



# THE CUISINE OF LEBANON



*The Islamic Food and Nutrition Council of America (IFANCA®)  
presents this treasure of Lebanese cuisine recipes from  
Executive Chef Demetrios Haralambatos*

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# The Cuisine of Lebanon

The civilization of Lebanon can be traced back seven thousand years. Lebanon was originally home to the Phoenicians, a seafaring community that traded spices from the Far East and travelled throughout the Mediterranean.

The region came under the rule of the Roman Empire, then subsequently was conquered, and occupied by the Assyrians, the Persians, the Greeks, the Arabs, the Fatimids, and the Crusaders. In the 16th century, Lebanon was conquered by the Ottomans, remaining under their rule for the next 400 years.

After World War I and the collapse of the Ottoman Empire, modern Lebanon, came under the control of France. While under French control, its capital, Beirut, attracted many tourists, and become known as 'The Paris of the Middle East'.

Over the centuries, Lebanese culture has evolved, borrowing from all these groups. Its diverse population of different ethnic and religious groups, has further contributed to the country's festivals and musical styles, as well as its cuisine.

Lebanese cuisine is similar to that of many countries in the Eastern Mediterranean, such as Greece, Cyprus, Syria, and Turkey. It is characterized by a healthy mixture of herbs, fruit, labneh (yogurt), nuts, olives, olive oil, rice, vegetables, and khubz and markook (flatbreads).

Sitting for meal in a Lebanese restaurant, or as a guest in someone's home, will begin with a wide array of Mezze (a selection of shared dishes presented all at once on several small plates, with savory dishes, like dips, salads, and even pastries). Mezze is usually followed by meat or fish, then finished with Arabic coffee, fresh fruit, and occasionally a selection of traditional sweets.

In this brochure, we share some of the popular recipes of the region for you to try at home. Enjoy!

*Chef Demetrios Haralambatos*

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IFANCA extends a hearty thank you to Chef Demetrios of Kontos Foods for sharing his experience and recipes with Halal Consumer© magazine and our readers. We are honored to bring these recipes to you, our readers and followers. Happy cooking and do let us know how you enjoy them!

*Halal Consumer magazine & IFANCA*





Pantry Items

& Spice Blends

# DUKKAH

## INGREDIENTS

1 cup sesame seeds  
½ cup coriander seeds  
6 tablespoons cumin seeds  
¼ cup hazelnuts, whole or pieces

## PREPARATION

1. Individually roast each ingredient. Remove from heat and allow to cool on a dry towel.
2. Once cooled, either in a mortar and pestle, or in a coffee/spice grinder, the seeds must be crushed separately. The hazelnuts, when cool, should be rubbed to remove the brown skins. Caution should be taken as you grind the hazelnuts and sesame seeds; do not grind them too fine, like into a powder, as they will release their oil.
3. Combine all the ingredients thoroughly and store in an air-tight container.

## USES

Used as a spice for dipping with olive oil and on fried eggs.

Some regions of the Middle East will substitute cashews, almonds, or stale bread for the hazelnuts.

*Note: Recipe may be doubled or halved.*

# SEVEN SPICE SEASONING

## INGREDIENTS

½ cup ground allspice  
½ cup ground cloves  
⅓ cup ground fenugreek  
⅓ cup ground ginger  
⅓ cup ground nutmeg  
¼ cup ground black pepper  
¼ cup ground cinnamon

## PREPARATION

1. Combine all the ingredients thoroughly, and store in an air-tight container for up to six months.

## USES

Used in and on numerous meat preparations.

*Note: Recipe may be doubled or halved.*

# TAHINI

## INGREDIENTS

4 cups hulled sesame seeds  
3 tablespoons olive oil

## PREPARATION

1. Gently toast the sesame seeds (stirring constantly) on low-medium for 5 minutes, or until they turn somewhat golden. Remove from heat and allow them cool to room temperature.
2. Once they have cooled, add them to your blender. Blend them on high for 1 to 1½ minutes (you will have to push the seeds downward, until you have created a paste).
3. Add the olive oil and continue to blend for about a minute, until it has turned creamy.
4. Place in a sealable glass container and store in the refrigerator for up to one month.



*Seven Spice Seasoning*





# Sauces & Dressings



# MINT AND GARLIC DRESSING

## INGREDIENTS

¼ cup fresh mint, crushed  
2 garlic cloves, peeled and crushed  
2 cups extra-virgin olive oil  
2 tablespoons red grape vinegar  
a pinch of caster sugar (superfine)  
salt and pepper to taste

## PREPARATION

1. Place all ingredients in a large bowl, and whisk together.
2. Season with salt and pepper to taste.
3. Place in a sealable glass container, and store in the refrigerator.

