1/4 c	tomato sauce or puree
2	medium tomatoes, chopped
2	medium carrots, grated
1	grated peel of orange
3	whole cloves
2	cardamom pods or 1/2 tsp. ground cardamom seeds
1	cinnamon stick
1 tsp. each	Salt and freshly ground pepper or to taste
3 c	chicken broth
1	cup long-grain rice
1/4	cup raisins
1/4	cup toasted sliced or slivered almonds

Directions:

1. Melt butter or margarine in a large skillet. Add lamb pieces and sauté till browned. Remove lamb from the pan.
2. Place onions in the pan and sauté until onion is tender.
3. Stir in tomato sauce or puree. Simmer over low heat 1 minute to blend flavors. Add tomatoes, carrots, orange peel, cloves, cardamom, cinnamon stick, salt and pepper. Cook 1 minute. Add broth.
4. Return lamb pieces to skillet. Bring to a boil. Reduce heat and cover. Simmer over low heat 30 minutes.
5. Stir rice into liquid between pieces of lamb. Or remove lamb, stir in rice, then return lamb pieces to skillet. Cover. Simmer 30 minutes longer or until rice is tender.
6. Garnish with raisins and almonds. Makes 6 to 8 servings.

Spinach Soufflé

Ingredients:

- 4 eggs
- ½ cup evaporated milk
- ½ cup grated Parmesan cheese
- ½ cup shredded mozzarella cheese
- 2 teaspoons crushed garlic
- 1 teaspoon salt
- ½ teaspoon pepper
- ½ teaspoon cayenne pepper
- 2 (10 ounce) packages frozen chopped spinach, thawed and drained

Directions:

1. Preheat oven to 350 degrees F (175 degrees C).
2. In a blender or food processor blend together all ingredients. Pour into a casserole dish.
3. Bake in preheated oven for 30-45 minutes, or until set.

Creamy Chicken Lasagna

(Quick and Easy)

Ingredients:

- 3 skinless, boneless chicken breast halves
- 6 uncooked lasagna noodles
- 1 cube chicken bouillon
- 1/4 cup hot water
- 1 (8 ounce) package cream cheese, softened
- 2 cups shredded mozzarella cheese
- 1 (26 ounce) jar spaghetti sauce

Directions:

1. Bring a large pot of lightly salted water to a boil. Cook lasagna noodles for 8 to 10 minutes, or until al dente. Drain, rinse with cold water, and set aside.
2. Meanwhile, place the chicken in a saucepan with enough water to cover, and bring to a boil. Cook for 20 minutes, or until no longer pink and juices run clear. Remove from saucepan, and shred.
3. Preheat oven to 350 degrees F (175 degrees C). Dissolve the bouillon cube in hot water. In a large bowl, mix the chicken with the bouillon, cream cheese, and 1 cup mozzarella cheese.
4. Spread 1/3 of spaghetti sauce in the bottom of a 9 inch square baking dish. Cover with the chicken mixture, and top with 3 lasagna noodles; repeat. Top with remaining sauce, and sprinkle with remaining mozzarella cheese.
5. Bake for 45 minutes in the preheated oven.

Week 10

	Dinner
Monday	Beef Kabob Rice Pilaf p. 140 Naan
Tuesday	Frarej (Basted Chicken Breast) Hummus p. 138 Pita Bread Fattoush Salad p. 132
Wednesday	Meshwii (Roasted leg of Lamb) Rice Pilaf p. 140 Hummus p. 138 Arab Salad p. 135
Thursday	Chicken Stew White Rice Garden Salad p. 137
Friday	Karahi Gosht (Fried Meat) Rice Pilaf p. 140 Riyta p. 136
Saturday	Shoko (Lamb and Spinach Stew) White Rice
Sunday	Soup Kange (Okra Soup)

“Eat of the things which Allah hath provided for you, lawful and good; but fear Allah, in Whom ye believe.”

(Qur’an 5:88)



Beef Kabob

(Afghani)

Ingredients:

- 2 lbs. cubed beef
- 1 medium Onion, sliced thick
- ½ tablespoons of Pepper
- ½ tablespoons of Ground cinnamon
- 1/4 tablespoons of Ground turmeric
- 1 tablespoons of Salt
- ½ tablespoon Sumac for garnish

Directions:

1. Mix everything together (except sumac) & marinate at room temperature for a minimum of 1 hour or preferably in refrigerator overnight.
2. Put 4 or 5 cubes of meat, with onion, on each metal skewer and broil over charcoal for 10 or 15 mins or in a gas or electric broiler. Serve hot with Afghan bread (Nani Afghan), salad, & pickles.

Serves 4 or 5.

Frarej

(Lebanese Chicken Breast)

Ingredients:

- 4 Chicken breasts, with skin and bones
- 2 tsp Salt
- 3/4 c Olive oil
- 3 lg Lemons, juiced
- 2 lg Potatoes
- 2 Garlic cloves
- 1 lg White onion, minced
- 4 Roma tomatoes
- Pita Bread

Directions:

1. Preheat the oven to 500 degrees F.
2. Rinse in chicken breasts, with skins and ribs. Rub each with 1/2 tsp salt.
3. Mix juice of 3 large lemons 3/4 cup olive oil.
4. Place the following into a 9x13 baking dish: 2 large potatoes, (skinned, cut into 1/2 cubes) 2 garlic cloves (minced), 1 large white onion (sliced), and the lemon/olive-oil mixture. Stir the ingredients to coat the potatoes. Bake in the oven for 10 minutes.
5. Add the chicken breasts and roma tomatoes to the baking dish. Generously spoon the hot lemon/oil/garlic mixture over the chicken. Put the dish back into the oven and cook uncovered for another 20 minutes, or until the skins on the chicken turn a very dark brown and the chicken is firm and pulls away from the bone. Baste the chicken breasts two or three times in the lemon/oil mixture

NOTE: Skinless breasts dry out too quickly. Remove the skins after the chicken is done.

Meshwii

(Roasted Leg of Lamb Moroccan Style)

Ingredients:

4 lb Leg of lamb
1 Carrot
1 medium Onion
2 Tomatoes
1 piece Celery
1 bunch Fresh parsley
1 tbsp. Paprika
1 tbsp. Salt
1 tbsp. Black pepper
2 tbsp. Chopped garlic
1 qt Water

Directions:

1. Preheat oven to 350F. All Vegetables should be coarsely chopped.
2. Rub paprika, salt, pepper, and garlic all over lamb. Set aside. In a roasting pan, nestle lamb in the center of the vegetables and cook, uncovered for approximately 20 min (for 4-pound leg) or until top of lamb is brown. Add water, cover, and cook for 1 1/2 hours for medium done roast.

LAMB SAUCE:

Strain Vegetables from roasting pan. Put drippings in a heavy pan. Add: 2 tbsp. tomato paste and 1 quart of water. Simmer for about 15 minutes, skimming grease from top of sauce several times.

Moroccan Chicken Stew

Ingredients:

8 Chicken thighs, skinned
1 tb Oil, vegetable
1 lg Onion, chopped
2 lg Garlic, cloves, minced
1/2 tsp. Turmeric
1/4 tsp. Cinnamon
1/8 tsp. Pepper, red
4 ea Cloves, whole
2 ea Bay leaves
4 cup Stock, chicken
16 oz Tomatoes, whole, canned -- quartered with juice
1 md Green pepper, sliced in -- 1-inch pieces
2 ea Carrots, sliced
1/2 tsp. Salt
19 oz Chick peas, drained
4 cup Cooked Couscous
1/4 cup Raisins, seedless
1/4 cup Almonds, sliced

1. Pour the oil into a Dutch oven over medium-high heat. Add the onion, garlic, and cook, stirring, about 2 minutes or until the onion is soft but not brown.
2. Stir in the turmeric, cinnamon, red pepper, cloves, and bay leaf. Add chicken and chicken stock and cook over medium-high heat until liquid boils. Reduce heat to low, cover and cook for 25 minutes.
3. Add tomatoes, green pepper, carrots, and salt, and cook for another 10 minutes or until the chicken and the vegetables are tender.
4. With a slotted spoon, arrange the chicken and vegetables around the couscous. Ladle broth over all, sprinkle with raisins and almonds.

Karahi Gosht

(Afgani Fried Meat)

Ingredients:

1 lb. meat (beef, lamb) cut into 1 inch cubes and visible fat removed
2 Teaspoon chili (to taste)
1 Teaspoon coriander powder
2 large tomatoes chopped small
1 large onion cut in thin slices
1/2 Teaspoon ginger powder or paste
1/2 Teaspoon garlic powder or paste
1 Teaspoon turmeric
1/2 Teaspoon amchur powder or 3-4 Teaspoon lemon juice
2-3 Tablespoon oil

Directions:

1. Wash meat and drain water completely. Add salt and turmeric, cook meat with 1 cup water in pressure cooker for about 10 minutes.
2. Check to see if meat is done add more water if need to be cooked longer. Dry up any water remaining.
3. In separate pan heat oil and add onion. Fry till brown. Add tomato and rest of ingredients, fry until tomatoes are soft and mixed with spices. Then add meat to it and fry for few minutes till brown. Add lemon juice, fry 2-3 minutes. Garnish with chopped coriander.

Shoko

(African Lamb and Spinach Stew)

Ingredients:

- 6 small can tomatoes -- , with juice
- 1 whole fresh hot chili
- 4 medium onions -- , whole
- ¼ c green bell pepper
- 6 Tbsp. vegetable oil
- 1 lb. stewing beef -- , cut in cubes
- 1 c water [or beef broth]
- ¼ tsp sugar
- ¼ tsp salt
- 2 tsp cayenne [more or less to taste]
- 1 ½ tsp minced fresh ginger
- 1 lb. fresh spinach

Directions:

1. Reserve 1/2 cup of juice from the canned tomatoes, and discard the rest of the juice. Combine the chili, tomatoes, onions, and green bell pepper in a food processor, and process until the vegetables are minced but not pureed.
2. Heat the oil in a large pot, and sauté the vegetables and beef for 5 minutes over high heat. Add the reserved tomato juice, water sugar, salt, cayenne, and ginger. Cover, lower the heat, and simmer for 2 hours. Stir occasionally to keep from burning.
3. Meanwhile, soak the spinach in warm water for 15 minutes. Then rinse thoroughly, separate, rinse again (and even a third time if you want to be extra careful), shred coarsely, and set aside.
4. After 2 hours, add the spinach to the pot and cook over medium heat for 30 minutes, until the water is gone and the spinach is cooked.
5. About half an hour before serving, prepare boiled rice. Serve Shoko with rice.

Soup Kange

(Senegalese Okra Soup)

Ingredients:

Juice of 2 Lemons
6 c Chicken broth or Water
3 Tomatoes, peeled & chopped
2 c Sliced Okra (or 1 can 15 oz)
2 ts Salt
1/2 ts Ground Red Pepper
1 Broiler chicken, (2 1/2 lbs)
1 Lge Onion, peeled & chopped
1 cn Tomato Paste (6 oz.)
1/3 c Uncooked long grain Rice
1/4 ts Pepper
1 ts Ground Tumeric

Directions:

1. Cut up broiler-fryer chicken. If using can of Okra, drain it well. Rub lemon juice over chicken pieces. Put in a large kettle with chicken broth or water. Bring to a boil. Lower heat and cook slowly, covered, 12 minutes.
2. Add remaining ingredients and continue to cook slowly about 30 minutes, until chicken and rice are tender.

