



Middle Eastern Mezze Menu

Pohutukawa Kombucha & Pomegranate Rosemary spritz

Ottolenghi's filo spinach halloumi cigars

Hummus with wakame seaweed

Muhamarra

Labne balls with sumac and sesame

Kale tabbouleh

Spicy roast new potatoes with lemon & herbs

Ottolenghi's soft courgettes with harissa

Spinach and toasted orzo with feta and chickpeas

Quick radish pickle

Salatet Malfouf – Lebanese Red Cabbage Salad

Pitta with za'atar & homemade sourdough

Ottolenghi's Chocolate Fridge cake

Ottolenghi's spinach filo 'cigars' (Makes 21)

Ingredients:

7 sheets of French filo
¼ cup olive oil
¼ cup each parsley and mint, chopped
2 T sumac
2 tsp pomegranate molasses

For the filling:

3 red onions, diced
5 cloves garlic, minced
5 T olive oil
4 T sumac
1 tsp cinnamon
200 g spinach, blanched and chopped
½ cup pine nuts, toasted
1 ½ cups halloumi, grated
½ cup chopped mint
1 ½ cups feta, grated
Grated zest of one lemon

1. Make the filling by frying onions, adding garlic, then sumac and spinach. Add the rest of the filling ingredients and leave to cool.
2. Heat oven to 200c.
3. Take a sheet of filo with short side facing you. Cut the sheet lengthwise in 3.
4. Add 2 T of the filling toward one end. Tuck the sides over the filling, brush a little oil on the end, then roll all the way up into a cigar shape.
5. Place on a parchment lined sheet, brush with oil and sprinkle with sumac.
6. Bake for 25 minutes.
7. Serve with herbs and a drizzle of pomegranate molasses.

Quick radish pickle

4 bunches red radishes, tops removed
1 cup white vinegar
1 cup water
2½ tablespoons cane sugar
1 tablespoon sea salt

Method:

1. Thinly slice the radishes and place in a large jar.
2. Heat the vinegar, water, sugar, and salt in a medium saucepan over medium heat. Stir until the sugar and salt dissolve, about 1 minute.
3. Pour the brine over the radishes. Let cool and chill until ready to use. Pickled radish slices will be ready to eat in about 1 hour.
4. Store in the fridge for up to 2 weeks.

Sprouted chickpea and seaweed hummus

2 cups sprouted and cooked chickpeas (see notes)
1 piece wakame seaweed (foraged at Breaker Bay)
3 cloves garlic
4 T olive oil
½ lemon, juiced
½ cup tahini (or up to a cup if you prefer)
1 T miso paste

Method:

1. Prepare the chickpeas using 1 cup dried. Soak overnight, then drain and rinse the next day several times until they sprout. Cook the chickpeas in 5 cups of water with 1 tsp baking soda. Then once the chickpeas are soft enough to eat (but not mushy yet), remove about a ¼ cup of the chickpeas to garnish the hummus with later. Then keep cooking the chickpeas until they are nearly disintegrated, another 45 minutes. Cool them in their liquid.
2. To make the hummus: Place cooked chickpeas in a food processor with all the other ingredients. Drizzle in half the tahini with the food processor running. As you add the tahini, also gradually add up to 1 cup ice water (only enough to achieve the final desired texture). The final hummus should have the consistency of buttercream icing.
3. To serve: Spoon the hummus into a serving plate, top with cooked chickpeas, then garnish with good olive oil.

Muhamarra dip

Ingredients:

- 4 large red capsicum, roasted and peeled
- 3 cloves garlic, roughly chopped
- 1 mild red chilli, deseeded and chopped
- 150g walnuts, toasted, roughly chopped, plus 50g for garnish
- 2 teaspoons salt
- 2 tablespoons lemon juice
- 2 tablespoons pomegranate molasses
- 4 tablespoons olive oil

Steps: Put all the ingredients except the lemon juice, pomegranate molasses, olive oil in a food processor and blend until very smooth. Add the lemon juice and pomegranate molasses, blend further then slowly stream in the olive oil. To serve: Spread thick layer over a flat plate, making a dip in the middle. Fill the dip with the remaining olive oil, sprinkle with chopped walnuts.