## USES

Used as a dip, with or without olive oil and as a dressing on salads, sliced tomatoes, or cucumbers. Remove from refrigerator and shake well before use.

*Note: Recipe may be doubled or halved.*

# PINE NUT SAUCE

## INGREDIENTS

1 cup pine nuts  
2 garlic cloves, peeled  
juice of one (1) lemon  
¾ cup water

## PREPARATION

1. Place pine nuts in a small skillet over low heat and pan fry, stirring until they have become golden brown.
2. Remove from heat and allow to cool on a dry towel.
3. When cool, place in a food processor, add the balance of the ingredients, and whirl to combine.
4. Place in a sealable glass container, and store in the refrigerator.

## USES

Used as a dip, with or without olive oil and as a dressing on salads, sliced tomatoes, or cucumbers. Remove from refrigerator and shake well before use.

*Note: Recipe may be doubled or halved.*

# WALNUT DRESSING

## INGREDIENTS

1 cup shelled walnuts,  
chopped  
2 tablespoons vegetable oil  
(grapeseed or sunflower  
oil may be substituted)  
6 tablespoons walnut oil  
2 tablespoons white  
vinegar  
salt and pepper, to taste

## PREPARATION

1. Place walnuts in a small skillet over low heat and pan fry, stirring until they have become golden brown.
2. Remove from heat and allow to cool on a dry towel and set aside.
3. In a large bowl, whisk together the two oils and vinegar.
4. Add the toasted walnuts, then season with salt and pepper, to taste.
5. Place in a sealable glass container and store in the refrigerator.

## USES

Used as a dip, with or without olive oil and as a dressing on salads, sliced tomatoes, or cucumbers. Remove from refrigerator and shake well before use.

*Note: Recipe may be doubled or halved.*

# TAHINI SAUCE

## INGREDIENTS

4 garlic cloves, peeled  
6 tablespoons tahini ([see recipe on page 7](#))  
juice of one (1) lemon  
½ cup water  
¼ teaspoon red pepper  
flakes  
¼ teaspoon white pepper

## PREPARATION

1. Crush the garlic in a mortar.
2. Transfer to a bowl, add the lemon juice and tahini, and mix well.
3. Stir in the water, then add the pepper flakes and pepper.



Mezze

# BABA GHANOUSH

## INGREDIENTS

2 medium-sized eggplants  
2 tablespoons extra-virgin  
olive oil  
1 garlic clove, minced  
2 tablespoons lemon juice  
3 tablespoons tahini  
¼ teaspoon salt  
1-2 teaspoons chopped  
parsley

## PREPARATION

1. Preheat oven to 375°F.
2. Slice the eggplants in half and place on an aluminum foil lined sheet pan. Place the sheet pan in the oven and bake for 1 hour.
3. Remove from oven and allow to cool on the counter.
4. Remove/peel the outer skin of the eggplant, or scoop out the flesh/pulp onto a cutting board.
5. Roughly chop the pulp, to break apart any stringy bits.
6. Place the chopped eggplant pulp into a large mixing bowl and use a fork or potato masher to smash it up.
7. When it has become a nice hefty consistency, add in the garlic, lemon juice, olive oil, and tahini.
8. Stir until you have a smooth consistency, add salt as needed.
9. Place bowl in the refrigerator for about 20 minutes.
10. Remove from refrigeration and transfer into a small bowl, garnish with parsley, and drizzle with some olive oil to serve.

# BEET SALAD

## INGREDIENTS

6 cooked beets, sliced  
2 red onions, sliced  
red grape vinegar  
extra-virgin olive oil

## PREPARATION

1. Place beets on a shallow bowl.
2. Add the onions on top.
3. Drizzle the vinegar first, then the olive oil.
4. Allow to stand for 15 minutes in refrigerator, then serve.