Week 11

	Dinner
Monday	Fahitas
Tuesday	Aloo Mater Samosa Sliced Vegetables Riyta p. 136
Wednesday	Egg Curry Rice Pilaf p. 140 Sliced Vegetables
Thursday	Black Bean Burritos
Friday	Swedish Meatballs Mashed Potatoes Diner Rolls Garden Salad p. 137
Saturday	Cucumber and Saffron Chicken White Rice Arab Salad p. 135
Sunday	Fool Ma'Rizz (beans and rice) Plain Yogurt Arab Salad p. 135

“Allah will not call you to account for what is futile in your oaths, but He will call you to account for your deliberate oaths: for expiation, feed ten indigent persons, on a scale of the average for the food of your families; or clothe them; or give a slave his freedom. If that is beyond your means, fast for three days. That is the expiation for the oaths ye have sworn. But keep to your oaths. Thus doth Allah make clear to you His signs, that ye may be grateful.” (Qur’an 5:89)



Fajitas

(Mexican)

Ingredients:

1/2 cup fresh lime juice
1 tablespoon each: chopped garlic and black pepper
6 tablespoons olive oil
4 tablespoons chopped cilantro
1 teaspoon salt and pepper to taste
2 pounds boneless -- skinless chicken -- breasts

Directions:

1. Combine lime juice, garlic, pepper, oil, cilantro, salt and pepper.
2. Marinate chicken covered in refrigerator 1 hour or as long as overnight.
3. Grill on barbecue grill until done. Cut in bite-size strips. Place on warm flour tortillas and add desired toppings --shredded lettuce, tomato, salsa, pico de gallo, guacamole and/or sour cream.

Aloo Mater

(Pakistani Potato and Onion Stew)

Ingredients:

1 ½ lb	Small Potatoes
2 med	Onions
3	Garlic cloves
1	Ginger -- fresh 1/2" piece
3 tbsp	Vegetable oil
1 pinch	Asafoetida, crushed -- opt
½ tsp	Cumin seeds
1 tsp	Salt -- to taste
¼ tsp	Cayenne pepper
½ tsp	Tumeric -- ground
2 lg	Tomatoes -- chopped coarsely
1 c	Peas
¼ c	Water
½ tsp	Garam masala

Directions:

1. Cook the potatoes until tender. Peel and set aside.
2. In the container of a blender or food processor, mince together the onions, garlic and ginger.
3. In a large heavy-bottomed skillet over medium heat, warm the oil. Add the asafoetida (if used) and cumin. When spices darken (1 to 2 seconds) add the minced onion mixture and sauté until browned (about 12 minutes).
4. Add the salt, cayenne, tumeric and tomatoes and cook until they soften (about 5 minutes). add the peas and water; reduce the heat to low, cover and cook for 5 minutes. Halve the cooked potatoes if they seem too large. Add them to the pan and cook covered for another 5 minutes.
5. Mix in the garam masala just before serving.

Egg Curry

(Pakistani)

Ingredients:

8 Eggs
1 lg Onion coarsely grated
1 tsp. Mashed garlic
1/2 tsp. Grated ginger
3 Tbsp. Ghee
2 Tbsp. Vindaloo or a hot curry paste
3 Tbsp. Coconut paste
Vegetable Oil for deep frying
1 T Chopped coriander Or mint leaves
Lemon juice

Directions:

1. Boil the eggs in water containing 1 ts vinegar for 8-9 minutes. Remove to a large dish of cold water, and peel when cool. Prick evenly all over with a fork and dry well.
2. Cook the Onion, garlic, ginger and chili in the ghee or butter until golden and softened. Add the vindaloo or hot curry paste and cook briefly. Then add the coconut cream and 1/3 cup water. Cook, stirring until sauce becomes thick.
3. Heat frying oil and deep-fry the eggs until golden on the surface. Transfer to the other pan. Add coriander and lemon juice to taste and simmer in the sauce for 8-9 minutes. Serve with rice.

Black Bean Burritos

(Mexican)

Ingredients:

1	tablespoon	vegetable oil
1	medium	onion -- chopped
2	cloves	garlic -- minced
1 1/2	teaspoons	chili powder
1/2	teaspoon	cumin
3	cups	brown rice -- cooked
1	16-oz. can	black beans -- drained and rinsed
1	11-oz. can	corn -- drained
6	8-inch	flour tortillas
3/4	cup	reduced-fat Cheddar cheese (6 ounces) -- shredded
2		green onions -- thinly sliced
1/4	cup	plain low-fat yogurt
1/4	cup	prepared salsa

Directions:

1. Heat oil in large skillet over medium-high heat until hot. Add onion, garlic, chili powder and cumin. Saute 3 to 5 minutes until onion is tender.
2. Add rice, beans and corn, and cook, stirring, 2 to 3 minutes until mixture is thoroughly heated. Remove from heat.
3. Spoon 1/2 cup of rice mixture down center of each tortilla. Top each with 2 tablespoons cheese, 1 tablespoon green onion and 1 tablespoon yogurt. Roll up tortilla and top with 1 tablespoon salsa.

Swedish Meatballs

Ingredients:

1 c Soft breadcrumbs
2/3 c Milk
1/2 c Minced onion
4 Tbsp. Butter
1 1/2 lb Ground beef or veal
3 Eggs, slightly beaten
2 tsp. Salt
1/2 tsp. Pepper
1 tsp. Nutmeg
1 tsp. Paprika
1 beef bouillon cube dissolved in 2 Tbsp. warm water
3 Tbsp. Flour
1 c Water
1 c Sour cream
2 Tbsp. Minced parsley

Directions:

1. Soak bread crumbs in milk until softened.
2. Add onion to 1 Tbsp butter in small saucepan and cook slowly 3 minutes.
3. Mix softened bread, cooked onion and meat. Add eggs, salt, pepper, nutmeg and paprika. Mix thoroughly until very smooth and light. Shape meat into small balls, dusting the hands with flour while shaping the balls.
4. Melt remaining 3 Tbsp butter in large frying pan. Add meat balls and fry
5. until golden brown all over. Remove from pan and bouillon and 3 Tbsp flour. Stir until well blended. Add water, and a few grains of pepper. Cook, stirring constantly until thickened. Reduce heat very low and cook 5 minutes.
6. Stir in sour cream, a rounded tablespoon at a time, stirring until thoroughly blended after each addition of sour cream. Return meatballs to gravy, cover pan and simmer very gently 10 minutes. Serve in deep casserole. Sprinkle with minced parsley.

Cucumber and Saffron Chicken

(French)

Ingredients:

4		Boneless chicken breast
1	lb	Ripe tomatoes
2		Large cucumbers
1	tsp.	Salt and pepper
2	Tbsp.	Olive oil
3/4	c	Finely chopped onion
1	tsp.	Minced garlic
1/2	c	Chicken broth
1	tsp.	Loosely packed saffron

Directions:

1. Cut each chicken breast in half. Discard peripheral fat and membranes.
2. Core the tomatoes and cut them into 1/2-in cubes. There should be about 2 1/2 c. loosely packed.
3. Peel the cucumbers and trim off the ends. Cut the cucumbers into 1 1/2-in lengths and quarter the pieces lengthwise. Discard the seeds. There should be about 3 c. loosely packed.
4. Heat the oil in a large, heavy skillet and add the chicken breasts in one layer. Cook over moderately high heat, shaking the pan and lifting the pieces, about 2 min. or until golden brown. Turn the pieces and cook 3 min. on the other side. Transfer to a warmed dish and keep hot.
5. Add the onion and the garlic to the skillet and cook, stirring, for 1 min. Add the tomatoes and stir. Cook 1 min., then add the broth. Stir to blend and cook 1 min. more.
6. Add the cucumber pieces and any liquid that has accumulated around the chicken pieces on the plate. Add salt and pepper. Cook over high heat about 6 min. 7.
7. Return the chicken to the skillet and turn to coat with the sauce. Add the saffron. Cover the skillet and cook 4 min. Then serve.

Fool Ma'Rizz

(Syrian Rice and Beans)

Ingredients:

1/2 c. butter
1 pound ground beef (or ground lamb)
1/2 c. chopped onions
1 tsp. salt and pepper or to taste
1/4 t. ground allspice
1 19 ounce can of fava beans, drained
1 c. long grain white rice, washed and drained
3 c. water (Must be boiling)
2 T. fresh cilantro (coriander) finely chopped

Directions:

1. Melt the butter in a large skillet over medium heat. When the butter begins to turn brown add the onions, allspice, salt and pepper. Sauté until the onions turn golden brown. Then add the meat and brown it too.
2. Add the drained fava beans, rice and the water, stir. Cover and cook for 30 minutes or until rice is tender but not mushy and water has evaporated. Place in serving dish and garnish with the coriander. Serve with plain yogurt and pita bread.

Week 12

	Dinner
Monday	Kabob Sumuk (Fish Kabob) Rice Fattoush Salad p. 132
Tuesday	Chicken and Olives Fattoush Salad p. 132
Wednesday	Mihshi Malrut (Stuffed Cabbage) Rice Hummus p. 138 Arab Salad p. 135
Thursday	Beef Shwarma Pita Bread Sliced Vegetables Yogurt
Friday	Al-Koozy (Ground Beef Pilaf) Pita Bread Fattoush Salad p. 132
Saturday	Turkish Pilaf Arab Salad p. 135
Sunday	Lamb and Date Pilaf Pita Bread Fattoush Salad p. 132

*“Lawful to you is the pursuit of water-game and its use for food,- for the benefit of yourselves and those who travel; but forbidden is the pursuit of land-game;- as long as ye are in the sacred precincts or in pilgrim garb. And fear Allah, to Whom ye shall be gathered back.”
(Qur’an 5:96)*



Kabob Sumuk

(Egyptian Fish Kabob)

Ingredients:

Juice from ½ lemon

¼ cup extra virgin olive oil

3 medium-size onions 1 very finely chopped and 2 quartered and layers separated

2 teaspoons freshly ground cumin seeds

1 tsp. Salt and freshly ground black pepper or to taste

2 pounds firm-fleshed fish steaks or fillets, such as swordfish, marlin, shark, or sea bass, skin removed and cubed

Eight 10-inch-long wooden skewers

1 green bell pepper, seeded and cut into 20 to 24 square pieces

18 bay leaves, soaked in tepid water to cover for 30 minutes (no need to soak if using fresh)

Lemon wedges for garnish

Chopped fresh parsley leaves for garnish

Directions:

1. Whisk together the lemon juice, olive oil, 1 chopped onion, cumin, salt, and pepper in a large ceramic or glass baking dish and marinate the fish cubes for 4 to 6 hours, covered, in the refrigerator, turning occasionally.
2. Skewer the fish, putting a piece of quartered onion and a piece of green pepper between the pieces of fish and using 2 to 3 bay leaves per skewer. Continue in this manner until all the ingredients are skewered.
3. Prepare a charcoal fire or preheat a gas grill on high for 20 minutes. Grill the skewered fish for 10 to 12 minutes brushing with the marinade and turning once. Serve garnished with lemon wedges and parsley.

