

Pita Bread

475 degree Oven

400 g All Purpose Flour (unbleached, unenriched)

256 g Tepid water

30 g Extra Virgin Olive Oil

8 g Salt

6 g Dry active yeast

Bloom yeast in water, approx 10 minutes or until yeast looks foamy and no longer solid. Combine all and mix, approx 5 minutes or until dough no longer sticks to the bowl. Cover with plastic wrap and let proof (double in size and slacken) approx 1-2 hours. Divide dough into 100 g portions (this recipe should yield 6-7 pita doughs), form into a smooth ball and seal. Cover in plastic wrap and let proof again, approx 1-2 hours. To cook, preheat oven to 475 degrees with a pizza stone or cast iron skillet in the oven. Allow for half an hour of preheating to be sure the stone or skillet is sufficiently hot. Flatten dough portions with a rolling pin, season with olive oil, salt, and zaatar and slide pita onto stone or skillet. Cook approx 5 minutes, checking in two minute increments to prevent over cooking. When cooked, wrap in a clean dish towel to steam and prevent drying out.

Hummus

1 12oz can chickpeas, as many skins removed as reasonable

¼ c tahini

2 tbsp roasted garlic (or 2 cloves fresh garlic)

1-2 lemons, zested and juiced

¼ c Extra Virgin Olive oil

Salt and pepper to taste

In a food processor, blend all approximately 4 minutes for an extremely smooth hummus. Season with all ingredients as needed.

Tzatziki

2 c Full Fat Greek Yogurt

1 english cucumber, finely diced or minced

½ medium red onion, finely diced or minced

4 cl garlic, finely minced

3 tbsp Parsley, minced (1 tbsp dried if using)

2 tbsp fresh Dill, finely minced (2 tsp dried if using)

Zest and juice of 2 lemons

2-3 tbsp Extra virgin olive oil

Salt and Pepper to taste

Muhamarra

1 12oz can roasted red bell peppers
½ c roasted walnut halves
1 tbsp diced tomato or 2 tsp tomato paste
1 tbsp Harissa pepper paste (substitute: sriracha or other hot pepper paste)
1 tbsp pomegranate molasses (substitute: 2 tsp red wine vinegar + 1 tsp granulated sugar)
2 cloves Garlic
3 tbsp olive oil
1 lemon, zest
Salt and Pepper to Taste

Blend all and season with all ingredients to taste

Baba Ganoush

375 degree oven

1 Large Eggplant, halved
¼ c tahini
2 tbsp zaatar spice blend
1 lemon, zest and juice
2 tbsp Roasted Garlic (or 2 cloves fresh garlic)
¼ c Extra Virgin Olive oil
Salt and pepper to taste

On a sheet tray lined with parchment paper, season inside of halved eggplant generously with extra virgin olive oil, salt and pepper. Lay sliced side down on tray and bake in 375 degree oven, approx 20-25 minutes or until soft when poked from the skin. Allow to cool until workable. Blend all and season with all ingredients to taste.

Tabbouleh Salad

1 cup Parsley, finely minced
1 medium bell pepper, minced or fine diced
1 medium red onion or two shallot, minced
3 cloves garlic, minced
½ c cooked bulgur wheat or cous cous
3 tbsp extra virgin olive oil
1 lemon, zest and juice
Salt and pepper to taste
Optional Ingredients:
1 finely diced tomato
1 Half diced english cucumber
Cumin to taste
1 tbsp fresh mint

Baharat Marinated Chicken

1 lb chicken thighs, diced to approx 1"
2 tbsp Red Wine Vinegar

Baharat Spice Blend

¼ c paprika, smoked or regular
2 tbsp cumin
2 tbsp coriander
2 tsp cracked black pepper
1 tsp cinnamon
2 tsp salt

Combine all and let marinate at least 1 hour, up to 24.