

Food Group Men's Day

Eastern Mediterranean with Denise Hazime of DeDeMed

Ms. Hazime cooks Lebanese-style recipes. But what she and others refer to as Mediterranean food is familiar on Turkish, Greek, Israeli, Armenian, and Persian menus, to name a few. www.dedemed.com

Hummus

Description

Hummus or hummus bi tahini (Arabic: حُمُّص) also spelled hamos, houmous, hommos, hommus, hummos, hummous or humus) is a dip or spread made of blended chickpeas, sesame tahini, lemon juice, and garlic.

In Arabic the word hummus is used to describe the dish or just chickpeas by themselves. The full name of the dish is hummus bi tahina (Arabic: حُمُّص بالطحينة) "chickpeas with tahini". Hummus is popular in various local forms throughout the Middle Eastern world.

Recipe

1/4 Cup Yogurt
1 Can Garbanzo Beans "Chick Peas"
1/2 Cup Tahini (Sesame Seed Paste)
1/2 Cup Lemon Juice
2-3 Cloves of Garlic
1/2 Tsp of Salt
1/4 Tsp citric acid "if you need more lemon taste"
2 Tbs water "if to thick"
3-4 Fresh Mint Leaves "for taste"
2 Tbs of Fresh Parsley "for garnish"
1 Tsp of Cayenne Pepper or Paprika "for garnish"
1/4 Cup of Olive Oil "for garnish"

Mix first 9 ingredients and blend until smooth and to desired thickness. Garnish with parsley, cayenne pepper and olive oil.

Baba Ghanoush

Description

Baba Ghanoush or Baba-Ganouj (Arabic بابا غنوج), babaganuş, eggplant salad (Turkish), melitzanosalata (Greek μελιτζανοσαλάτα) is a kind of popular Middle Eastern dish made primarily of eggplant (aubergine), mashed, and mixed with various seasonings. Frequently the eggplant is baked or broiled over an open flame before peeling, so that the pulp is soft and has a smoky taste [1]. There is a great variety of similar aubergine-based dishes, some of which are known as "eggplant (aubergine) salad" or "baklazhannaya ikra".

Serves 6

Recipe

1 Large Eggplant baked then peeled
1/3 Cup Lemon Juice
2 Garlic Minced
1/2 tsp Salt
1/2 Cup of Tahini
blend in blender or
mix with mortar
mint or parsley for garnish
olive oil/cayenne pepper to top

Roast the eggplant then place a plastic bag to cool, then you can peel and remove top, place in a bowl. Add garlic, lemon juice and tahini paste, blend in a blender or with a mortar. Spread in a place and garnish with parsley or mint and top with olive oil and a sprinkle of cayenne pepper or paprika.

Couscous

Description

Couscous or kuskus as it is known in Morocco, Algeria, Tunisia, Libya and Egypt ; Berber *Seksu* - Arabic: كسكس called maftoul in Lebanon and the Palestinian territories) is a Berber dish consisting of spherical granules made by rolling and shaping moistened semolina wheat and then coating them with finely ground wheat flour.

Couscous is traditionally served under a meat or vegetable stew. It can also be eaten alone flavoured or plain, warm or cold, as a dessert or a side dish

Couscous Recipe

Serves:4

Difficulty: Medium

Prep and Cook time: 1 hour

1 cup couscous
15 peeled pearl onions or 2 cups sliced onions
15oz can garbanzo beans
2 large boiled potatoes cubed
1 cup sliced carrots
1/2 cup chopped cilantro
1/4 cup chopped parsley
2 tbs minced garlic
1 tsp paprika
1/2 tsp cayenne pepper
1/2 tsp 7 spices
1/4 tsp nutmeg
1/2 tsp salt
1/2 tsp black pepper
2 16oz cans tomato sauce
1 chicken or veggie bouillion
3 cups water
4 tbs butter

In a medium size 2 quart pot heat 1 1/4 cup water, add bouillion and 2 tbs butter and bring to a simmer, then add couscous and cook for 1 minute, remove from heat and cover, let stand for 20 minutes. In a large saute pan, on medium high heat, add 2 tbs butter until melted then add onions. Cook onions for 5 minutes until caramelized. Add carrots and garbanzo beans and cook for another 5 minutes. Add garlic, cilantro, parsley, potatoes and 1/2 tsp salt and mix vegetables. In a large 4 quart sauce pan bring tomato sauce and 1 1/2 cup of water to a simmer. Add seasonings and spices to the sauce then add vegetable mixture to tomato sauce and simmer for 10-12 minutes. With a fork, fluff the couscous and mix the couscous with some of the tomato sauce. Place the couscous mixture in a plate and form a well in the middle, place the vegetables in the middle of the couscous. Serve warm.

