



Baba Ganoush

No Middle Eastern meze table is complete without a bowl of this creamy dip

1 makes 6 servings
 prep 10 mins, plus standing
 cook 25–30 mins

2lb (900g) eggplants, cut in half lengthwise
 3 tbsp tahini, plus more to taste
 2 tbsp fresh lemon juice, plus more to taste
 2 tbsp extra virgin olive oil
 2 tbsp plain yogurt
 2 large garlic cloves, crushed salt and freshly ground black pepper
 cilantro sprigs, to garnish

Prepare ahead The dip can be refrigerated up to 1 day before serving. Bring to room temperature before serving.

1

Preheat the oven to 425°F (220°C). Lightly oil a baking sheet. Make a deep lengthwise incision, without cutting through the skin, down the center of the cut side of each eggplant half. Place on the baking sheet, skin side up. Bake for 25–30 minutes, or until the flesh is thoroughly softened and collapsing.

2

transfer the eggplant halves to a colander on a plate. Let stand for 15 minutes, or

until they are cool enough to handle.

3

scoop the eggplant flesh into a food processor. Add the tahini and lemon juice with the olive oil, yogurt, and garlic, and process until smooth. Taste and adjust the tahini and lemon juice as needed, then season with salt and pepper. Sprinkle with cilantro, and serve.

Good with warmed pita bread, cut into strips.

Leftovers can be kept in the refrigerator, covered, for 2 days.

Prepare by Hand

Preheat the broiler and set the pan about 8in (20cm) from the source of heat. Broil the scored eggplant halves, cut-sides down, about 10 minutes, until thoroughly softened and collapsing. Instead of using a food processor, the ingredients can be mashed together to a paste using a large pestle and mortar or in a large bowl using a sturdy wooden spoon.

STARTERS

Fava Bean Dip

Look for skinless dried fava beans at Middle Eastern and Latino grocers

1 makes 6–8 servings
 prep 20 mins, plus soaking
 cook 1 1/4 hrs
 low fat
 soak the beans overnight in cold water

to a boil, skimming off any foam. Reduce the heat and cover. Simmer 1 hour, or until the beans are soft.

2

Drain the beans and vegetables, reserving the cooking liquid. Transfer the mixture to a food processor and add the cilantro, parsley, mint, and cumin. Purée, adding enough of the reserved cooking liquid to moisten the mixture. Season with salt and pepper. Transfer to a dish and keep warm.

3

meanwhile, slice the remaining onions. Heat 1 tbsp oil over medium-high heat. Add the onions and cook, stirring often, for about 12 minutes, or until they are dark golden and slightly caramelized. Chop the garlic, stir into the onions, and cook for 1 minute more.

4

spread the fried onions and garlic over the purée and drizzle with the lemon juice and remaining oil. Garnish with additional cilantro and parsley and serve

9oz (250g) skinless dried fava beans, soaked overnight in cold water to cover

3 onions

6 garlic cloves

1/3 cup chopped cilantro, plus more to garnish

1/3 cup chopped parsley, chopped, plus more to garnish

2 tbsp chopped mint

1 tsp ground cumin salt and freshly ground black pepper

3 tbsp olive oil

juice of 1 lemon

Prepare ahead The dip can be covered with plastic wrap and refrigerated for up to 2 days. Serve at room temperature.

1





drain the beans. Place them in a large saucepan and add enough fresh water to cover. Coarsely chop 1 of the onions and 3 of the garlic cloves and add to the pan. Bring



COOKING TECHNIQUES

Vegetable Samosas

Serve these Indian pastries hot or cold. In India, they would be fried in ghee, a clarified butter that can be heated to a high temperature, but oil works equally well

-  makes 16 samosas
-  prep 45 mins, plus resting and cooling • cook 35–40 mins
-  deep-fat fryer or large saucepan, deep-frying thermometer
-  freeze uncooked samosas up to 1 month, defrost and pat dry with paper towels before frying

For the pastry
2 1/2 cups all-purpose flour,
plus more for rolling the
dough

1/2 tsp salt
6 tbsp vegetable oil, plus more
for deep-frying
1 cup warm water, as needed

For the filling
3 baking potatoes (1lb/450g)
2 cups cauliflower florets
3 tbsp vegetable oil
2 shallots, sliced
1 cup thawed frozen peas
2 tbsp curry powder
2 tbsp chopped cilantro
1 tbsp fresh lemon juice

Prepare ahead The samosas can be prepared up to 2 hours ahead, stored at room temperature, and fried just before serving.

1

to make the pastry, sift the flour and salt into a bowl. Stir in the oil. Gradually stir in the warm water until the dough comes together.

2

Knead the dough on a floured surface until smooth. Wrap in plastic wrap and let stand at room temperature for at least 30 minutes.

3

to make the filling, cook the unpeeled potatoes until tender, about 25 minutes. Drain and cool. Peel and cut into small dice.

4

cook the cauliflower in a saucepan of lightly salted, boiling water for 2–3 minutes, or until just tender. Drain.

5

Heat the oil in a large, deep frying pan over medium heat. Add the shallots and cook for 3–4 minutes, stirring frequently, until tender. Add the potatoes,

cauliflower, peas, curry powder, cilantro, and lemon juice. Reduce the heat to low and cook, stirring occasionally, until heated through, about 3 minutes. Let cool.

6

divide the dough into 8 equal balls. Roll out each into a 7in (18cm) round. Cut each round in half, one at a time, and shape into a cone, moistening the edges of the cone to seal. Spoon a little of the filling into a cone, moisten the top edge, and press down over the filling to enclose it. Transfer to a wax paper lined baking sheet.

7

Pour in enough oil to come halfway up the sides of a large, heavy saucepan, and heat to 350°F (180°C). In batches, fry the samosas for 3–4 minutes, or until golden brown on both sides. Transfer to paper towels to drain. Serve warm or at room temperature.

Meat Samosas

Replace 8oz (225g) potatoes with an equal amount of ground lamb. Cook the lamb with the shallots until well browned and drain off any excess fat before combining with the other ingredients.

