



BOOK OF DELIGHTS

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PERSIAN “JOOJEH KABAB” (Saffron and lemon chicken)

Quantity for 6 portions

- 4 onions, cut in half and thinly sliced into half moons
- Juice of 5 lemons
- 4 tbsp olive oil
- 1 tsp ground turmeric
- 400 gr greek yogurt
- 3 tbsp sea salt flakes
- Generous pinch of saffron threads
- 3 tbsp boiling water
- 6 large boneless, skinless chicken breasts, cut into 5 cm pieces



Instructions

1. Put the onions, lemon juice, olive oil, turmeric, yogurt and sea salt into a large mixing bowl and mix well. Using a pestle and mortar, grind the saffron to a powder, then pour over the boiling water and leave to infuse for 5-10 minutes. Then add the saffron water to the bowl and mix thoroughly.
2. Add the cubed chicken to the mixing bowl. Mix well to evenly coat the chicken pieces in the yogurt.
3. Cover the bowl with cling film and leave the chicken in the refrigerator to marinate for a minimum of 1 hour or preferably overnight.
4. Once the chicken has been marinated, preheat the oven to 220 degrees C. Line a large baking sheet with nonstick baking paper.
5. Remove the pieces of chicken from the marinade using a slotted spoon. Lay out all the pieces of chicken on the prepared baking sheet and bake for 15-20 minutes. Then turn on the grill and bake for another 5 minutes until the pieces have slightly charred edges but remain beautifully moist on the insides.
6. Serve with flour tortilla wraps or basmati rice with a little salad and some yogurt.

Timing

- 20' preparation
- Overnight rest
- 20' cooking

HUMMUS

(Middle-Eastern chickpeas dip)

Quantity for 4 portions

- 150 grams of chickpeas (keep the liquid)
- 1 freshly squeezed lemon juice
- 1 tablespoon of tahini or (alternatively) 3 tablespoons of sesame oil
- ½ small onion, chopped
- 1 chopped cloves of garlic
- 1 teaspoon of olive oil
- 1 teaspoon of ground cumin
- Pinch of cayenne pepper, salt
- Chopped parsley to garnish



Instructions

1. Pour the lemon juice, the liquid from the chickpeas, tahini, onion, garlic and olive oil into the blender and blend for about 5 seconds.
2. Add the chickpeas and blend again until it becomes creamy. If you think it's too thick you can add a little water until it gets the right consistency. Leave a few chickpeas aside for the final decoration.
3. Add cumin, salt and cayenne pepper to taste.
4. Put the dip in a serving bowl and chill for at least an hour. That makes the flavor come out more.
5. Sprinkle some chopped parsley or cayenne pepper on top before serving, and decorate with a few chickpeas.
6. The traditional way to eat hummus is with pita bread, but can also be eaten with with raw vegetables, like bell pepper, cauliflower and carrots.

Timing

- 20' preparation
- 60' resting

Gourmet tip: red pepper and sundried tomatoes touch

- You can enrich the hummus recipe by adding roasted red pepper or sundried tomatoes before you add the chickpeas.

VEGETABLE HUMMUS ROLLS

Quantity for 4 portions (appetizer)

- 2 mid-size zucchini
- 2 mid-size aubergines
- 200 grams of chickpeas
- 1 freshly squeezed lemon juice
- 1 tablespoon of tahini or (alternatively) 3 tablespoons of sesame oil
- 1 chopped clove of garlic
- 1 tablespoon of olive oil
- ½ teaspoon of ground cumin
- Pinch of cayenne pepper, salt
- Pomegranate seeds and pomegranate juice to garnish



Instructions

1. Cut the zucchini longitudinally into regular thin slices and the aubergines into regular thin rounds. Bake in the oven (ideally on a grill) or quickly roast in a pan with some olive oil until golden. It is faster than oven baking and the slices will retain their thickness.
2. Pour the lemon juice, the liquid from the chickpeas, tahini, garlic and olive oil into the blender and blend for about 5 seconds.
3. Add the chickpeas and blend again until it becomes creamy. If you think it's too thick you can add a little water or olive oil until it gets the right consistency. Add cumin, salt and cayenne pepper to taste.
4. Finely chop 4 sundried tomatoes and add to the cream. You may replace half of the olive oil with the sundried tomatoes' oil for extra taste.
5. Put the dip in a serving bowl and chill for at least an hour. That makes the flavor come out more.
6. Lay a teaspoon of hummus on each slice and roll; depending from the aubergine size, you can roll the slices or fold into half-Moon shape.
7. Sprinkle some pomegranate seeds and pomegranate juice on the rolls before serving.

Timing

- 20' vegetable cooking and hummus preparation
- 60' resting (optional)
- 10' roll preparation

BABA GHANOUJ

(Middle-eastern eggplant dip)

Quantity for 6 portions (appetizer)

- 2 medium eggplants
- 3 Tbsp extra virgin olive oil
- 3 Tbsp roasted tahini (sesame paste)
- 2-3 garlic cloves (according to taste), finely chopped
- 1 teaspoon ground cumin
- Juice of one lemon
- Salt and cayenne pepper to taste
- 1 Tbsp chopped parsley or fresh mint



Instructions

1. Oven method. Preheat the oven to 180°C. Poke the eggplants in several places with the tines of a fork. Cut the eggplants in half lengthwise and brush the cut sides lightly with olive oil (about 1 Tbsp). Place on a baking sheet, cut side down, and roast until very tender, about 60 minutes. Remove from oven and allow to cool for 15 minutes.
2. Grilling method. Preheat the grill. Poke the eggplants in a few places with a fork, then rub the eggplants with 1 tablespoon of the olive oil. Grill over high heat, turning as each side blackens. Put the charred eggplants in a paper bag, close the bag and let the eggplants steam in their skins for 15-20 minutes.
3. Scoop the eggplant flesh into a large bowl and mash well with a fork. Combine the eggplant, minced garlic, remaining olive oil (about 2 Tbsp), tahini, cumin, the lemon juice, the salt, and a pinch of cayenne. Mash well. You want the mixture to be somewhat smooth but still retaining some of the eggplant's texture. You can use a food processor, but take care not to make it too smooth; this is supposed to be a rustic, slightly chunky dip.
4. Allow to cool to room temperature, then season to taste with additional lemon juice, salt, and cayenne.
5. For serving, swirl a little olive oil on the top and sprinkle with fresh chopped parsley or mint, and pomegranate seeds. Serve with pita bread, sliced baguette, celery, or cucumber slices.

Timing

- 60' eggplant cooking
- 10' preparation



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