# EGGPLANT COATED WITH ZA'ATAR BREADCRUMBS

## INGREDIENTS

2 eggplants, sliced thick lengthwise  
3 tablespoons salt water, lukewarm, to cover eggplant slices  
4 cups fresh breadcrumbs  
3 tablespoons grated parmesan cheese  
pinch of cracked black pepper  
2 tablespoons za'atar  
5 tablespoons vegetable or olive oil (additional oil may be needed for brushing)  
1 tablespoon salt (additional)  
sweet chili sauce

## PREPARATION

1. In a large bowl or pot, place the eggplant slices, sprinkle with salt, and cover with the water. Allow to stand for about 20 minutes.
2. Preheat oven to 375°F.
3. In a large bowl, combine the breadcrumbs, parmesan cheese, za'atar, and pepper.
4. Remove eggplant slices from the salted water and squeeze gently, placing each slice onto a baking sheet.
5. Drizzle with a little oil.
6. Place baking sheet in the oven and bake for 20 minutes, turning the eggplant once during the cooking time.
7. Remove the eggplant from oven, lightly brush with oil and then coat both sides with the breadcrumb mixture.
8. Heat the remaining oil in a skillet, add the coated eggplant slices, and cook over medium heat for about 4 minutes on each side, until crispy and golden.
9. Remove and place on a paper towel.
10. Serve warm with sweet chili sauce.

# FALAFEL

## INGREDIENTS

8 ounces dried chickpeas  
3 garlic cloves, peeled  
1 cup chopped cilantro  
1 cup chopped parsley  
½ cup chopped onion  
1 tablespoon ground cumin  
2 teaspoons ground  
cardamom  
1 teaspoon chopped mint  
½ teaspoon baking soda  
½ teaspoon each, salt and  
black pepper  
corn or vegetable oil, for frying

## PREPARATION

1. Place the chickpeas in a food processor, and add the garlic, cilantro, parsley, onion, cumin, cardamom, mint, baking soda, salt, and pepper.
2. Pulse several times, until it resembles coarse sand.
3. Transfer the mixture to a bowl.
4. Cover and refrigerate for at least two hours, overnight if preferred.
5. Remove from refrigerator, and using your hands or an ice cream scoop, form balls or patties of the mixture.
6. If the mixture is too dry, add a teaspoon or two of water or lemon juice.

## COOKING THE BALLS OR PATTIES:

### *Deep Fried*

1. Add about 3 inches of oil to a pot over medium heat, and heat the oil to 350°F.
2. Cook the falafel in batches (about 4-7 at a time) for 1 to 2 minutes or until golden.
3. Using a skimmer/spider, check the color and make sure they don't overcook.
4. When cooked, remove them to a paper towel-lined plate.

### *Pan Fried*

1. Heat several tablespoons of oil in a pan, over medium-high heat.
2. Gently, place the balls or patties into the pan, and fry for 2 to 3 minutes per side or until golden.
3. Transfer to a paper towel-lined plate.

### *On a Griddle*

*(like a pancake griddle, ideal for patties)*

1. Heat griddle to medium-high heat.
2. Lightly brush griddle with oil.
3. Place the patties on the griddle and cook for 3 to 4 minutes on each side, or until golden.

### *Oven Baked*

1. Pre-heat oven to 400°F.
2. Lightly coat a baking sheet with oil.
3. Place the balls or patties on the baking sheet, lightly brush the tops with oil, and bake for 25 to 30 minutes, turning them all halfway through.

### *Serving*

Serve immediately, while warm and crispy on the outside.

Dip falafel into hummus or baba ghanoush, serve on or with a salad, or as a sandwich in or on pita bread, with tahini sauce, diced cucumbers, chopped tomatoes, some arugula, and diced pickles.

*Note: Uncooked Falafel balls or patties may be made in advance and frozen for a month. Do not freeze cooked falafel.*

# FATTOUSH

## INGREDIENTS

½ cucumber, diced  
½ green bell pepper, seeded and finely chopped  
3 cups finely chopped leafy greens (field greens, Boston lettuce, baby spinach)  
1 bunch fresh mint, finely chopped  
1 onion, finely chopped  
1 bunch fresh parsley, finely chopped  
12 cherry or grape tomatoes, finely chopped  
juice of a lemon  
½ cup extra-virgin olive oil  
1 tablespoon white vinegar  
2 garlic cloves, peeled and crushed  
1 tablespoon ground sumac  
salt and pepper, to taste  
pita bread, toasted

## PREPARATION

1. In a large bowl, combine cucumber, green pepper, greens, mint, onion, parsley, and tomatoes.
2. In a smaller bowl, whisk together: lemon juice, olive oil, and vinegar.
3. Add the garlic and sumac, and season to taste.
4. Tear or cut the toasted pita into bite-sized pieces and place over the greens.
5. Pour the dressing over the greens, toss well, and serve.