Chicken and Olives

(Moroccan)

Ingredients:

1 large roasting chicken (about 4 lbs.)
2 ½ Tbsp. oil
2 onions, sliced
1 tsp. Salt and black pepper
½ tsp. ground ginger
1 tsp. paprika
1 onion, finely chopped
½ lb. green or black olives
Juice of 1/2 lemon, or more

Directions:

1. Wash the chicken and wipe it with a damp cloth.
2. Heat the oil in a large saucepan. Add about 3/4 cup water very gradually, stirring vigorously. Add onion slices, sprinkle with salt, pepper, ginger, and paprika, and lay the chicken on top. Cook over low heat, covered, for 1 hour, turning the chicken frequently. Add a little more salt if necessary, and the finely chopped onion, and cook for 1/2 hour longer.
3. Pit the olives. Put them in a pan, cover with cold water, bring to the boil, and leave for 1 minute. Drain off the water and repeat the process. This will remove excess salt. Add the olives to the pan and cook with the chicken for a few minutes only.
4. Just before serving, squeeze a little lemon juice over the dish. Sometimes a few pickled lemon slices are added just before serving. Serve with plain boiled rice or couscous.

Mihshi Malrut

(Arab Stuffed Cabbage Rolls)

Ingredients:

1 large head green cabbage, at room temperature
1 medium onion, finely chopped
2 tablespoons vegetable oil
1½ pounds ground lamb or beef
1 cup short-grain rice, washed and drained (medium grain rice can be substituted)
½ teaspoon ground allspice
1 teaspoon salt
½ teaspoon black pepper
1¼ cups water (divided)
4 cloves garlic, chopped
¼ cup lemon juice

Directions:

1. Separate leaves from head of cabbage carefully. Drop leaves, a few at a time, into a large pot of boiling salted water. Cook until limp, about 5 minutes. Drain. Cut leaves in half; remove and discard center ribs. Set aside.
2. Combine all remaining ingredients except 1 cup water, garlic and lemon juice.
3. Place 1 tablespoon of mixture on each leaf and roll up, tucking in sides to contain filling.
4. Combine remaining ingredients. Pack finished rolls, flap side down and close together, making layers, in a Dutch oven; sprinkling each layer with the mixture.
5. Invert a heavy heat-proof plate over the rolls. Cover pan and bring to simmer on stove top over medium heat. Cook 40 to 60 minutes.

Beef Shwarma

(Arab Beef Sandwich)

Ingredients:

2 lbs boneless beef steak or roast
1 Tbsp. lemon juice
1 Tbsp. olive oil
½ Tbsp. crushed garlic
1 tsp. Salt (or to taste)
½ tsp. Pepper
1 tsp. cardamom powder
1 tsp. cumin powder
1 tsp. coriander powder
½ Tbsp. mustard
1/3 c White vinegar
1 dash cloves powder
1 dash nutmeg ground
½ c plain yogurt

Directions:

1. Mix all other ingredients in a bowl to make the marinade.
2. Slice beef into thin strips (do not cut if you intend to grill the whole steaks on BBQ grill see note below), then place the beef into the marinade and coat well. Refrigerator over night (12hours).
3. Remove meat from the marinade and sauté in a frying pan till cooked (add 2 tsp. oil if needed to keep the meat from sticking). **Note:** *If you are grilling the whole steaks on the BBQ grill you will slice the meat into strips after it is cooked and serve.*
4. Served as sandwiches or in a plate, served with garlic sauce, mint leaves and pickles.

Al-Koozy

(Arab Special Rice Pilaf p. 140)

Ingredients:

- 1 white rice cooked
- 2 tbsp. blanched almonds, halved or slivered
- 2 tbsp. olive oil
- 2 tbsp. pine nuts
- 1/2 lb. ground beef
- 1 tsp. salt
- 1/2 tsp. black pepper
- 1 tsp. allspice (divided use)
- 1/4 c butter or olive oil
- 1/2 tsp. cinnamon
- 1/4 tsp. nutmeg

Directions:

1. Prepare the Plain White Rice in advance. Fluff the cooked grains and let cool to room temperature.
2. Slowly saute the almonds in the olive oil, stirring frequently. When the almonds are beginning to brown, stir in the pine nuts and continue to cook until all the nuts are golden. Remove with a slotted spoon.
3. Brown the ground beef in the same oil, sprinkling with the salt, pepper, and half the allspice. Remove from the pan and drain.
4. In a large nonstick pan, heat the 1/4 cup butter or olive oil. Stir in the rice and sprinkle with cinnamon, nutmeg, and the remaining allspice. As the rice heats, continue to toss until it is hot and coated with spices.

Turkish Eggplant Rice Pilaf

Ingredients:

1 pound eggplant (2 or 3 small, 1 medium)
1 tablespoon salt
1 cup rice, preferably basmati (or some other aromatic, long-grain rice)
1 medium onion
3 tablespoons olive oil
1/4 cup raisins
1 1/2 cups water
1/4 teaspoon cinnamon
1 teaspoon dried dill (or 1 tablespoon fresh dill)
1 teaspoon salt
1 whole tomato, peeled and chopped, or 7 to 8 ounces canned crushed tomatoes
16 to 19 ounces canned chickpeas, drained
1/2 cup pistachios, shelled

Directions:

1. Trim and discard stem end of eggplant. Cut unpeeled eggplant into 1/2-inch cubes and place the cubes in a colander. Sprinkle with 1 tablespoon of salt, tossing the eggplant to coat it evenly with the salt. Set in a sink to drain.
2. Put the rice in a large bowl and fill the bowl with water. Swish the rice around and drain it. Repeat several times until the water runs clear. Cover the rice with water and set aside.
3. Chop the onion into 1/2-inch dice. Combine in a large saucepan with olive oil and cook over medium-high heat for 5 minutes, stirring occasionally, until the onions have softened.
4. Rinse eggplant well with running water and press it firmly in a cloth towel to squeeze out excess moisture and dry it well. Add it to the pan and increase heat to high.
5. Cook eggplant and onions together, stirring occasionally, about 5 minutes.
6. Drain the rice and add it to the pan. Chop raisins a little (don't be too obsessive about it) and add them to the pan with 1 1/2 cups water, cinnamon, dill and 1 teaspoon salt. Put the top on the pan, lower heat to simmer and cook 15 minutes, or until rice is tender and the water is absorbed.
7. Meanwhile, peel and core tomato, then chop into 1/2-inch dice.
8. Five minutes before the rice is cooked through, add tomato and chickpeas and stir gently to combine. When the rice is done and the dish is heated, spoon into a serving bowl or onto individual plates. Top with pistachio nuts.

Lamb and Date Pilaf

(Saudi)

Ingredients:

5 tablespoons butter
2 lbs. beef or lamb, cut into 1/2 inch cubes
2 medium onions, chopped
4 cloves garlic, crushed
1/4 cup finely chopped fresh coriander leaves (cilantro)
1/2 teaspoon cinnamon
Pinch pepper
Pinch allspice
1 cup dates, pitted and cut into quarters
1 cup rice, rinsed
Salt

Directions:

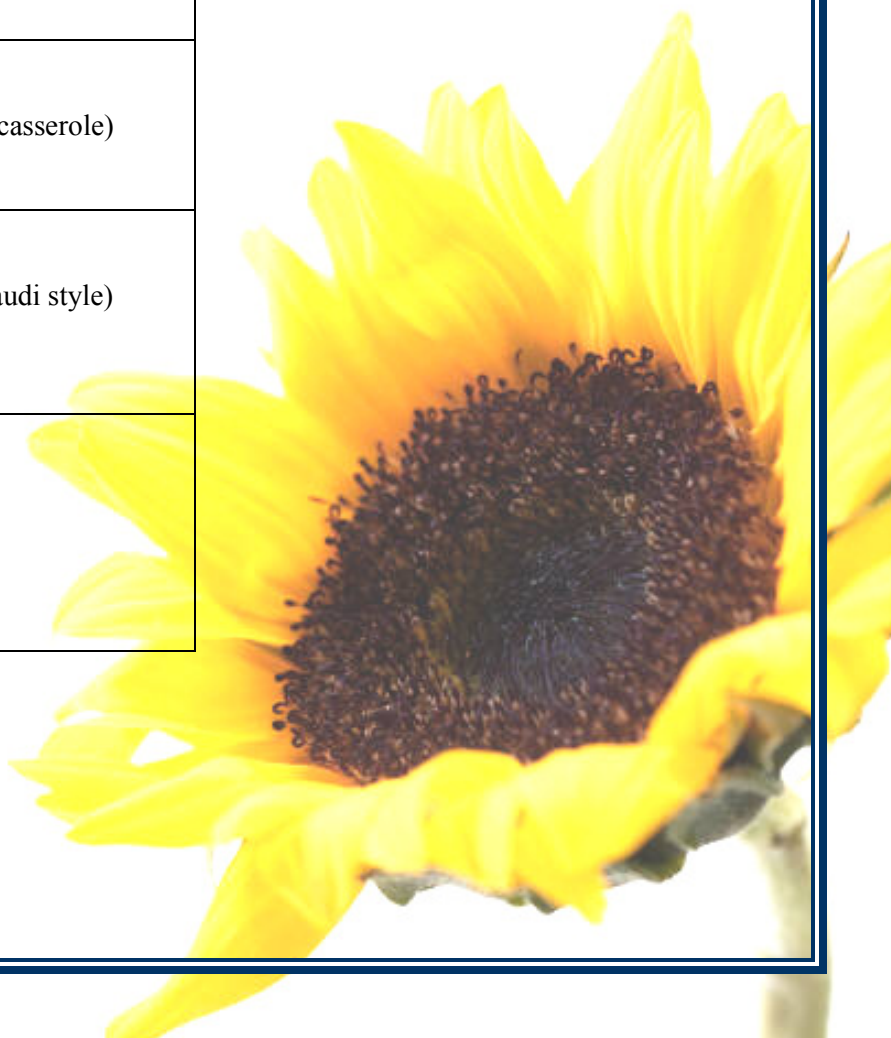
1. In a saucepan, melt the butter and sauté the meat until it begins to brown. Stir in the onions, garlic, and coriander; then sauté further until the onions begin to brown.
2. Add all the remaining ingredients except the dates and rice; then cover with water to a depth of one inch and cook covered over medium heat for about 40 minutes or until the meat is nearly cooked. Stir in the dates and rice and add more water if necessary; then lower the heat, cover and cook for about 20 minutes or until the rice is tender but not mushy.

