



The *Mediterranean* Dish

15 Simple and
Healthy Recipes

FRESHLY BAKED BREADS



If you're new to Mediterranean cooking, a very warm welcome to The Mediterranean Dish!

I am so glad you found the blog! And I am so excited you chose to grab this book of 15 simple and healthy Mediterranean recipes to start your cooking journey.

Eating The Mediterranean Way

Because I was born and raised short blocks away from the shores of the Mediterranean, the only way I know how to eat is Mediterranean.

The values instilled in the Mediterranean diet--and I use the term "diet" very loosely here--are simple: eat with the seasons, use whole foods, and above all, share!

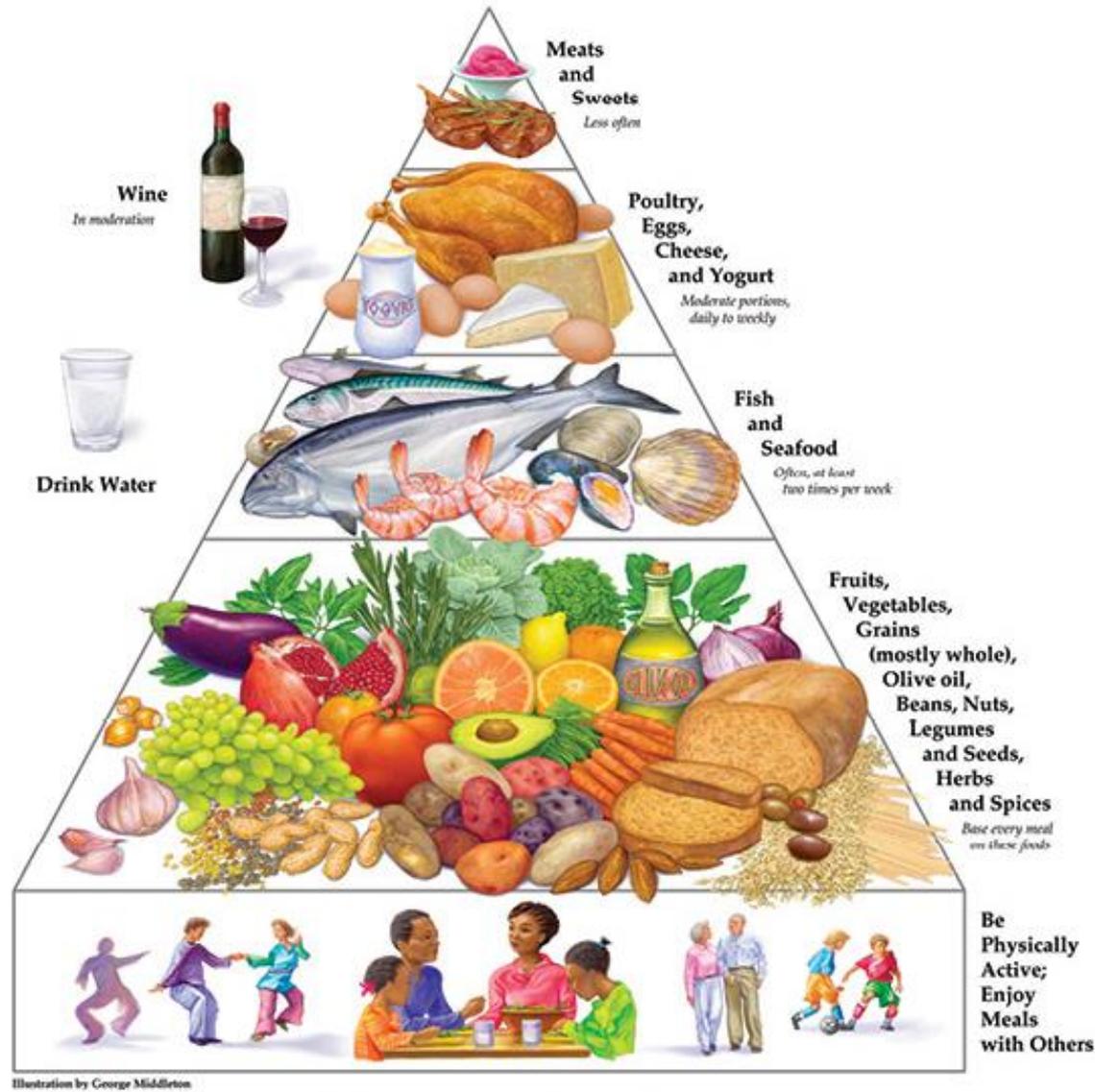
And thankfully, to eat the Mediterranean way, you don't have to go on a starvation diet nor give up so much of what you like.

