

# Lebanese Dishes



Heather and Grandma

*Grandma, you are the best! Words cannot express how thankful I am to call you "My Grandma." You have truly impacted my life in countless ways from your never-ending patience and giving spirit, to your amazing talents in the kitchen. I will never forget the after-school snacks, weekend sleepovers snuggled between you and Papa, and always crying to have to leave your house. All in all, I feel very blessed to have such a wonderful influence and selfless person in my life. My only hope is that I will be able to give the same to my children and grandchildren in the years to come.*

*I love you so much!!  
Heather*

# Notes

## Lebanese Dishes



*Megan, Jessica and Heather*

### *Rice and Meat Filling for Vegetables*

*(Key Recipe #1)*

*Patricia Horany Cooper*

- |  |                 |
|--|-----------------|
| 3 lbs. chili ground beef (chuck, round, sirloin), lean | 2 tsp. salt     |
| 1 ½ cups rice ( <i>I use Comet</i> )                   | 2 tsp. cinnamon |
| 1 stick butter   | 1 tsp. allspice |
|  | ¼ tsp. pepper   |

Place rice in mixing bowl. Add butter and spices, and mix. Combine meat with rice and mix together.

This filling may be used for grape leaf rolls, cabbage rolls, or stuffed squash. This recipe is sufficient for 1 quart preserved grape leaves, 2 medium heads cabbage, or 2 dozen small squash.

## *Laban (Yogurt) and Labani (Strained Yogurt)*

*(Key Recipe #2)*

*Patricia Horany Cooper*

½ gallon milk  
1 pint half-and-half

4 Tbsp. starter  
1 tsp. salt

Heat milk and half-and-half over low fire to 170° on thermometer. Pour into Pyrex bowl and cool down to 116°. Thin starter with several tablespoons of warm milk. Stir into cooled-down milk. Cover and place on counter wrapped in towels. After 5 to 6 hours or overnight, remove towels and place, covered, in refrigerator. Let chill thoroughly, 4 to 5 hours. This is laban.

For labani: Remove from refrigerator and add 1 teaspoon salt, and stir. Pour into clean thin muslin bag that has been dampened. Drain in colander with bowl under colander to catch liquid for 24 hours. Check periodically and drain liquid out of bowl. This is labani. Remove from bag; store in refrigerator in container with lid.

## *Salata (Salad Dressing Mediterranean Style)*

*Mark Horany*

2 large garlic cloves

2 to 3 lemons

1 tsp. mint

1 Tbsp. olive oil

1 tsp. salt

1 Tbsp. canola oil

3 Tbsp. white balsamic vinegar

1 Tbsp. sugar

Pulverize garlic, mint, and salt with a wooden mallet in the bottom of salad bowl. Add the rest of dressing ingredients and stir well. Use chopped Romaine, cucumbers, green onions, tomatoes, and avocados for salad. Add to dressing and toss.

## *Hashwab*

*(Key Recipe #3)*

*Patricia Horany Cooper*

- |                          |                           |
|--------------------------|---------------------------|
| 1 lb. ground meat        | 1 tsp. cinnamon           |
| 2 onions, chopped        | 1 tsp. allspice           |
| 1 stick butter           | ½ tsp. pepper             |
| 1 tsp. salt, or to taste | ½ cup pine nuts, optional |

Sauté onion in butter until wilted. Add ground meat, spices, and salt, and cook until done. Can also use juice of 1 lemon for variation.

## *Stuffed Steak*

*Grandma's recipe*

- |   |                          |
|---|--------------------------|
| ¼ of a green bell pepper,<br>chopped fine | 6 soda crackers, crushed |
| 1 onion, chopped fine                     | 1 cup corn meal          |
| 3 stalks celery, chopped fine             | 1 garlic clove           |
| ½ to 1 cup chopped parsley                | Salt and pepper          |
|   | Chili powder             |
|   | 1 round steak            |

Mix the first 9 ingredients together; spread on steak. Roll and tie up with string. Brown on both sides in small amount of oil. Add a small amount of water. Cover and cook as a roast for approximately 1 ½ hours.