*Note: Recipe may be doubled or halved.*

# FRIED EGGS ROLLED IN DUKKAH

## INGREDIENTS

4 eggs  
1 teaspoon salt  
½ teaspoon white pepper  
flour  
vegetable oil  
dukkah

## PREPARATION

1. In a saucepan, soft boil the eggs for 3 minutes.
2. Remove saucepan from heat and place under cold running water.
3. When cool, carefully remove the shells.
4. Sprinkle the eggs with salt and pepper, then roll the eggs in flour.
5. In a skillet, heat vegetable oil, and fry the eggs for 1½ to 2 minutes.
6. Remove from the skillet and roll each egg in dukkah, serve warm.

# GARLIC DIP

## INGREDIENTS

4 garlic cloves, peeled  
½ teaspoon salt  
juice of ½ lemon  
¾ cup plain halal yogurt  
pinch of ground sumac

## PREPARATION

1. Crush the garlic with salt in a mortar and pestle, add lemon juice, and mix well.
2. In a serving bowl, combine the garlic mixture with the yogurt.
3. Place in refrigerator to chill for half an hour.
4. Before serving, garnish with sumac.

# GRILLED HALLOUMI CHEESE WITH GARLIC AND MINT

## INGREDIENTS

4 tablespoons extra-virgin  
olive oil  
juice of one (1) lemon  
1 garlic clove, finely  
chopped  
small bunch of fresh mint,  
chopped  
salt and pepper, to taste  
1 package halloumi cheese  
2 tablespoons  
pomegranate seeds  
(optional)

## PREPARATION

1. In a large bowl, mix the first four ingredients, and season to taste with salt and pepper. May be made in advance and refrigerated.
2. Preheat your grill. (If you wish to use your oven, set it on broil, or on a stick-free skillet on your stove top.)
3. Slice the halloumi into bite-sized pieces or in long strips and place the pieces into a bowl, pour the garlic-mint mixture over the cheese, and let stand for 10 minutes, stirring once or twice to coat all sides.
4. If using your grill or skillet, using tongs, place the pieces of cheese on the grill/skillet. Otherwise, place the contents of the bowl into a shallow oven-proof dish, and place in oven. Cook the cheese 4 minutes on each side.
5. Remove the cheese, garnish pomegranate seeds, and serve hot.



# HUMMUS

## Classic

### INGREDIENTS

2 cans (15-ounce)  
chickpeas, drained and  
rinsed  
½ teaspoon ground cumin  
4 garlic cloves, peeled  
6 tablespoons fresh lemon  
juice  
2 teaspoons salt  
6 tablespoons tahini ([see  
recipe on page 7](#))  
¼ cup extra-virgin olive oil,  
plus more for serving

*Note: Hummus may  
be made up to 5  
days in advance.  
Allow to cool, place  
in a sealable glass  
container, and store  
in the refrigerator.*

### PREPARATION

1. Place chickpeas in a medium pot and cover with water by 1-inch. Bring to a boil over high heat, then reduce heat to medium and simmer until chickpeas start falling apart, about 20 minutes.
2. Reserve a cup of the cooking liquid, then drain chickpeas.
3. Transfer chickpeas to a food processor.
4. Add the cumin, garlic, lemon juice, salt, and tahini, with about 2 tablespoons of the reserved cooking liquid and process for 5 minutes (setting a cooking timer helps), until creamy and smooth. If as you are processing the hummus it looks very thick and dry, add cooking liquid, a tablespoon at a time.
5. With the food processor running, slowly stream in olive oil and continue to blend until the oil is brought together and has a silky-smooth consistency.
6. Transfer to a medium bowl and drizzle with some olive oil.
7. Serve with warm quartered pita bread.

## *Hummus with Fava Beans*

1. Add 3-4 ounces of fava beans (frozen or canned), hand rubbed to remove skins, to the recipe ingredients above, and proceed to preparation step 3.
2. Serve garnished on top with toasted almond slivers, toasted pine nuts, cooled cooked halal ground lamb, cooled cooked salmon pieces, chili oil (instead of olive oil), or even cracked shelled pistachios and with heated pita bread, cut in sixes.