Stuffed Grape Leaves (Dolma)

Description

Stuffed Grape leaves or Dolma is a family of stuffed vegetable dishes in Turkish cuisine and the cuisines of the former Ottoman Empire and surrounding regions, including, Albania, Azerbaijan, Armenia, the Levant, the Balkans, Greece, Iran and Central Asia. Perhaps the best-known is the stuffed grape leaf, which is more precisely called warak areesh, yaprak dolma or sarma. Common vegetables to stuff include zucchini, eggplant, tomato and pepper. The stuffing may include meat or not. Meat stuffed grape leaves or dolmas are generally served warm, often with sauce; meatless ones are generally served cold. Both can be eaten along with yogurt.

Recipe

1 Jar pickled grape leaves
2 cups long grain rice, rinsed
1 cup chopped parsley
1 cup chopped tomato
1/2 tsp dried mint
1/2 cup chopped green onion
1/4 cup chopped yellow onion
1/2 tsp cayenne pepper
1 tsp salt
1/2 cup to 1 cup lemon juice
1 cup extra virgin olive oil

Mix all ingredients except grape leaves, 1/2 cup of the lemon juice, and 1/2 cup of the olive oil. Roll up grape leaves. Line pot with some sliced carrots. Layer in the rolled grape leaves and place a dish upside down on top, then place a heavy object over the dish. Add remainder of lemon juice and 1 cup water, bring to a boil then turn down heat to medium low. Cook for 2 hours on low heat and half way through add 1/2 cup of olive oil. When 2 hours is up, let pot rest for minimum of 2 hours or overnight. Plate up at room temperature or cold.

Marscapone Cheese Stuffed in Medjool Dates

Description

This is an original DedeMed recipe for Dede's Mediterranean Americana Dessert recipes. If you thought you did not like dates, then you have to try this recipe. This is truly one of the best recipes I have ever tasted. And it's so simple.

Recipe

Marscapone Cheese Stuffed in Medjool Dates

20-24 medjool dates
8 oz. mascarpone cheese
1/2 cup toasted grated coconut
1/2 cup toasted ground pecans
mint leaves for garnish

In a small bowl mix mascarpone cheese with coconut and 2 teaspoons of the toasted pecans. Put mixture in a piping bag or a plastic bag in order to pipe into dates. Next, to de-pit the dates, with a knife put a slit in the date and take out the pit, repeat with all of the dates. Cut a small slit in the corner of the plastic bag in order to pipe the cheese into the center of the date, repeat with all dates. Next, dip exposed part of cheese into remaining ground pecans if desired. Arrange in a plate and refrigerate for 2 hours before serving. Garnish with mint leaves and serve cold.

Pita Bread

Pita (also called and less commonly known as **pitta** or **pide** (Turkish), **pitka** (Bulgarian) and pronounced "pitta" in Greek is an often round, brown, wheat flatbread made with yeast.

Similar to other double-layered flat or pocket breads, pita is traditional in many Middle Eastern and [Mediterranean cuisines](#). It is prevalent from North Africa through the [Levant](#) and the Arabian Peninsula, possibly coinciding with either the spread of the Hellenistic world or that of the Arab expansions under the banner of Islam.

In Greek cuisine, pita may refer to thicker breads made with yeast, for example souvlaki pita. It may also refer to foods using many layers of dough of thickness less than 1mm, usually with many different ingredients in between, forming savoury pies such as tyropita and spanakopita or sweet pies such as baklava.

The Indian flatbread form of roti is sometimes referred to as "Indian pita".

Pita bread

Serves: 4

Difficulty: easy

Prep and Cook time: 4 hours

3 cups flour + 1 cup flour for kneading

1 1/2 tsp salt

1 cup warm water

1 packet yeast (7 grams or 1/4 oz)

1 tsp sugar

1/2 cup warm water

olive oil

In a small bowl mix yeast, sugar and 1/2 cup warm water and let sit for 10-15 minutes. In a large bowl mix 3 cups flour with salt and make a well or hole in the middle. Slowly stir in yeast mix and 1 cup warm water until well combined. IN a large bowl add 1 tbs olive oil and spread all over to keep dough from sticking, place dough in oiled bowl, cover with a blanket, and let sit for 3

hours in a warm place. After 3 hours and dough has risen, add flour on to table surface and knead dough for 10 minutes, add flour to surface to keep it from sticking. Form dough into small balls and let sit in a plate for 10 minutes. Preheat oven to 450 degrees. Roll our balls to 1/8 inch thick and place on flat cookie sheet or pan, cook for 3-4 minutes on each side or until lightly brown and dough puffs up. If the dough does not puff up all the time, that is ok, you'll still have a pita pocket.

NOTE: Most of the ingredients can be found at the Babylon Market on Speedway just east of Alvernon.