

Menu for Mideast Cooking Class

Appetizer

Grape Leaves

Ingredients

A Jar of pickled Grape Leaves
4 cups of Rice
Ground beef (optional)
2-3 tomatoes (Sliced)
1 lemon Lemons (or 2 tblsp lemon juice)
1 tblsp Tomato paste

Directions

Wash the grape leaves and rice thoroughly. If using ground beef mix the raw ground beef with the raw rice and season with salt and pepper. Next take one whole grape leaf and cut into two or three pieces. place a small amount of rice/beef mixture on the grape leaf starting from the stem end, roll making sure to tuck in the ends. Line the bottom of the deep pot the sliced tomatoes and start placing the rolled grape leaves in a circular fashion in the plate. Fill the pot with water till there is about 1 inch between the end of the grape leaves and the pot. mix tomato paste and lemon juice and pour over the grape leaves. Put on low heat for about an hour or two depending on whether the top stuffed grape leaves are fully cooked. You may also want to place a plate at the top of the pot to suppress the expanding of the rice. After it cools take a large plate put over the rim of the pot and flip the pot over. Serve with sliced lemons.

Entree

Egyptian Chicken and Onions

Ingredients

Bone in Chicken drumsticks
Ground onions
Salt
Pepper
Vegetable oil

Directions

- Wash the chicken with salt and water.
- Put some oil in an anti-stick cooking pan on a medium heat for 4 minutes
- Add the ground onions to the oil and stir promptly
- Add salt and pepper as suitable to you taste and keep stirring with the pan uncovered till the onion get light brown or reddish brown

- Put the heat on high and add the chicken. Keep stirring till the chicken color become brownish. (In this step we get the desired final color but the chicken will not be cooked)
- Put the heat back to medium, cover the pan, and leave it for 25 minutes. (In this step will cook from inside but the color doesn't get any darker). You will notice the soup level will increase in the pan, no water needs to be added.
- If the pan has a lot of water in it, put the heat back to high and stir the chicken uncovered for few minutes till the sauce is somehow thick
- **P.S.** the sauce become thicker after the it cools down, so keep it fairly thick while cooking, don't wait till it's so thick.

Desert

Baklawa

Ingredients

1 (16 ounce) package phyllo dough
 1 pound chopped nuts (walnuts/almonds)
 1 cup butter
 1 teaspoon ground cinnamon
 1 tablespoon lemon juice
 1 cup water
 1 cup white sugar
 1 teaspoon vanilla extract
 1/2 cup honey

Directions

Preheat oven to 350 degrees F(175 degrees C). Butter the bottoms and sides of a 9x13 inch pan.

Chop nuts and toss with cinnamon and lemon juice. Set aside. Unroll phyllo dough. Cut whole stack in half to fit pan. Cover phyllo with a dampened cloth to keep from drying out as you work. Place two sheets of dough in pan, butter thoroughly. Repeat until you have 8 sheets layered. Sprinkle 2 - 3 tablespoons of nut mixture on top. Top with two sheets of dough, butter, nuts, layering as you go. The top layer should be about 6 - 8 sheets deep.

Using a sharp knife cut into diamond or square shapes all the way to the bottom of the pan. You may cut into 4 long rows the make diagonal cuts. Bake for about 50 minutes until baklava is golden and crisp.

Make sauce while baklava is baking. Boil sugar and water until sugar is melted. Add vanilla and honey. Simmer for about 20 minutes.

Remove baklava from oven and immediately spoon sauce over it. Let cool. Serve in cupcake papers. This freezes well. Leave it uncovered as it gets soggy if it is wrapped up.

Join us for some fun!

Hookah demonstration and Arab Tea

For more Middle East Food recipes go to <http://arabic-food.blogspot.com/>