Week 13

	Dinner
Monday	Egyptian Meat Pie Fattoush Salad p. 132
Tuesday	Bukhari Chicken White Rice Arab Salad p. 135
Wednesday	Fish Kabob Rice Pilaf p. 140 Hummus p. 138 Arab Salad p. 135
Thursday	Aish Bil-Lahm (Stuffed Bread) Fattoush Salad p. 132
Friday	Maqluba (Lamb and rice flipped casserole) Tabouleh p. 131
Saturday	Kabsah (chicken and red rice Saudi style) Arab Salad p. 135
Sunday	Salmon Cakes Rice Pilaf p. 140 Mixed Vegetables Garden Salad p. 137

*“Behold! the disciples, said:
"O Jesus the son of Mary!
can thy Lord send down to us
a table set (with viands) from
heaven?" Said Jesus: "Fear
Allah, if ye have faith."”*

(Qur'an 5:112)



Egyptian Meat Pie

Ingredients:

- 1 package of phyllo dough
- 1 lb. minced beef (or a combination of beef and lamb)
- 1 large onion, minced
- 1 bell pepper, minced
- 1 Tbsp. Garlic, minced, to taste
- 2 Tbsp. melted butter or oil
- 1 tsp. each Salt, freshly ground pepper, and cumin

Directions:

1. Pre-heat oven to 350 degrees.
2. In a non-stick fry pan, using a teaspoon of butter or oil, sauté the onions, pepper and garlic until soft. Add the minced meat and cook until browned, then add the spices and mix. Remove from heat and drain off excess fat.
3. Prepare a rectangular oven dish by lightly brushing the bottom and sides of the pan with melted butter/oil.
4. Layer the phyllo dough in the prepared pan, brushing every second sheet with melted butter or oil. When one-half the quantity of phyllo leaves have been layered in the pan, spread your meat filling in and continue covering with phyllo sheets, making sure to brush the last layer with a little extra melted butter or oil, to ensure a nice golden color.
5. Cut through the "pie" with a sharp knife, into square or diamonds.
6. Bake uncovered until golden. May be eaten hot or cold. Serve with a green salad.

Bukhari Chicken

(Saudi)

Ingredients:

1 chicken, 2 1/2 - 3 1/2 pounds, cut in serving pieces
1 teaspoon salt
1 1/2 cups bouillon
1/4 cup butter
1 tablespoon soy sauce
1/2 teaspoon ground ginger
1 cup diced celery
1 onion, sliced
1 green pepper, cut in thin strips
1 can (4 ounces) sliced mushrooms
2 tablespoons cornstarch
1 cup shredded cabbage

Directions:

1. Sprinkle chicken with salt.
2. Brown in melted butter in skillet on all sides.
3. Add bouillon, soy sauce, ginger and celery. Cover and simmer for 25 minutes.
4. Add onion, green pepper and mushrooms with liquid. Cover and simmer for 10 minutes.
5. Add blended cornstarch and water. Cook, stirring, until thickened. Add cabbage. Cover and cook for 3 minutes.

Kabob e Mahi bi Sumac

(Persian Fish Kabob)

Ingredients:

1 large or 4 small firm-fleshed white fish fillets such as John Dory, red snapper, sea bass, salmon, rockfish, swordfish (about 2 pounds)
2 cloves garlic, peeled and crushed
1 teaspoon salt
½ teaspoon freshly ground black pepper
½ cup fresh lime juice
½ cup sumac powder
2 tablespoons vegetable oil, butter or ghee

Directions:

1. Wash the fillets, pat dry and rub both sides with garlic, salt and pepper.
2. Place the fillets in a baking dish and squeeze lime juice over them. Sprinkle both sides with sumac powder to completely cover. Cover and refrigerate for 30 minutes or up to 8 hours.
3. Just prior to serving, preheat the oven to 500°F. Uncover the fish and pour 2 tablespoons of oil over it. Bake in the upper level of the oven for 6 to 10 minutes until crispy and brown. Alternatively, you can grill the fish over hot coals for approximately 3-5 minutes on each side.

Aish Bil-Lahm

(Saudi Style Stuffed Bread)

DOUGH :

4 cups flour
3 tablespoons vegetable oil
1 tablespoon yeast
3 eggs
1/2 teaspoon powdered bread spices (black pepper & cumin)

STUFFING :

3/4 pound ground beef
2 black peppercorns
2 onions (finely chopped)
3 tablespoons corn oil (to grease tray)
1/2 bundle leeks
1 tablespoon poppy seeds (for decoration)
6 tablespoons sesame cream (Tahini from the Halal market)
2 teaspoons salt

Directions:

1. Dissolve yeast in half a cup of warm water and set aside to soften. Put flour in a large bowl, make a well in center and add eggs, oil, yeast, salt and bread spices. Mix well, adding the water a little at a time until you have a firm dough.
2. Grease a large tray with oil. Put dough on tray and cover with a damp cloth. Place dough in a warm place for at least two hours.
3. In a saucepan put ground beef, onion and salt. Place over medium heat, stirring until meat is cooked. Set aside until cool.
4. Finely chop leeks and wash several times through a strainer. Spread leeks on paper towel to absorb excess water. Add leeks to ground meat. Mix sesame cream with vinegar, a little water and black pepper. When you have a smooth paste add to leek and meat mixture, mixing thoroughly.
5. When dough has risen, roll out into circular shape of medium thickness, spread the meat mixture over the dough leaving edge uncovered. Sprinkle with poppy seeds, and place in a 350-degree oven for half an hour or until bread is baked.

Maqluba

(Lamb and Rice Flipped Casserole)

Ingredients:

2	medium-size eggplants (about 2 1/2 pounds total), peeled and slice 1/2 -inch slices
	Salt
6 Tbsp.	olive oil
1	large onion
1 1/2-2 lbs.	boneless beef cubes
1 Tbsp.	Baharaat p. 147
1 tsp.	ground black pepper
1 tsp.	ground allspice
Pinch	ground cinnamon
Pinch	grated nutmeg
3 c	water
6 c	olive oil (for frying the eggplant, you can sautee the eggplant instead)
3	large ripe (but firm) tomatoes cut into thick slices
1 1/2 c	long grain rice rinsed well and soaked in water for 30 minutes and then drained
2 c	boiling water

Directions:

1. Lay the eggplant slices on some paper towels and sprinkle generously with salt. Leave them to drain of their bitter juices for 30 minutes, then pat dry with paper towels.
2. In a large skillet, heat 5 tablespoons of the olive oil over medium-high heat, then cook the onion until yellow, about 10 minutes, stirring occasionally. Reduce the heat to the medium-low, add the lamb, Baharaat p. 147, 1 teaspoon salt, 1/2 teaspoon of the pepper, the allspice, cinnamon, and nutmeg, and brown for 10 minutes, turning the lamb. Add the water to barely cover the lamb and cook until the lamb is very tender, about 2 1/2 to 3 hours, adding a little water occasionally to keep the skillet from drying out. Remove the lamb from the skillet with a slotted ladle or skimmer, getting as much of the onion as you can and leaving behind the fat.
3. Meanwhile, preheat the frying oil to 375F in a deep-fryer or an 8-inch saucepan fitted with a basket insert. Deep-fry the eggplant slices in batches until golden brown, 7 to 8 minutes, turning once. Drain and reserve on paper towels. Let the frying oil cool completely, strain, and save for a future use.
4. Lightly oil the bottom of a round, heavy-bottomed 4- to 6-quart casserole 10 inches in diameter with a tight fitting lid with the remaining teaspoon extra virgin olive oil and arrange the tomatoes slices on the bottom, overlapping or double layering if necessary. Sprinkle a handful of the rice on top of the tomatoes. Layer the lamb on top, then layer the sliced eggplants on top of the meat. Press down with a spatula or the back of your hand. Pour the rice on top and spread it evenly, pressing down again with a spatula or the back of your hand, add 1 teaspoon salt, the remaining 1/2 teaspoon pepper, and the boiling water. Cover tightly and cook over low heat until the rice is tender and the liquid absorbed, about 1 hour. Don't check too often, maybe twice during the whole cooking time. The liquid in the casserole should not be boiling vigorously, so reduce the heat to very low, or use a heat diffuser, if you find that necessary.
5. When the rice is done, take off the lid, place a large round serving platter over the top of the casserole, and carefully invert in one very quick motion, holding both sides very tightly. Slowly and carefully lift the casserole. Serve.

Chicken Kabsah

(Saudi Chicken and Red Rice)

Ingredients:

1/4 cup	butter or margarine
1 (2-1/2 to 3-lb.)	chicken, cut up
1	large onion, chopped
5	garlic cloves, minced
1/4 c	tomato sauce or puree
2	medium tomatoes, chopped
2	medium carrots, grated
1	grated peel of orange
3	whole cloves
2	cardamom pods or 1/2 tsp. ground cardamom seeds
1	cinnamon stick
	Salt and freshly ground pepper to taste
3 c	chicken broth
1	cup long-grain rice
1/4	cup raisins
1/4	cup toasted sliced or slivered almonds

Directions:

1. Melt butter or margarine in a large skillet. Add chicken pieces and sauté till browned. Remove chicken from the pan.
2. Place onions in the pan and sauté until onion is tender.
3. Stir in tomato sauce or puree. Simmer over low heat 1 minute to blend flavors. Add tomatoes, carrots, orange peel, cloves, cardamom, cinnamon stick, salt and pepper. Cook 1 minute. Add broth.
4. Return chicken pieces to skillet. Bring to a boil. Reduce heat and cover. Simmer over low heat 30 minutes.
5. Stir rice into liquid between pieces of chicken. Or remove chicken, stir in rice, then return chicken pieces to skillet. Cover. Simmer 30 minutes longer or until rice is tender.
6. Garnish with raisins and almonds. Makes 6 to 8 servings.

Salmon Cakes

Ingredients:

2 cans	salmon (remove skin and bones)
1	Egg
2 tbsp	Mayonnaise
1 tbsp	Mustard
½ cup	Bread Crumbs
1tsp	Salt
½ tsp	Pepper
1 cup	Minced onion
½ cup	Olive Oil

Directions:

1. Mix all ingredients together in a bowl (except olive oil).
2. Heat oil in a skillet on a medium high fire.
3. Form small patties with the mixture (the size of the palm of your hand).
4. Place the patties in the skillet and sauté' for 2-3 minutes per side (or until golden brown).
5. Place cooked patties on paper towels to drain excess oil.

Week 14

	Dinner
Monday	Masakhan (chicken and bread casserole) Fattoush Salad p. 132
Tuesday	Beef Pot Pie Caesar Salad p. 133
Wednesday	Fakhita Fel Foarn (roasted leg of lamb) Rice Pilaf p. 140 Hummus p. 138 Arab Salad p. 135
Thursday	Tikka (roasted chicken pieces) Rice Pilaf p. 140 Tabouleh p. 131
Friday	Ardy Shoki (Artichoke Casserole) Rice Pilaf with Vermicelli p. 145 Fattoush Salad p. 132
Saturday	Awwal Arrubyaan Bil Lebnah (Yogurt and Shrimp) Rice Pilaf p. 140 Arab Salad p. 135
Sunday	Dajaj Bil Fitr (Chicken and Mushrooms) Rice Pilaf p. 140 Fattoush Salad p. 132

“Said Jesus the son of Mary: “O Allah our Lord! Send us from heaven a table set (with viands), that there may be for us - for the first and the last of us - a solemn festival and a sign from thee; and provide for our sustenance, for thou art the best Sustainer (of our needs).”

