



Cooking with @ClaireTVI

Mediterranean and beyond.



Kofte Kebabs (Lamb Mince but you can substitute chicken mince or beef if you want).

Ingredients

Medium yellow onion, quartered
 2 garlic cloves
 1 whole bunch parsley, stems removed (about 2 packed cups parsley leaves)
 1.5 lb ground lamb
 1 slice of bread, toasted until browned and soaked in water until fully tender
 Salt and pepper
 1 1/2 tsp ground allspice
 1/2 tsp cayenne pepper
 1/2 tsp ground sumac
 1/2 tsp ground nutmeg
 1/2 tsp paprika

Pita or flat bread to serve with:

Tahini Sauce
 Tomato wedges
 Onion wedges
 More parsley

Recipe is from

[The Mediterranean Dish](#)

You can make the mix in advance and free/chill, make sure you cook it just before you **serve it so it's fresh and tasty.**

Method

In a food processor, chop the onion, garlic, and parsley. Add the bread (be sure to squeeze out the water completely, mix this by hand in a bowl, you can add it all to a large food processor but you could end up with a tough, chewy meat mix.

Once it's mixed take a fistful portion of the meat mixture and mold it on a wooden or metal skewer. Repeat the process until you have run out of meat. For best results, make sure each kofta kebab is about 1 inch in thickness.

Lay the skewered kofta kebabs on a tray lined with parchment paper

Place the kofta kebabs on the lightly oiled, heated gas grill. Grill on medium-high heat for 4 minutes on one side, turn over and grill for another 3-4 minutes.



Serve the kofta kebabs immediately with pita bread, tahini and the other items you have prepared.



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Middle Eastern Chicken and Rice

Ingredients

Spice Mixture

- 2 tsp ground allspice, more for later
- 1 tsp black pepper
- 3/4 tsp ground green cardamom, more for later
- 1/4 tsp ground turmeric, more for later

For Chicken

- 6 boneless skinless chicken thighs
- Salt
- extra virgin olive oil
- 1 cup chopped yellow onions (about 1/2 large onion)
- 2 carrots, chopped
- 1 cup frozen peas
- 1 cup cooked chickpeas (or from canned chickpeas, drained and rinsed)
- 2 cups Basmati rice, rinsed
- 2 cinnamon sticks
- 1 dry bay leaf
- 2 cups boiling chicken stock

Recipe is from

[The Mediterranean Dish](#)



Method

In a small bowl, mix the spices to make the spice mixture. Set aside for now. Pat chicken thighs dry and cut them into large pieces (I simply cut each in half). Season well with salt, then season with the spice mixture. Work the chicken with clean hands to make sure all the pieces are well-coated with the spice mixture. Set at room temperature for 20 minutes or so (if you have the time).

In a large and deep cooking skillet with a lid (like this one), heat 3 tbsp extra virgin olive oil on medium-high until shimmering but not smoking. Brown chicken briefly on both sides (you are not trying to fully cook the chicken at this point). Remove from skillet and set aside for now.

To the same skillet, now add onions, carrots, and frozen peas. Cook for 4 minutes or so, tossing regularly, until tender. Add chickpeas and rice. Season with salt, 1/2 tsp allspice and 1/4 tsp ground cardamom. Stir to combine.

Add chicken back to the skillet (nestle the pieces in between the rice). Add cinnamon sticks, bay leaf, and chicken broth. Bring to a boil.

Turn heat to low. Cover and cook for 20 minutes or until fully cooked.

Remove from heat, garnish with parsley and serve with a side of this pomegranate tomato salad; fattoush salad; or this simple 3 ingredient Mediterranean salad. Add a dollop of Greek tzatziki sauce, if you like!



Cooking with @ClaireTVI

Traditional Homemade Hummus

Ingredients

cup uncooked chickpeas/garbanzo beans (yields 1 1/2 cup cooked chickpeas) or 1 tin of chickpeas, if you are using tinned make sure you rinse and drain them well
4 tbsp tahini paste
1 lime, juice of
2 garlic cloves
1/2 tsp salt
2 tbsp plain Greek yogurt or soy yogurt
Olive oil
Dash of sumac or paprika for garnish

Recipe is from

[The Mediterranean Dish](#)



Method

Soak chickpeas overnight in plenty of water (water needs to be at least double the volume of chickpeas).

When ready, drain chickpeas and place them in a medium-sized heavy cooking pot.

Cover with plenty of water and boil for 1-2 hours.

Alternatively you can just use tinned and start here! We did, it was delicious

Transfer chickpeas immediately to a large sieve or colander over your sink.

Run cold water as you rub chickpeas by the handful to remove the skin. Place tahini, lemon juice and garlic cloves in a food processor. Pulse for a few seconds to combine. Now add the cooked chickpeas, salt and Greek yogurt (or soy yogurt). Puree until you achieve a smooth and creamy hummus dip.

Serve at room temperature, or cooler, topped with olive oil and a dash of sumac or paprika.