## *Hummus with Beets*

1. Add 3 cooked beets and proceed to preparation step 3 above.

## *Hummus with Red Bell Peppers*

1. Add 3 red bell peppers in oil or equivalent pimento in oil and proceed to preparation step 3 above.

# KADAIFI PIE WITH ZUCCHINI AND ZA'ATAR\*

## INGREDIENTS

18 ounces kadaifi dough\*  
5 ounces unsalted butter, melted  
3 tablespoons olive oil  
1 red chili, finely chopped  
4 scallions, sliced  
4 zucchini, diced  
1 bunch fresh mint, chopped  
salt and pepper to taste  
4 eggs, beaten  
1 tablespoon za'atar  
4 tablespoons grated parmesan cheese

## PREPARATION

1. Place the number of needed 'strands' of kadaifi into a large bowl and pour the melted butter over the pieces. Combine well, and divide the mixture in two.
2. Press one-half of the mixture into the bottom and up the sides of a 9 to 9½-inch round tart pan, and set aside.
3. Preheat the oven to 350°F.
4. Heat the olive oil in a skillet.
5. Stir in the chili, scallions, and zucchini, and cook over low-medium heat for about 5 minutes.
6. Add the mint, and season with salt and pepper.
7. Ladle the mixture over the kadaifi-lined tart pan evenly.
8. Cover the top of tart pan with the other half of the buttered kadaifi and press down evenly.
9. Combine the beaten egg and za'atar and mix.
10. Pour the egg mixture over the top of the kadaifi covered tart pan and sprinkle with grated parmesan cheese.
11. Place the tart pan in the oven and bake about 40 minutes, until golden brown.
12. Remove from oven and remove from the tart pan.
13. Cut into pie slices and serve.

# KIBBEH

## INGREDIENTS

### *Meat Dough:*

1½ cups fine bulgur wheat  
2 cups water, warm  
1 large-size onion, quartered  
½ cup mint leaves  
1½ pounds halal lamb, diced  
(can substitute lean ground beef)  
2 teaspoons cumin  
½ teaspoon allspice  
salt and pepper to taste  
vegetable oil for frying

### *Filling:*

1 medium-sized onion, finely chopped  
½ pound ground lamb, lean (lean ground beef may be substituted)  
1 tablespoon olive oil  
½ teaspoon seven spice seasoning  
½ teaspoon ground coriander  
salt and pepper to taste  
⅓ cup pine nuts, toasted

## PREPARATION

Prepare the filling first and reserve it. →

## *Kibbeh Preparation Continued*

### **Filling**

1. Over medium-high heat, in a large skillet, sauté onion with the olive oil, until soft and transparent, about 5 minutes.
2. Add the ground lamb and cook, breaking it apart, until browned, about 5 more minutes.
3. Once browned, season with salt and pepper, seven spice, and coriander, and continue cooking until tender, 4 more minutes.
4. Remove from heat and stir in the pine nuts, and reserve.

### **Meat Dough**

1. In a medium-sized bowl, cover the bulgur wheat with warm water.
2. Let it sit for 30 minutes, then drain the excess water in a strainer, squeezing the wheat to get rid of excess water.
3. Add the bulgur wheat, onion, and mint into your food processor.
4. Process on high, until the onion and mint are pureed.
5. Add the cumin, allspice, salt and pepper, and lamb, and process again to a smooth paste.

(This may have to be done in small groups/batches.)

### ***For football-shaped balls:***

1. Wet your hands, take a handful of meat dough, and shape into a ball.
2. Using a finger, poke a hole in the center of each ball.
3. Rotating the dough to shape, form a thin-walled oval (about 1/3-inch-thick walls).

4. Fill the cavity with about a tablespoon of the filling, then gather the edges to seal, shaping it into a football.
5. Repeat as needed, wetting your hands for each one, and set aside.

*May be deep fried or oven baked.*

### ***For deep fried***

1. Add about 3 inches of oil to a Dutch oven or large saucepan over medium heat, and heat the oil to 350°F.
2. Fry the kibbeh in groups (about 4-7 at a time) for 8 to 10 minutes.
3. Using a skimmer/spider, check the color, making sure they don't overcook.
4. When cooked, remove them to a paper towel-lined plate.

### ***Oven baked***

1. Pre-heat oven to 400°F.
2. Lightly coat a baking sheet with oil, place the kibbeh on the baking sheet, and brush each kibbeh with oil, as well.
3. Bake for 30 minutes or until golden brown.