(Qur’an 5:114)



Palestinian Masakhan

(chicken and bread cassarole)

Ingredients:

1	Whole chicken (about 3 1/ 2 pounds) cleaned
2 tsp.	Salt
1 tsp.	Freshly ground black pepper
1/2 c	Extra Virgin Olive Oil
3 1/2 lbs.	Onions peeled and sliced thinly
1/4 c	Sumac/Sumak (Palestinian spice available from the Halal Market)
4-6 pieces	Tandoori Naan (more bread if you like it, less if you do not)

Directions:

1. Cut the chicken into up into two breasts, two thighs, two legs, and two wings. Salt and pepper the chicken.
2. In a large, deep casserole, heat 1/ 4 cup of the olive oil, then lightly brown the chicken on all sides over a medium heat, about 20 minutes. Remove and set aside.
3. Add the remaining 1/ 4 cup olive oil to the casserole and cook the onions until translucent, about 35 minutes, stirring occasionally. Add the sumac and cook for 2 minutes to mix.
4. Preheat the oven to 350F. Cover a 9 x 12-inch baking dish with the pieces of bread. Spoon half the onions over the bread, then arrange the chicken on top of the onions and cover with the remaining onions and the juices from the casserole.
5. Cover with foil tightly. Bake until the chicken is very tender and almost falling off the bone, about 1 1/2 hours.

Beef Pot Pie

Pastry:

1/3 c	Butter
1/2 tsp.	Salt
3 Tbsp.	Cold water
1 c	All-purpose flour

1. Cut butter into flour and salt until particles are size of small peas.
2. Sprinkle in water, 1 tbsp. at a time, tossing with fork until all flour is moistened and pastry almost cleans side of bowl (1 to 2 tsp. water can be added if necessary.)
3. Gather pastry into ball, shape into flattened round on lightly floured board. Roll pastry 2" larger than the casserole dish you will be using (if using a very large or wide dish double the recipe so you will have enough dough). Fold pastry into quarters then place over and unfold it on the casserole dish once you have mixed the filling (see directions below).

Filing:

1 package (16 ounces) frozen mixed vegetables, thawed
1 cup cut-up cooked beef sirloin
1 can (10 3/4 ounces) condensed cream of mushroom soup

1. Heat oven to 400°F. Mix vegetables, beef and soup in ungreased 2-quart casserole.
2. Cover with pastry (see directions above).
3. Bake 30 minutes or until golden brown.

Shrimp Stir Fry

(Chinese)

Ingredients:

1 1/2 lb. shrimp, shelled and deveined
1 small bunch broccoli, cut into bite size pieces
2 celery sticks, sliced
2 carrots, cut in 2" sticks
1 green and red pepper, cut into strips
1 teaspoon each ground ginger, garlic
1/4 teaspoon garam masala
1 teaspoon cumin powder
1 teaspoon coriander powder
6 Tablespoon oil
2 Tablespoon corn starch
1/2 teaspoon salt
1/2 teaspoon pepper
1 cup soy sauce
2 Tablespoon hot sauce
1/3 cup vinegar

Directions:

1. Heat half of the oil in a skillet on high heat and add shrimp, stirring until brown.
2. Add garlic, ginger, garam masala, cumin, coriander, salt and pepper and 1/4 cup of water. Cover and turn down to medium, cook until tender.
3. Add remaining oil to another pan and heat on high. Add the vegetables and stir fry until tender and crisp, approximately 4-5 minutes.
4. Mix 1 cup water with vinegar, corn starch, soy sauce, and hot sauce in a small pot. Cook for 1 minute on medium heat, stirring constantly. Pour into pan with shrimp and vegetables and mix thoroughly on medium heat. Serve with rice.

Chicken Tikka

(Pakistani Style)

Ingredients:

1 pkg Chicken Tikka Spice (Shan brand from the Halal market)
 Yogurt
 Ginger Paste
 Crushed Garlic
 Lemon Juice

Directions:

1. Follow the package instructions.
2. You can bake the chicken a 9x 11 pan (foil lined and covered) at 350 F for 1 hour or until starting to pull away from the bones. Then uncover and broil for an additional 5-10 minutes or until the chicken has browned and the liquid is evaporated.
3. Note: if there is a lot of liquid in the pan when you uncover it, pour out liquid until there is only about $\frac{1}{4}$ inch of liquid left in the pan. This will keep the chicken from burning but allow the chicken to brown at the same time.

Ardy Shoki

(Moroccan Artichoke Casserole)

Ingredients:

10 Fresh artichokes
1/2 lb. Ground lean veal meat
1/4 cup Chopped onions
3 tablespoons Pine nuts
Lemon juice
1 tsp. each salt, pepper and cinnamon
Vegetable oil

Directions:

1. Take out all the thick leaves around the artichoke. Cut the top horizontally. Cut the base, too. With a tablespoon remove the hairy center, making a well in the center.
2. Do the same thing with the rest, putting them in a pan filled with water and 1/4 cup lemon juice when you finish each one, in order to preserve its color.
3. With one tablespoon butter, stir the meat, onions and pine nuts till brown. Add the seasoning.
4. Fry the drained artichoke with 5 tablespoons vegetable oil till slightly brown. Drain. Stuff with meat mixture.
5. Arrange in pan, pour in it a cup of water and 1/4 cup lemon juice.
6. Bake in a 350 F degree oven for 30 minutes till they are tender.

Awwal Arrubyaan Bil Lebnah

(Yogurt and Shrimp)

Ingredients:

2 pounds shrimp, shelled

MARINADE:

1 cup low-fat yogurt

1/2 tsp. curry powder, cumin, or allspice

1/4 tsp. red pepper

pinch black pepper

2 cloves garlic, crushed with

1 tsp. salt

Directions:

1. Combine the marinade ingredients. Add the shrimp and turn to coat each piece with the marinade. Cover and refrigerate for 2 hours or longer.
2. Thread onto skewers and grill or oven broil, basting with the marinade.

Dajaj Bil Fitr

(Chicken and Mushrooms)

Ingredients:

2 small Chickens
1 cup Sliced mushrooms
Butter
Vegetable oil
Vinegar
1 tablespoon Crushed garlic
1 cup Chopped parsley
Salt, pepper and cinnamon

Directions:

1. Add seasoning and flour to the chickens from all sides, plus inside.
2. Fry chickens with butter till brown from all sides. Leave on low heat, cover pan and cook till chickens are tender.
3. Fry mushrooms, garlic and parsley with more butter and 3 tablespoons vinegar, and cook for a few minutes.
4. Serve chickens and pour over the garlic mixture.

Week 15

	Dinner
Monday	Persian Chicken Salad
Tuesday	Salmon Steaks Rice Pilaf p. 140 Tabouleh p. 131
Wednesday	Lamb Biryani Sliced Vegetables Riyta p. 136
Thursday	Veggie Calzone Caesar Salad p. 133
Friday	Shrimp Kabob Rice Fattoush Salad p. 132
Saturday	Chimichangas (Beef filled tortillas) Garden Salad p. 137
Sunday	Dejdaj (Baked Chicken and Apricots) Rice Pilaf p. 140 Mixed Vegetables Tabouleh p. 131

“Lost are those who slay their children, from folly, without knowledge, and forbid food which Allah hath provided for them, inventing (lies) against Allah. They have indeed gone astray and heeded no guidance.”

(Qur’an 6:140)



Persian Chicken Salad

Ingredients:

- 1 (2- to 3-pound) frying chicken
- 1 onion, peeled and finely chopped
- 1 teaspoon salt
- 4 carrots, peeled and chopped
- 2 cups fresh shelled or frozen green peas
- 2 scallions, chopped
- 2 celery stalks, chopped
- 6 large potatoes, boiled, peeled and chopped
- 3 hard-boiled eggs
- 3 medium dill pickles, finely chopped
- 1/2 cup chopped fresh parsley
- 2/3 cup green olives, pitted and chopped

Dressing:

- 3 cups mayonnaise
- 2 tablespoons Dijon-style mustard
- 2 tablespoons sour cream (optional)
- 1/4 cup olive oil
- 1/2 cup vinegar or lime juice
- 1 1/2 teaspoons salt
- 1/2 teaspoon freshly ground black pepper

Directions:

1. Place chicken in pot with onion and salt. Cover and cook 1½ hours over low heat (no water is added because chicken makes its own juice). When done, allow to cool, then debone and finely chop.
2. Steam carrots 5 minutes; set aside. Steam shelled peas 5 minutes; set aside. (If using frozen peas, follow package directions.)
3. In large bowl, whisk together mayonnaise, mustard, sour cream, olive oil, vinegar (or lime juice), salt and pepper. Mix thoroughly with a fork. Combine chicken and prepared vegetables with remaining ingredients. Pour dressing over and toss well. Adjust seasonings to taste.
4. Transfer salad to flat plate and decorate with hearts of romaine lettuce. Chill at least 2 hours. Serve with hot pita, lavash or French bread.

Salmon Steaks

Ingredients:

- 2 tablespoons butter or margarine
- 2 cloves garlic, minced
- 1 cup half-and-half
- 1 cup chicken broth
- 1/4 cup lemon juice
- 2 tablespoons all-purpose flour
- 1 1/2 teaspoons pepper, divided
- 3 tablespoons chopped fresh basil
- 4 (3/4-inch-thick) salmon steaks
- 1 teaspoon salt
- Garnish: fresh basil sprigs

Directions:

1. MELT butter in a large skillet over medium-high heat; add garlic, and sauté 1 to 2 minutes. Add half-and-half and chicken broth. Bring to a boil, and cook 8 minutes or until reduced by half.
2. WHISK together lemon juice and flour until smooth. Whisk lemon juice and 1/2 teaspoon pepper into butter mixture, and cook, whisking constantly, 2 minutes or until thickened. Remove from heat, and stir in basil. Keep warm.
3. SPRINKLE salmon with remaining 1 teaspoon pepper and salt.
4. GRILL salmon, without grill lid, over high heat (400 degrees to 500 degrees) 5 to 7 minutes on each side or to desired degree of doneness. Serve with sauce. Garnish, if desired.

Lamb Biryani

(Pakistani Style)

Ingredients:

1/2 pkg	Biryani Spice Mix (get the Shan brand that says “Biryani: mild meat pilaf” from the Halal market)
3 c	Rice (soaked for 30 minutes)
2 lbs.	Lamb cubes
4	Medium tomatoes
4	Medium onions (or use 1 cup dry fried onions from the Halal market, they sell bags of golden fried onions ready to use in sauces or rice. This cuts your cooking time down and gives a nicer appearance and flavor.)
1 ½ c	Yogurt
2 Tbsp.	Ginger Paste
2 Tbsp.	Crushed Garlic
½ c	Olive oil

Directions:

1. Fry onions till golden brown (if using dry fried onions add them in step 2). Add meat and sautee till browned, add garlic, ginger, and 4 cups water cover and cook on medium heat till the meat is tender add water if necessary to keep meat from sticking.
2. Add tomatoes, yogurt and ½ of the spice packet to the chicken. Cook uncovered until oil begins to separate from the sauce. The sauce should begin to reduce till you have just enough liquid to coat the rice. If liquid is too much simmer a little longer to reduce the liquid.
3. Separately drain rice then place in another pot with 4 ½ cups water, cover and bring to a boil. Then lower flame to low and simmer for 20 minutes or until done.
4. When meat and rice are both done, mix together and let simmer on a low flame for another 10 minutes.