## *Meat and Cauliflower and Laban Sauce*

*Patricia Cooper*

½ stick butter  
2 lbs. sirloin, cut in 1-inch  
cubes  
Salt and pepper, to taste  
2 tsp. cinnamon, or to taste  
2 tsp. allspice, or to taste  
3 garlic cloves, minced  
3 cups water, approximately  
1 bay leaf  
1 medium head cauliflower

### **Laban Sauce:**

2 Tbsp. flour  
1 tsp. salt, or to taste  
4 cups Laban (unstrained  
yogurt) or if using Labani  
(strained yogurt) you will  
need to dilute with milk to  
thin it to the consistency of  
Laban

Melt butter in a 4-quart saucepan. Add meat and season with salt, pepper, cinnamon, allspice and garlic. Brown well, and then add enough water to cover. Add bay leaf. Cover and simmer until tender, about 1 hour. Taste frequently for seasoning and adjust. While meat is cooking, break cauliflower into florets and drop into boiling water. Boil 10 minutes; let drain and set aside.

**Laban Sauce:** Beat flour, salt and laban together until smooth (*use a hand mixer*).

When meat is done, remove all but 1 cup liquid, add Laban Sauce and bring to a boil, uncovered (never cover Laban when cooking or it will curdle). Taste for salt and adjust seasonings, if necessary. Simmer for about 30 minutes, and then add cauliflower. Cook another 15 minutes or until cauliflower is done. Serve over Lebanese Rice Pilaf.

## *Kibbi Nayii (Raw Kibbi)*

*Grandma's Recipe*

3 lbs. meat (lean round, sirloin)	1 ½ Tbsp. salt
2-3 cups fine ground cracked wheat (bulghur)	1 tsp. pepper
1 ½ Tbsp. marjoram	2 Tbsp. mint
	4 onions
	1 ½ cups ice water

Grind meat using fine blade on meat grinder. Next fine grind onion. Add wheat and spices and mix with hands. Grind again. Use ice water on hands to work meat until kibba is mixed well. Taste and adjust seasonings if necessary. Form into loaf on platter and serve with Hashwa plus extra stick of melted butter. Make design on top with fork.

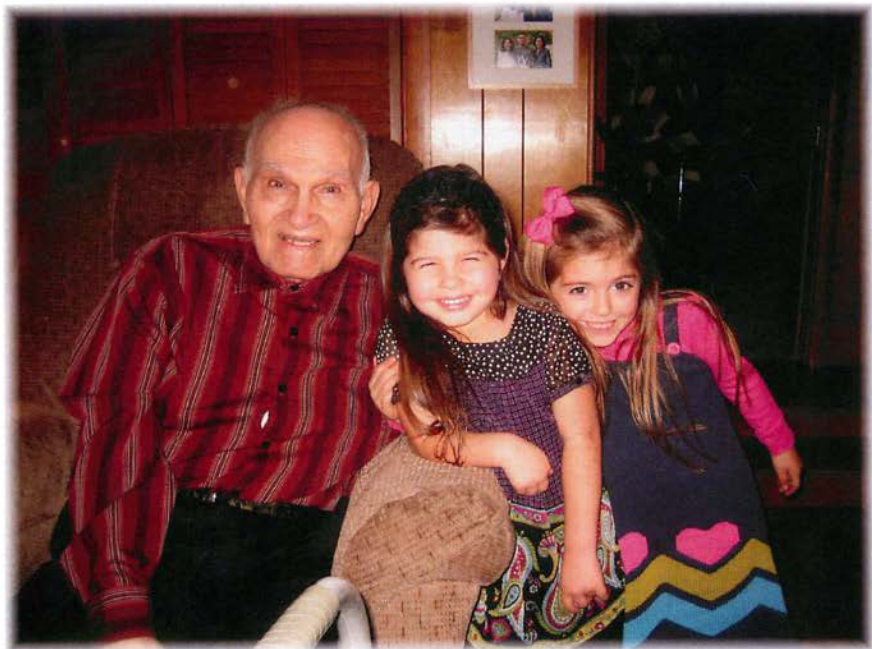
## *Baked Kibbi*

*Grandma's Recipe*

*Use recipe above for raw kibbi. Use double recipe of Hashwa.*

2 stick butter  
¼ cup oil

Melt 1 stick butter in bottom of pan. Divide kibba in half. Moisten kibba with ice water and with your hand, pat into bottom of 11x16-inch pan. Spread hashwa over this then put other half of kibba on top. With thin knife cut kibbi into 5 equal parts lengthwise and 8 equal parts crosswise. You can also cut kibbi diamond-shaped by scoring top of squares diagonally both ways. Go around sides of pan with knife to release edges of kibbi from pan. Melt remaining stick of butter and oil and pour over top of kibbi. Bake at 400° for 45 minutes to 1 hour.