*Kibbeh can be served warm or at room temperature.*

*Kibbeh can also be made as large round-flat patties, then baked or cooked on a griddle, and served as a burger.*

# Soups





# CARROT AND CELERY SOUP

## INGREDIENTS

5 tablespoons olive oil  
4 large carrots, chopped  
10 celery stocks, chopped  
2 onions, chopped  
vegetable stock (see Halal Consumer issue 51, page 9)  
salt and pepper to taste

*Note: Recipe may be doubled or halved.*

## PREPARATION

1. In a medium-sized pot, heat the olive oil.
2. Add carrots, celery, and onion, and cook over low heat occasionally stirring for about 5 to 6 minutes, until the vegetables have softened.
3. Increase to medium heat and add vegetable stock to cover the vegetables and continue to cook for 20 to 25 minutes until vegetables are tender.
4. Remove pot from stove top, ladle the soup mixture into a food processor or blender, and process until smooth. Season to taste and serve while warm.

# CREAM OF LENTILS

## INGREDIENTS

2 tablespoons olive oil  
2 onions, chopped  
3 garlic cloves, peeled and crushed  
2 cups lentils  
9 cups water  
2 teaspoons pepper  
2 teaspoons seven spice seasoning  
1 teaspoon ground coriander  
½ teaspoon grated nutmeg  
1½ cups heavy cream

## PREPARATION

1. In a pot, heat the olive oil.
2. Add onion and garlic, occasionally stirring until the onions are transparent.
3. Add the lentils and water, bringing them to a boil.
4. Lower heat and simmer for 1 hour, until the lentils become soft.
5. Purée the mixture with an immersion blender.
6. Stir in all the spices.
7. Continue to simmer, over medium-low heat for an additional 45 minutes.
8. Remove from heat, stir in the heavy cream, and serve.

## VARIATION

*May also be served as a mezze by decreasing the amount of water or heavy cream by a little.*

# LAMB MEATBALL SOUP

## INGREDIENTS

8 ounces halal ground lamb  
1 onion grated  
1½ tablespoons flour  
1 teaspoon seven spice seasoning ([recipe on page 6](#))  
salt and pepper to taste  
1 can chopped tomatoes (14 ounces)  
5 cups vegetable stock (see Halal Consumer issue 51, page 9)  
1 tablespoon sugar  
1 small can corn kernels (rinsed and drained)

## PREPARATION

1. Combine lamb, onion, flour, and seven spice seasoning, into a bowl. Season with salt and pepper to taste.
2. Moisten your hands, pick up 2 tablespoons of meat mixture, and form a small ball in your hand. Continue making balls until all the meat mixture has been utilized.
3. In a large saucepan, combine the tomatoes and vegetable stock, and whisk in the sugar.
4. Bring to a boil, then simmer for 15 minutes.
5. Carefully, add the meatballs and continue to simmer for an additional 15 minutes or until the meatballs have been thoroughly cooked.
6. Add the corn and continue to simmer for about 2 to 3 minutes, then serve warm.

*Note: Recipe may be doubled or halved.*





Chicken, Fish,  
& Meat

# CHICKEN WRAPPED IN PHYLLO ROLLS\*

## INGREDIENTS

2 tablespoons olive oil  
4 skinless, boneless halal  
chicken breasts,  
diced  
1 onion, finely chopped  
2 tablespoons ground  
sumac  
½ teaspoon cayenne  
pepper  
pinch of chili powder  
salt and black pepper to  
taste  
2 tablespoons chopped  
fresh parsley  
6 sheets phyllo dough\*  
7 tablespoons butter,  
melted

## PREPARATION

1. Heat the olive oil in a skillet, add the chicken and cook, stirring frequently over medium heat for 4 to 6 minutes.
2. Reduce heat and add the onion, sumac, cayenne pepper, and chili powder. Season to taste, and occasionally stir for about 12 to 15 minutes.
3. Remove skillet from heat and set aside to cool.
4. Preheat oven to 350°F and line a cookie sheet with parchment paper.
5. Lay a sheet of phyllo dough on your work area and brush with a little melted butter.
6. Cover the buttered sheet of phyllo with a second sheet, and butter the second sheet. Continue to do this until the phyllo sheets are buttered and layered.
7. Spoon the cooled, spiced chicken along the closest edge of the buttered phyllo.
8. Roll the phyllo dough away from you tightly, forming a sausage.
9. Brush the phyllo roll with butter and with a sharp knife cut into 1½-2 inch pieces.
10. Place the slices on the parchment covered cookie sheet, and put in the oven to bake for 15 minutes.
11. Remove from oven, place on a decorative platter, and serve.