What makes the Mediterranean diet effective?

I recently chatted with Oldways expert Kelly Toups, MLA, RD, LDN about this very question, "what makes the Mediterranean diet effective?"

Kelly says, "The Mediterranean Diet is effective because it focuses on holistic eating patterns and real foods not individual nutrients or supplements. The recipes and traditions of The Mediterranean Diet make eating a joy, and help foster a healthy relationship with food."

If you want to plan your meals with the Mediterranean diet in mind, the Mediterranean Diet Pyramid is a great tool to help you with that.



*The Mediterranean Diet Pyramid courtesy of Oldways
oldwayspt.org

Kelly explains, the base of the pyramid (which is filled with a beautiful assortment of vegetables, fruits, whole grains, herbs, pulses, seeds, nuts, olive oil, and spices) should make up the base of every meal. Fish and seafood (the next level of the Pyramid) are included in meals at least twice per week, but not every day. Poultry, eggs, cheese, and yogurt are enjoyed often (weekly to daily), but in small amounts. Meats and sweets are consumed less often.

To me, the most exciting part about eating the Mediterranean way is the big flavors from natural ingredients like garlic, onions, citrus, fresh herbs, and warm spices! And here in this tiny book are the bold flavors of the Mediterranean in 15 of my favorite simple and healthy Mediterranean recipes.

With my love,

Suzy

P.S. Be sure to check out the blog archives for hundreds of Mediterranean recipes! And remember new recipes are published on The Mediterranean Dish (www.themediterraneandish.com) weekly. As part of our community, I'll be sure to let know of new recipes and articles via e-mail. Happy cooking!



salads and soups

TABOULI SALAD



INGREDIENTS

- ½ cup extra fine bulgur wheat
- 4 firm Roma tomatoes, very finely chopped
- 1 English cucumber (hothouse cucumber), very finely chopped
- 2 bunches parsley, part of the stems removed, washed and well-dried, very finely chopped
- 12-15 fresh mint leaves, stems removed, washed, well-dried, very finely chopped
- 4 green onions, white and green parts, very finely chopped
- Salt
- 3-4 tbsp lime juice (lemon juice, if you prefer)
- 3-4 tbsp extra virgin olive oil
- Romaine lettuce leaves to serve, optional

INSTRUCTIONS

1. Wash the bulgur wheat and soak it in water for 5-7 minute. Drain very well (squeeze the bulgur wheat by hand to get rid of any excess water). Set aside.
2. Very finely chop the vegetables, herbs and green onions as indicated above. Be sure to place the tomatoes in a colander to drain excess juice.
3. Place the chopped vegetables, herbs and green onions in a mixing bowl or dish. Add the bulgur and season with salt. Mix gently.
4. Now add the the lime juice and olive oil and mix again.
5. For best results, cover the tabouli and refrigerate for 30 minutes. Transfer to a serving platter. If you like, serve the tabouli with a side of pita and romaine lettuce leaves, which act as wraps or "boats" for the tabouli.

