

Middle Eastern Menu

Tabbouleh: To make this salad you need to soak your ½ cup of burgher (cracked wheat) for ½ hour in warm water to soften it up while you get the rest of the salad ready.

Take a large bunch of fresh parsley and chop it up in your food processor until it is in small pieces, stems and all.

Put the chopped parsley into a large bowl

Dice the following ingredients:

- 2 tomatoes
- ½ cup green onion
- 1 cup cucumber
- ½ tsp. sea salt to taste

Add to chopped parsley

Lemon Mint Dressing:

- 1 lemon juiced
- ½ tsp. sea salt
- 1 tbsp. mint
- 1 clove garlic
- ¼ cup extra virgin olive oil

Blend this dressing well then add to the salad with the cracked wheat and toss well. This salad is best made up early in the day and kept in the fridge.

Batinjan Bizette (Syrian Eggplant with Pine nuts): serves 4-6

Ingredients needed: (see picture of this above)

- 1 medium eggplant (aubergines)
- ¼ cup pine nuts
- 1 small can tomato sauce/juice
- sea salt & cayenne pepper to taste

Peel 2 eggplants and slice lengthwise into 4 long pieces.

Brown lightly in a dry frying pan or on a cookie sheet, bake in a 350° F oven for 10 minutes per side.

Split lengthwise to make a pocket along the top.

Place the browned eggplant into a shallow casserole, stuff the



pocket slit with pine nuts and cover with tomato juice. Season and cover, bake at 350° F for 30 - 45 minutes. Serve over cooked rice.

Steamed Rice:

Make your favorite steamed brown rice – here is my simple recipe

In a saucepan sauté the following until browned:

- 2 tbsp. grape seed oil
- ¼ cup orzo pasta

Add 2 ¼ cups water – bring this to a quick boil then add:

- 1 cup brown Basmati Rice

Cover and cook on low/medium heat for 20-25 minutes