# FISH WITH GARLIC AND PRESERVED LEMON

## INGREDIENTS

2 red snapper, mullet, or  
bronzini, cleaned and de-  
scaled  
extra-virgin olive oil  
coarse salt  
2 bay leaves  
6 garlic cloves (unpeeled  
and crushed)  
1 preserved lemon, cut into  
eighths  
fresh parsley

## PREPARATION

1. Preheat to 400°F.
2. Brush to entire fish with olive oil and sprinkle with salt.
3. Fill the cavity of each fish with a bay leaf, garlic cloves, some parsley, and half of the preserved lemons.
4. Place on roasting pan, put in oven, and bake for 20 minutes.
5. Remove and serve with rice, garnish with the garlic and preserved lemons.

# LAMB WITH EGGPLANT AND RICE

## INGREDIENTS

1 eggplant, peeled and  
cubed  
6 tablespoons olive oil  
1 onion, very finely chopped  
3 garlic cloves, peeled and  
crushed  
1¼ pounds boneless halal  
lamb, cubed  
water  
1 teaspoon pepper  
salt to taste  
1 teaspoon seven spice  
seasoning  
1 cup long grain rice, rinsed  
twice  
salt

## PREPARATION

1. Preheat oven to 400°F.
2. In a bowl, toss the eggplant with the 3 tablespoons olive oil, then place in a roasting pan.
3. Place the roasting pan into the oven and roast for 40 minutes, then remove from oven and set aside.
4. At the same time, place the other 3 tablespoons olive oil in a skillet to heat.
5. Add the onion and garlic and stir occasionally for 5 minutes or until the onion has become transparent.
6. Add the lamb and increase heat on the skillet, continue to cook over medium temperature, frequently stirring for 5 to 7 minutes, until the lamb is evenly browned (seared).
7. Add enough water to cover lamb.
8. Sprinkle the pepper, salt, and seven spice seasoning and stir, reduce heat, and allow to simmer for 1 hour.
9. Add cooked eggplant and the rice, and stir.
10. Cook for an additional 15 minutes or when the rice is tender, then serve.

# STUFFED ZUCCHINI WITH CHICKEN AND CILANTRO

## INGREDIENTS

4 zucchini, halved lengthwise  
2 tablespoons olive oil, divided  
¼ teaspoon ground cinnamon  
2 garlic cloves, finely chopped  
1 teaspoon seven spice seasoning  
2 tablespoons tahini  
1 cup halal chicken stock  
½ cup basmati rice, rinsed  
⅔ cup halal plain yogurt  
juice of ½ lemon  
2 tablespoons chopped fresh cilantro  
juice and zest of ½ lime  
juice of ½ lemon  
4 tablespoons pine nuts, toasted  
salt and pepper to taste

## PREPARATION

1. Preheat oven to 400°F.
2. Brush the halved zucchini with a little olive oil, place on cookie sheet, and bake for 15 minutes, until soft.
3. Remove from oven, allow to cool enough to handle, and with a soup spoon, scrape the center of the zucchini to remove the seeds and discard.
4. Heat the balance of the olive oil in a skillet, add the chicken, and cook, stirring frequently over medium heat, until browned.
5. Add the cinnamon, garlic, seven spice seasoning, and tahini, stir well, and cook for 2 to 3 minutes.
6. In a separate pot, bring the chicken stock to a boil.
7. Add the rice and return to a boil, then reduce heat and simmer for 15 minutes.
8. Combine the cooked rice into the skillet with the chicken, and mix well.
9. Fill each zucchini half with the chicken-rice mixture, drizzle some olive oil over each, and place in the oven for about 15 minutes to heat completely.
10. In a small bowl, combine the yogurt, cilantro, lemon and lime juice, and the zest.
11. Remove the zucchini halves and place on a serving platter, and spoon the yogurt mixture over each.
12. Garnish with pine nuts and serve.

# SUMAC CRUSTED TUNA

## INGREDIENTS

2 tuna steaks, about six-ounce portions  
olive oil  
1 tablespoon sumac

## PREPARATION

1. Brush the tuna with olive oil and rub the sumac on all sides.
2. Heat a skillet; when hot, place the tuna on it and cook for 2 to 3 minutes per side.
3. Remove from heat and serve immediately.

Serve this with cooked vegetables, or place over a salad or rice.