FATTOUSH SALAD

INGREDIENTS

- 2 loaves pita bread
- Olive oil
- ½ tsp sumac, more for later
- Salt and pepper
- 1 heart of Romaine lettuce, chopped
- 1 English cucumber, chopped
- 5 Roma tomatoes, chopped
- 5 green onions (both white and green parts), chopped
- 5 radishes, stems removed, thinly sliced
- 1 cup chopped fresh parsley leaves, stems removed

Lime-vinaigrette

- 1½ lime, juice of
- ½ cup olive oil
- Salt and pepper
- 1 tsp ground sumac
- ½ tsp ground cinnamon
- scant ¼ tsp ground allspice

INSTRUCTIONS

1. Toast the pita bread in your toaster oven until it is crisp but not browned. Heat 3 tbsp of olive oil in a large pan. Break the pita bread into pieces, and place in the heated oil. Fry briefly until browned, tossing frequently. Add salt, pepper and ½ tsp of sumac. Remove the pita chips from the heat and place on paper towels to drain.
2. In a large mixing bowl, combine the chopped lettuce, cucumber, tomatoes, green onions with the sliced radish and parsley.
3. To make the lime vinaigrette, whisk together the lime juice, olive oil and spices in a small bowl.
4. Dress the salad with the vinaigrette and toss lightly. Finally, add the pita chips, and more sumac if you like, and toss one more time. Transfer to small serving bowls or plates. Enjoy!

KIDNEY BEAN SALAD WITH CILANTRO DIJON VINAIGRETTE



INGREDIENTS

- 1 15-oz. can kidney beans, drained and rinsed
- ½ English cucumbers, chopped
- 1 Medium-sized heirloom tomato, chopped
- 1 bunch fresh cilantro leaves, stems removed and chopped (about 1¼ cup)
- ½ Medium-sized red onion, chopped (about 1 cup)
- 1 large lime or lemon, juice of
- 3 tbsp extra virgin olive oil
- 1 tsp Dijon mustard
- ½ tsp fresh garlic paste, or finely chopped garlic
- 1 tsp sumac
- Salt and pepper, to taste

INSTRUCTIONS

1. In a medium sized bowl, combine the kidney beans with the chopped vegetables and cilantro.
2. To make the vinaigrette, in a separate small bowl, whisk together the lime juice, oil, mustard, fresh garlic, sumac, salt and pepper.
3. Pour the vinaigrette over the salad and combine well with a large spoon. Add a dash of salt and pepper if you need to.
4. Cover and let sit in the fridge for half hour to an hour before serving.

ISRAELI COUSCOUS SALAD

INGREDIENTS

For the Israeli Couscous

- 2 cups Israeli couscous (Pearl couscous)
- Olive oil
- Water
- 2 cups grape tomatoes, halved
- ½ cup finely chopped red onions
- ½ English cucumber, finely chopped
- 15 oz can chickpeas
- 14 oz can good quality artichoke hearts, roughly chopped if needed
- ½ cup good pitted kalamta olives
- 15-20 fresh basil leaves, roughly chopped or torn; more for garnish
- 10 mini fresh mozzarella balls (or 1 cup chopped fresh mozzarella), optional

For the Lemon-Dill Vinaigrette

- 1 large lemon, juice of
- ½ cup extra virgin olive oil
- 1 tsp dill weed
- 1 tsp garlic powder
- salt and pepper

INSTRUCTIONS

1. To make the lemon-dill vinaigrette, place the vinaigrette ingredients in a bowl. Whisk together to combine. Set aside briefly.
2. In a medium-sized heavy pot, heat two tablespoons of olive oil. Saute the couscous in the olive oil briefly until golden brown. Add 3 cups of boiling water (or the amount instructed on the package), and cook according to package. When ready, drain in a colander. Set aside in a bowl to cool.
3. In a large mixing bowl, combine the remaining ingredients minus the basil and mozzarella. Then add the couscous and the basil and mix together gently.
4. Now, give the lemon-dill vinaigrette a quick whisk and add it to the couscous salad. Mix again to combine. Test and adjust salt, if needed.
5. Finally mix in the mozzarella cheese. Garnish with more fresh basil. Enjoy!



