



MIDDLE EASTERN TAPAS

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Lorna Sundberg International Center, University of Virginia
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CUCUMBER MINT YOGURT

INGREDIENTS:

- 1-pint plain yogurt
- 1 large cucumber
- 1 small onion
- ¼ cup water
- juice of 1 lemon
- 1-2 tablespoons dried mint
- 2 teaspoons cumin
- salt to taste

PROCEDURE:

- dice cucumbers and onion (or use food processor), mix all ingredients.

BABA GANOUSH

INGREDIENTS:

- 3 large eggplants
- 2 tablespoons tahini
- ¼ cup plain yogurt
- 2 garlic cloves, minced
- juice of 1 lemon
- salt to taste

PROCEDURE:

- preheat oven to 400F
- pierce eggplants with fork and put on a foil-lined baking tray. Leave eggplants in the oven for 30-45 minutes or until tender.
- wait for eggplants to cool, then scoop the inside into a bowl, discard skin and mix in the rest of the ingredients.

TABOULEH

INGREDIENTS:

- 2 bunches of parsley, finely chopped
- 3 large tomatoes, finely chopped
- 2 bunches green onion, finely chopped
- ¼ cup bourghul soaked in water (could be replaced with cooked quinoa)
- juice of 2 lemons
- ¼ olive oil
- salt to taste

PROCEDURE:

- finely chop parsley, tomatoes, onions add the soaked bourghul, mix
- for dressing: mix olive oil, lemon juice and salt

CHICKPEA SALAD

INGREDIENTS:

- 2 cans chickpeas (drained)
- 2 medium tomatoes, chopped
- 1 large white onion, chopped
- ½ -1 cup chopped parsley
- ¼ cup white vinegar
- 2 teaspoon cumin
- 3 tablespoons olive oil
- juice of 1 lemon
- salt to taste

PROCEDURE:

- in a bowl add drained chickpeas, diced tomatoes, chopped onion and chopped parsley
- mix the rest of the ingredients and pour over

BATATTA HARRA (SPICY POTATOES)

INGREDIENTS:

- 6 medium potatoes, cut to 1 inch cubes
- canola oil for frying
- 1 small onion, chopped
- 2 garlic cloves, minced
- dash of cayenne pepper
- ½ teaspoon ground coriander
- 1 cup finely chopped fresh cilantro
- 3 tablespoons olive oil
- salt to taste

PROCEDURE:

- fry the potato cubes in canola oil and leave on paper towel lined plate to absorb excess oil.
- in a separate pan heat olive oil and sauté the chopped onion until tender, then add garlic, cayenne, ground coriander, salt and fresh cilantro – remove from heat and add fried potatoes. Toss until well combined.

CHICKEN TIKKA

INGREDIENTS:

- 6 chicken breasts chopped into 2 inch squares
- ½ cup plain yogurt
- poultry seasoning
- 1 teaspoon cayenne pepper
- 1 teaspoon paprika
- 3 cloves of garlic
- juice of 1 lemon
- zest of 1 lemon
- salt and pepper to taste

PROCEDURE:

- marinate the chicken in the above mentioned spices for at least 1 hour but preferably over night
- preheat oven to 400F
- place chicken on wooden skewers and arrange in an oven safe Pyrex.
- cover with foil and place in the oven for 35-40 minutes (remove the foil for during the last 5 minutes)