Add your choice of veggies and warm pita bread



Cooking with @ClaireTVI

Middle Eastern shakshuka Recipe – middle eastern tomato stew with eggs

Ingredients

- Olive Oil
- 1 large yellow onion, chopped
- 2 green peppers, chopped
- 2 garlic cloves, peeled, chopped
- 1 tsp ground coriander
- 1 tsp sweet paprika
- 1/2 tsp ground cumin
- Pinch red pepper flakes (optional)
- Salt and pepper
- 6 Vine-ripe tomatoes, chopped
- 1/2 cup tomato sauce
- 1 tsp sugar
- 6 large eggs
- 1/4 cup chopped fresh parsley leaves
- 1/4 cup chopped fresh mint leaves

Recipe is from

[The Mediterranean Dish](#)



Method

Heat 3 tbsp olive oil in a large cast iron skillet. Add the onions, green peppers, garlic, spices, pinch salt and pepper. Cook, stirring frequently, until the vegetables have softened, about 10 minutes.

Add the tomatoes, tomato sauce, and sugar. Simmer until the tomato mixture begins to reduce, about 10-12 minutes. Taste and adjust the seasoning to your liking.

Using a wooden spoon, make 6 indentations, or “wells,” in the tomato mixture (make sure the indentations are spaced out). Gently crack an egg into each indentation.

Reduce the heat, cover the skillet, and cook on low until the egg whites are set.

Uncover and add the fresh parsley and mint. You can add more black pepper or crushed red pepper, if you like. Serve with warm pita, challah bread, or your choice of crusty bread.



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Baba Ganoush (Aubergine Dip)

Ingredients

- 1 large eggplant, cut in half
- Olive oil
- 1 tbsp plain yogurt
- 1 1/2 tbsp tahini
- 1 garlic clove
- 1 tbsp lime or lemon juice, more if you like
- Salt and pepper
- 1/2 tsp to 1 tsp cayenne pepper (eliminate if you prefer mild)
- 1/2 tsp sumac, more for garnish
- Toasted pine nuts for garnish
- Parsley leaves for garnish

Recipe is from

[The Mediterranean Dish](#)



Method

Preheat the oven to 425 degrees F.

Cut a few slits in the skin of the eggplant.

Sprinkle the eggplant flesh with salt and let it sit for a few minutes to "sweat out" its bitterness, then dab dry.

Place the eggplant halves, flesh side down, on a lightly oiled baking sheet then drizzle with olive oil. Bake in the 425 degree F heated-oven for 30-40 minutes or until the eggplant fully softens through. Remove from the oven and set aside to cool.

When the eggplant has cooled, scoop the flesh out and transfer to a food processor (discard the eggplant skins).

Add the yogurt, tahini, garlic, lime juice, and spices. Run the food processor until you achieve a nice creamy puree. Taste and adjust spices to your liking.

Transfer the baba ganoush spread to a small bowl. Just before serving, top the baba ganoush with a sprinkle of sumac, olive oil, toasted pine nuts and parsley leaves. Enjoy with a side of warm pita bread.

Persian lamb couscous

Ingredients

340 g (12 oz) boneless lean leg of lamb, trimmed of fat and cut into cubes
 1 tbsp extra virgin olive oil
 4 garlic cloves, finely chopped
 2 tbsp finely chopped fresh root ginger
 2 onions, halved and thinly sliced
 1 fresh red chilli, seeded and thinly sliced
 2 pinches of saffron threads
 2 tsp ground coriander
 2 tsp ground cumin
 1 tsp ground cinnamon
 1 tsp paprika
 100 g (3½ oz) stoned dates, sliced
 600 ml (1 pint) lamb stock, preferably home-made
 salt and pepper
 seeds of 1 small pomegranate to garnish

Pistachio couscous

300 ml (10 fl oz) lamb stock, preferably home-made
 400 g (14 oz) couscous
 15 g (½ oz) fresh coriander, chopped
 25 g (scant 1 oz) pistachio nuts, roughly chopped

Recipe is from

[All Recipes](#)



Method

Heat a large non-stick saucepan and fry the cubes of lamb, in batches, until browned all over. Lift from the pan with a draining spoon and set aside.

Add the oil to the pan, then add the garlic, ginger, onions and chilli. Fry, stirring frequently, over a low heat for 10 minutes.

Return the lamb to the pan, together with the saffron, ground coriander, cumin, cinnamon and paprika. Cook for about 30 seconds, stirring well, then add the dates and stock. Season to taste. Cover and simmer gently for 1 hour or until the lamb is tender.

About 15 minutes before the lamb is ready, prepare the couscous. Heat the stock until boiling, then add the couscous and return to the boil. Remove from the heat, cover tightly and set aside to soak for 10 minutes. Fork the couscous through lightly to fluff up the grains, then toss in the coriander and pistachios and pile onto a warmed large serving platter. Spoon the lamb on top of the couscous, sprinkle with the pomegranate seeds and serve immediately.



Cooking with @ClaireTVI

Home Made Pitta Bread

Ingredients

1/4 oz dried yeast

1/2 tsp sugar

2 1/2 cups bread flour, or a mix of all-purpose and whole wheat flours, plus extra for dusting

1/2 tsp salt

Water

sunflower oil for greasing (I used canola oil)



Recipe is from

[The Mediterranean Dish](#)

Method

In a small bowl, dissolve the yeast with the sugar in 1/4 cup lukewarm water. Let sit for 15 minutes until frothy.

