

Little Diner's Crew

**Virtual Taste of the
Middle East
Featuring
Chef Calvin Roberson**



Stockpot
C U I S I N E

Menu

Mint Lemonade

Hummus

Fattoush Salad

Shish Tawook

Lebanese Rice

Toum Sauce

Baklava

Grocery List

1 15oz can Chickpeas
1/2 cup tahini
7 lemons
1/4 cup sugar
2 heads or 15 cloves of garlic
1 bunch parsley
1 bag of pita
2 large vine ripe tomato
1/2 red onion
1 green pepper
3 Persian Cucumber
1 head of Romaine
1 bunch scallion
1 large bunch mint
3 teaspoon sumac
Pomegranate or Balsamic molasses
2 eggs
1 1/2 pounds chicken breast
1/2 cup plain whole milk yogurt
Small can or tube of tomato paste
1 teaspoon paprika
1 teaspoon cinnamon
1/2 teaspoon ginger
8 bamboo skewers
1 cup Basmati Rice
1/3 cup vermicelli
Olive oil
Kosher salt
Fresh cracked black pepper

***Note easy substitutions for recipes below

Mint Lemonade

Serves 4

Ingredients

6 lemons
1/4 cup granulated sugar
6 cups cold water
Ice cubes

Instructions

1. Add sugar along with 1/2 cup water in a small pot and cook on low until the sugar has dissolved (1 minute). Let cool for a few minutes.
2. Juice the lemons and remove the seeds. Add the lemon juice to a pitcher and add 4 cups of water.
3. Add sugar syrup to the pitcher and mix well.
4. Add more water or ice cubes to dilute lemonade, if needed.
5. Put 6-10 mint leaves into each cup and muddle for a few seconds using a pestle. Add a little lemonade and muddle for a few more seconds.
6. Finish by filling each glass 3/4 full and adding a few ice cubes.

NOTES: This fresh lemonade recipe will keep in the fridge for 5-7 days.

Hummus

(Hummus can be store bought)

Serves 4

Ingredients

1 15 1/2 oz can chickpeas

1/2 cup tahini

1 large lemon

1 garlic clove

1 teaspoon salt

3 tablespoon extra-virgin olive oil, plus more for drizzling

2 tablespoon chopped parsley (for garnish)

Pita Bread or crudite

Instruction

1. Drain chickpeas in a strainer or colander and rinse thoroughly.
2. Cut lemon in half, remove any visible seeds, and squeeze juice into a small bowl.
3. Combine drained chickpeas and garlic in a food processor or blender at high speed until smooth, creating a paste.
4. Add remaining ingredients to chickpeas / garlic paste mixture and blend until you reach a smooth consistency.
5. The final paste should be smooth, easy to spread and firm, yet not dry. Add more salt or lemon juice if needed.
6. Transfer hummus to a shallow bowl or plate, top with chopped parsley, and drizzle with a little olive.
7. Serve with pita bread or crudité.

Fattoush Salad

Serves 4

Ingredients

SALAD

1 pita bread cut into triangles (substitute already made pita chips)
3 tablespoon olive oil
Kosher salt to taste
2 large vine ripped tomato quartered
1/4 red onion diced
1/2 a large green pepper chopped
2-3 Persian cucumber quartered (substitute regular cucumber & slice lengthwise, remove seeds, then quarter)
5 radishes, sliced
2 green onion/scallions chopped
1 head of romaine lettuce chopped (substitute chopped romaine or mixed greens)
1/4 cup coarsely chopped fresh mint
2 teaspoons ground sumac (substitute grated lemon zest)

DRESSING

2 cloves garlic, peeled and minced (about 2 teaspoons)
1/3 cup extra virgin olive oil
Juice of 1/2 lemon
4 teaspoons pomegranate molasses (substitute balsamic glaze)
1 teaspoon salt
1/4 teaspoon ground pepper

Instruction

- 1 . Preheat oven to 400 degrees.
- 2 . On a large rim baking sheet, toss the pita with 3 tablespoons of olive until lightly coated.
3. Sprinkle with salt and bake in the oven until the pieces are golden and crispy tossing halfway through cooking 8 to 12 minutes.
4. Place tomato, red onion, peppers, cucumber, radishes and scallions into large salad bowl. Add romaine, fresh mint, sprinkle with sumac and toss.
5. Whisk together garlic, olive oil, lemon juice, pomegranate molasses, salt and pepper in a small bowl.
- 6 . Just before serving, add baked pita chips.
7. Give dressing another quick whisk and then pour over salad and toss.

