

Tiger Nut Sweets

200g fresh dates
Water
1 tbsp cinnamon (to taste)
2 tbsp chopped walnuts
Honey
2 tbsp ground almonds

The fresh dates are blended with a little water. Then add a little cinnamon (to taste) and chopped walnuts. Shape into balls, coat in honey & ground almonds and serve.



Hummus

225g chickpeas
2 tbsp of wine vinegar
Lemon juice
3 cloves of garlic
5 tbsp sesame seed oil
1 tsp salt
Raw vegetables to dip (carrots, celery, cauliflower, cucumber)!

Cook and mash the chickpeas, add lemon juice, chopped garlic and sesame seed oil to make this tasty paste to spread on bread.

Ful Medames

16-ounce can cooked fava (broad) beans
1 large onion, chopped
1 large tomato, diced
1½ tbsp olive oil
1 tsp cumin powder
¼ cup parsley, chopped
Juice of 2 lemons
Salt, pepper, and red chilli pepper to taste
Pita bread

Pour the beans into a pot and bring to a boil. Mash them and add remaining ingredients. Bring to a boil again, then reduce to medium heat and cook for about 5 minutes. This dish is usually eaten with pita bread.

Shourbet Ads (Lentil Soup)

1½ cup fine lentils (washed and drained)
1 small chopped onion
4 tbsp margarine
½ tsp cinnamon and coriander
5 cups water
1 tsp salt
1 tbsp chopped parsley

1. In a medium saucepan, put the lentils and water on high heat
2. When the skim appears, remove it with a spoon and lower the heat
3. Let it simmer for 30 minutes or until lentils are tender
4. Heat margarine in a pan
5. Add the onion and stir until it turns to a yellow colour
6. Pour it on the lentils and mix in the cinnamon, coriander and salt

Fruit Salad

1 tbsp raw sugar or honey
4 fluid ounces sour cream
½ cantaloupe melon
4 cups assorted sliced fruits
¼ cup shredded coconut

Mix the sugar or honey with half the fruits, in a blender

Put the sour cream in a bowl.

Add the fruit mixture from the blender to the bowl.

Whisk thoroughly

Refrigerate for 15 to 20 minutes.

While the dip chills, scoop the cantaloupe from the rind (as balls if possible) and place it in a bowl.

Fill the empty cantaloupe rind with the dip and set it in the middle of the platter and arrange the sliced fruits including the cantaloupe balls around it.

Sprinkle with the coconut.

Use toothpicks to spear the fruit & dip into the cream mix.

Egyptian Pita Bread

300ml finger warm water
25g of fresh yeast
500g spelt flour
½ tsp salt

In a large bowl, mix yeast with finger warm water. Gradually blend in 400g of flour mixed with salt. Knead it until the dough is smooth, add flour until it doesn't stick to the bowl. Cover in cloth and put in warm (not hot) place. When the dough has doubled in size, after approximately 40 minutes, knead it firmly on a floured surface for a couple of minutes. Turn on the oven to 220 °C. Cut in 8 pieces and flatten them to the thickness of a finger. Bake in middle of the oven for 8-10 minutes. A bubble of air will rise in the middle of the bread. Eat when cool.

Ta'amia

250g fava beans, soaked and drained
2 cloves finely chopped garlic
2 finely chopped onions
2 tsp ground cumin
1 tsp ground coriander seeds
2 tsp ground black pepper
½ cup finely chopped parsley
½ tsp salt
Sesame seeds
1 cup of olive oil (225ml)

This dish takes a bit of planning since the beans should be soaked in water 24 hours before use. Drain the soft beans and remove the skins. Mash them in a sturdy bowl with garlic, onions, ground cumin, ground coriander seeds, ground black pepper, parsley and salt - the result should be a paste. Leave for one hour. Make little flat buns roughly finger thick and sprinkle both sides with sesame seeds. Fry in olive oil on medium (not hot!) temperature until golden brown, strain and leave them to cool off. Serve with the Egyptian Pita Bread (see above), cucumbers, lettuce and sliced fresh onion.