TRADITIONAL GREEK SALAD



INGREDIENTS

- 4 Medium juicy tomatoes, preferably organic tomatoes
- 1 Cucumber, or $\frac{3}{4}$ English (hot house) cucumber preferred, partially peeled making a striped pattern
- 1 green bell pepper, cored
- 1 medium red onion
- Greek pitted Kalamata olives
- Salt, a pinch
- 4 tbsp quality extra virgin olive oil
- 1-2 tbsp red wine vinegar
- 8 oz or more creamy Greek feta cheese in blocks (do not crumble)
- $\frac{1}{2}$ tbsp quality dried oregano

INSTRUCTIONS

1. Cut the tomatoes into wedges or large chunks (I sliced some and cut the rest in wedges).
2. Cut the partially peeled cucumber in half length-wise, then slice into thick halves (at least $\frac{1}{2}$ " in thickness)
3. Thinly slice the bell pepper into rings.
4. Cut the red onion in half and thinly slice into half moons.
5. Place everything in a large salad dish. Add a good handful of the pitted kalamata olives.
6. Season very lightly with salt (just a pinch). Pour the olive oil and red wine vinegar.
7. Give everything a very gentle toss to mix; do NOT over mix, this salad is not meant to be handled too much.
8. Now add the the feta blocks on top. Sprinkle the dried oregano.
9. Serve with crusty bread!

SPICY LENTIL AND SPINACH SOUP



INGREDIENTS

- Olive oil
- 1 large yellow onion, finely chopped
- 1 large garlic clove, chopped
- Salt and pepper
- 1½ tsp coriander
- 1½ tsp cumin
- 1½ tsp sumac
- 1½ tsp crushed red peppers
- 2 tsp dried mint flakes
- Pinch of sugar
- 1 tbsp flour
- 6 cups low-sodium vegetable broth
- 3 cups water, more if needed
- 12 oz frozen cut leaf spinach (no need to thaw)
- 1½ cups small brown lentils, rinsed
- 1 lime, juice of
- 2 cups chopped flat leaf parsley

INSTRUCTIONS

1. In a large ceramic or cast iron pot, heat 2 tbsp olive oil. Add the chopped onions and sautee until golden brown. Add the garlic, all the spices, dried mint, sugar and flour. Cook for about 2 minutes on medium-high heat stirring regularly.
2. Now add the broth and water. Raise the heat to high and bring the liquid to a rolling boil; add the frozen spinach and the lentils. Cook for 5 minutes on high heat then reduce the heat to medium-low. Cover and cook for 20 minutes or until the lentils are fully cooked to tender. (Partway through cooking, check the liquid levels, and if you need to add a little bit of hot water.)
3. Once the lentils are fully cooked, stir in the lime juice and chopped parsley. Remove from the heat and let sit covered for 5 minutes or so. Serve hot with pita bread or your favorite rustic Italian bread.

NOTES

This recipe uses small brown lentils, if you choose larger lentils, your cooking time may be longer. If you like, you can soak the lentils in cold water for 20 minutes before cooking to speed things up.

AVGOLEMONO (GREEK LEMON SOUP)



INGREDIENTS

- Olive oil
- ½ to 1 cup finely chopped carrots
- ½ to 1 cup finely chopped celery
- ½ to 1 cup finely chopped green onions
- 2 garlic cloves, finely chopped
- 8 cups low-sodium chicken broth
- 2 bay leaves
- 1 cup short grain rice
- Salt and pepper
- 2 cooked boneless chicken breasts, shredded (store-bought rotisserie chicken will work)
- ½ cup freshly-squeezed lemon juice
- 2 large eggs
- Fresh parsley for garnish (optional)

