

Nora's

Recipes

from

EGYPT



by Nora George

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NOTE

You will notice a lot of words in this book have an asterisk(). It is an indication that this specific ingredient can be purchased in Middle Eastern, Armenian or Greek food stores.*

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APPETIZERS

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DOKKA/ *Spice, Herb and Nut Mixture*

دقة

¼ cup	sesame seeds	6 Tbs.	olive oil
½ cup	coriander seeds	5 slices	any kind of thick bread, preferably sesame seed ring bread* if available.
⅓ cup	chick peas*, roasted and unsalted		
1 Tbs.	sumac*		
½ tsp.	mint flakes		
2 tsp.	cumin, ground		
¼ tsp.	anise, ground		
¼ tsp.	fennel, ground		
1 tsp.	salt		

Dry roast sesame seeds in a pan over medium heat until light brown, stirring constantly to avoid burning. Set aside.

Dry roast coriander seeds over medium heat. When cool, process in an electric spice grinder, or food processor until it becomes powder. Pass through a fine strainer and place in a bowl.

Finely grind chick peas, sumac and mint flakes in an electric spice grinder or food processor then pass them through a fine strainer. Add ground coriander, cumin, anise, fennel, salt and mix well. Stir in the roasted sesame seeds.

Save dry powder mixture (Dokka) in a jar. It may be used as is on bread, or served as a paste by mixing 6 tablespoons of oil in about 5 tablespoons of Dokka. Spread a tablespoon of this paste over each slice of bread then cut into bite-size pieces and serve as an appetizer.

Yields 1 cup Dokka

20 bite-size pieces

EGGA/ Omelet

عجة

1 cup	onions, finely chopped	½ tsp.	allspice, ground
5 Tbs.	vegetable oil	8	eggs
1½ cups	parsley, finely chopped	3 Tbs.	flour
1 tsp.	salt	¼ cup	milk
¼ tsp.	pepper	2 Tbs.	plain bread crumbs

In a frying pan saute onions in oil, add 1 cup parsley and stir for a couple of minutes. Remove pan from heat, add salt, pepper, allspice and mix well.

In a bowl, whisk eggs while adding sifted flour and milk. Fold in onion mixture and mix well.

Oil a shallow casserole dish, about 7"x11", and coat with bread crumbs. Pour egg mixture in dish and bake in a preheated oven at 325 degrees for about 15 minutes.

Cut omelet into 1" or 2" squares and serve warm or cold on a bed of parsley.

Yields 25 squares

FOUL NABET/ Sprouted Fava Beans

فول نابت

1 lb.	dried fava* beans, large size
1 small	onion, quartered
2 Tbs.	lime or lemon juice, fresh
2 Tbs.	cumin, ground
2 Tbs.	salt

Soak fava beans in water for one week until sprouts appear, rinsing and changing the water every day.

When sprouts appear, place beans in a pot, cover with fresh water, add onion and cook over medium heat for 30 minutes. The beans should be firm but well cooked.

Drain, discard onion and cool. Add lime or lemon juice, cumin and salt.

Serve as a snack. Cut sprouted bean skin with teeth, squirt inner part into mouth and discard the skin.

KALAWY/ *Kidneys*

كلاوي

1 lb.	kidneys, beef or lamb	¼ tsp.	pepper
½ cup	onions, very finely chopped	½ tsp.	allspice, ground
1 Tbs.	garlic powder	¼ cup	lime or lemon juice
½ cup	fresh coriander leaves, very finely chopped	½ cup	vegetable oil
1 tsp.	salt	½ cup	parsley, finely chopped for garnish

Fried Kidneys: Split kidneys lengthwise and remove all white fat. Cut into 1" slices and marinate in onions, garlic, coriander, salt, pepper, allspice and lime or lemon juice, for at least one hour. Brush off marinade, heat oil and fry on both sides until golden brown. Adjust seasoning to taste and serve warm or cold on a bed of parsley.

Grilled Kidneys: Cut kidneys into walnut-size pieces and remove all white fat. Marinate for at least one hour in onions, garlic, coriander, salt, pepper, allspice and lime or lemon juice. Place on skewers, brush with oil and grill. Adjust seasoning to taste and serve warm or cold on a bed of parsley.