Directions:

Veggie Calzone

(veggie and tomato sauce stuffed bread)

Dough:

- 2 1/4 tsp. active dry yeast
- 1/2 tsp. brown sugar
- 1 1/2 c warm water (110 degrees F/45 degrees C)
- 1 tsp. salt
- 2 Tbsp. olive oil
- 3 1/3 c all-purpose flour

Filling:

- 2 tsp. crushed garlic
- 1/2 tsp. salt
- 1/2 tsp. pepper
- 16 oz. jar spaghetti or pizza sauce
- 2 c shredded mozzarella cheese
- 1 can sliced black olives
- 1 can sliced mushrooms
- 1 sliced onion
- 1 sliced green pepper

Directions:

1. In a large bowl, dissolve the yeast and brown sugar in the water, and let sit for 10 minutes.
2. Stir the salt and oil into the yeast solution. Mix in 2 1/2 cups of the flour.
3. Turn dough out onto a clean, well-floured surface, and knead in more flour until the dough is no longer sticky. Place the dough into a well-oiled bowl, and cover with a cloth. Let the dough rise until double; this should take about 1 hour. Punch down the dough, and form a tight ball. Allow the dough to relax for a minute before rolling out.
4. Roll out dough onto a floured surface till it is a circle approx. 12-14 inches in diameter (like you would make for a pizza crust). Fold the dough into quarters and place on your lightly oiled pizza pan or cookie sheet and unfold. Let rise for 15 minutes before stuffing.
5. In the meantime preheat oven to 425 degrees F and sauté the vegetables with the salt, pepper and garlic for 2-3 minutes.
6. Add the sauce, cheese, and vegetables to one half of the dough (avoid getting anything on the edges). Then fold over the other half of the dough and pinch edges to make a half moon shape filled dough. Use a fork to poke several holes in the crust to allow steam to escape. Brush the calzone with egg wash (this gives it a nice appearance).
7. Bake at 425F for 25-30 minutes or until the crust is golden brown. check halfway through the cooking time to see progress.

Shrimp Kabob

Ingredients:

- cup olive oil
- 1/4 cup chopped fresh parsley
- 1 lemon, juiced
- 2 tablespoons hot pepper sauce
- 3 cloves garlic, minced
- 1 tablespoon ketchup
- 2 teaspoons dried oregano
- 1 teaspoon salt
- 1 teaspoon ground black pepper
- 2 pounds large shrimp, peeled and deveined with tails attached
- skewers

Directions:

1. In a mixing bowl, mix together olive oil, parsley, lemon juice, hot sauce, garlic, ketchup, oregano, salt, and black pepper. Reserve a small amount for basting later. Pour remaining marinade into a large resealable plastic bag with shrimp. Seal, and marinate in the refrigerator for 2 hours.
2. Preheat grill for medium-low heat. Thread shrimp onto skewers, piercing once near the tail and once near the head. Discard marinade.
3. Lightly oil grill grate. Cook shrimp for 5 minutes per side, or until opaque, basting frequently with reserved marinade.

Chimichangas

Ingredients:

6 10-inch flour tortillas	following for garnish:
Corn oil for deep frying	sour cream
2 cups beef, ground, cooked	lettuce, shredded
6 tbsps. longhorn cheese	avocado slices
	guacamole and/ or
	salsa

Directions:

1. Preheat oven or toaster oven to 400 degrees.
2. If tortillas are not soft, wrap them in aluminum foil and warm in oven to soften, about 5 minutes. Keep warm.
3. Heat cooking oil in the deep fryer to 400 degrees.
4. Fold over the bottom third of each tortilla to make a solid base, as if you were beginning to fold a letter. Spread 1/3 cup of meat filling on the solid base. Roll the base and filling one turn up, so that the fold is in the center and widest part of the tortilla.
5. Now fold in each side of the tortilla and roll again, once or twice, until you have a neat package. Fasten the seam with toothpicks.
6. Make three chimichangas and then deep fry in hot oil until they are golden (about 8 to 10 minutes). Drain well on several layers of paper toweling. While the one batch of chimichangas is frying, prepare the next three. As soon as the chimichangas are drained, sprinkle the tops with cheese and garnish as desired.

Dedjaj

(Baked Chicken with Apricots)

Ingredients:

1/4 cup each butter and honey
1 t. each rose water and salt
1/2 t. black pepper

Rub mixture, both inside and out, over:

4-pound chicken (or goose)

Turning to brown all sides, roast in a 425° oven until golden. Lower heat to 350°, add to pan juices:

1 pound fresh apricots, pitted and halved
1 T. sugar

Baste chicken and apricots with juices and continue roasting 20 minutes or until tender. Remove to heated plate, pour juices over and sprinkle with:

1/2 cup toasted slivered almonds or chopped pistachio nuts

Week 16

	Dinner
Monday	Hearty Beef Stew Dinner Rolls Garden Salad p. 137
Tuesday	Penn Arabiatta Bread Sticks Caesar Salad p. 133
Wednesday	Shrimp and Pesto Cream Sauce Garden Salad p. 137
Thursday	Tchabo Wake (Fish and Red Rice)
Friday	Chicken Biryani Riyta p. 136 Sliced Vegetables
Saturday	Chicken and Pineapple Pizza Caesar Salad p. 133
Sunday	Lamb w/ Bulgur and Chickpeas Yogurt Pita Bread Fattoush Salad p. 132

“Of the cattle are some for burden and some for meat: eat what Allah hath provided for you, and follow not the footsteps of Satan: for he is to you and avowed enemy.”

(Qur'an 6:142)



Hearty Beef Stew

Ingredients:

- pounds cubed beef stew meat
- 3 tablespoons vegetable oil
- 4 cubes beef bouillon, crumbled
- 4 cups water
- 1 teaspoon dried rosemary
- 1 teaspoon dried parsley
- 1/2 teaspoon ground black pepper
- 3 large potatoes, peeled and cubed
- 4 carrots, cut into 1 inch pieces
- 4 stalks celery, cut into 1 inch pieces
- 1 large onion, chopped
- 2 teaspoons cornstarch
- 2 teaspoons cold water

Directions:

1. In a large pot or dutch oven, cook beef in oil over medium heat until brown. Dissolve bouillon in water and pour into pot. Stir in rosemary, parsley and pepper. Bring to a boil, then reduce heat, cover and simmer 1 hour.
2. Stir potatoes, carrots, celery, and onion into the pot. Dissolve cornstarch in 2 teaspoons cold water and stir into stew. Cover and simmer 1 hour more.

Penn Arbiatta

(chicken and penn pasta with rich tomato sauce, my favorite 😊)

Ingredients:

- 1/2 cup olive oil, divided
- 6 cloves garlic, sliced
- 1 teaspoon red pepper flakes
- 1 (28 ounce) can diced tomatoes with garlic and olive oil
- 1/2 cup tomato sauce
- 1 bunch fresh basil, chopped
- 1 (12 ounce) package dried penne pasta
- 2 eggs
- 2 cups bread crumbs
- 1 teaspoon garlic powder
- 1 teaspoon salt
- 1 teaspoon pepper
- 1 pound thin chicken breast cutlets

Directions:

1. Heat 1/4 cup of olive oil in a large skillet over medium heat. Add the garlic, and sauté for a few minutes. Sprinkle in the red pepper flakes, and sauté for another minute. Pour in the diced tomatoes and tomato sauce, and add the basil. Simmer for about 20 minutes, stirring occasionally.
2. Meanwhile, bring a large pot of lightly salted water to a boil. Add penne pasta, and cook for 8 minutes, or until tender. Drain.
3. In a small bowl, whisk eggs with a fork. Place bread crumbs in a separate bowl. Stir the garlic powder, salt and pepper into the breadcrumbs. Dip chicken cutlets into the egg, then press into the breadcrumbs until completely coated.
4. Heat remaining olive oil in a large skillet over medium heat. Fry chicken for about 5 minutes per side, or until the coating is a nice dark brown color.
5. Remove chicken, and cut into slices. Toss the chicken slices into the sauce, and simmer for about 10 minutes. Stir in the cooked penne, simmer for a few more minutes to soak up the flavor, then serve.

Shrimp and Pesto Cream Sauce

Ingredients:

- 1 (16 ounce) package linguine pasta
- 2 tablespoons olive oil
- 1 small onion, chopped
- 10 cloves garlic, sliced
- 1/2 cup butter
- 2 tablespoons all-purpose flour
- 2 cups milk
- 1 pinch salt
- 1 pinch pepper
- 1 1/2 cups grated Romano OR Parmesan cheese
- 1 cup prepared basil pesto
- 1 pound cooked shrimp, peeled and deveined
- 20 mushrooms, chopped
- 3 roma (plum) tomato, diced (or sundried tomatoes these taste even better)

Directions:

1. Bring a large pot of lightly salted water to a boil. Add pasta and cook for 8 to 10 minutes or until al dente; drain.
2. Heat olive oil in a large skillet over medium heat. Sauté onion until tender and translucent. Stir in garlic and butter, and sauté until garlic is soft and fragrant, about 1 minute.
3. Dissolve flour in milk, then stir in.
4. Season with salt and pepper, and simmer 4 minutes, stirring constantly.
5. Add cheese, and stir until melted. Stir in pesto.
6. Add shrimp, mushrooms and tomatoes. Cook 4 minutes, or until heated through. Toss with pasta until evenly coated.

Black Bean and Salsa Soup

(5 Star recipe and can be made in 15 minutes!)

Ingredients:

- 2 (15 ounce) cans black beans, drained and rinsed
- 1 1/2 cups vegetable broth
- 1 cup chunky salsa
- 1 teaspoon ground cumin
- 4 tablespoons sour cream
- 2 tablespoons thinly sliced green onion

Directions:

1. In an electric food processor or blender, combine beans, broth salsa and cumin. Blend until fairly smooth.
2. Heat the bean mixture in a medium saucepan over medium heat until thoroughly heated. To serve, ladle soup into 4 individual bowls and top each bowl with 1 tablespoon of the sour cream, and 1/2 teaspoon green onion.

Chicken Biryani

Ingredients:

1/2 pkg	Biryani Spice Mix (get the Shan brand that says “Biryani: mild meat pilaf” from the Halal market)
3 c	Rice (soaked for 30 minutes)
2 lbs.	Chicken legs (they give the best flavor)
4	Medium tomatoes
4	Medium onions (or use 1 cup dry fried onions from the Halal market, they sell bags of golden fried onions ready to use in sauces or rice. This cuts your cooking time down and gives a nicer appearance and flavor.)
1 ½ c	Yogurt
2 Tbsp.	Ginger Paste
2 Tbsp.	Crushed Garlic
½ c	Olive oil

Directions:

1. Fry onions till golden brown (if using dry fried onions add them in step 2). Add meat and sautee till browned, add garlic, ginger, and 4 cups water cover and cook on medium heat till the meat is tender.
2. Add tomatoes, yogurt and ½ of the spice packet to the chicken. Cook uncovered until oil begins to separate from the sauce and chicken begins to fall off the bones. The sauce should begin to reduce till you have just enough liquid to coat the rice. If liquid is too much simmer a little longer to reduce the liquid.
3. Separately drain rice then place in another pot with 4 ½ cups water, cover and bring to a boil. Then lower flame to low and simmer for 20 minutes or until done.
4. When chicken and rice are both done, mix together and let simmer on a low flame for another 10 minutes.