INSTRUCTIONS

1. In a large Dutch oven or heavy pot, heat 1 tbsp olive oil on medium-high. Add the carrots, celery and green onions, toss together to saute briefly then stir in the garlic.
2. Add the chicken broth and bay leaves then raise the heat to high. Once the liquid has come to a rolling boil, add the rice, salt and pepper. Turn the heat to medium-low and simmer for 20 minutes or until the rice is tender. Now stir in the cooked chicken.
3. To prepare the egg-lemon sauce, in a medium bowl, whisk together the lemon juice and eggs. While whisking add 2 ladles-full of the broth from the cooking pot (this helps temper the eggs). Once fully combined, add the sauce to the chicken soup and stir. Remove from the heat immediately.
4. Garnish with fresh parsley, if you like. Serve hot with your favorite bread. Enjoy!

SHRIMP ORZO SOUP



INGREDIENTS

- 8 oz Sea Scallops, side muscles removed (optional)
- Salt and black pepper
- Olive oil
- 1½ lb Prawns Or Large Shrimp of choice
- 1 green bell pepper, cored, chopped
- 1 red bell pepper, cored, chopped
- 1 medium yellow onion, chopped
- 6 garlic cloves, peeled, minced
- 3 tbsp tomato paste
- 1 tbsp dried oregano, divided
- 7 cup vegetable broth
- 3 large tomatoes, diced (canned diced tomato will work as well)
- 1 cup orzo pasta (whole grain pasta preferred)
- 6 oz baby spinach
- 1 cup chopped fresh parsley leaves, stems removed
- 1 cup chopped fresh dill, stems removed
- 1 lemon, juice of
- Crushed red pepper flakes, optional

INSTRUCTIONS

1. Pat the scallops dry and season with salt and pepper.
2. In a cast iron skillet, heat 1 tbsp olive oil on medium-high heat. When the oil is hot, gently add the sea scallops. Sear for about 1½ minutes on each side. Scallops should form a golden brown crust. Sprinkle a large pinch of dried oregano. Transfer to a dish and set aside for now.
3. To the same cast iron skillet, add a little more oil if needed. Once oil is heated, add the shrimp. Sear on both sides until pink. Remove from the heat. Sprinkle a generous pinch of dried oregano.
4. In a medium heavy cooking pot, heat 1 tbsp olive oil on medium-high. Add the chopped peppers, onions, garlic, tomato paste, salt and the remaining dried oregano. Cook for 5 minutes, stirring occasionally.
5. Add the vegetable broth and bring to a boil. Add the diced tomatoes. Cook on medium-high for 3-5 more minutes.
6. When the liquid returns to a boil, add the orzo pasta. Turn heat down to medium and cook for 8 minutes until the orzo is tender.
7. Stir in the baby spinach, parsley, dill, and lemon juice.
8. Finally, add in the cooked scallops and shrimp. Cook very briefly until everything is warmed through. Taste and adjust seasoning to your liking. Add crushed red pepper flakes for some heat, if you like. Serve with your favorite crusty bread.



entrees

MUJADARA



INGREDIENTS

- 1 cup small brown lentils, sorted and rinsed
- 4 cups water, divided
- ¼ cup canola oil
- 2 large yellow onions, diced (4 cups)
- 1 tsp kosher salt, more to taste
- 1 cup long-grain white rice, soaked in water for 10-15 minutes and then drained
- black pepper
- 1 tbsp extra virgin olive oil
- Parsley or parsley flakes for garnish

For the fried crispy onion garnish (optional)