Yields 25 pieces

KHIAR BIL LABNA/ *Cucumber with Yogurt Spread*

خيار باللبننة

Labna*:

1 lb.	yogurt, plain	1 lb.	curby cucumbers (thin English cucumbers may be used)
½ tsp.	salt		
	cheesecloth bag, yogurt strainer or strainer lined with paper towels		olive paste* or crushed mint flakes, for garnish

Add salt to yogurt and mix. Place mixture in a cheese cloth bag, yogurt strainer or a strainer lined with paper towels. Allow to drain overnight for at least 10 hours.

Labna can be preserved for several days in a covered container in the refrigerator.

Peel cucumbers and cut into cubed bite-size pieces. Core each cube a little, leaving the bottom end flat.

Fill each cube with about ¼ teaspoon labna and garnish top with a dot of olive paste or crushed mint flakes.

Yields 10 bite-size pieces

Note: Olive paste jars or tubes are products of France, Greece, Italy, Turkey and can be found in specialty gourmet stores.

KIBDA/ *Liver*

کبده

1 lb.	liver, beef or lamb	¼ tsp.	pepper
½ cup	onions, very finely chopped	½ tsp.	allspice, ground
1 cup	parsley, finely chopped	1 tsp.	cumin, ground
¼ cup	vinegar,	½ cup	vegetable oil for frying
1 tsp.	salt		

Remove veins and wash liver well. For fried liver, cut into 1” thick pieces, and for grilled liver cut into bite-size cubes. Marinate for at least one hour in onions, ½ cup parsley, vinegar, salt, pepper, allspice and cumin.

Fried Liver: Brush off marinade, heat oil and fry for a couple of minutes on both sides until golden brown. It should be well done on the outside but very juicy inside. Liver dries very quickly and is not tasty when over cooked. Add a few drops of fresh lime or lemon juice, adjust seasoning to taste and serve warm or cold on a bed of parsley.

Grilled Liver: Place the marinated bite-size cubes onto skewers, brush with oil and grill. Add a few drops of fresh lime or lemon juice, adjust seasoning to taste and serve warm or cold on a bed of parsley.

Yields 25 pieces

KOFTA BIL ROZ/ *Meatballs with Rice*

کفته بالرز

1 lb.	beef, ground	2 tsp.	salt
¼ cup	rice flour, if not available,	½ tsp.	pepper
2 Tbs.	whole rice soaked in hot water for one hour	½ tsp.	allspice, ground
½ cup	parsley, finely chopped	1 cup	vegetable oil for frying
½ cup	onions, finely chopped	1 tsp.	tomato paste
4 cloves	garlic, finely chopped	1 cup	water
1 tsp.	dill, ground	2 cups	tomato sauce

In a food processor, blend for about 2 minutes the beef, rice, parsley, onions, garlic, dill, 1 teaspoon salt, ¼ teaspoon pepper and ¼ teaspoon allspice until the texture is smooth. With wet hands shape into small marble size balls. Heat oil and brown balls all over. For a lighter version place meatballs in a baking sheet, brush with 3 tablespoons oil and broil in oven. Stir gently once or twice until browned all over.

Place browned meatballs in a pot. Stir 1 teaspoon tomato paste in 1 cup of water and add to meatballs, together with tomato sauce. Add 1 teaspoon salt, ¼ teaspoon pepper and ¼ teaspoon allspice and bring to a boil. Lower heat, cover pot and cook for 40 minutes until sauce is reduced and thick. Serve warm.

Yields 32 meatballs



MOKH/ Brains

منخ

2 lbs. brains, beef or lamb
1 small onion, quartered
2 tsp. lime or lemon juice
2 Tbs. vinegar
2 tsp. salt
½ tsp. pepper
½ tsp. mastic*
4 seeds cardamom
1 stick cinnamon
1 cup bread crumbs, plain
1 cup vegetable oil for frying
½ cup parsley, finely chopped
for garnish

Egg mixture:

2 eggs
1 tsp. salt
¼ tsp. pepper
½ tsp. allspice, ground

Beat eggs thoroughly, add salt, pepper, allspice and mix well.

