

**Boston University
Presents**



Middle East

With Chris Merlo

Cooking Up Culture – Middle East

Hummus (Chickpea Dip) – Middle East (serves 6-8)

1 1/2 cups chickpeas, cooked
3-4 tablespoons extra virgin olive oil
Salt and pepper
2 teaspoons ground cumin
3 cloves garlic, crushed
Juice of 2 lemons

Place the chickpeas in a food processor, and start to puree them...with the machine running, pour the olive oil in. Stop the machine and add the garlic, a big pinch of salt and pepper, cumin, and lemon juice. Puree until smooth - add more extra virgin olive oil if needed. Place in bowl and serve with pita bread. Adapted from The New Book of Middle Eastern Food by Claudia Roden

Tabbouleh – Lebanon (serves 8-10)

3 cups flat-leaf parsley leaves, chopped
1 and 1/2 cups mint leaves, chopped
1/2 cup extra virgin olive oil
1/2 cup lemon juice
1 tablespoon pomegranate molasses
1/2 teaspoon all spice
1/2 teaspoon cinnamon
4 tomatoes, chopped
1 red onion, minced
Salt and pepper to taste

Combine all of the ingredients into a bowl...allow to sit at least 10 minutes before serving.
Adapted from Saveur Magazine

Middle Eastern Spiced Chicken (serves 4)

1 tablespoon ground cumin
1 teaspoon salt
1 teaspoon ground ginger
1/2 teaspoon ground cinnamon
1/4 teaspoon ground cloves
3 cloves of garlic, minced
1 large onion, grated
1/4 cup olive oil
4 boneless skinless (half) chicken breasts

Preheat the oven to 400 degrees. Combine all of the ingredients, except for the chicken. Coat the chicken in the marinade and let it sit in the refrigerator for 30 minutes or more.

Arrange the pieces in a single layer in a baking dish. Add and enough water to cover the chicken by three quarters. Roast, uncovered, for 30-40 minutes or until the chicken is tender and most of the liquid has evaporated.

Cacik (Yogurt and Cucumber Sauce) – Turkey (serves 6-8)

1 English cucumber, peeled and grated
Salt
2 and 1/2 cups plain Greek-style yogurt
2 cloves garlic, minced
2 tablespoon mint leaves, minced
2 tablespoons lemon juice
Pepper to taste

Place the grated cucumber into a colander and sprinkle with some salt. Allow it to sit for an hour so that the moisture in them can come out. Rinse very well and pat dry.

In a bowl mix the yogurt, garlic, lemon juice, and mint. Add the cucumber and mix – adjust the seasoning with pepper and add salt if needed.

Rice – Egyptian and Turkish style (serves 6-8)

4 tablespoons oil or butter
2 cups long-grain rice
3 cups water
1 teaspoon salt

Wash the rice and allow it to drain. Heat the oil or butter and add the rice. Cook for 2 minutes to coat each grain of rice. Add the salt and water and bring to a boil. Lower the heat, cover, and allow the rice to cook undisturbed for 20 minutes. Fluff with a fork and serve.

Om Ali (Bread and Butter Pudding) – Egypt (serves 8)

1 box of phyllo dough
8 tablespoons butter, melted
2/3 cup raisins
1 cup chopped nuts of your choice (almonds, hazelnuts, pistachios or a combination)
1/2 cup coconut
4 cups whole milk
1 1/4 cup heavy cream
2/3 cup sugar
2 teaspoons cinnamon

Preheat the oven to 350 degrees. Unroll the fillo dough and leave in a pile. Cover with a damp cloth to keep them from drying out. Brush a baking sheet with some of the butter. Place the first sheet of dough on the sheet and brush it with butter. Continue to do this until all of the sheets have been buttered.

Put the baking sheet with phyllo dough in the oven and bake for 10 minutes or until they are crisp and the top ones are slightly browned. Cool them completely. With your hands, crush the dough into shreds. Set aside.

Butter a 9x13 baking dish and place half of the crushed dough into the baking dish. Sprinkle with half of the nuts, raisins and coconut. Place the other half of the dough on the top of the first layer – sprinkle these with the remaining nuts, raisins, and coconut.

In a saucepan, bring the milk, cream, sugar, and cinnamon to a boil. Pour this mixture over the dough, nuts, raisins and coconut in the baking dish.

Raise the temperature of the oven to 425 degrees. Sprinkle the top of the pudding with cinnamon and bake the pudding in the oven for 20-30 minutes or until it is slightly golden in color – enjoy!