- Canola oil for frying
- 1 large yellow onion cut in very thin rings

INSTRUCTIONS

1. Place the lentils in a small saucepan with 2 cups of the water. Bring the water to a boil over high heat, and then reduce the heat and simmer, covered until the lentils are par-boiled (10-12 minutes). Remove from the heat, drain the lentils and set them aside.
2. In a large saute pan with a lid, heat the oil over medium-high heat. Add the diced onions and cook until the onions are dark golden brown, darker than typical caramelized onions (about 40 minutes), Sprinkle the onions with a teaspoon of salt as they cook.
3. Carefully pour the remaining 2 cups of water, bring the water to a boil over high heat, and then reduce the heat to low and simmer for 2 minutes. Stir the rice and par-cooked lentils into the onion mixture. Cover and bring back to a boil. Stir in a healthy pinch of salt and the black pepper. Reduce the heat to low, cover, and cook until the liquid has been absorbed and the rice and lentils are both cooked through (about 20 minutes). Remove from the heat and season with salt and pepper to taste.
4. For the fried onions garnish (optional), heat the oil over medium-high heat (to 375 degrees F) in a small saucepan. When a small piece of onion bubbles vigorously, the oil is ready. Fry the onions in batches until they are golden brown. Transfer the onions to a paper towel-lined plate or tray, and then arrange them on top of the Mjuadara.
5. Serve the Mujadara rice and lentils hot, warm or at room temperature. Enjoy with a side of crisp salad such as fattoush.



ROASTED CAULIFLOWER AND CHICKPEA STEW

INGREDIENTS

- 1½ tsp ground turmeric
- 1½ tsp ground cumin
- 1½ tsp ground cinnamon
- 1 tsp ground coriander
- 1 tsp paprika
- 1 tsp cayenne pepper (optional)
- ½ tsp ground green cardamom
- 1 whole head cauliflower, divided into small florets
- 5 medium-sized bulk carrots, peeled, cut into 1½" pieces
- Salt and pepper
- Olive oil
- 1 large sweet onion, chopped
- 6 garlic cloves, chopped
- 2 14-oz cans chickpeas, drained and rinsed
- 1 28-oz can diced tomatoes
- ½ cup parsley leaves, stems removed, roughly chopped
- Toasted slivered almonds (optional)
- Toasted pine nuts (optional)

INSTRUCTIONS

1. Preheat the oven to 475 degrees F.
2. In a small bowl, mix together the spices.
3. Place the cauliflower florets and carrot pieces on a large lightly oiled baking sheet. Season with salt and pepper. Add a little more than ½ of the spice mixture. Drizzle generously with olive oil, then toss to make sure the spices evenly coat the cauliflower and carrots.
4. Bake in the 475 degrees F heated-oven for 20 minutes or until the carrots and cauliflower soften and gain some color. Remove from the heat and set aside for now. Turn the oven off.
5. In a large cast iron pot or Dutch oven, heat 2 tbsp olive oil. Add the onions and saute for 3 minutes, then add the garlic and the remaining spices. Cook on medium-high for 2-3 more minutes, stirring constantly.
6. Now add the chickpeas and canned tomatoes. Season with salt and pepper. Bring to a boil, then reduce the heat to medium- low. Cover and cook for 5 minutes or so.
7. Stir in the roasted cauliflower and carrots. Bring everything to a boil, then reduce the heat to medium-low, cover and cook for another 15-20 minutes. Be sure to check the stew, stir occasionally, and add a little water if needed.
8. Remove from the heat and transfer to serving bowls. Garnish with fresh parsley and the toasted nuts. Enjoy hot with pita bread.

ONE PAN BAKED HALIBUT



INGREDIENTS

For the Sauce:

- Zest of 2 lemons
- Juice of 2 lemons
- 1 cup olive oil
- 1½ tbsp freshly minced garlic
- 2 tsp dill weed
- 1 tsp seasoned salt, more for later
- ½ tsp ground black pepper
- 1 tsp dried oregano
- ½ tsp coriander

For the Fish

- 1 lb fresh French beans
- 1 lb cherry tomatoes
- 1 large yellow onion sliced into half moons
- 1½ lb halibut fillet, slice into 1½-inch strips

