

humos bi tahini (hummus)

Ingredients:

2 cans cooked chick peas/ garbanzo beans
1 tsp salt
6 crushed cloves of garlic
¼ cup lemon juice
1 TBSP olive oil
1/2 cup tahini
2 pomegranates (optional)
fresh parsley (optional)

Directions:

Place the chick peas in their own juice in a small pot and bring to a boil to be sure that they are soft. Drain well and place in a food processor with salt, garlic, lemon juice, oil, and tahini. Process until smooth, adding a little water as needed for a smooth consistency.. Spread across a decorative plate so that the hummus is roughly ¾ of an inch thick on the plate. Garnish with pieces of pomegranate around edges and parsley sprigs. Serve with pita chips or fresh slices of pita bread to scoop up the hummus.

Tabbooley Salad

Ingredients:

1 cup cracked whole wheat
3 bunches of flat leaf parsley (curly leaf can be used as a substitute)
1 finely chopped medium onion (or scallions if preferred)
2-3 medium tomatoes, chopped
½ cup dried mint or spearmint (found in natural food stores, NOT chocolate mint!)
½ cup olive oil
½ cup lemon juice
salt and pepper to taste

Directions:

Place the wheat in a large bowl and cover it with warm water to soak. Let it absorb the water for roughly 20-30 minutes and then drain the water and squeeze additional water out with your hands. In the meantime, take off the stems of the flat leaf parsley. Put in a colander and rinse well. Shake dry. Chop leaves up into small pieces (by hand or using a food processor). Add parsley to the bowl with the drained cracked wheat. Add in the chopped onions and chopped tomatoes. Rub spearmint between your hands into the large bowl. Add in olive oil and lemon juice. Mix well, but gently. Add salt and pepper to taste.

Syrian Cookies

Ingredients:

3-4 cups sifted white *bleached* flour
1 cup unsalted butter (melted & cooled to room temperature)
warm water

Filling:

1 cup ground walnuts
1 cup sugar
2-3 drops red food coloring (optional)
almond extract (3 drops) or rose water

Sifted Confectioner's sugar

Directions:

1. Preheat oven to 350°. Pour melted butter into a large bowl. Gradually add flour until dough comes together and can be handled. If needed, add enough warm water so that you are able to work with the dough (sprinkle in conservatively). (Some recipes include 2 TBSP of granulated sugar in this dough, as well as ½ tsp vanilla extract.) Less flour will make for a cookie with more of shortbread texture (and may need to be chilled to handle), more flour will result in a cookie with more of a pastry texture. Set aside.
2. In a medium bowl, mix the walnuts, sugar, extract / rose water, and red food coloring together using your fingers.
3. Roll dough into 2 inch balls. With your thumb, press an indentation into the ball for the filling. Place roughly one teaspoon of filling in the indentation in the middle of the dough. Work up the sides of the dough to cover the filling so that you end up with a filled ball. Place on an ungreased cookie sheet. Use a fork to add little designs.
4. Bake for ~30 minutes. Roll in confectioner's sugar when still warm. Let the cookies cool thoroughly and roll in a bowl of powdered sugar again. The shell of the cookies should be flakey and the inside should be crumbly.