*Papa, Lannah and Jessie*

## *Hummus*

*Grandma's recipe*

3 cans garbanzo beans  
(chickpeas)  
6 cloves garlic, minced

$\frac{2}{3}$  cup tahini  
1 tsp. salt  
1 cup lemon juice

Drain chickpeas (you can reserve a little juice if you need to add for a thinner hummus). Add with all other ingredients and blend in food processor.

*I like mine to be very lemony, so you can start out with a little less lemon juice and add to taste. Enjoy!*



## *Tabbouleh*

*Patricia Cooper*

- |  |                                     |
|--|-------------------------------------|
| 4-6 bunches parsley, chopped<br>in processor | 2 bell peppers, chopped fine        |
| 2 Tbsp. mint, crushed, or fresh,<br>chopped  | 1 cup bulgur wheat, fine<br>cracked |
| 4 tomatoes, chopped fine                     | $\frac{3}{4}$ cup olive oil         |
| 1 large onion, chopped fine                  | 6 lemons                            |
| 2-3 green onions                             | 1 Tbsp. salt                        |
| 2 cucumbers, chopped fine                    | Pepper                              |

Chop parsley and other veggies. Then add wheat, oil, lemons, salt and pepper. Let set overnight or several hours.

## *Talami (Grandma's Pita Bread)*

*Patricia Cooper*

- |  |                   |
|--|-------------------|
| 5-6 cups unbleached flour (you<br>can use 2 cups whole<br>wheat flour) | 1-2 Tbsp. sugar   |
| 1 envelope dry yeast   | 2 tsp. salt       |
|  | 2 cups warm water |

Stir 2 cups flour, yeast, and salt in large bowl. Stir in water gradually beat with mixer until smooth. Stir in remaining flour to make soft dough. Put a dry cloth over, then a damp cloth, and let rise 1 to 1  $\frac{1}{2}$  hours

Divide into 6 balls. Let rise about an hour. Roll thin on a floured board. Roll 3 or 4 loaves ahead and then bake first one at highest degree on oven. Preheat first. After loaf puffs up, cook a minute, then brown under broiler. Stack when finished baking. Spray with water and stack again. Wrap in a cloth and let sit for 1 hour. Fold and put in plastic bag to store.

## *Kmaj*

*Patricia Cooper*

5 lbs. flour  
1 cup sugar  
4 Tbsp. salt

4 pkgs. rapid rise yeast  
1 cup oil  
6 cups lukewarm water

Mix dry ingredients in large bowl. Pour oil and water together in another bowl or pitcher. Gradually add liquid to flour mixture, working with one hand to mix. Dough is very soft and moist. Use oil on hands to keep dough from sticking. Punch, fold, and squeeze dough, adding oil on sides of bowl and under dough as you knead. Knead until shiny and smooth. Cover with towel and let rise 1 hour (close to stove). Punch down again using oil on hands and knead again. Let rise 1 to 1 ½ hours. DO NOT KNEAD AGAIN.

Using oil on hands, pinch into balls and roll and knead in hands until smooth (get seams out). Put on large bed sheet and cover. Let rise 30 minutes. Pat balls down, placing top side down and roll out, turning over 3 times. Do not puncture. Place gently on sheet and let rise again for 30 minutes from the time you start rolling. Bake at 475° for 7 to 10 minutes (turn down oven if it seems too hot). Brush with oil when loaves are still hot.

## *Zatar (Dirty Bread)*

*Patricia Cooper*

2 cans large biscuits  
5 Tbsp. zatar  
3 Tbsp. sesame seeds

6 Tbsp. oil  
¼ cup grated onion

Oil pan or cookie sheet. Press biscuits out flat. Mix zatar, sesame seed, oil and onion together. Spread 1 Tbsp. of mixture on top, pressing down with fingers. (Dough for meat pies can be used instead of biscuits.) Bake at 400° for 10 minutes.