Labneh

- 750g thick Greek yoghurt and 1 T Salt
- Toppings to roll balls in: za'atar, sumac, sesame, or chili flakes

Method:

To make the labneh: Place the Greek yoghurt in a cheese cloth, tie it with a string to compact it into a rough ball, add some salt and let it hang in your fridge above a container to catch the excess liquid. Leave it anywhere between 2-5 days. The longer you leave it, the thicker it will turn out.

When ready, transfer to a container and store in the fridge up to 7 days. Mix with a spoon to loosen slightly before using.

Oil your hands and roll labne into large marble-sized balls. Coat with toppings of your choice. Go for variety and colour! You can store labne balls in olive oil in the fridge. Remove from fridge a few hours before serving or the oil will be hard.

Super-soft courgettes with harissa and lemon (Ottolenghi, *Flavour*)

¼ cup	olive oil
3	garlic cloves, finely sliced
1/2 tbsp	harissa (adjust according to the brand you are using)
1	red chilli, finely chopped
½	preserved lemon, finely chopped, discarding any pips (10g)
1 tbsp	lemon juice
4 courgettes	courgettes, finely sliced
6	basil leaves, roughly torn
	salt

Method:

1. Place a large, non-stick sauté pan on a medium-high heat with the oil and garlic. Gently fry for 4 minutes, stirring often, until soft, golden and aromatic. You don't want the garlic to become at all browned or crispy, so turn the heat down if necessary.
2. Remove 3 tablespoons of oil, along with half the garlic, and transfer to a small bowl with the harissa, chilli, preserved lemon and lemon juice. Stir together and set aside.
3. Return the pan to a high heat and add the courgettes and 1¼ teaspoons of salt. Cook, stirring often, until the courgettes are very soft, but are still mostly holding their shape (you don't want the courgettes to brown, so turn the heat down if necessary). Stir through half the basil and transfer to a platter. Spoon the harissa mixture over the courgettes. Leave to sit for 10 minutes, then sprinkle with a pinch of salt and finish with the remaining basil.



Salatet Malfouf - Lebanese Red Cabbage Salad

This simple summer cabbage salad is dressed with a lemon and sumac dressing and mixed with bell pepper, green onion, and parsley.

Ingredients:

- 1 medium head red cabbage, thinly sliced(around 1kg / 2.2lbs)
- 1 medium red bell pepper, very finely chopped
- 4 green onions, finely chopped
- ¼ cup finely chopped fresh parsley

For the Dressing:

- juice of half a lemon (roughly 1-2 Tbsp)
- 2 Tbsp rice vinegar or apple cider vinegar
- 2 tsp granulated sugar (or sugar alternative of your choice)
- ½ tsp salt
- 1 tsp sumac
- ¼ tsp white pepper

Method:

1. In a small jar, combine all of the dressing ingredients (lemon juice, vinegar, sugar, salt, sumac, and white pepper). Shake to combine.
2. In a bowl place your chopped cabbage. Add your dressing and massage it into the cabbage for around 30 seconds.
3. Add the other vegetables and mix thoroughly. Taste and adjust salt if necessary. Enjoy!

Spicy roasted new potatoes with lemon and herbs (aka Batata bil filfil) (adapted from *Falastin*)

Ingredients:

3 T olive oil
1 tsp cumin seeds, crushed
1 tsp coriander seeds, crushed
7 large garlic cloves, thinly sliced
1 red chilli, chopped
750 g potatoes, quartered and parboiled until slightly tender
½ tsp caster sugar
1 large lemon, finely zested and juiced
10 g coriander leaves, chopped
5 g dill leaves, chopped
Salt and pepper

Method:

1. Preheat oven to 200c fan.
2. Put the olive oil in a large saucepan on medium heat. Add the cumin and coriander and cook for 30 seconds. Add garlic and cook a further 30 seconds.
3. Add chilli and then sugar, 1 tsp salt and a generous grind of black pepper.
4. Give everything a good stir, then pour onto the potatoes (a large bowl works well for this).
5. Transfer onto a lined baking tray and roast for 20 minutes until crispy.
6. Remove from oven and set aside to cool before adding the lemon zest, juice, coriander and dill. Serve warm.

