

HUMMUS

Ingredients

3-4 cloves of garlic
2-3 tablespoons tahini
4 tablespoons lemon juice
2 teaspoon salt
Cayenne or cumin to taste
3 (19-ounce) cans garbanzo beans,
half the liquid reserved from 1 can
2 tablespoons olive oil

Directions

1. Add garlic, tahini, lemon juice, salt and cayenne or cumin to a food processor or blender. Process until creamy.
2. Add Garbanzo Beans and blend until smooth. Stop and taste occasionally. Add salt, lemon or garlic to your liking. Once the taste is to your liking, you may have to add reserved liquid or water until the desired texture is obtained.
3. Transfer mixture to bowl. Drizzle with olive oil and garnish with parsley, paprika and/or few saved, whole garbanzo beans.

TABOULI SALAD

Ingredients

1/2 cup fine bulgur wheat (#1 wheat)
6 Tbsp lemon juice, divided
4 firm Roma tomatoes (2 large regular tomatoes), very finely chopped
1 large cucumber, very finely chopped
4 bunches parsley, part of the stems removed, washed and well-dried, very finely chopped
12-15 fresh mint leaves, stems removed, washed, well-dried, very finely chopped (or 1-1/2 tablespoons dried mint)
4 green onions, white and green parts, very finely chopped
1 bell pepper (any color), very finely chopped
1 Tbsp salt
2 tsp black pepper
2 tsp granulated garlic or powder
3-4 Tbsp extra virgin olive oil (or vegetable oil)
Pita and/or Romaine lettuce leaves to serve, optional

Directions

1. Wash the bulgur wheat and soak it in water and 2 Tbsp of Lemon Juice for 10 minutes or until soft. Drain very well (squeeze the bulgur wheat by hand to get rid of any excess water). Set aside.
2. Very finely chop the vegetables, herbs, and green onions as indicated above. Be sure to place the tomatoes in a colander to drain excess juice.
3. Place the chopped vegetables, herbs in a mixing bowl or dish. Add the bulgur and season with salt, pepper, and garlic. Mix gently.
4. Now add the lemon juice and olive oil and mix again.
5. Taste and season to taste.
6. For best results, cover the tabouli and refrigerate for 30 minutes. Transfer to a serving platter. If you like, serve the tabouli with a side of pita and romaine lettuce leaves, which act as wraps or "boats" for the tabouli.

Note: The finer you chop the vegetables, the better.

BAKED KIBBEH

Ingredients

1-1/4 cup fine bulgur wheat (#1 wheat)
1 Tbsp salt
1 Tbsp cinnamon
1 Tbsp cumin
1/2 Tbsp allspice
3 Tbsp dried mint
1 large onion
3 lbs Kibbeh meat
1/2 cup ice water
Vegetable oil

Directions

1. Wash the bulgur wheat and soak it in water for 15-20 minutes or until soft.
2. While wheat is soaking, combine salt, cinnamon, cumin, allspice, mint, and the onion to a food processor and blend until smooth.
3. Drain bulgur wheat very well (squeeze by hand to get rid of any excess water) and add to a large mixing bowl.
4. Add the meat, the blended spices and the ice water to the wheat and mix very well.
5. Taste and season to taste.
6. Heavily coat a 9x13 baking dish with vegetable oil, making sure to get the corners and sides.
7. Spread meat mixture into pan, patting it firm and evenly.
8. Cut the meat into 2" diamonds.
9. Coat the top of the meat with a little bit more vegetable oil.
10. Bake at 425°F for 40-45 minutes. If the top is not browned, broil for a bit.
11. Remove pan from oven and let it sit for 5 minutes until all the liquids are re-absorbed.
12. Remove diamonds from the pan with a spatula and place on a serving plate.