



DE'LISH 2 RECIPES

EPISODE 16 - BEIRUT

STARTER: TABOULEH WITH HUMMUS & PITA BREAD

MAIN: SHISH KEBABS WITH BURHGUL BIDFEEN + FATTOUSH

DESSERT: MA'AMOUL + MURABBA EL BALAH

STARTER: TABOULEH WITH HUMMUS & PITA BREAD

Ingredients

1 cup finely finely chopped parsley
 ¼ cup finely chopped mint
 2 finely chopped spring onion stems
 30g bulgur wheat, soaked and drained
 ½ onion, finely chopped (1/2 cup)
 1 cup sliced cherry tomatos
 ½ red chilli, crushed (1/4 tsp)
 ¼ cup lemon juice
 2 tbsp olive oil
 ½ tsp allspice
 ½ tsp ground cinnamon
 1/2 tsp black pepper

Hummus:

1 cup cooked chickpeas
 2 cloves garlic, chopped
 1 tbsp tahini paste
 ½ green chilli, chopped (1/4 tsp)
 ½ red chilli, chopped (1/4 tsp)
 ½ tsp ground jeera/cumin
 Juice of a small lemon or lime (2 tbsp)
 2 tbsp olive oil

Pita bread:

1 tsp dry yeast
 ½ tsp sugar
 ¼ cup warm water
 1 ½ cups all purpose flour
 ½ cup warm water
 pinch of salt

Salt to taste

Garnish:

Lettuce leaves

Method

- Mix all the ingredients in a bowl to make the salad and chill.
- To make the hummus, puree all the ingredients in a blender.
- For the pita bread, ferment and dissolve the yeast with the sugar in the warm water for 10 minutes. Mix with the flour, and add the remaining water to make a dough, adding more flour or water as necessary. Knead, place in an oil-lined bowl, cover and let rise for half an hour. Knead again and return to prove for another half an hour. Divide the dough, shape into balls and roll out into discs. Cover and allow to rise for another 10 minutes. Bake for 6 to 8 minutes at 200 degrees Celsius.
- Plate and garnish as desired.

MAIN: SHISH KEBABS WITH BURHGUL BIDFEEN + FATTOUSH

Ingredients:

4 chicken breasts, cut in equal sized chunks
 4 cloves crushed garlic (2 tsp)
 1 tbsp crushed ginger
 1 tbsp garam masala
 1 red chilli, crushed (1/2 tsp)
 ¼ cup soaked tamarind
 1 tbsp sugar
 4 tbsp olive oil

1 medium-sized brinjal, cut in equal sized chunks
 1 large green pepper, cut in equal sized pieces
 1 large yellow pepper, cut in equal sized pieces
 3 small tomatos, quartered

Bifdeen:

1 cup bulgur wheat, rinsed and drained
 2 tbsp margarine
 ½ cup whole almonds
 ½ onion, finely chopped (1/2 cup)
 1 cup water
 1 cup vegetable or chicken stock
 ¼ tsp ground turmeric
 ½ tsp ground white pepper

Fattoush:

½ cup toasted bread, broken into small pieces
 ½ cucumber, peeled and diced (1 + 1/2 cup)
 ¼ green pepper, chopped (1/2 cup)
 ½ tomato, chopped (1/2 cup)
 2 large Cos/Romaine lettuce leaves, torn into bite size pieces
 ¼ onion, chopped (1 cup)
 ½ green chilli, crushed (1/4 tsp)
 2 tbsp chopped parsley
 2 tbsp chopped mint
 1 clove garlic, crushed (1/2 tsp)
 2 tbsp sumac water
 ¼ cup olive oil

Salt and pepper to taste

Garnish:

Pepper curls
 Fresh herbs

Method

- Marinate the chicken in the garlic, spices, etc for at least 3 hours. Thread with the vegetables and grill until browned.
- To make the bidfeen, fry the bulgur wheat in the margarine with the almonds and onion until lightly browned. Add the liquids and spices and cook until moist and fluffy.
- Mix all the ingredients in a bowl to make the fattoush.
- Season all items, plate and garnish as desired.



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DESSERT: MA'AMOUL + MURABBA EL BALAH

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Ingredients

Dough:

3 tbsp melted butter
1 ½ tsp sugar
1 cup semolina
¼ cup hot milk

¼ cup sugar
1 cup water
Zest and juice of 1 orange
1 tsp cloves
1 elachi pod
1 cinnamon stick

Filling:

½ cup ground mixed nuts
2 tbsp sugar
½ tsp melted butter
½ tsp rose syrup
½ tsp ground cinnamon
½ tsp elachi powder

Garnish:

Icing sugar
Fresh mint leaves

Murabba:

1 cup fresh or dried whole dates
¼ cup whole nuts

Method

- To make the ma'amoul, thoroughly mix the dough ingredients in a bowl until combined. Do the same for the filling ingredients in a separate bowl. Shape, fill, shape and seal the biscuits. Bake for 30 to 40 minutes at 180 degrees Celsius. Cool and dust with icing sugar before serving.
- For the murabba, stuff the dates with the nuts and set aside. Simmer the rest of the ingredients until the liquid has reached that of syrup consistency. Switch off the heat and add the stuffed nuts. Allow to marinate in the hot mixture for at least an hour. Serve either hot or cold, with ice-cream.
- Plate and garnish as desired.