

RECIPES LISTED BY PRIMARY INGREDIENT

ALMONDS

Almond Balls (*Hadgi Badam*), 140
Biscotti, 143
Ka'Kat Filled with Almond (*Ka'Kat bel Loz*), 149
Spicy Roasted Almonds, 150

APRICOTS

Sweet-and-Sour Apricot Stew, 86

BEANS (SEE GREEN BEANS; LENTILS/LEGUMES)

BEEF/LAMB

Bulgur Kubbe with Pine Nuts and Raisins (*Kubbe Bulgur Bis-siniyah*), 112
Lemon-Chili Shish Kebabs, 114
Marinated Steak, 110
Spiced Meatballs (*Kubbe*), 111

BEETS

Beet Soup (*Borscht*), 40
Iraqi Boiled Beets and Turnips (*Shelram*), 54
Sweet-and-Sour Beets with Spiced Meatballs (*Kibbaa bel Shelraam*), 92

BERRIES

Baked Summer Fruit, 142

CABBAGE

Cabbage Salad with Zesty Mint Dressing, 31
Simmered Cabbage Stew with Chicken, 90
Spiced Cabbage and Meat Stew, 91
Stewed Cabbage with Red Beans and Tomatoes, 58
Tuna Cabbage Salad with Walnuts and Noodles, 32

CARROTS

Herbed Carrots, Potatoes and Squash, 63
Marinated Carrots, 62

Palestinian Cumin Carrot Salad, 34
Sweet Carrot Casserole with Orange and Raisins (*Tzimmes*), 60

CAULIFLOWER

Curried Cauliflower and Sweet Potato Casserole, 64
Spiced Baked Cauliflower, 65

CELERY

Baked Celery with Chicken, Dill and Coriander, 95
Sweet-and-Sour Celery with Mint and Lemon (*Khoresh Karafs*), 94

CHICKEN

Barbecued Lemon-Chili Chicken, 116
Cardamom Chicken and Chickpea Balls, 119
Chicken Baked with Fresh Herbs, 117
Chicken Rice Soup with Cardamom, 49
Darjeeling-Style Chicken Soup, 51
Iraqi Chicken with Rice (*Tabyeet*), 118
Pomegranate Chicken, 115

CHICKPEAS

Chickpeas with Tahini (*Hummus bel Tahini*), 19
Spiced Chickpeas with Chicken, 96
Spiced Chickpea Turnovers (*Sambusak Bel Tawa*), 20

CONDENSED MILK

Dulce de Leche, 145

DATES

Date Syrup with Walnuts, 144
Ka'Kat Filled with Dates (*Ka'Kat bel Tamur*), 147

EGGPLANT

Baked Eggplant with Curried Legumes and Tomatoes, 56
Eggplant and Coriander Salad with Lemon Dressing, 33

Fried Eggplant, 55

Roasted Eggplant with Tahini and Lemon (*Babaganoush*), 18
Sweet-and-Sour Eggplant and Meat Stew (*Engryah*), 102

EGGS

Baked Eggs (*Beth at Bit*), 22

FENNEL

Bread Rings (*Ka'Kat*), 146
Fennel Salad with Orange Vinaigrette, 36

FIGS

Baked Figs with Cheese and Vinaigrette, 23

FISH (SEE SEAFOOD)

GARLIC

Garlic Stew with Beef, Mint and Lemon (*Thoumiya*), 107

GRAINS

Cracked Wheat Salad (*Tabbouleh*), 29

GREEN BEANS

Curried Green Beans and Beef with Potatoes and Herbs, 103
Green Beans with Tomatoes, Garlic and Onion (*Pasouliyi*), 57
Iraqi Green Bean Stew, 87

LABNE (SEE YOGURT/LABNE)

LAMB (SEE BEEF/LAMB)

LEGUMES (SEE LENTILS/ LEGUMES)

LENTILS/LEGUMES

Chili-Cumin Lentil Curry, 67
Curried Legumes with Tomatoes, 69
Fava Beans with Mint and Lemon (*Hamees*), 59

Fresh Herb Falafel, 66
Green Fava Beans with Beef, Lime
and Mint, 88
Lentil Rice Pudding, 68
Yellow Split Pea Stew with Chicken
and Lime, 97

LETTUCE

Green Salad with Lemon Garlic
Dressing, 26
Lebanese Salad with Toasted Pita,
Lemon and Za'atar (*Fattouleh*), 27

MANGOES

Chilled Mango Soup, 42
Mango Salad, 37
Mango Smoothie, 153

OKRA

Herbed Okra with Ginger, 70
Sweet-and-Sour Okra Stew, 89

ONIONS

Boiled Onions with Cheese (*Jeban bel
Basel*), 71

POTATOES

Potato Latkes with Spinach and Fresh
Herbs (*Sabzi*), 72
Potato Patties with Meat, Raisins and
Pine Nuts, 113
Potato Stew with Chicken, Tomato
and Cardamom, 98

RED PEPPERS

Sweet Pepper Dip, 17

RICE

Festive Rice, 78
Green Rice (*Pillau Joresh*), 77
Rice Chiapas Style, 82
Rice with Carrots, Almonds and
Raisins, 79
Rice with Cherries and Saffron, 80
Rice with Red Lentils and Cumin
(*Ketchri*), 81
Saffron Rice, 76

RICOTTA CHEESE

Ka'Kat Filled with Ricotta and Feta
Cheese (*Ka'Kat bel Jiben*), 148

ROSEWATER

Iraqi Pudding (*Halawa Beheen*), 141

SEAFOOD

Baked Fish with Herbs and Lemon,
124
Ceviche, 122
Codfish with Cabbage and Potatoes
(*Bacalao*), 127
Fish Fillets with Rice, Yogurt and Dill,
126
Gefilte Fishloaf, 133
Grilled Sardines, 130
Herbed Fish Patties (*Aruk bel Samak*),
125
Lemon and Chili Tuna, 129
Maple Baked Salmon, 132
Paella, 136
Sautéed Shrimp with Hot Chili
Tomato Sauce, 134
Seafood Platter, 135
Spicy Fish Casserole with Potatoes
and Onions, 128
Sweet-and-Sour Fish and Eggplant
Casserole (*Salauna ben Babanjan*),
131
Tuna Salad with Fresh Fruit and Nuts,
137

SESAME

Sesame Candies (*Semesmyah*), 151
Sesame Cookies, 152
Sesame Seed Butter (*Tahini*), 14

SPINACH

Beef and Spinach Stew with Beans,
Lemon and Herbs (*Qormeh Sabzi*),
104
Spinach and Ground Beef with Pine
Nuts and Lemon, 106
Spinach Lentil Soup with Garlic, Mint
and Lemon, 44

SQUASH (SEE ALSO ZUCCHINI)

South African-Style Squash Soup, 47
Sweet-and-Sour Squash with Raisins
and Meatballs, 99

SWISS CHARD

Creamy Chard and Potato Soup (*Sopa
Verde*), 46
Swiss Chard and Bean Soup (*Sopa
con Carne*), 43

TEA

Spiced Tea (*Chai*), 153

TOMATOES

Chilled Vegetable Soup (*Gazpacho*),
41
Tomato Salad with Parsley, Onion and
Lemon, 30
Tomato Soup with Zucchini and
Fresh Basil, 48

YOGURT/LABNE

Homemade Yogurt, 14
Labne, 16
Labne Dip, 16
Middle Eastern Breakfast, 28
Yogurt Cucumber Dip, 15

ZUCCHINI

Zucchini Stew with Tomato and
Coriander, 100
Zucchini with Red Lentils, Garlic and
Cumin (*Pillau Bhejar*), 73