## *Kaak-Bi-Haleeb (Sweet Bread)*

Patricia Cooper

1 (5 lb.) bag of flour  
2 ½ cups sugar  
5 pkgs. rapid rise yeast  
3 cups hot water  
2 cups buttermilk  
1 lb. real butter, melted  
(4 sticks)

2 Tbsp. salt

½ cup (4 Tbsp. or 1 box)  
crushed anise seed

1-2 Tbsp. mahlib (crushed  
cherry seed)

1 cup sesame seeds

### **Icing:**

1 box powdered sugar

¼ cup tub butter

Milk

¼ tsp. butter flavoring

½ tsp. vanilla

Mix all dry ingredients in large bowl. In another bowl, combine 3 cups hot water, 2 cups buttermilk, and melted butter (liquid needs to be warm and should total 5 cups). Slowly add liquid to dry ingredients, mixing with hands. Knead, punch, and roll until smooth. Cover with towel and let rise for 2 hours or until doubled in size. Roll into balls and let rise for another hour. Roll out and let rise for another 30 minutes. Use finger to make holes in center of loaf. Bake at 450° for 10 minutes. *Makes about 24 loaves.*

**Icing:** Pour some powdered sugar in bowl. Add butter and mix. Add a little milk and extracts. Mix together, slowly adding remaining powdered sugar.

## *Baba Ga-Nooj (Eggplant with Tahini)*

Patricia Cooper

2 eggplants, pricked

3-4 cloves garlic, minced

4 lemons

1 tsp. salt

2-4 Tbsp. tahini

Broil eggplant under broiler turning occasionally until soft or cook in microwave until done (about 10 minutes.) Cut in half and scoop out centers. Add remaining ingredients. Use pastry blender and mash together. Chill and serve with pita chips.

## *Cauliflower with Tahini Sauce*

*Grandma's Recipe*

Cauliflower

### **Tahini Sauce:**

½ cup tahini  
4-5 cloves garlic, minced  
1 tsp. salt or to taste  
½ cup cold water  
½-1 cup lemon juice

Cut cauliflower up in florets; cut in half or so, so that they can lie more flat. Steam approximately 5 minutes in microwave. Fry on high in black skillet in oil. Pour tahini sauce over top and serve.

**Tahini Sauce:** Mix ingredients in blender or use beater. Thin if necessary with more water or lemon.

## *Shiekh El' Mahshi (Stuffed Eggplant)*

*Grandma's Recipe*

2 medium eggplants, peeled  
and quartered  
4 cloves garlic, minced  
1 large can tomato juice  
Dash Worcestershire sauce  
1 (8 oz.) can tomato sauce

### **Hashwah:**

1 ½ lbs. ground round  
1 large onion, chopped  
1 ½ tsp. cinnamon and allspice  
Real butter  
1 ½ tsp. salt  
½ tsp. pepper  
1 lemon

Slit eggplant quarters down center and soak 30 minutes in salt water. Brush with oil and place in a pan that has been oiled. Bake at 450° on top rack of oven for 40 to 50 minutes.

Make Hashwah (below) and stuff eggplant pieces. Mince 2 cloves of garlic over all. Mix tomato juice, Worcestershire sauce, and tomato sauce, and pour over all. Bake at 350° for 40 to 45 minutes. This is great served over Lebanese Rice Pilaf.

**Hashwah:** Brown meat, onion, and spices; cook until tender.



Mark and Chad  
4<sup>th</sup> of July

## *Eggplant with Laban Sauce*

*Grandma's Recipe*

2 medium eggplants, peeled  
and quartered

### **Laban Sauce:**

4 cups laban  
2 heaping Tbsp. flour  
4 cloves garlic, crushed  
3 cups water

Slit eggplant quarters down center and soak 30 minutes in salt water. Brush with oil and place in a pan that has been oiled. Bake at 450° on top rack of oven for 40 to 50 minutes. Make Hashwah and stuff eggplant pieces.

**Laban Sauce:** Beat ingredients with hand mixer until smooth. Add approximately 3 cups water and cook, stirring constantly, until thickened to consistency of thin gravy. Pour over eggplant and bake.

## *Kousa Mahshi (Stuffed Squash)*

*Patricia Horany Cooper*

15-20 medium-size yellow  
squash

1 (16 oz.) can tomato sauce

1 large can tomato juice

1 lemon

2 tsp. chicken bouillon granules

Salt to taste

**Filling:** Use Key Recipe #1

### ***Laban Sauce (Variation):***

4 cups laban

2 heaping Tbsp. flour

4 cloves garlic, crushed

Peel squash. Cut off necks and reserve. Core by hollowing out squash and remove all seeds. Wash squash well and drain. The shell should be about  $\frac{1}{4}$  inch thick. Be careful not to break it.

