**Lebanese Recipes from Connie and Gladys Abraham**

**Wild Grape Leaves – Stuffed**

Grape leaves:

Approximately 60 wild grape leaves, fresh, in a jar, or frozen.

Blanch in very hot water until softened.

Filling:

1 lb. ground beef or lamb

1 1/3 c. long grain rice

1 tsp salt

¼ tsp pepper

½ tsp cinnamon

½ tsp allspice

¼ c. water

1 Tbsp butter

½ - 1 lemon

Mix meat and rice lightly.

Add salt, pepper, cinnamon, and allspice to above mixture, more or less to taste.

Add water and butter to the mixture.

Place a spoonful of filling in each leaf. Roll bottom to top, tuck in sides, and squeeze gently.

Put rolls in pot. Put unusable leaves, lamb bones, or beef bones on the bottom and layer rolls on top, close together. Weigh down with a heavy dessert plate. Cover with water. Add 2 Tbsp. fresh lemon juice. Cut up the lemon pieces and add them to the pot.

Cover pot, bring to a boil, and reduce to a simmer for 45-60 min. Check often and add more liquid as needed.

Enjoy!

**Humus**

3 c. chickpeas (1 large can), save liquid (use to thin as needed)\*

2 cloves garlic

Lemon (1 ½ lemons?)

½ tsp salt

½ c. tahini

Put everything in the blender and puree to the desired consistency. Amount of lemon juice, garlic, salt, and tahini may be adjusted to taste.

May garnish with olive oil, paprika, chopped parsley, and/or chickpeas.

\*If you use bulk chickpeas rather than canned ones, here’s what to do:

Wash chickpeas, drain, cover with water, and soak overnight.

Drain again, and place in heavy pot with about 7 cups of fresh water. Bring them to a boil and remove any foam that forms. Gently boil the peas for 1 ½ hours or until they easily crush between thumb and forefinger. Drain the peas and reserve any cooking liquid.

**Recommended reading:**

*Recipes for an Arabian Night: Traditional Cooking from North Africa & the Middle East*, by David Scott

*The Arab Table: Recipes & Culinary Traditions*, by May S. Bsisu