

## Lesson 10

### Middle Eastern Mezze

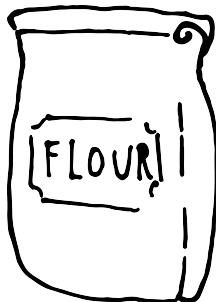
#### Kefta Kabobs

##### **Ingredients:**

- 1 pound ground chicken
- 1 medium onion, minced or grated
- 2 Tablespoons fresh parsley, finely chopped
- 1 Tablespoon ground coriander seeds
- ¼ cup mint leaves, finely chopped
- 2 teaspoons paprika
- 1 teaspoon cumin
- 1 teaspoon salt
- ½ teaspoon black pepper
- Pinch cayenne pepper
- 3 Tablespoons vegetable oil

##### **Instructions:**

1. Combine all ingredients (except for oil) in a large bowl. Mix well to incorporate ingredients using a spoon or gloved hands.
2. Using gloved hands, fill your palm with about ¼ cup of mixture and form into sausage-shaped logs. Kefta should be around the same size to ensure they cook evenly.
3. Heat oil in a large skillet or griddle over medium-high heat. Once the oil has heated, place the kefta onto the griddle and cook for 5 minutes on each side, rolling to brown all edges. Kefta should be cooked until internal temperature reaches 165° F.
4. Remove kefta from heat and enjoy as a part of your favorite meal!



#### Laffa Bread

##### **Ingredients:**

- 1 ½ cups water
- 1 Tablespoon sugar
- 2 ¼ teaspoons yeast
- 4 cups all-purpose flour, plus extra for rolling out the dough
- 1 ½ teaspoons salt
- 2 Tablespoons extra-virgin olive oil, plus more for oiling bowl

##### **Instructions:**

1. In a small bowl, combine water, sugar, and yeast. Let sit for 10 minutes to activate yeast.
2. In a large bowl, combine flour and salt. Add oil.
3. After the yeast has bloomed, add liquid ingredients to dry ingredient bowl, and mix by hand for a few minutes until dough is well combined. Turn dough out onto a lightly floured surface and knead for about ten minutes until smooth and elastic.
4. Oil a large bowl and place kneaded dough in the bowl, loosely covered with plastic wrap or a tea towel. Place the bowl in a warm, draft-free corner and let rise for 30 minutes, until the dough has at least doubled in size.
5. Divide the dough into 12 equal pieces and roll into balls. Place the doughballs on an oiled surface and cover with a damp towel. Let rest for 5 to 10 minutes.
6. Flatten or roll out each piece on an oiled surface until dough makes a circle about 12-inches in diameter.
7. Heat a griddle or frying pan to medium heat. Place circles in batches onto the heated pan. When the edges look dry, flip to cook the other side. Each side of the laffa should only take a few minutes to grill.
8. Serve immediately to dip or as a wrap. Enjoy!

## Lesson 10



### Tabbouleh

#### **Ingredients:**

- 1 cup bulgur wheat
- 1 ¼ cup boiling water
- 3 Tablespoons olive oil
- 1 cup parsley, stems removed and leaves finely chopped
- 1 pint cherry or grape tomatoes, quartered
- 1 medium cucumber, seeds removed and diced
- Juice of 1 lemon
- ½ teaspoon cumin
- 1 teaspoon salt
- ½ teaspoon pepper

#### **Instructions:**

1. Place bulgur in large container or bowl. Pour boiling water over the grain, quickly stir to coat, and cover. Allow to stand for 30 to 45 minutes. Check to ensure water is absorbed and grain is tender, draining any remaining water, if needed. Fluff with a fork.
2. Toss bulgur with chopped parsley, tomatoes, cucumber, lemon juice, cumin, salt, and pepper.
3. Salad is best after marinating, but can be served immediately at room temperature or refrigerated and enjoyed for up to five days.

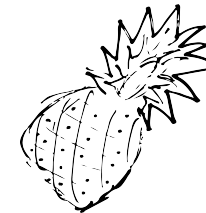
### Grilled Pineapple

#### **Ingredients:**

- 1 large or 2 small pineapples, cut into wedges, rings, or pieces
- ¼ cup brown sugar
- 1 orange, zest and juice
- Pinch of salt

#### **Instructions:**

1. In a large bowl, mix together the brown sugar, orange zest and juice, and salt to create a sauce.
2. Preheat a griddle or frying pan to medium or medium high heat. Carefully place pineapple pieces on the griddle.
3. Flip once the pineapple is caramelized and cook for an additional 5 or so minutes or until both sides are browned.
4. Place grilled pineapple in the bowl of sauce and toss to coat. Enjoy warm or at room temperature!



### Spiced Yogurt Dip

#### **Ingredients:**

- 1 cup Greek yogurt
- 1 clove garlic, grated or finely minced
- 1 teaspoon cumin
- Juice of ¼ of a lemon
- Salt and pepper, to taste
- Chopped mint, for garnish

#### **Instructions:**

1. Combine all ingredients in a small bowl.
2. Cover and let sit in the fridge to let the flavors marinate until ready to serve. Taste and adjust seasoning.
3. Garnish with chopped mint and enjoy as a dip or spread with your favorite meal!