Stuff squash with filling. Do not pack too tightly, allowing space for rice to swell while cooking. Arrange stuffed squash in large pan. Pour tomato sauce, tomato juice, lemon juice, and salt, and enough water to cover squash. Bring to boil, then lower heat, cover, and let cook approximately 1 hour or until squash and filling are done and sauce has thickened.

***Laban Variation:*** Squash may also be cooked in Laban Sauce instead of tomato juice. Cover stuffed squash with water and salt to taste, and cook until done. After squash is done, combine laban sauce ingredients and pour mixture over while water is boiling and swirl. Taste and add more salt if necessary. Cook until thickened like gravy. Add crushed dried mint. **DO NOT COVER AFTER ADDING LABAN MIXTURE.**

## *Yabra-Mal-foof (Cabbage Rolls)*

*Patricia Horany Cooper*

2 heads cabbage  
2 Tbsp. salt  
6 cloves garlic, peeled and  
whole  
1 tsp. salt

½-1 cup lemon juice (according  
to taste)

**Filling:** Use Key Recipe #1

Cut around core of cabbage. Stick fork in core and submerge head of cabbage into pan with boiling water and 2 tablespoons salt. Let boil for 5 minutes; separate each leaf as they soften and remove from core. Place in a pan until cool enough to roll. When all leaves have been boiled and removed from core, slice off heavy ribs with knife. If leaves are too large, cut in half or palm size. Place some leaves in bottom of large pan.

Place 1 heaping tablespoon of rice and meat filling on each cut leaf and roll firmly in the palm of your hand, and with your fingers. Lay cabbage rolls neatly in rows, alternating, and making several layers. Place garlic cloves among these layers. Put leftover cabbage leaves on top layer of cabbage rolls place an inverted saucer over them.

Pour enough water over cabbage rolls to barely cover. Add salt. Bring to boil, then reduce heat, cooking slowly for 1 hour. Add lemon juice during last 15 minutes of cooking. Taste broth for additional salt or lemon. Remove saucer. Let stand about 10 minutes before discarding cabbage leaves and removing rolls to platter.

## *Yabra Areesh (Grape Leaf Rolls)*

Patricia Horany Cooper

Grape leaves  
Key Recipe #1  
Tomatoes

Salt to taste  
1 tsp. chicken granules  
 $\frac{3}{4}$  cup lemon juice

Line bottom of large pan with plain grape leaves. Place a grape leaf, smooth side down, in the palm of your hand. Place approximately 1 tablespoon of rice and meat filling on it (*I form it in a long roll*), folding in the ends and rolling the leaf tight. Arrange stuffed grape leaves side by side to cover the bottom of pan and start another row.

When through stuffing grape leaves, cover top with plain grape leaves, slice 1 layer of tomatoes on top of leaves, then pour enough water to cover leaves. Add salt and chicken granules to broth. Add approximately  $\frac{3}{4}$  cup lemon juice. Place an inverted plate on top of stuffed grape leaves.

Cook on high heat until coming to a boil, then on very low fire for at least 2 hours (*I usually cook longer to make sure leaves are tender*). While cooking, taste the liquid for lemon juice and salt. Adjust according to taste. I usually add more water while it's cooking if it's getting low.

When grape leaf rolls are done, remove plate and also tomatoes and loose grape leaves on top. Let set awhile, then serve.



## *Ruz M'falfal (Lebanese Rice Pilaf)*

*Patricia Cooper*

- |                          |                                  |
|--------------------------|----------------------------------|
| 1 cup vermicelli, broken | 4 cups hot water or chicken      |
| 1 stick butter           | broth                            |
| 2 cups rice              | 1 to 2 tsp. salt (taste for your |
|                          | preference)                      |

Brown vermicelli in butter in a deep sauce pan. Add rice and hot water or broth and bring to boil. Add salt. Lower heat to simmer; cover and continue cooking until all moisture is absorbed and rice is done, approximately 30 minutes. Makes 6 to 8 servings.