INSTRUCTIONS

1. Preheat the oven to 450 degrees F.
2. In a large mixing bowl, whisk the sauce ingredients together. Add the green beans, tomatoes, and onions and toss to coat with the sauce (you can do this in batches if the bowl is too small).
3. With a large slotted spoon or spatula, transfer the vegetables to a large baking sheet (21 x 15 x 1 inch baking sheet, for example). Keep the vegetables to one side or one half of the baking sheet and make sure they are spread out in one layer.
4. Now, add the halibut fillet strips to the remaining sauce, toss to coat. Transfer the halibut fillet to the baking sheet next to the vegetables and pour any remaining sauce on top.
5. Lightly sprinkle the halibut and vegetables with a little seasoned salt.
6. Bake in the 450 degrees F heated oven for 15 minutes. Then transfer the baking sheet to the top oven rack and broil for another 3-5 minutes, watching carefully. The cherry tomatoes should begin to pop under the broiler.
7. When ready, remove the baked halibut and vegetables from the oven. Serve immediately.



OVEN BAKED SALMON IN FOIL

INGREDIENTS

- 4 Salmon fillets, 5-oz each
- Olive oil
- Salt and pepper
- 15 Garlic Cloves, crushed or finely chopped, divided
- 2-3 tsp dried thyme
- 2 summer squash, any kind, halved and sliced
- 1 large tomato, halved and sliced
- 2 large green onions, both white and green parts, sliced
- 4 tbsp unsalted butter, melted
- 1 tsp paprika
- 1 large lime or lemon, juice of
- ½ cup chopped fresh parsley leaves, stems removed
- Lemon wedges

INSTRUCTIONS

1. Preheat the oven to 400 degrees F. Prepare 4 12"x 17" sheets of foil.
2. Drizzle olive oil generously over each of the salmon fillets, then place the salmon fillets, oiled side down, on the prepared foil sheets.
3. Spread ½ of the crushed garlic over the salmon fillets, and season with salt, pepper and dried thyme.
4. In a small bowl, mix the remaining crushed garlic with the melted butter, ¼ cup olive oil, lime juice, salt, pepper and paprika.
5. Pour the butter mixture over the sliced vegetables, toss to combine.
6. Divide the vegetables into 4 equal portions over the salmon fillets. Fold the foil over the salmon and vegetables, cover completely and seal closed.
7. Place the salmon and vegetable foil packets on a large baking sheet. Bake in the 400 degree F heated-oven for 20-25 minutes.
8. When ready, carefully transfer the salmon and vegetable foil packets with a spatula to individual serving plates. Open and garnish each with salmon. Serve with lemon wedges. Enjoy!

NOTES

The salmon fillets are meant to be eaten right out of the foil. However, if you prefer to remove them, once baked, let the salmon fillets sit in the foil for 3-5 minutes and then very carefully lift each out with a large metal spatula.



GRILLED CHICKEN WITH DILL GREEK YOGURT SAUCE

INGREDIENTS

For the Dill Greek Yogurt Sauce:

- 1 garlic clove, minced
- 1 cup chopped fresh dill, stems removed
- 1¼ cup Greek yogurt
- 1 tbsp olive oil
- Juice of ½ lemon or lime
- Pinch cayenne pepper, optional
- Salt, if needed

For the Grilled Chicken:

- 10 garlic cloves, minced
- ½ tsp paprika
- ½ tsp allspice
- ½ tsp ground nutmeg
- ¼ tsp ground green cardamom
- Salt and pepper
- 5 tbsp olive oil, divided
- 8 boneless, skinless chicken thighs
- 1 medium size red onion, sliced
- Juice of 1-2 lemons

INSTRUCTIONS

1. First make the dill Greek yogurt sauce. Combine the minced garlic, fresh dill, yogurt, olive oil, lemon juice and cayenne pepper in a food processor. Run the food processor until all the ingredients are well blended and a smooth thick sauce or dip develops. Test and add salt if needed. Transfer to a small bowl or container, cover and refrigerate for at least one hour or until ready to use.
2. In a small bowl, mix together the minced garlic, spices and 3 tbsp olive oil. Pat the chicken thighs dry and rub each with the garlic-spice mixture.
3. Place the spiced chicken thighs in a large tray on a bed of sliced red onions with lemon juice and the remaining 2 tbsp olive oil. Cover and refrigerate for 2-4 hours or overnight.
4. When ready, heat a gas grill to medium-high. Place the chicken thighs on the grill. Cover for 5-6 minutes, then turn the chicken over and grill for another 5-6 minutes covered.
5. Serve with a side of the dill Greek yogurt dip you prepared earlier!
6. To complete this light meal, add Greek potatoes or pita bread and a salad like Fattoush Salad.