Beef Stir Fry

(Chinese)

Ingredients:

1 lb. lean beef cut into strips
1 small bunch broccoli, cut into bite size pieces
2 celery sticks, sliced
2 carrots, cut in 2" sticks
1 green and red pepper, cut into strips
1 teaspoon each ground ginger, garlic
1/4 teaspoon garam masala
1 teaspoon cumin powder
1 teaspoon coriander powder
6 Tablespoon oil
2 Tablespoon corn starch
1/2 teaspoon salt
1/2 teaspoon pepper
1 cup soy sauce
2 Tablespoon hot sauce
1/3 cup vinegar

Directions:

1. Heat half of the oil in a skillet on high heat and add beef strips, stirring until brown.
2. Add garlic, ginger, garam masala, cumin, coriander, salt and pepper and 1/4 cup of water. Cover and turn down to medium, cook until tender.
3. Add remaining oil to another pan and heat on high. Add the vegetables and stir fry until tender and crisp, approximately 4-5 minutes.
4. Mix 1 cup water with vinegar, corn starch, soy sauce, and hot sauce in a small pot. Cook for 1 minute on medium heat, stirring constantly. Pour into pan with beef and vegetables and mix thoroughly on medium heat. Serve with rice.

Lamb with Bulgur and Chickpeas

Ingredients:

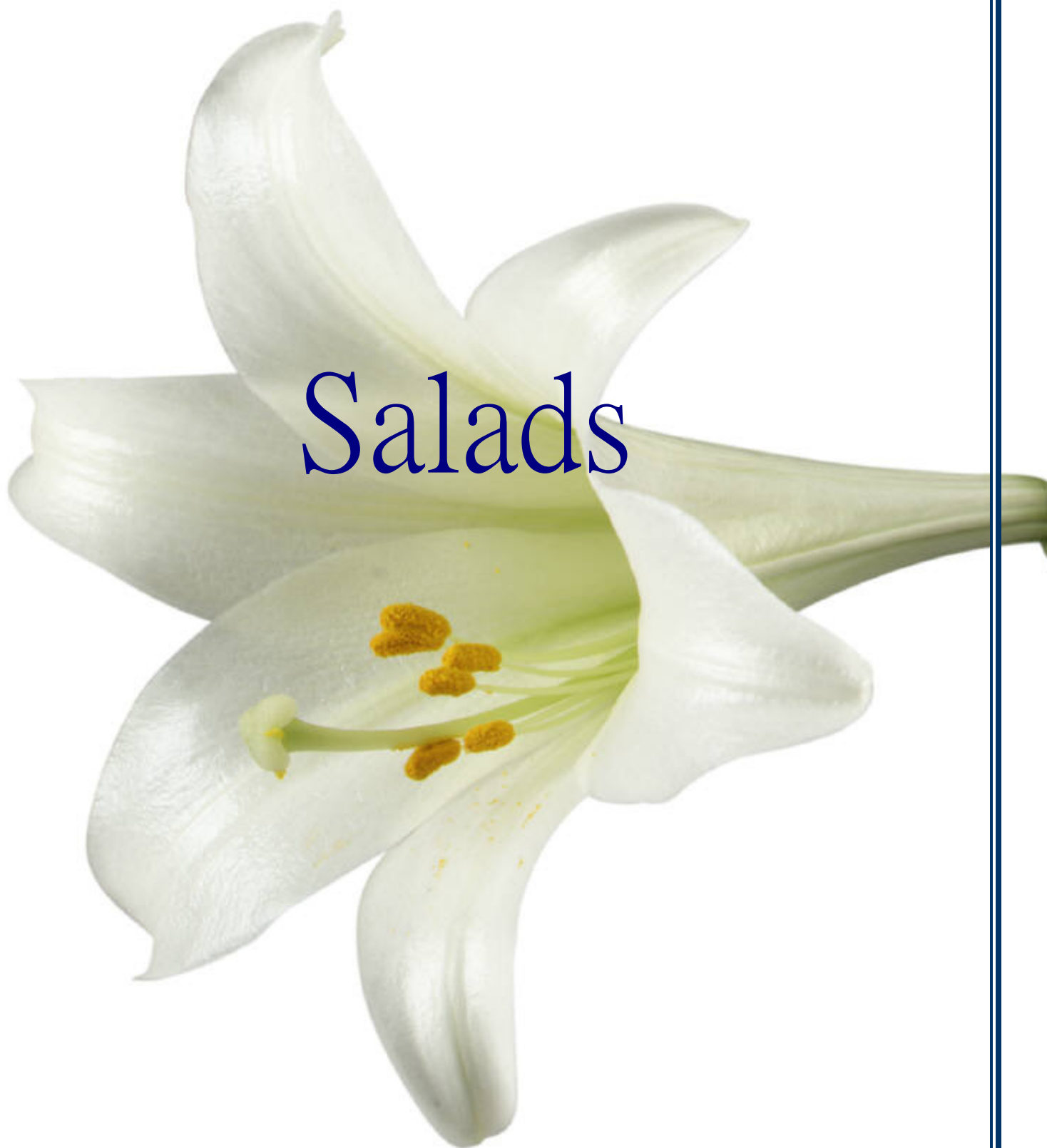
1-1/2 lbs. lamb, cut into 2-inch cubes
Salt and freshly ground black pepper
1 Tbs. oil
1 cup chopped onion
3 Tbs. butter
1 cup bulgur or cracked wheat
1 can chick-peas, drained

Directions:

1. Sprinkle the lamb cubes with salt and pepper and brown on all sides in the oil. Add the onion and cook briefly, until the onion is light brown.
2. Add the butter and enough water to cover the lamb. Simmer until the lamb is almost tender, forty minutes to one hour.
3. Rinse the bulgur under cold water and squeeze to remove excess moisture. Add the bulgur to the kettle and cook twenty minutes longer, or until all the liquid has been absorbed. Add the chick-peas and cook until the peas are heated through. Serve with yogurt.

Serves 4

Salads



Tabouleh

(Lebanese Style)

Ingredients:

1 c	Fine bulgur
2 c	Cold water
2 c	Chopped parsley
½ c	Finely chopped spring onions
¼ c	Finely chopped mint
¼ c	Olive oil
2 tb	Lemon juice
1 ½ ts	Salt
½ ts	Freshly ground black pepper
2	Firm ripe tomatoes
	Crisp lettuce leaves
¼ c	Lemon juice; mixed with:
½ ts	Salt

Directions:

1. Place bulgur in a bowl and cover with the cold water. Leave to soak for 30 minutes. Drain through a fine sieve or cheesecloth, pressing with back of a spoon to extract moisture. Spread onto a cloth and leave to dry further.
2. Meanwhile, prepare parsley. Wash well, shake off excess moisture and remove thick stalks. Wrap in a tea towel and place in refrigerator to crisp and dry.
3. Put bulgur into a mixing bowl and add spring onions. Squeeze mixture with hand so that bulgur absorbs onion flavor.
4. Chop parsley fairly coarsely, measure and add to bulgur with mint.
5. Beat olive oil with lemon juice and stir in salt and pepper. Add to salad and toss well.
6. Peel and seed tomatoes and cut into dice. Gently stir into salad. Cover and chill for at least 1 hour before serving.
7. Serve in salad bowl lined with crisp lettuce leaves. Lemon juice and salt mixture is served in a jug so that it may be added according to individual taste.

Fattoush Salad

(Palestinian Style Salad with Pita Bread Crisps)

Ingredients:

2 tomatoes
2 cucumbers
2 spring onions
1 head Romaine Lettuce
1 Radish
1 bunch Parsley
1 bunch Green mint (2 Tbsp. cup dried mint)
1 loaf of pita bread broken into small pieces and fried until crispy (like Fritos 😊)

Dressing: Lemon ½ c., salt 1 tsp., and olive oil ½ c.

Directions:

1. Cut the vegetables into small - medium size pieces. The lettuce, parsley and green mint should be cut in small pieces.
2. Cut the pita bread into squares of 1 square cm each and either fry them until golden brown or roast them under the grill.
3. Add dressing when serving. Offer bread on the side to be added when served (don't add ahead of time or the bread will become mushy).

Caesar Salad

Ingredients:

- cloves garlic, peeled
- 3/4 cup mayonnaise
- 5 anchovy fillets, minced
- 6 tablespoons grated Parmesan cheese, divided
- 1 teaspoon Worcestershire sauce
- 1 teaspoon Dijon mustard
- 1 tablespoon lemon juice
- ½ tsp. salt or to taste
- ½ tsp. ground black pepper to taste
- 1/4 cup olive oil
- 4 cups day-old bread, cubed
- 1 head romaine lettuce, torn into bite-size pieces

Directions:

1. Mince 3 cloves of garlic, and combine in a small bowl with mayonnaise, anchovies, 2 tablespoons of the Parmesan cheese, Worcestershire sauce, mustard, and lemon juice. Season with salt and black pepper. Refrigerate until ready to use.
2. Heat oil in a large skillet over medium heat. Cut the remaining 3 cloves of garlic into quarters, and add to hot oil. Cook and stir until brown, and then remove garlic from pan. Add bread cubes to the hot oil. Cook, turning frequently, until lightly browned. Remove bread cubes from oil, and season with salt and pepper.
3. Place lettuce in a large bowl. Toss with dressing, remaining Parmesan cheese, and seasoned bread cubes.

Avocado Salad

Ingredients:

1 Avocado diced bite-sized pieces
1 head romaine lettuce chopped
1 green pepper diced
2 tomatoes diced
½ c sliced almonds roasted till golden brown
1 c feta cheese crumbled
½ c pitted olives black or green
2 Tbsp. your preferred salad dressing (vinaigrettes work best)

Directions:

1. Toss all ingredients (except almonds) together in a large salad bowl.
2. Serve nuts on the side to be placed on the salad as served.
3. Top with your favorite dressing.

Arab Salad

Ingredients:

4 large red tomatoes
4 spring onions
½ green hot chili pepper
½ tsp. salt
¼ c. lemon juice
¼ c. olive oil
2 tsp. mint (fresh or dried) for garnish

Directions:

Cut the tomatoes, spring onions and hot chili pepper in very small pieces (as minuscule as you can get). Add salt, lemon, and olive oil to taste. This salad should have a very strong flavor, so generally one would add more lemon and olive oil than the usual salad. A regular small onion can replace the spring onions if they are not in season. Garnish with green or dried mint.

Riyta

Ingredients:

2 cups plain yogurt
2 tablespoons honey
½ cup finely chopped cucumbers, drained or excess liquid
¼ cup chopped fresh coriander or cilantro leaves
¼ teaspoon ground cumin (to garnish) (optional)

Directions:

1. Place all ingredients in a bowl. It may be easier to warm the honey, as it is easier to blend with the other ingredients. Make sure the cucumber is drained well, otherwise your riyta will be too watery. Mix well, and add to serving bowl.
2. Sprinkle cumin over the top.