## *Mujadara-Ruz (Lentils and Rice)*

*Grandma's Recipe*

- |                                   |                              |
|-----------------------------------|------------------------------|
| 4 onions, chopped or slivered     | ½ cup rice (long grain brown |
| 2 Tbsp. olive oil                 | rice or Comet rice)          |
| 1 bag lentils (16 oz.) or 2 cups, | 2 tsp. salt                  |
| rinsed                            | 1 tsp. pepper                |

Sauté onion in olive oil in stock pot until well done (caramelized). Add lentils to onion and cover with water. (Read package and follow directions for amount of water to cook lentils). Add salt and pepper, and bring to a boil. Cover and let simmer 20-25 minutes. Add ½ cup rice and bring to boil again. Cover with lid and reduce heat to simmer for approximately 45 minutes or until rice and lentils are tender. Check water periodically. May need to add more water and salt and pepper to taste.



*Papa at Christmas 2008*

## *Fatayer bi Labam (Meat Pies)*

*Patricia Horany Cooper*

4 lbs. ground meat  
3 onions, chopped  
3-4 tsp. salt  
3 tsp. cinnamon  
3 tsp. allspice  
Pepper  
Butter  
2 cups laban

### **Dough:**

8 cups flour  
1 pkg. rapid rise yeast  
1 Tbsp. salt  
 $\frac{1}{3}$  cup sugar  
3 cups very warm water  
 $\frac{1}{2}$  cup oil

Cook onion in butter; add meat and spices, and cook until done. Stir in laban. Taste and adjust spices if necessary. Let cool before filling dough.

**Dough:** Combine dry ingredients. Mix liquids together in large bowl. Add ½ flour mixture to liquid and mix well. Add other ½ of flour mixture and mix. Knead. Let rise 1 ½ hours. Make into walnut-size balls and let rise approximately 30 minutes.

Pat dough out flat and fill with meat filling. Fold over, being careful not to get filling on edges, and seal. Crimp. Fry in enough oil that the pie will float. Let brown on one side, then turn to brown on the other side. Remove and drain on paper towels.

## *Tatayer bi Sabanikh (Spinach Pies)*

*Patricia Horany Cooper*

Use meat pie dough recipe for  
dough

### **Filling:**

- 3 pkg. fresh spinach (you can  
use 3 bags frozen chopped  
spinach but don't have to  
wilt)
- 2 onions, chopped
- 1 Tbsp. salt
- ¼ cup olive oil
- 4 Tbsp. lemon juice (may need  
more)
- ½ tsp. pepper

Put spinach and onion in large bowl, salting between each pkg. Stir frequently until it wilts. Put in colander and squeeze all juice out of it. Then add salt, lemon and olive oil to taste. Fill dough and crimp in shape of diaper (3 edges to center). Try not to get any filling on edges or they will open up while baking. Bake on oiled cookie sheet at 400° for 15-20 minutes.

## *Djaj mah Ruz (Baked Chicken with Meat and Rice Dressing)*

*Stephanie Collins*

1 large baking chicken  
Celery  
Salt  
Cinnamon  
Pepper  
Several slices of onion  
1 ½ cups water

### ***Dressing:***

2 cups chili ground meat  
1 cup Uncle Ben's rice  
⅓ cup butter  
½ tsp. salt  
¼ tsp. cinnamon  
¼ tsp. allspice  
¼ tsp. pepper  
2 cups broth from chicken

Rub outside and cavity of chicken with salt, pepper, and cinnamon. Arrange 2 ribs of celery and a few slices of onion over chicken. Bake at 350° for 1 ½ to 2 hours or until done. Add 1 ½ cups water in the last 30 minutes of baking.

***Dressing:*** Brown meat in butter in a deep saucepan. Add seasonings. Add 1 cup water and let simmer for 45 minutes to 1 hour. Add rice and broth from chicken. Bring to a boil and lower heat. Cook for 30 minutes. Adjust seasonings to taste.

To serve, pile rice on platter and arrange chicken pieces around rice.

## *Chicken and Okra*

*Patricia Cooper*

- |                             |                               |
|-----------------------------|-------------------------------|
| 1 ½ lb. fresh okra          | 1 tsp. salt and pepper        |
| Oil                         | 1 large can tomato juice or a |
| 1 whole cut up chicken or 8 | 15-oz. can tomato sauce       |
| thighs, skinned             | Water                         |
| 1 tsp. cinnamon             | 6 garlic cloves, chopped or   |
| 1 tsp. allspice             | mashed                        |
|                             | 1 lemon                       |

Wash and then trim the tops of the okra. Fry, whole, in a small amount of oil until browned. Drain on paper towel and set aside (this can be done ahead of time).

