



S A V O U R TM
C O O K I N G S C H O O L

Middle Eastern Mezze: Vegan and Gluten Free

Hibiscus and ginger punch

Taameia (Egyptian felafel) appetizer

Muhamarra red capsicum & walnut dip

Magical Hummus

Kale tabbouleh salad

Persian stuffed dolmeh

Egyptian carrots with dukkah

Herby Batata Harra Potatoes

Koshari lentils

Pitta (GF option) with za'atar

Vegan Chocolate Mousse

Taameia (Egyptian felafel)

Ingredients:

300g fava beans, peeled (soaked overnight)
1.5 cups of fresh coriander and parsley (I put fresh parsley and mint instead)
¼ white onion, roughly chopped
2 garlic cloves, medium
1 tsp coriander seeds
1 tsp salt
oil for deep frying
sesame seeds for rolling

Steps:

1. Soak the fava beans overnight. Then drain well.
2. In a food processor, add: the fresh herbs, chopped onion, garlic, coriander seeds, and salt until almost a smooth paste.
3. Add the fava beans and pulse until kind of a sandy texture, but larger.
4. Place in the fridge until ready to use.
5. Pre-heat your oil to 175C.
6. Form your taameia into 1 ½ inch wide flat rounds. Roll in sesame seeds: With the taameia on one hand, take some of the garnish and lightly press it on the taameia. Place on a tray lined with baking paper.
7. Cook the taameia in batches for about 3-4 minutes or until golden brown all around. Place onto paper to drain.

Hummus

Ingredients:

2 cans chickpeas
1 tsp baking soda
2 cloves of garlic, small
2-3 lemons, juiced
Ice water
½ cup tahini
2 tsp cumin powder
Salt to taste
Olive oil
Za'atar

Method:

1. Drain the chickpeas (reserve the liquid if making the vegan chocolate mousse).
- 2, Using a food processor, puree chickpeas with the garlic and lemon juice and let it sit for a moment. This helps make the garlic flavor milder.
3. Add a few tablespoons of iced water and the tahina and blitz up until you get a nice consistency.
4. Now add the cumin and blitz up. Add enough water to get the right consistency. 5. Let it keep blending until very smooth. Taste for salt and lemon.
5. Plate with generous olive oil and za'atar.

Muhamarra dip

Ingredients:

- 6 large red peppers, roasted and peeled
- 2 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

Method:

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

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.

Dukkah-Spiced Carrots

Pan-roasted carrots become an exotic winter side when topped with dukkah, an Egyptian spice blend, in this healthy vegetable recipe. Dukkah plays nicely with other vegetables too. Try it on steamed asparagus in the spring, grilled eggplant in summer and broiled romanesco or cauliflower steaks in the fall.

Servings: 6

Ingredients

Dukkah Spice Blend

- ¼ cup hazelnuts
- 2 tablespoons raw pepitas (pumpkin seeds)
- 2 teaspoons sesame seeds
- 1 teaspoon coriander seeds
- 1 teaspoon cumin seeds
- 1 tablespoon chickpea flour
- ½ teaspoon coarsely cracked black peppercorns
- ¼ teaspoon cayenne pepper

Carrots

- 2 tablespoons butter

- 2 pounds medium carrots, parboiled and peeled and sliced lengthwise into 4 pieces (or use baby carrots whole)
- ¾ teaspoon kosher salt

Method

Step 1

To prepare dukkah: Heat a small cast-iron skillet over medium heat. As it heats, combine hazelnuts, pepitas, sesame, coriander and cumin seeds in a small bowl. Sprinkle the mixture into the pan and toast, stirring constantly, until fragrant and light brown, 3 to 5 minutes. Return to the bowl to cool.

Step 2

Sprinkle chickpea flour into the pan. Toast, stirring constantly, until evenly browned, 30 seconds to 1 minute. Immediately scrape into a separate small bowl.

Step 3

Transfer the nut mixture to a spice grinder, mini food processor or blender; pulse until almost evenly ground. Add to the chickpea flour along with peppercorns and cayenne; stir to combine and break up any clumps of nuts and seeds.

Step 4

To prepare carrots: Heat butter in a large skillet over medium heat. Once the foam subsides, add carrots and toss to coat. Cover and cook, turning occasionally, until just tender when pierced with a fork, 12 to 15 minutes.