NOTES

- The dill Greek yogurt sauce will keep well overnight, but you may have to discard any extra moisture that shows up on top. Give it a quick stir before serving.
- To be sure the chicken is done, your thermometer, testing the thickest part of the chicken, should register 165 degrees F.
- You can use chicken breasts if you prefer, adjust the cooking time accordingly.

ONE SKILLET CHICKEN BREAST



INGREDIENTS

- 4 boneless, skinless chicken breasts of equal size
- 2 tbsp minced garlic or garlic paste
- Salt and pepper
- 1 tbsp dried oregano, divided
- Olive oil
- ½ cup dry white wine
- 1 large lemon, juice of
- ½ cup chicken broth
- 1 cup finely chopped red onion
- 1½ cup small-diced tomatoes
- ¼ cup sliced green olives
- Handful of fresh parsley, stems removed, chopped
- Crumbled feta cheese, optional

INSTRUCTIONS

1. Pat the chicken breasts dry. On each side of the chicken breasts make three slits through.
2. Spread the garlic on both sides; insert some garlic into the slits you made. Season the chicken breasts on both sides with salt, pepper and ½ of the dried oregano.
3. In a large cast iron skillet, heat 2 tbsp of olive oil on medium-high. Brown the chicken on both sides. Add the white wine and let reduce by ½ then add the lemon juice and chicken broth. Sprinkle the remaining oregano on top. Reduce the heat to medium. Cover with a lid or tightly with foil. Cook for 10-15 mins turning the chicken over once (chicken's internal temperature should reach 170 degrees F).
4. Uncover and top with the chopped onions, tomatoes and olives. Cover again and cook for only 3 minutes. Finally add the parsley and feta cheese. Serve with a light pasta, rice or couscous. Enjoy

KOFTA KEBABS



INGREDIENTS

- 1 medium yellow onion, quartered
- 2 garlic cloves
- 1 whole bunch parsley, stems removed (about 2 packed cups parsley leaves)
- 1 lb ground beef
- ½ lb ground lamb
- 1 slice of bread, toasted until browned and soaked in water until fully tender
- Salt and pepper
- 1½ tsp ground allspice
- ½ tsp cayenne pepper
- ½ tsp ground green cardamom
- ½ tsp ground sumac
- ½ tsp ground nutmeg
- ½ tsp paprika
- Pita bread to serve

For the Fixings:

- Tahini Sauce
- Tomato wedges
- Onion wedges
- More parsley

INSTRUCTIONS

1. Soak 10 wooden skewers in water for about 1 hour; remove from the water when you are ready to begin. Lightly oil the grates of a gas grill and preheat it to medium high for about 20 minutes.
2. Prepare the pita bread and the fixings.
3. In a food processor, chop the onion, garlic, and parsley.
4. Add the beef, lamb, bread (be sure to squeeze out the water completely), and the spices. Run the processor until all is well combined forming a pasty meat mixture.
5. Remove the meat mixture from the food processor and place in a large bowl. Take a fistful portion of the meat mixture and mold it on a wooden skewer. Repeat the process until you have run out of meat. For best results, make sure each kofta kebab is about 1 inch in thickness.
6. Lay the skewered kofta kebabs on a tray lined with parchment paper
7. Place the kofta kebabs on the lightly oiled, heated gas grill. Grill on medium-high heat for 4 minutes on one side, turn over and grill for another 3-4 minutes.
8. Serve the kofta kebabs immediately with pita bread, tahini and the fixings you prepared.