Garden Salad

Ingredients:

- 2 large tomatoes, chopped
- 1 large cucumber, chopped
- 1 small vidalia onion, chopped
- 1/4 bell pepper (red for color--option) green, seeded, minced
- 2 tablespoons chopped fresh parsley
- 3 tablespoons fresh squeezed lemon juice
- 1 tablespoon olive oil (light)
- 1 teaspoon garlic salt
- 1/8 tsp. ground black pepper (best if freshly ground)

Directions:

In a large bowl, combine tomatoes and the next 4 ingredients. In a Separate bowl, whisk lemon juice and the rest of the ingredients. Pour over the veggies. Cover and refrigerate for 2 hours.

Hummus

Ingredients:

1 can prepared Hummus (from the Halal Market)
1 Tbsp. each Garlic, lemon, and olive oil

Directions:

1. Mix all ingredients in a small bowl. Refrigerate before serving.
2. It is traditional to smooth the Hummus flat into the bowl and then to carve a circular “Moat” in the center into which you pour olive oil when serving. However this adds a lot of fat so you may not want to do it this way 😊

Baba Ganoush

(Eggplant Dip)

Ingredients:

1 can prepared Baba Ganoush p. 139 (from the Halal Market)
1 Tbsp. each Garlic and lemon

Directions:

Mix all ingredients in a small bowl. Refrigerate before serving.



Rice Pilaf Variations

Afghani Pilaf

2 medium Onions; thinly sliced
1 ounce of Butter
1 tablespoons Cardamom, ground
1 tablespoons Cumin, ground
3 Carrots grated
4 ounce of Raisins
3 cups chicken stock
2 cups Basmati rice

Directions:

1. Brown onions in hot butter and remove from heat. Add cardamom and cumin; mash with onion to form a paste. Add chicken stock; bring to a boil.
2. Add rice, carrots, and raisins. Cover and simmer on low heat for about 20 minutes.

Pakistani Pilaf

1 onion -- chopped
2 Tbsp. vegetable oil
1 cup basmati rice
2 cinnamon stick
2 cloves
1 bay leaf -- crumbled
2/3 cup raw cashews -- toasted
1/3 cup raisins

Directions:

Cook onion over low heat until tender. Add rice, cinnamon, cloves, bay leaf, cashews, raisins. Cook for 2 minutes. Add 2 cups of water; cover. Bring to a boil; reduce heat to low. Cook for 15 to 20 minutes.

Indian

1c Basmati rice
1 sm Onion
3 md Carrots
1 Bay leaf
2 Cloves
4 Black peppercorns
1/4 t Cumin seeds
1 T Light vegetable oil
2 T Butter
1 T salt (or to taste)

Directions:

1. Wash the rice in cool water, squeezing gently with your fingers, until the water runs clear. Put the rice in about 2 cups of cool water to soak for 20 minutes.
2. Strain soak water into saucepan and heat. Leave rice to dry in strainer. Preheat oven to 350 degrees F.
3. While rice is drying, chop onion finely and set aside. Dice carrots and set aside. Measure spices.
4. When rice is dry, heat oil over medium-high flame in heavy, oven-proof skillet or casserole dish. Add spices. When spices become fragrant, add butter and onions. Cook until onions are tender and light golden brown. Add carrots and cook for 3-5 minutes.
5. Add rice and cook, stirring very gently for 5 minutes. Add salt and heated soak water, bring to boil. Reduce heat and simmer until water on top of rice has boiled off. Cover tightly and cook for 20 minutes at 350 degrees F. Remove from oven, let rest for 10 minutes, then serve.

Arab Pilaf

1/2 c	Lentils
2 c	Uncooked rice
2 md	Onions -- chopped
1/2 c	Olive oil
1 tb	Salt
1/4 ts	Cumin
1/2 ts	Allspice or Baharaat p. 147
3 cups	Water

Directions:

1. Clean and wash the lentils and boil them until tender but not breaking apart, drain any excess water.
2. Put the rice, salt, and spices, in a pot and mix well. In a pan, sauté the chopped onions in oil until golden.
3. Add the lentils, chopped onions (including the frying oil), and water to the rice. Cover and bring to the boil then simmer over low heat for about 20 minutes, until the rice is cooked.

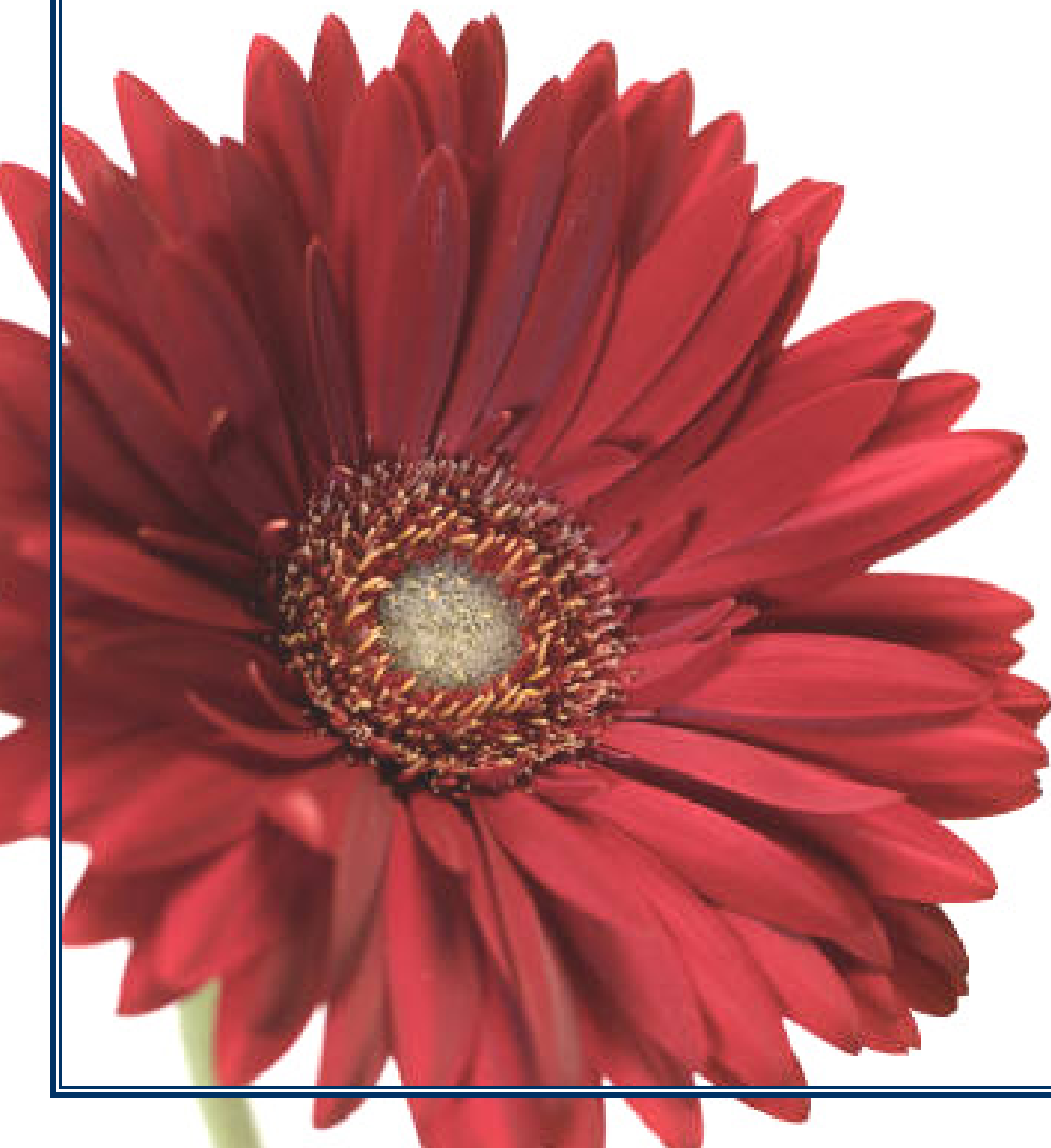
Vermicelli Pilaf

1/2 cup uncooked vermicelli, broken in small pieces
1/4 cup butter
1 1/2 cups basmati rice(soaked in hot water for 1 hour)
1 teaspoon salt(to taste)
2 1/2 cups water

Directions:

1. Melt butter in pot on medium heat. Brown vermicelli in butter.
2. Add drained rice. Stir over medium heat for 1 minute.
3. Add salt and turn heat to high. Bring to boil.
4. Cover and simmer on low heat for 20-25 minutes. Serve hot.

Spice Mixes



Baharaat

(Saudi Spice Mix)

Ingredients:

1/3 cup Black pepper (freshly ground is best)
1/4 cup Ground coriander
1/4 (scant) cup Cinnamon
1/4 (scant) cup Ground cloves
1/3 cup Ground cumin
2 teaspoons Ground cardamom
1/4 cup Ground nutmeg
1/2 cup Paprika (or cayenne, depending on taste)
1/3 cup Curry powder
3 dried limes, ground (loomi) ground to a powder in the blender or food processor you will have to crack them open with a rolling pin first so you don't wreck your machine 😊

Directions:

Mix all ingredients: Store in a tightly sealed glass jar. Makes about 2 cups.

Desserts



Blueberry Pie

(Voted the best by over 200 on the web)

Crust:

1 stick of butter
1 cup of flour
¼ tsp. salt
5-6 Tbsp. cold water

Directions:

You will need to make two piecrusts for this recipe but make them seperatly DO NOT double this recipe, it will not come out properly.

1. Butter should be cool but not too hard to cut to pieces with a fork.
2. Place the flour, salt, and butter in a bowl. Use a pastry cutter or fork to mash the butter into the flour until it forms small round balls.
3. Add cold water 1-2 Tbsp. at a time and mix till the balls start to stick together and form a ball.
4. Roll out the pastry on a flat well floured surface. Then fold into quarters and place in pie plate. Unfold and press lightly to make sure there are no air bubbles under the crust.
5. Repeat steps 1-4 for the second crust but after you roll it out cut it into strips (1/2-3/4 of an inch wide) you will use these to make a criss cross pattern (lattice) on the top of the pie.

Filling:

3/4 cup White Sugar
3 Tbsp. Cornstarch or ¼ cup of Tapioca
¼ tsp. Salt
½ tsp. Ground Cinnamon
4 c Fresh or frozen blueberries (if using frozen defrost them completely before using)
1 Tbsp. Butter
1 egg (optional)
1 Tbsp. milk (optional)

Directions:

1. Preheat oven to 425 F.
2. Mix all dry ingredients then pour over berries.
3. Line pie plate with one pastry crust. pour berry mixture into the crust and dot with butter. Place dough 1/2-3/4 inch wide dough strips to make a lattice on top. Crimp and flute edges.
4. Bake pie in lower shelf of the oven for about 50 minutes or until crust is golden brown.
5. To keep the edges of the pie from burning mix one egg and 1 Tbsp. of milk together to make an egg wash, then brush the edges and lattice of the pie with the mixture. This will give a golden color and keep the crust from being too dry or burning.