Shish Tawook

Serves 4

Ingredients

1 1/2 pounds boneless skinless chicken breast cut into 1 1/2-inch -2-inch pieces
1/2 cup plain whole milk yogurt
1/4 cup lemon juice
1/4 cup olive oil
6 garlic cloves crushed
1 tablespoon tomato paste
1 teaspoon paprika
1 teaspoon cinnamon
1/2 teaspoon dried oregano
1/2 teaspoon ground ginger
1 teaspoon salt
1/4 teaspoon black pepper

Special Equipment (optional)

8 bamboo skewers soaked in water for at least 1 hour

Instruction

1. Mix yogurt, lemon juice, olive oil, tomato paste, paprika, cinnamon, oregano, ginger in a large bowl to combine.
2. Season chicken with salt and pepper, add chicken to yogurt bowl and toss to coat. Cover with plastic wrap and place in fridge for 4 hours or up to 12 hours.
3. Remove chicken and thread 4 or 5 pieces onto each skewer. Or cook individual pieces without skewer.

Grill Preparation: Prepare grill for medium heat. Grill chicken, turning often until cooked through, 8-10 minutes.

Stovetop Preparation: Heat a grill pan (cast iron, non-stick pan) on medium to high heat. Add skewers or individual pieces and cook for 8-10 minutes rotating every few minutes

Internal temperature of the chicken should be 165 degrees.

Serve with pita bread, garlic sauce and fresh mint.

Lebanese Rice

Serves 4

Ingredients

1 cup Basmati rice (substitute Uncle Ben's Ready Made Basmati Rice)
1/3 cup vermicelli pasta (substitute capellini broken in smaller pieces)
1 tablespoons extra virgin olive oil
1/2 teaspoon salt
dash cinnamon
parsley for garnish

Instructions

1. Rinse the rice with cold water until the water runs clear. Then transfer it to a bowl and soak with water for 20 minutes. Drain well and set aside.
2. In a medium non-stick pot, heat the olive oil on medium heat. Add the vermicelli pasta and cook, stirring frequently until all the vermicelli is a deep, golden brown color. Be careful not to burn it.
3. Transfer the rice over the cooked vermicelli and stir to combine and coat the rice with the olive oil. Season with salt and a dash of cinnamon.
4. Add 2 cups water and bring the mixture to a boil. Reduce the heat to low, cover the pot and cook for 15 minutes.
5. After 15 minutes remove from the heat and allow the rice to steam for 5 minutes.
6. Uncover, garnish with parsley and fluff with a fork.

Toum Sauce (Garlic Sauce to accompany Shish Tawook)

Serves 4

Ingredients

6 garlic cloves
2 large egg whites
2 Tbsp. fresh lemon juice
1½ cups vegetable oil

Note: Toum can be made 2 days ahead. Toum can be substituted with store-bought yogurt

Instruction

1. Pulse garlic, egg whites, and lemon juice in a food processor until smooth.
2. With motor running, very gradually stream in half of the oil (this will help the emulsion stay together).
3. Scrape down sides of processor and continue to process, gradually adding remaining oil, until mixture thickens and becomes light and airy (it should coat the back of a spoon).
4. Season with salt.

Baklava (or any dessert of choice)

Feel free to pick up at local grocery store or bakery.

Ingredients

1 pound (4 cups) chopped walnuts
1-1/2 teaspoons ground cinnamon
1 package (16 ounces, 14x9-inch sheets) frozen phyllo dough, thawed
1 cup butter, melted
1 cup honey

Instructions

1. Preheat oven to 350°. Coat a 13x9-in. baking dish with cooking spray.
2. Combine walnuts and cinnamon.
3. Unroll phyllo dough. Layer 2 sheets of phyllo in prepared pan; brush with butter. Repeat with 6 more sheets of phyllo, brushing every other one with butter. (Keep remaining phyllo covered with a damp towel to prevent it from drying out.)
4. Sprinkle 1/2 cup nut mixture in pan; drizzle with 2 tablespoons honey.
5. Add 2 more phyllo sheets, brushing with butter; sprinkle another 1/2 cup nut mixture and 2 tablespoons honey over phyllo. Repeat layers 6 times.
6. Top with remaining phyllo sheets, brushing every other one with butter.
7. Using a sharp knife, score surface to make 24 squares. Bake until golden brown and crisp, 25-30 minutes. Cool on a wire rack 1 hour or before serving.