Season chicken well with cinnamon, allspice, salt and pepper. Brown in small amount of oil (*I use an electric skillet*). After browned, drain oil from skillet, and then put chicken pieces back in skillet. Pour tomato juice or sauce over chicken. Add water to cover. Add salt, to taste, garlic and lemon. Cover and let simmer about 30 minutes or until chicken is tender. Check periodically to see if more water is needed. Taste and adjust seasoning, if necessary. Add okra and simmer another 10 minutes. Remove chicken pieces and take meat off bone. Put chicken meat back in skillet and mix with okra. Serve over Lebanese Rice Pilaf.

*This dish can also be baked in oven instead of an electric skillet. Place browned chicken pieces on the bottom of a large casserole dish. Put browned okra on top of chicken. Sprinkle with more cinnamon, salt and pepper. Pour tomato sauce over top and add water to cover. Add garlic and lemon. Cover and bake 1 to 1 ½ hours at 350°.*

## *Djaj Mtabbel (Lemon Chicken)*

*Stephanie Collins*

- |                         |                  |
|-------------------------|------------------|
| 1 cup lemon juice       | 1 tsp. basil     |
| 3 garlic cloves, minced | ¼ tsp. cayenne   |
| 1 tsp. salt             | 6 chicken thighs |
| ¼ tsp. pepper           |                  |

Combine all ingredients in a large bowl and pour over chicken in a Ziploc bag. Marinate in refrigerator for 2 to 3 hours, turning chicken over several times. Heat oven to 450°. Place chicken in baking dish. Bake for 1 hour in the marinating mixture, basting occasionally. Remove chicken thighs and pour marinade over chicken pieces. Serve over Lebanese Rice Pilaf. You can also grill the chicken.

## *Shourabit Djaj (Chicken and Rice Soup)*

*Grandma's recipe*

- |                                      |                          |
|--------------------------------------|--------------------------|
| 6 chicken thighs, boiled and deboned | 2 to 3 Tbsp. lemon juice |
| 10 cups water                        | Salt                     |
| 1 cup Comet rice                     | Pepper                   |

Wash and clean chicken thighs. Place in a large saucepan with the water. Bring to a boil over high heat. Skim off the foam. Cover and cook over medium heat for 60 minutes. Remove chicken from liquid and debone, reserving chicken broth after boiling chicken. Add rice to chicken broth and cook according to box directions. Add lemon juice, salt, pepper, and torn-apart chicken. You may need to add extra water to the broth to get it to a soup consistency; simmer about 25 minutes. Serve with pita crisps.

## *Riz-Bi-Dfeen*

### *Aunt Virgie's Recipe*

- |   |   |
|---|---|
| 2 cups rice (Uncle Ben's long grain rice) | 1 chicken, boiled and debone (boil 1 hour with bay leaf, salt and pepper) |
| 4 cups chicken broth                      | Cinnamon  |
| 5 large onions                            | Salt  |
| 2 sticks butter                           |   |
| 1 can garbanzo beans                      |   |

Sauté onion (caramelize) in butter in large stock pot. Then layer with torn-apart chicken, then garbanzo beans, sprinkling with cinnamon and salt between layers. Then add rice and broth; cook until rice is done. Taste broth to make sure it's seasoned well (tastes Lebanese). (When adding rice, bring to boil and then cover and simmer as directed on back of rice box until done). Turn upside down on large platter and serve.

## *Baklava*

### *Grandma's Recipe*

- |  |                     |
|--|---------------------|
| 1 lb. filo dough   | 1 tsp. orange water |
| 1 lb. real butter (rendered – boil in microwave; whey will come to top – skim off) |                     |

#### **Syrup:**

- 2 cups sugar
- 1 cup water
- 1 ½ Tbsp. lemon juice

#### **Filling:**

- 3 cups chopped nuts
- ½ cup sugar
- 2 Tbsp. Mazaha (orange water)

**Syrup:** Bring sugar, water, and lemon juice to a boil; stir occasionally. Boil approximately 20 minutes or until thermometer reaches 225°. Let cool. Add 1 teaspoon orange water.

