



FATTOUSH RECIPE

Ingredients

- 4 cups lamb's lettuce (or romaine)
- 1 medium red onion, thinly sliced
- 2 green onions, sliced on the bias
- 3 ripe tomatoes, diced
- 1 red bell pepper, diced
- 1 English cucumber, diced
- 4 radishes, thinly sliced
- $\frac{1}{2}$ cup chopped fresh mint
- $\frac{1}{2}$ cup chopped flat-leaf parsley
- $\frac{1}{4}$ pomegranate (plus extra to garnish)
- 2 pitta breads, cut into bite-sized pieces
- Optional: 50 g feta cheese, crumbled

Zesty Pomegranate dressing

- 3 Tbsp extra-virgin olive oil
- 2 Tbsp pomegranate molasses
- Juice of 1 lemon (about 2 Tbsp)
- 1 tsp ground sumac
- Pinch of salt & freshly ground pepper

Notes

Method

1. Crisp the bread – Fry or oven-bake the pitta pieces in a little vegetable oil until golden; drain on kitchen paper.
2. Chop the veg – Place lettuce, onions, tomatoes, pepper, cucumber, radishes, mint and parsley in a large bowl.
3. Whisk the dressing – Combine olive oil, pomegranate molasses, lemon juice, sumac, salt and pepper until emulsified.
4. Toss & serve – Drizzle dressing over the salad and toss gently. Add toasted pitta, pomegranate arils and (if using) feta just before serving so the bread stays crisp.





PAKORA RECIPE

Ingredients

1 cup chickpea flour (also known as besan or gram flour)

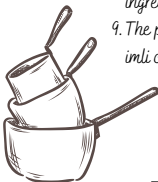
- $\frac{1}{4}$ cup plain flour
- 5 tablespoons water (or as needed)
- 1 teaspoon salt
- $\frac{1}{4}$ teaspoon red chilli powder (or to taste)
- 1 teaspoon chaat masala (sprinkle) optional
- 1 teaspoon coriander coarsely chopped
- 1 cup chopped spinach
- 2 medium sized potato (grated or thinly sliced)
- 2 medium sized onion (thinly sliced)
- 2-3 tablespoons chopped coriander
- 1-2 green chilli (chopped finely) (optional)
- 1 teaspoon cumin seeds (zeera)
- One pinch baking powder
- Cooking oil for deep frying

Garlic Yogurt Dipping Sauce

- $\frac{1}{2}$ cup yogurt
- 1 garlic clove (minced)
- 1 green chilli (chopped finely)
- salt to taste

Notes

Pakorras are best enjoyed when freshly cooked. However, you can store leftovers in airtight container in the fridge for 1-2 days. To reheat, preheat oven to 180C/350F, spread the pakora on a baking tray in a single layer. Bake for a few minutes until warmed through and crispy.



Method

1. Make the Pakora batter by mixing together the chickpea flour, plain flour and spices. Mix well.
2. Add 3-4 tbsp of water until a thick batter forms.
3. Add the vegetables and mix well. If needed add 1tbsp of water at a time until the batter is just clinging to the surface of the vegetables.
4. In a heavy bottomed wok, bring the oil to a medium-high heat. (Check the oil is ready for frying by dropping a little bit of batter into the oil. If it floats up immediately, the oil is too hot. If the batter takes about 2 seconds to float up, it is ready)
5. Using either two tablespoons or your hands, drop some batter into the oil. (Fry only a few pakoras at a time. Too many pakoras will crowd the wok, and cause the temperature of the oil to drop and the pakoras won't cook evenly).
6. Gently flip the pakoras while frying so that they cook evenly from all sides.
7. Once cooked, use a slotted spoon to remove the pakoras from the wok and place on a cooling rack.
8. To make the garlic yogurt dipping sauce mix all the ingredients together, and serve with the pakora.
9. The pakoras can also be served with green chutney, imli chutney or with ketchup.



ASLOOZ RECIPE

Ingredients

- 500g cous cous
- 1 bag of carrots
- 2 broccoli heads
- 7 garlic cloves
- 1 tsp coriander powder
- $\frac{1}{3}$ tsp caraway powder
- 1 tsp salt
- $\frac{1}{2}$ tsp chili powder (optional)
- 2 tsp paprika
- 1 cup olive oil
- $\frac{1}{2}$ cup lemon juice

Notes

Method

1. In a steamer, boil the chopped carrots in the bottom pot and steam the broccoli in the top steamer.
2. Once cooked, place the broccoli and carrots on the plates.
3. Mix the couscous with a bit of water and olive oil and place on the steamer. Cook for around 10 minutes.
4. Whilst the couscous is steaming, make the dressing by adding the spices, salt, garlic, lemon juice and olive oil together.
5. Mash the carrots together and add the dressing. Cut the broccoli finely.
6. Once the couscous is cooked, put it in a deep dish and add $\frac{3}{4}$ of the carrot mixture and broccoli. Mix well and decorate the couscous with the rest of the carrot mixture and slices of lemon.





MEXICAN SOPE'S RECIPE

Ingredients

Maize base:

- 2 cups of masa harina flour
(Mexican cooked-corn flour)
- 50g plain flour
- Two pinches of baking powder
- $\frac{1}{4}$ tsp of salt
- 1 $\frac{1}{2}$ cup of warm water

Toppings – (Vegetarian):

- 1 can of kidney beans
- 2 tbsp of vegetable oil
- $\frac{1}{2}$ onion
- 250ml Sour Cream
- Grana Padano cheese
- $\frac{1}{2}$ Iceberg Lettuce
- 3 Carrots
- 2 Potatoes
- Taco Sauce

Notes

Method

Sopes (maize-base)

1. Mix the flours, baking powder and salt; slowly add in the water and mix until it becomes a homogeneous dough.
2. Separate the dough into 6 balls and gently flatten to make thick circles; the circles should be approximately the size of your palm and about a centimetre thick.
3. Fry the circles for about 3 minutes, turning after each minute and then let them rest for about 5 minutes or until they have cooled down.
4. Turn the circles over (this side will be a bit wet from the steam condensing). Fold the sides, creating a sort of short and flat bowl; this is the sope-shape.
5. Fry each sope until crispy and brown and put aside on top of a paper towel to remove the excess oil.

Toppings (Vegetarian option):

1. For the refried beans, sauté the onion in the vegetable oil, then add kidney beans and a pinch of salt. Once the beans are soft, mash them and let it reduce to a thick consistency.
2. Dice the carrots and potatoes into small pieces, then boil until cooked.
3. Finely slice the lettuce.

Assembly:

1. Spread a layer of refried beans on top of the sope.
2. Add a layer of lettuce.
3. Carefully add a layer of a mix of carrots and potatoes; add a little bit of salt.
4. Dress with the sour cream and sprinkle with the grated cheese.
5. Add some taco sauce to your liking.