Step 5

Remove from heat, sprinkle (or toss) the carrots with the dukkah, dill and salt. Serve warm.

Tips

To make ahead: Refrigerate dukkah airtight for up to 2 weeks.

Dolmeh Stuffed silverbeet leaves

Simmer time: 1 hour

Serves: 4-5

Ingredients:

Fresh silverbeet leaves, trimmed, blanched as per instructions

⅓ cup Jasmine rice, rinsed and boiled till just done

¼ tsp salt & ¼ tsp ground black pepper

¼ cup yellow split peas, soaked overnight and cooked till just done

1 cup fresh herbs, chopped (mint, chervil, parsley, dill or whatever you like)

1 medium yellow onion, sliced thin and fried to golden brown (about 3 ounces fried onions)

¼ cup olive oil for frying the onion

3 cloves garlic, crushed

½ tsp turmeric powder

¼ tsp ground cinnamon

1 T dried barberries

25 g olive oil

½ cup hot water mixed with juice of 2 lemons and 2 T sugar

Method:

1. Wash the silverbeet leaves thoroughly, then remove the stalks and the thickest part of the centre veins. Line the bottom of a 26 cm heavy saucepan (I use a Le Creuset) with baking paper and then any irregular-shaped leaves. Cut the other leaves into even portions, roughly 8 cm x 10 cm.
2. Place the silverbeet in a large bowl and pour over boiling hot water. Stand for 1-2 minutes to just soften, then drain well.
3. Make the filling (you can do this step a day in advance): In a large bowl add the prepared herbs, crushed garlic, salt, spices, the split pea/rice mixture. Toss to combine.
4. Add the oil and fried onions to the ingredients and toss to coat
5. Take 1 softened rectangle, making sure it is not broken (or you can use smaller pieces to patch any larger ones with holes), and place 1 tablespoon filling in the centre. Fold in the sides and roll up, gently squeezing to tighten as you roll. Squeeze out any excess juices into a bowl and reserve. Repeat with the remaining leaves and filling.
6. Place the rolls, spine-side down and in firmly packed layers into the lined pan. Pour the squeezed-out juices into the pan and add salt, lemon juice and 125 ml (½ cup) water. Cover and bring to the boil over high heat. Reduce the heat to low and cook for 20- 25 minutes. Serve immediately or at room temperature with yoghurt.

Koshari

300g lentils, soaked overnight, boiled until al dente, and drained

4tbsp butter or olive oil

100 g basmati or short grain rice

2 tsp cumin seeds

2 coriander powder 300g rice

1/2 tsp Sumac powder

1/2 tsp Cinnamon powder

1 tsp salt

Method:

1. In a pot, add the oil, cumin and coriander and let toast for a minute.
2. Add the rice and fry for about 5 minutes, making sure it is well coated in the fat and spices. Now add the cinnamon, sumac, and salt and stir until well combined.
3. Cover with just enough water and leave to cook like any regular rice, about 20-25 minutes.
4. Once fully cooked, let it sit in the pot, off heat for another 15 minutes, then gently fluff with a fork or chopsticks.
5. Gently stir in the lentils, making sure not to overmix as rice can get really starchy and start to break down, making the mixture wet. Transfer to a serving dish, garnish with a sprinkle of sumac and/or fresh herbs and condiments (see below)

Condiments for koshari:

For the tomato sauce:

- 1 1/2 teaspoon garlic crushed.
- 2 Tablespoon olive oil.
- 1/4 cup white vinegar.*
- 2 cans 16oz tomato passata
- Salt to taste.

For the fried onion:

- 3 Large onions sliced and coated in flour (the flour makes them crispy. Use chickpea flour for GF).
- Oil for frying.

Make tomato sauce:

In a medium sauce pan, sauté garlic in oil until fragrant, about 1 minute.
Add vinegar, tomato sauce, water and salt then mix well.

Fried onions:

In a deep pot, add oil to cover the bottom by 1 inch.

Add onion slices and cook on medium-high stirring every now and then making sure not to burn the onions.

Take onions out on a plate lined with kitchen paper towel.

Set aside, it will harden and get crispier.

