



Pantry Essentials Guide

Ethnic Essentials cont'd.

MIDDLE EASTERN

Zatar

A spice blend native to the Middle East that contains sumac, wild thyme and sesame seeds. Makes a great pita dip with olive oil and used for seasoning meats, chicken and stews.

Bulgur Wheat & Couscous

Bulgur is cracked wheat and used for making Kibbe, Tabouli (Tabbouleh) Salad and pilafs depending on the grade of coarseness. Couscous is made with semolina flour and similar to pasta with a pearly shape. Great in salads and accompanied by stews and tagines.

Grape Leaves

Canned, stuffed grape leaves in oil make a fantastic snack. You can also buy canned or jarred leaves and make your own with rice, raisins, nuts and spices.

Pomegranate Molasses

This adds a sweet-tart flavor to stews and other savory dishes. Great with lamb and duck in particular.

Tahini

A sesame seed paste with a similar texture to peanut butter. Used in dips such as Hummus and Baba Ghannouge (Baba Ghanoush).

Fava Beans

Available dried, canned or fresh in the Spring at your local farmers' markets and grocery stores. They have a meaty texture and are great in salads and stews.

Hummus

Used as a dip or spread, hummus is made by blending cooked chickpeas, tahini, olive oil and lemon juice.

Baba Ghannouge (Baba Ghanoush)

Another classic Middle Eastern spread made with smoked eggplant and tahini.

Harissa

A fresh, fiery chili paste/sauce used as a condiment and to spice up everything from dips to meats.

Falafel

Fried, ground chickpea or fava bean patties traditionally served with tahini sauce. You can make these yourself with pre-sifted mixes or buy them ready-made at Middle Eastern specialty stores.

Garlic

Curly Parsley

Traditionally used in Tabouli (Tabbouleh) Salad.

Lemons

Feta Cheese

Look for imported sheep or cow Feta with a nice tang.

Lavash

Soft, thin flatbread made with flour, water and salt. Great as side dips and kebabs.

Pita

A round flatbread made with yeast. Great for dipping and sandwiches.

Basic Tahini Dressing:

Blend in a food processor, blender or Vita Mix.

1 garlic clove, smashed and chopped

¼ cup tahini

Zest of one lemon

¼ cup + two teaspoons fresh lemon juice

2 tablespoons olive oil

2 tablespoons hot water

½ teaspoon salt