Combine filling ingredients. Brush bottom of 9x13-inch pan with butter. Layer ½ filo dough, brushing each layer with butter. Pour on filling and pack down. Layer other ½ dough same as before. Cut into triangles. Cut around edge. Bake at 325° for 1 ½ hours. Pour cooled syrup over baklava immediately after removing from oven.



Jessica and Grandma

## *Ma'amoul (Date and Nut Filled Cookies)*

*Grandma's recipe*

### **Dough:**

1 ¼ lbs. butter, softened  
1 ¼ cups sugar  
2 eggs  
6 cups flour  
1 Tbsp. orange water

### **Filling:**

1 stick butter  
2 lbs. dates, chopped in  
quarters  
4 cups pecans, chopped fine  
1 Tbsp. orange water

**Dough:** Cream butter, orange water and sugar with mixer. Add eggs, one at a time. Add flour, one cup at a time. Use hands to mix as dough gets thicker. Pinch dough into balls about the size of walnuts. Hollow out with thumb. Fill with date filling, then pinch dough back over filling, making a ball shape. Place in the wooden Ma'amoul mold and press lightly to make the imprint. Turn mold over onto baking tray or board and gently tap, releasing the Ma'amoul. *Makes 96 balls or 8 dozen.*

**Filling:** Melt butter in microwave and then add dates. Microwave 2 minutes to soften. Mix with hands. Add pecans and orange water; mix with hands. Refrigerate to cool. Roll into balls a little smaller than walnut size. Bake at 325° for 20 to 25 min. or until bottoms are lightly browned. Sprinkle tops lightly with sugar when done.





*Megan and Grandma*

## *Sambuski*

### *Grandma's Recipe*

7-8 cups flour  
1 lb. butter, room temperature  
1 egg  
1 ½ cups water

#### **Filling:**

6 cups finely chopped pecans  
1 cup sugar  
2 Tbsp. Mazaher  
½ stick butter

#### **Heavy Syrup:**

3 cups sugar  
1 ½ cups water  
2 Tbsp. lemon juice

Cut butter into flour. Gradually stir in egg and water. Finish mixing with hands. Form into ball. Divide into 4 balls. Roll out each ball thin. Cut with cookie cutter into rounds.

Combine filling ingredients. Fill cookies with approximately 1 tablespoon nut filling. Fold over and crimp (these cookies are half moon shaped). Fry in oil in skillet until golden brown, and immediately dip in cooled syrup.

**Syrup:** Combine all ingredients and stir over medium heat until it clears. Let cook another 15 to 20 minutes. Let cool before frying sambusik. Dip sambusik in syrup immediately from fry pan. Drain and place on waxed paper on cookie sheet until dry.

## *Poteetca (Sour Cream Coffee Cake)*

*Patricia Cooper*

2 pkgs. dry yeast  
½ cup warm water  
2 Tbsp. butter, melted  
⅓ cup sugar  
1 tsp. salt  
2 eggs, room temperature  
1 cup sour cream, warmed to lukewarm  
4-4 ½ cups flour

### **Filling:**

2 cups finely ground pecans  
½ cup brown sugar  
¼ cup milk  
¼ cup butter, melted  
1 egg  
½ tsp. lemon juice or extract  
½ tsp. vanilla

Mix yeast, flour, sugar, and salt together. In large bowl, put all liquids, butter, and sour cream. Beat in eggs. Make sure this is all warm. Add 2 cups flour mixture. Beat vigorously by hand until well mixed and smooth. Gradually add remaining flour and knead. Cover and let rise 1-1 ½ hours. Toss onto well-floured surface until no longer sticky.

Mix all filling ingredients together.

Divide dough into 2 parts and roll out into a rectangle. Spread ½ of filling on dough (leave 1 inch around edges). Lift and roll from long side and then shape into a circle. Lay seam side down in pan. Slit with knife and let rise 10 minutes. Bake at 350° for 20 to 25 minutes. Ice with powdered sugar icing.

# Cakes and Pies



*Lindsey and Grandma*

*“Grandmas are Moms with Lots of Frosting”*

*Since I was such a small child, you have played such an important role in my life – from learning your special cooking techniques to understanding the value of a close-knit family, and everything in between. I will forever cherish each and every one of those memories. My hope is to keep these family traditions alive for many generations to come. Thanks for always adding that extra “frosting” that has made you such a SPECIAL grandmother to me!*

*I love you.  
Lindsey*

# Notes