In a separate large bowl, sift flour with the salt. Make a well in the center and pour in the yeast mixture plus 1 cup lukewarm water. Draw the flour from the sides and knead the mixture into a pliable dough.

Turn the dough onto a lightly floured surface and knead some more until it is smooth and elastic. Pour a drop of oil into the bottom of a large bowl and roll the dough in it to coat the surface.

Cover the bowl with a damp cloth and place in a warm place for at least 2 hours (or overnight), until the dough has doubled in size.

Now, punch down the dough and knead again lightly.

Divide the dough into small balls. Flatten the balls with the palm of your hand so that they resemble thick oval discs.

Dust a clean cloth with flour and place the flattened oval discs of dough on top, leaving enough room to expand between them. Dust with flour and lay another clean cloth on top. Let rise for another 1-2 hrs.

Preheat the oven to 425 degrees F. Place several baking sheets in the oven to heat briefly. Lightly grease the warmed baking sheets with oil and place the bread oval discs on them. Sprinkle bread ovals very lightly with water, then place in oven to bake for 6-8 minutes until they are very lightly browned. Pitas should rise so that they are slightly hollow inside.

Place the flat breads on a wire rack and serve while warm. Or let cool and then wrap them in a clean, dry cloth to keep soft

Falafel burgers

Ingredients:

400g can chickpea, rinsed and drained
 1 garlic clove, chopped
 handful of flat-leaf parsley or curly parsley
 1 tsp ground cumin
 1 tsp ground coriander
1/2 tsp harissa paste or chilli powder
 2 tbsp plain flour
 2 tbsp sunflower oil

To serve

toasted pitta bread or home made flat bread (see recipe)
 200g tub tomato salsa
 1 bag green salad
 1 small red onion, roughly chopped



Method:

Pat the chickpeas dry with kitchen paper.
 Tip into a food processor along with the onion, garlic, parsley, spices, flour and a little salt.
 Blend until fairly smooth, then shape into patties with your hands.
 Heat the oil in a non-stick frying pan, add the burgers, then quickly fry for 3 mins on each side until lightly golden.
 Serve with toasted pittas, tomato salsa and a green salad.

Tabbouleh

Ingredients:

50g barley couscous
 1 tbsp extra virgin olive oil
 juice 1 lemon
 small pack parsley, finely chopped
 small pack mint, finely chopped
 small pack coriander, finely chopped
 2 spring onion, white parts only, finely sliced
 ½ cucumber, deseeded and cut into small pieces
 3 tomato, quartered, deseeded and cut into small pieces



For the tabbouleh, mix the olive oil, lemon juice and some black pepper in a small bowl. In a larger bowl, combine the rest of the tabbouleh ingredients, along with the cooked couscous, and add the dressing. Mix well.

Homemade harissa:

Put 2 tbsp each coriander, fennel and cumin seeds into a hot, dry pan.

Toast for 2 mins until fragrant.

Grind until fine in pestle and mortar.

Wipe out pan, add 50ml olive oil, gently fry 4 chopped garlic cloves, 1 chopped red onion, 1 chopped red pepper and 6 fat red deseeded chopped chillies until soft.

Mix spices and veg in food processor and blend to smooth paste.

Leftovers will keep in fridge for up to a week, covered with layer of oil.



Cooking with @ClaireTVI

Personalise your recipes...

Ideas and recipes that you've shared or thought of...



Cooking with @ClaireTVI

Shopping List: @asda this week...

When planning the cooking session and shopping list I generally assume that you have some ingredients in the cupboard, like oil, salt, pepper, plain flour, stock cubes, eggs and some herbs and spices.

Remember search the world food isle for cheaper versions of the same branded items, Paprika, something most people don't use everyday, is 35p a packet in the European section of the world food isle, 80p a packet in the Asian Section and £1 a pot (own brand) in the Herbs and Spice section of Sainsbury's. Which would you rather pay? It's all Paprika, made of the same pepper!

Yellow stickers (reduced due to damage, about to go "out of date", if it looks ok, if you need it, buy it. Don't be put off by dates. They seem to be there

<i>Item/Recipe:</i>	<i>Cost for the recipe:</i>
<i>Kofte Kebabs (Lamb or Chicken)</i>	<i>£5.74</i>
<i>Middle Eastern Chicken and Rice</i>	<i>£5.10</i>
<i>Hummus</i>	<i>£1.77</i>
<i>Shakshuka</i>	<i>£3.43</i>
<i>Persian Lamb Cous Cous</i>	<i>£7.36</i>
<i>Baba Ganoush</i>	<i>£2.16</i>
<i>Pitta Bread</i>	<i>60p</i>
<i>Falafal Burgers</i>	<i>£1.42</i>

Costs are approximate and based on prices at the time of shopping and represent the cost of the recipe, not the cost of buying all the ingredients which is generally less than £5 per recipe.

Please note that most of these recipes will serve 4 people depending on your portion size.