*Note: Salmon may be substituted for the tuna.*



Vegetables

# LENTILS, RICE, AND CARAMELIZED ONIONS

## INGREDIENTS

1 cup green lentils  
4 tablespoons olive oil  
4 medium-sized onions,  
sliced  
½ cup basmati rice, rinsed  
2 teaspoons salt  
½ teaspoon ground cumin  
½ teaspoon pepper  
½ teaspoon seven spice  
seasoning ([recipe on  
page 6](#))

## PREPARATION

1. In a pot, place lentils and cover with water.
2. Bring to a boil, reduce heat to medium, cover, and simmer for 20 minutes.
3. At the same time, in a skillet, heat the olive oil, then add the onions, and cook over medium heat, stirring frequently, for 15 to 18 minutes, until caramelized (golden brown, but not burnt), then set aside.
4. In the pan with the lentils, add the rice and salt.
5. Recover the pot and simmer for an additional 15 to 20 minutes, until the rice and lentils are soft, and the liquid has been soaked up.
6. Stir in the cumin, pepper, and seven spice seasoning.
7. Remove from heat, spoon into bowls, garnish with the caramelized onions, and serve.

# SLICED POTATOES WITH SUMAC

## INGREDIENTS

4 large baking potatoes,  
cut into long wedges  
1 teaspoon salt  
2 teaspoons ground sumac  
½ cup olive oil  
2 tablespoons fresh  
parsley, chopped  
garlic dip ([recipe on  
page 16](#))

## PREPARATION

1. Preheat oven to 400°F.
2. In a pot, place the potato wedges and cover with water.
3. Bring to a boil, reduce heat, and continue to cook for 15 minutes, until fork tender.
4. Carefully drain and pat dry, then toss the potatoes in olive oil.
5. Sprinkle with salt and sumac.
6. Place the seasoned potatoes onto a baking pan and place in oven, turning occasionally, for 40 to 45 minutes, until golden brown and have become crusty.
7. Remove from oven and place on platter, sprinkle with parsley, and serve with garlic dip.





# Desserts



# ORANGE WATER AND PISTACHIO YOGURT

## INGREDIENTS

2½ cups whole milk  
2 cups plain halal yogurt  
1 vanilla bean, cut open lengthwise  
1 tablespoon orange water  
5 tablespoons water  
⅓ cup sugar  
1 teaspoon rose water  
¾ cup shelled pistachios, chopped

## PREPARATION

1. Scold milk in a saucepan over low-medium heat, (until a froth is formed on the top) and immediately remove from heat.
2. Place yogurt in a large bowl and slowly pour the warm milk into the yogurt, stir to incorporate.
3. Cover the bowl with plastic wrap, then a cloth towel, and place in a warm location overnight. Do not move the bowl or uncover once you have placed it.
4. The next day, cut open the vanilla bean lengthwise, and using a paring knife, scrape the vanilla seeds from the halved vanilla pods.
5. Add the vanilla seeds and orange water to the bowl of yogurt/milk, stir only once, and place in refrigerator for one day, allowing the mixture to set.
6. Prepare the syrup by placing the water and sugar in a saucepan over medium heat, and stir to dissolve the sugar.
7. Continue heating, until it has become syrup, then add the rose water and pistachios.
8. Serve the yogurt topped with pistachio nut syrup.

# ROASTED FIGS AND ALMONDS

## INGREDIENTS

12 figs, cut in half  
6-8 tablespoons pomegranate juice  
2 tablespoons demerara (or light brown sugar)  
zest of an orange, finely grated  
¼ cup blanched almonds  
½ cup halal yogurt  
honey

## PREPARATION

1. Preheat oven to 400°F.
2. Place figs, cut side up, on a cookie sheet, pour pomegranate juice over each, and sprinkle demerara over the tops.
3. Sprinkle the orange zest, then place a few larger almonds on each fig, and sprinkle the balance of the almonds around them.
4. Place in oven for 10 to 12 minutes, until soft.
5. Serve hot, with yogurt and honey.

# \*Chef's Notes

Kadaifi, also called kataifi, and Phyllo, also called fillo dough are usually found in the frozen food section of supermarkets or specialty food stores. Before using there are several steps that one must follow.

1. The night before you intend to use it, move the unopened package to refrigerator.
2. The next day, remove from refrigerator and place on the counter.
3. Do not open the package for about two hours.

When ready to work with the kadaifi dough, open the package. Using kitchen scissors, cut the amount of 'strands' needed for your recipe. Cover the balance of the dough with a slightly damp towel.

When ready to work with the phyllo dough, open the package, unfold, and work with one sheet at time. Keep the balance of the dough covered with a slightly damp towel.

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