Soak brains in salted water (1 tablespoon salt) for about 15 minutes. Gently remove thin outer membrane and wash thoroughly under cold running water.

In a pot boil water, about 5 cups, together with onion, lemon juice, vinegar, salt, pepper, mastic, cardamom and cinnamon. Gently place brains one by one in the boiling water. Bring water to a second boil, lower heat, cover pot and cook for 10 minutes. Lift brains gently and set aside to cool. Discard water.

Slice brains into 1" thick pieces, flatten with fingers, dip in egg mixture and cover well with bread crumbs. Fry in hot oil until golden brown on both sides, then drain on paper towels.

Serve warm or cold on a bed of parsley and sprinkle with lemon juice.

Yields 40 pieces

Helpful hint: Mastic tends to stick to the sides of the pot and is sometimes very difficult to remove. It is therefore recommended that a large round tea strainer or cheese cloth be used for holding all the spices (except salt).

Dough:

1 tsp. yeast
 ¼ cup lukewarm water
 3 cups sifted flour
 1 tsp. salt
 ½ cup olive oil
 ¾ cup water

Filling:

1 lb. spinach, frozen chopped
 ½ cup onions, finely chopped
 1½ tsp. salt
 ½ tsp. pepper
 ½ tsp. allspice, ground
 ¼ cup lime or lemon juice
 ½ cup parsley, finely chopped
 ¼ cup olive oil
 ½ cup walnuts, coarsely chopped

Dough: Dissolve yeast in ¼ cup lukewarm water and set aside for 10 minutes until it rises and foams.

Place flour in a bowl, add yeast, salt, then the oil and water alternately a little at a time while kneading, by hand or using an electric dough beater, until it becomes a smooth workable dough. Add more water if needed, the mixture should be soft, not sticky and should bounce back when touched.

Cover and set aside for 1 hour to rise.

Filling: Thaw and squeeze spinach well to get rid of the water. Rub onions with salt, pepper and allspice. Add spinach, lime or lemon juice, parsley, oil, walnuts and mix well.

Assembly: When dough has risen or doubled in size, punch down and form into 4 balls. Keep unused dough covered at all times.

Roll out each ball at a time to ¼” thickness and use a cookie cutter to make circles of 3”. Roll into a ball the excess dough from the cuttings, and set aside to rise before using again.

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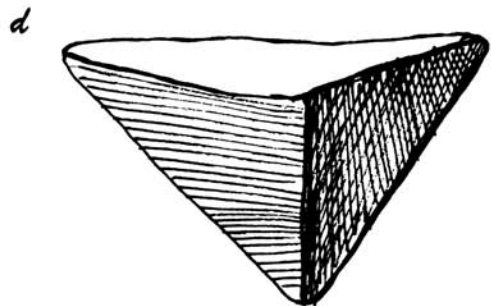
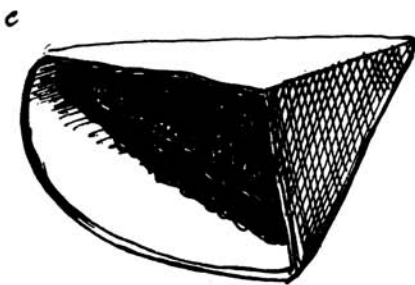
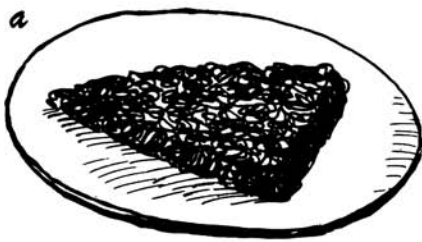
Squeeze out any excess juice and place a heaping teaspoon of filling on each circle. Fold three sides of the circle towards the center to cover spinach filling and to form a triangle. To help seal well, pinch edges firmly to prevent them opening while baking. If edges are difficult to seal because of the juice, dip fingers in flour and close.

Place triangles in a greased baking sheet and brush top lightly with olive oil.

