

EASTERN FLAVOURS

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 Chef Qatar Airways (First &
 Business Class Lounge)



MIDDLE EASTERN CUISINE

FALAFEL

Ingredients:

2 cup fresh fava beans
 A clove of garlic
 Salt to taste
 ½ tsp cumin
 ½ tsp baking powder with scallion greens
 1 cup chopped parsley
 Cilantro/coriander
 1 medium size onion, chopped
 2 green chilies



SESAME SEEDS

Method:

In a large saucepan, add fava beans and cover with water, bring to boil, reduce heat, cover and simmer for about 3 minutes. Remove from heat and let beans soak overnight. When ready to use, drain.

In a food processor or blender, process fava beans, onions, sesame seeds, garlic cloves, salt, cumin seeds, and baking powder with scallion greens, parsleys, and cilantro leaves and green chillies; blend well until smooth.

Form the falafel mixture into a ball, dip in toasted sesame seeds, and flatten.

Refrigerate. Fry the falafels in vegetable oil until brown and crispy on both sides.

Sauce -

To make this dish something special, serve the falafels with a tahini dip.

Add ½ cup tahini, 1 cup water, juice of ½ lemon, 2-3 garlic cloves, salt to taste, and 1 tsp cumin to a food processor. Process until the mixture is smooth. Now carve flowers out of a radish, a carrot and an onion for garnish and serve with the tahina sauce.



FATTOUSH

Ingredients (serves 4):

2 cup olive oil
 2 pieces Arabic/pita bread, each cut into 4 pieces
 500g cherry tomatoes, halved
 2 cucumbers, halved lengthways, deseeded and chopped
 ½ red capsicum, chopped
 ½ green capsicum, chopped
 3 small red radish, trimmed, thinly sliced
 4 green onions, chopped
 1 cup flat-leaf parsley leaves, coarsely chopped

½ cup mint leaves, coarsely chopped
 1 tablespoon sumac (see note *)
 White radish and carrot for carving
 Dressing -
 ¼ cup olive oil
 ½ cup lemon juice
 2 tsp sumac

Method:

Dressing -
 Combine all ingredients in a screw-top jar. Secure lid. Shake until well combined. Heat oil in a saucepan over medium heat. Cook bread, in 4 batches, turning, for 1 to 2 minutes or until crisp and golden. Transfer to a wire rack to drain. Place tomatoes, cucumbers, capsicums, radishes, onions, parsleys and mint leaves in a large bowl. Sprinkle with sumac. Drizzle with dressing. Toss gently to combine. Break bread into pieces. Add to salad. Toss gently and serve dressing in tomato cups.

Notes & tips *

Sumac is a cherry-red spice that is dried and ground and has a slightly sour, lime-like taste. You can find it in the spices aisle of superstores.

TABBOULEH

Makes 4 servings, generous 1 cup each

Ingredients:

1 cup water

½ cup bulgur
 ¼ cup lemon juice
 2 tbsp extra-virgin olive oil
 ½ tsp mince garlic
 ¼ tsp salt
 Freshly ground pepper to taste
 2 cups finely chopped flat-leaf parsley (about 2 bunches)
 ¼ cup chopped fresh mint leaves
 2 tomatoes, diced
 1 small cucumber, peeled, seeded and diced
 4 scallions, thinly sliced
 ½ cup coriander, chopped
 1 onion, chopped

Method:

Combine water and bulgur in a small saucepan. Bring to a full boil, remove from heat, cover and let stand until the water is absorbed and the bulgur is tender, 25 minutes or according to package directions. If any water remains, drain bulgur in a fine-mesh sieve. Transfer to a large bowl and let cool for 15 minutes.

Combine lemon juice, oil, garlic, salt and pepper in a small bowl. Add parsley, mint leaves, tomatoes, cucumbers and scallions to the bulgur. Add the dressing and toss. Serve at room temperature or chill for at least 1 hour to serve cold.

Photo courtesy: Md Billal Hossain



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