



DE'LISH 2 RECIPES

EPISODE 6 - EGYPT

STARTER: FUL MEDAMES STUFFED TOMATO

MAIN: KOFTA WITH DUKKA RICE AND BABAGHANOUG RAITA

DESSERT: BAKLAVA

STARTER: FUL MEDAMES STUFFED TOMATO

Ingredients

4 round, medium tomatos
1 cup cabbage, shredded
1/4 tsp turmeric
1/2 tsp mustard seeds
oil for frying

1 cup fava beans, cooked
1/4 cup red lentils, cooked
2 cloves garlic, crushed
1/2 green chilli, crushed
2 tbsp olive oil
1/2 tsp dhania powder
1/2 tsp jeera powder
1/4 cup lemon juice

salt and pepper to taste

Tomato & Fava Bean Soup

1 cup fava beans, cooked and mashed
2 tomatos, pureed
2 cloves garlic, crushed
2 tbsp olive oil
1/2 tsp mustard seeds
1/2 green chilli, crushed
1/2 tsp turmeric powder
1/2 tsp dhania powder
1/2 tsp jeera powder
1/4 cup lemon juice
2 cups vegetable stock
salt and pepper to taste

Method

- Fry cabbage with turmeric and mustard seeds. Mash the beans with the rest of the ingredients. Core and stuff the tomatos with the cabbage and bean mixture. Bake at 200 degrees Celsius for about 15 to 20 minutes.
- To make the soup, cook all the ingredients in sequence and allow to simmer. Garnish with grapevine leaves and fresh herbs.

MAIN: KOFTA WITH DUKKA RICE AND BABAGHANOUG RAITA

Ingredients:

500g lamb mince (or other)
1 leek, finely chopped
2 cloves garlic, crushed
1 tsp dhania powder
1 tsp cinnamon powder
1 chilli, crushed
1 tbsp ghee
1/4 cup dhania, chopped
1/4 cup mint, chopped
1 cup fresh breadcrumbs
2 eggs
oil for frying

1 cup rice
water for boiling

dukka:

1/4 cup roasted pistachios
1/4 cup roasted almonds
1/4 cup roasted macadamias
2 tbsp roasted sesame seeds
1 tsp roasted whole dhania seeds
1 tsp roasted jeera seeds
1/4 tsp dried thyme
1/4 tsp dried red chilli
1/4 tsp black pepper
pinch salt

baba ghanouge raita:

1 large brinjal, baked until soft, peeled and mashed
1 small onion, grated
2 cloves garlic, crushed
2 tbsp tahini
1/2 crushed red chili
1 tsp roasted and ground jeera seeds
1/2 tsp crushed black pepper
1 1/2 cups yoghurt
1 tbsp parsley, finely chopped
juice of 1 lemon

50g mixed peppers, cut in various shapes
2 small onions, quartered
30g courgettes, thinly sliced lengthwise
olive oil for sauteing

salt and pepper to taste

Method

- Combine the kofta ingredients in a bowl, shape and fry. Boil the rice and grind all the dukka ingredients together.
- Saute the veg in a frying pan and combine all the raita ingredients in a small bowl. Mix the dukka into the rice.
- Garnish the presentation with brinjal chips and fresh herbs.

DESSERT: BAKLAVA

Ingredients

3/4 cup finely chopped walnuts
3/4 cup finely chopped almonds
1/4 cup brown sugar
1/2 cup ghee
1 tsp cinnamon powder
1 tsp elachi powder
1/4 tsp nutmeg
1 tsp orange blossom water
1/2 pack phyllo pastry

syrup:

1 cups sugar
1/2 cup water
1 tsp lemon juice
1 tsp lemon zest
1 cloves
1 tsp orange blossom water

Method

- Preheat the oven to 230. Mix the nuts, sugar in spices in a bowl. Brush the pastry with ghee and make two nut layers. Pour melted ghee over and cut into diamond shapes. Bake for ten minutes and reduce the heat to 190 and bake for a further 20 to 30 minutes or until golden brown.
- Simmer syrup in saucepan, cool and pour oven baklava when ready. Allow to soak.
- Garnish with icing, sugar, berries and mint.