Preheat oven to 400 degrees and bake for about 20 minutes, or until golden brown.

Yields 45 triangles

Note: If fresh spinach is used, wash, chop and drain. Rub spinach with salt and let stand for an hour then squeeze out excess moisture. Add pepper, allspice, parsley, oil, walnuts, lime or lemon juice and mix well.



Assembling Spinach Pie

Dough:

1 cup butter, melted
 3 cups sifted flour
 ½ cup water

 1 egg white, whisked
 2 Tbs. black caraway seeds*,
 for garnish

Meat Filling:

¾ cup onions, finely chopped
 1 tsp. butter or margarine
 ¾ lb. beef, ground
 1 tsp. salt
 ¼ tsp. pepper
 ½ tsp. allspice, ground
 1 Tbs. pine nuts

Cheese Filling:

½ lb. Feta cheese, crumbled
 1 tsp. black caraway seeds*

Fry onions in butter or margarine, add meat and continue frying for 10 minutes or until well browned. Season and set aside.

Mix cheese, caraway seeds, and set aside.

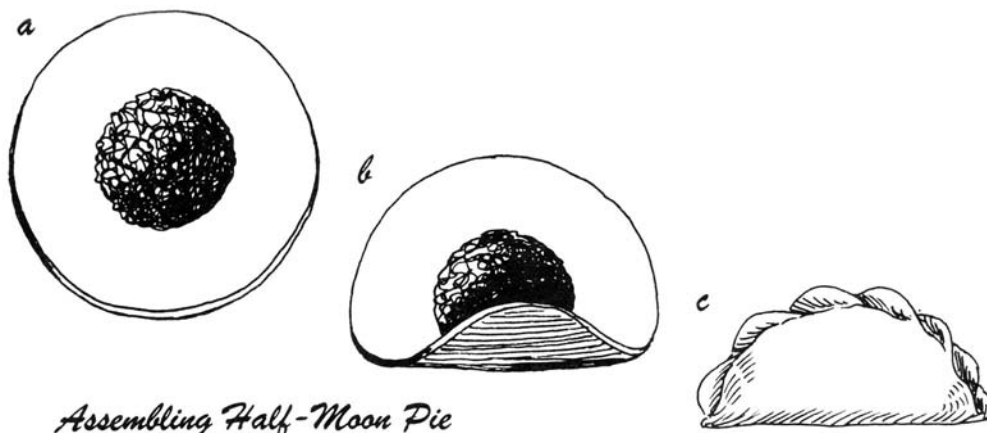
Dough: Use electric dough beater to mix butter and flour. Add water little by little while kneading until dough becomes easy to handle.

Cover and set aside in a warm place for 30 minutes.

Assembly: Use ¼ dough at a time. Roll to a little less than ¼" thickness and use cookie cutter to make 2½" circles.

Place ½ teaspoon filling in the middle of each circle. Be careful not to get cheese or meat on edges as it will be difficult to seal. Fold dough circle in half over filling, and with fingers press edges together tightly to seal.

Pinch and fold edges a little at a time. It looks decorative and seals the edges better so that the cheese or meat does not ooze out.



Assembling Half-Moon Pie

(continued)

Place 1" apart on a greased baking sheet, non-teflon*. Brush top with whisked egg white and stick a few black caraway seeds on each. Bake in a preheated oven, 375 degrees, for 20-25 minutes or until light brown. When cool store in a cookie jar or covered can.

The semi circle pies are served at room temperature.

Yields 70 semi-circle pies

TIRMES/ *Lupine*

ترمس

1 lb. lupine* dried
2 Tbs. salt

Soak lupine overnight.

Drain water, cover with fresh water, bring to a boil, lower heat and cook for 20 minutes until half cooked.

Drain again and place lupine in a large bowl, soak in water for one week, in an uncovered bowl, changing water every day in order to lose the bitterness.

When done, place in a jar, cover with water and salt and seal jar. Can be preserved in refrigerator for several weeks.

Served as a snack. Break skin with teeth and squirt inner part into mouth, discarding the skin.

Note: Ready to eat Lupine in jars can also be purchased in Italian and Middle Eastern specialty food stores.

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