Batata harra

10 medium potatoes

6 tbsp olive oil

5 garlic cloves, minced 3 tsp coriander seeds

2 tsp chilli flakes

tsp coriander seeds

tsp turmeric powder

2 limes or lemons, juice and zest - save roughly 2 tsp for the garnish

2 cups fresh coriander (with stems), roughly chopped

1 cup parsley (with stems), roughly chopped

1 cup mint, roughly chopped

cup dill (with stems), roughly chopped

salt to taste

tbsp olive oil, for garnish

Method:

1. Place the potatoes in a large pot with well salted cold water. Boil and cook for anywhere between 10-20 minutes until fully cooked through but still al dente.
2. Meanwhile, prepare all your herbs and mix them in a large bowl. Make sure not to bruise the herbs.
3. Drain and cool the potatoes and then chop them into bite-sized pieces. Add half the herbs and toss to coat
4. This next step might have to be done in two batches. In a cast-iron skillet or similar, add the oil, garlic, chilli flakes, and coriander seeds. Cook until fragrant, about 2 minutes.
5. Add the turmeric powder and the juice and zest of the limes. Add the potatoes and leave it to develop a crust. Stir as little as possible. It's done when the potatoes are coated in all the aromatics and it has crispy bits around it.
6. In the bowl of herbs, add the olive oil and the remaining 2tsp lime juice and gently toss to coat.
7. To serve: transfer the potatoes into a several small/medium dishes garnish with the herb oil

Vegan Chocolate Mousse

INGREDIENTS

¾ cup / 180 ml (room temp) aquafaba (from low-sodium canned chickpeas)
1 tsp lemon/lime juice or scant ½ tsp cream of tartar
140 g / 5 oz dark 70% cacao vegan chocolate
10 g / 2 tsp coconut oil (to help with chocolate seizing)
25 g / 2 tbsp caster (superfine) sugar (optional, adjust to taste)

METHOD

1. Place broken up chocolate and coconut oil in a glass or metal bowl suspended over a water bath. Make sure the bowl with chocolate does not touch the water underneath. The key to success is not to overheat the chocolate and to be gentle with it – it's a temperamental ingredient.
2. Allow the water to come to a simmer slowly. Once it does, turn the heat off and allow the chocolate to melt in the residual heat.
3. Once chocolate looks melted, give it a slow and gentle stir. Take the bowl with chocolate off the heat and allow it to cool down – you want it as cool as possible but still liquid.
4. Once chocolate is almost cool, drain room temperature chickpea water (aquafaba) into large glass bowl. The bowl and the utensils you'll use to whip aquafaba need to be completely grease-free as even the tiniest grease residue can prevent aquafaba from reaching stiff peaks.
5. Add acid (lemon/ lime juice or cream of tartar) to the chickpea water to stabilise the aquafaba – it helps to reach stiff peaks.

6. Using an electric egg whisk, whip chickpea water into stiff peaks – this is SUPER important as otherwise your mousse will deflate completely once the chocolate has been added. The best way to check if you have achieved stiff peaks is to invert the bowl with whipped aquafaba. If aquafaba slides down even a tiny bit, you are not there yet – keep on whipping until it does not move at all. I use an old, hand-held whisk and it takes me about 8 minutes to get stiff peaks. If you are a lucky owner of a stand mixer, it will happen quicker. The good news is that (as opposed to egg whites) aquafaba cannot be overwhipped.
7. Once you reach stiff peaks, start adding sugar, bit by bit, whipping the whole time. If sugar has caused the stiff peaks to perish, whip the mixture until you get stiff peaks again. Caster (also known as superfine) sugar or icing sugar work well, other sugars are known to make aquafaba deflate.
8. Check that the chocolate has cooled down sufficiently – it should not be warm to the touch or else chocolate is likely to seize and you will end up with grainy mousse.
9. Gently and gradually fold a portion (approx. a third) of melted chocolate into whipped aquafaba – using a silicone spatula and a gentle folding motion. Continue adding the chocolate to the aquafaba in two-three more batches until all of it has been incorporated. Do not worry if your fluffy mixture deflates a bit once all of the chocolate has been added – that's perfectly normal – but you should still see plenty small bubbles in the mixture. By the time you've added all of your melted chocolate, the mousse MAY have more of a pourable than spoonable consistency – that's ok.
10. Divide the mixture between 4 glasses. Gently stir the mixture between putting it into individual glasses as a bit of melted chocolate tends to drop to the bottom sometimes. Once in glass, give the mousses a gentle stir with a toothpick to ensure the mixture sets evenly.
11. Put glasses into the fridge overnight for the mousse to set.