

## **EGGS AND LENTILS**

(dayboard)

VEG STOCK	1.00	CUP
SPLIT LENTILS	0.50	LB
MINCED GARLIC	1 or 2	TSP
ONION	0.20	LB
CUMIN	2.00	TSP
WHITE VINEGAR	0.25	CUP
PEPPER	0.50	TSP
SALT	0.50	TSP
EGGS	8	

Rinse lentils. Add lentils to stock in pan. Add water if needed. Bring to boil.

Remove scum or froth.

Saute onions in a little oil until golden. Add garlic and cumin and fry for another minute.

Add onion mixture to lentils, and cook until done (almost mush), adding water if needed to prevent drying out. Season with salt, pepper and vinegar.

Add lentils to lightly oiled baking pan. Make 8 indentations in each pan and break raw eggs into indentations.

Bake at 300 for 35-45 minutes, until whites of eggs are opaque. Yolks should be slightly translucent.

## **Apricot Pudding**

(dayboard)

SUGAR	0.75	CUP
ORANGE BLOSSOM WATER	2 or 3	TSP
DRIED APRICOTS	8	OZ
CREAM OF WHEAT	8	OZ
CEYLON CINNAMON	1	TSP

Cover Apricots with water and simmer until soft. Cool. Mash or puree.

Prepare semolina according to package directions, adding a little more water and cooking until creamy

Mix apricots with semolina. Add sugar to taste. Cool and serve.

## Chicken with Bread Pudding

### Jawadibs al-Khubz

CHICKEN BREAST	2.00	LB
CHICKEN THIGHS	2.00	LB
BUTTER	0.5	STICK
SESAME OIL (untoasted)	6	TSP
SUGAR	0.5	CUP
ALMONDS ground	12	OZ
PITA, fluffy, not flat kind	1	PACKAGE
CINNAMON	4	TSP
SAFFRON	1	TSP
SALT	0.5	TSP
SLIVERED ALMONDS	4	OZ

Mix sugar, almonds, and cinnamon together.

Brush baking pan with sesame oil or any neutral flavored oil.

Line pan with 1/2 package pita bread. Sprinkle half of almond mixture on top of pitas. Top with remaining pita and almond mixture. Dab top of pan with butter.

Put chicken on top. Mix slivered almonds with ground saffron and salt. Sprinkle over chicken.

Cover with foil. Bake at 350 for an hour or until done.

## Eggplant

EGGPLANT	2	
GARLIC	1	TSP
WHITE VINEGAR	0.5	CUP
OLIVE OIL	0.5	CUP (or less, to suit modern tastes)
CEYLON CINNAMON	1	TSP
CARAWAY	1	TSP
DRIED SPEARMINT	4	TSP
PEPPER	0.5	TSP
SALT	0.5	TSP

Cut stems from eggplant. Quarter eggplants lengthwise and cut each piece in half width wise.

Add eggplants to boiling water and cook just until done. Drain.

Grind caraway seeds

Saute garlic for a minute in oil. Add vinegar and bring to boil. Add remaining ingredients and simmer.

Pour oil and spice mixture over eggplants and toss.

## Cauliflower with Tahini Sauce

GARLIC	0.50	TSP
CAULIFLOWER	1.5	
JUICE OF 1 LEMON	(or to taste)	
TAHINI	0.25	CUP
SALT	0.5	TSP

Cut cauliflowers into quarters. Boil until done but not mushy. Drain, keep warm

While cauliflower is cooking, mix remaining ingredients. Toss with cauliflower and serve immediately.

## Rice (for for Meatballs)

BEEF STOCK	1	CUP	
BUTTER	0.25	LB	
BASMATI RICE	2	CUP	
CINNAMON	1.5	TSP	
SAFFRON	0.5	TSP	
MASTIC RESIN (crushed)	0.25	TSP	(rosemary may be substituted)

Rinse rice.

Add all ingredients to heavy saucepan. Add water as needed to make enough.

Bring to boil, turn down heat, cover and simmer. Check at 20 minutes and 30 minutes, etc until done. Rice should make separate grains.

Serve with meatballs.

## Meatballs

GROUND BEEF	4	LB	
OLIVE OIL	0.25	CUP	
EGGS	4		
BREADCRUMBS	0.75	CUP	(or cooked, mashed rice)
CINNAMON	3	TSP	
CARAWAY (ground)	6	TSP	
PEPPER	2	TSP	
MASTIC RESIN (crushed)	0.5	TSP	(rosemary may be substituted)
SALT	1	TSP	

Mix all ingredients well. Make 8 or 12 large meatballs

Roast, uncovered, in baking pan at 350 for 45 minutes or until done.

Serve meatballs and their juice with rice.

## Carrot Pudding

CARROTS	1.5	LB	
WHITE VINEGAR	0.25	CUP	
BUTTER	0.25	LB	
HONEY	0.75	CUP	
CEYLON CINNAMON	0.5	TSP	
ATRAF AL-TIB	2	TSP	

Boil carrots until soft. Drain. Mash  
Add remaining ingredients. Mix and simmer.

Can be thickened with cornstarch if needed.

## **ATRAF AL-TIB**

DRIED LAVENDER	1	OZ
DRIED ROSE PETALS	1.5	OZ
GROUND GINGER	2	TSP
BAYLEAVES	2	
NUTMEG	1	TSP
MACE	1	TSP
NUTMEG	1	TSP
GROUND CARDAMOM SEED	1	TSP
GROUND PEPPER	1	TSP
GROUND CLOVES	0.5	TSP

Make this a few days ahead of time. It is harsh if you don't give it time to mellow. If possible, grind all spices freshly.

Grind lavender and rose petals. Remove central vein and stem from bay leaves and discard. Grind leaf portion as fine as possible.

Mix all ingredients and seal in an airtight container. Use within a few weeks, if possible.