Spinach and toasted orzo with dill yoghurt (adapted from *Falastin*)

This is a quick and easy dish to make for a midweek supper. It works well as a veggie main or as a side to a roast chicken or grilled salmon.

Ingredients:

500 g orzo
100 ml olive oil
2 onions, chopped and sauteed until soft (this step has been done for you)



500 spinach
Salt and pepper
2 cups cooked chickpeas
½ cup crumbled feta

Dill yoghurt:
200 g Greek yoghurt
¼ tsp cayenne
1 garlic clove, minced
10g dill, chopped
1 T lemon juice
1.5 T olive oil

Method:

1. Place a large saute pan on a high heat and add orzo and toast for 5 minutes stirring constantly. Tip the toasted orzo into a bowl and set aside.
2. Return the same pan to a medium heat and add onions and olive oil. Cook for 5-8 minutes until golden.
3. Add the spinach in batches until wilted. Add 2 teaspoons of salt, a grind of pepper, and 500 ml of water. Bring to a gentle boil then add the orzo back to the pan. Give it a stir then reduce heat and cover. Cook for 10 minutes until orzo is just cooked but retains its bite. Add in chickpeas. Place on a platter.
4. Meanwhile, mix together all the ingredients for the dill yoghurt with ¼ tsp salt and set aside.
5. Top with dill yoghurt. Serve with a drizzle of olive oil.

Kale tabbouleh

I was inspired by the Nov 2022 Cuisine magazine recipe from Marc Weir “freekeh Kale Tabbouleh”. I adapted the recipe and changed some things and the result was sooo delicious! I made it last week for a vegan friend who was getting out of hospital and there’s currently lots of cavolo nero in the garden. When it’s chopped finely as in this tabbouleh, it’s so easy to eat lots of kale! There are also all the usual tabbouleh flavours: mint, parsley, lemon, olive oil, a few spices to give it sweetness (allspice, cinnamon, nutmeg). Sharpen your knives and start chopping!

Ingredients:

1 cup bulgar wheat, boiled till just done (leave a bit of bite to it)
80 g kale, finely chopped
40 g parsley, finely chopped
40 g mint, finely chopped
One red onion chopped, or a few spring onions, chopped
½ cucumber

Dressing:

½ cup olive oil
¼ lemon juice
2 garlic cloves, crushed
½ tsp allspice
½ tsp cinnamon
¼ tsp nutmeg
1 tsp salt
Black pepper

Method:

Put cold bulgar in a bowl with the chopped veg and herbs. Mix and add the dressing, then mix again. You may need to adjust the flavours, maybe add more salt, lemon or whatever you think it needs to balance the acidity.

Pistachio chocolate fridge cake (from Ottolenghi's *Simple*)

300 g dark chocolate

120 g unsalted butter

100 g golden syrup

Pinch salt

100 g raisins soaked in 2 T rum

170 g digestive biscuits, roughly broken into 2 cm pieces

100 g pistachios, chopped

1. Line a 28 x 18 cm baking tray
2. Put chocolate, butter, golden syrup and salt into large bowl and set over saucepan of hot, gently simmering water.
3. Melt until combined
4. Add the raisins and rum, biscuits and $\frac{3}{4}$ of the pistachios.
5. Combine everything and spread onto prepared tray.
6. Smooth the top and sprinkle pistachios on top.
7. Refrigerate for at least 2 hours or until set.
8. Cut into bars. You should get 24.