



Arepas



Ingredients

- 2 cups masarepa, or pre-cooked cornmeal
- 1 tsp salt
- 2½ cups water (room temperature)
- 2 tsp extra virgin olive oil

Instructions

Stir together masarepa, salt, and water. Allow to sit for 5 minutes. The mixture will form a dough as it sits. Wet hands and knead the dough until smooth. Divide into 8 balls.

Heat oil in a skillet or on a large griddle. Flatten each dough ball to about 1/2" thick discs. Cook each disc, flipping once, until golden brown on each side (about 7 minutes). Repeat until all discs are cooked through.



Arepa de domino

Ingredients

- 1 medium onion, diced
- 3 cloves garlic, minced
- 1 tbsp extra virgin olive oil
- 1 can black beans
- 1 tsp salt
- ½ tsp cumin
- Queso fresco, shredded

Instructions

Heat oil over medium-high heat in a large pan. Add the onion and garlic and cook 2-3 minutes. Add the can of black beans, undrained. Add salt and cumin. Stir. Bring to a boil and reduce heat. Simmer for 5 minutes.

Cut open an arepa and top with black beans and shredded queso fresco.





Pabellon Criollo



Ingredients

- 1½ pounds flank steak
- 1 onion, diced
- 2 beef bouillon cubes or packets
- 4 cups water
- 2 cups uncooked rice
- 1 can black beans
- 2 cloves garlic, minced
- 1 tsp cumin
- 2 tsp extra virgin olive oil
- 1 can diced tomatoes, drained

Instructions

Combine flank steak, onion, bouillon, and water in pot. The water should cover the flank steak; add more if necessary. Cover and bring to a boil. Reduce heat and simmer for 90 minutes, or until the meat is tender and cooked through. Remove the pot from heat and set aside.

Prepare rice according to directions. Fry garlic in olive oil over medium-high heat for 1-2 minutes. Add the can of black beans, undrained. Add cumin and salt to taste. Bring to a boil. Reduce heat and simmer for 5 minutes.

Shred the flank steak. In a large skillet, add the diced tomatoes and flank steak and cook together. Add liquid from the flank steak as needed. Simmer together for 5 minutes.

To serve: Add rice to one third of the plate, meat to the other third, and beans to the last third. Top with a fried egg or fried plantains (or both).





Chohle Chaat



(spicy chickpea salad)

Ingredients

- 2 cans chickpeas, drained
- ½ green bell pepper, chopped
- ½ onion, chopped
- 10 curry leaves
- ½ cup plain yogurt mixed with 1 tsp. chaat masala
- 1 4-oz. can of tomato sauce
- ¼ teaspoon cumin seeds, mustard seeds, black seeds
- 2 dried red chilis
- 2 cloves garlic, sliced thin
- 1 teaspoon garlic-ginger paste
- ½ teaspoon red chili powder
- ¼ teaspoon turmeric
- ¼ cup canola oil
- Salt as needed
- Optional: crushed potato chips, cilantro

Instructions

Heat canola oil in a pan over medium heat. Add cumin and mustard seeds, black seeds, dried red chilis, curry leaves, and sliced garlic. Stir constantly until seeds splutter and garlic is a light brown color. Add can of tomato sauce and stir. Add in garlic ginger paste, red chili powder, turmeric, and salt. Stir constantly for 1-2 minutes. Add canned chickpeas and turn heat to low. Simmer for 10 minutes. Remove from heat and let cool, as this dish is supposed to be served at room temperature. Drizzle with yogurt mixture, green peppers, onions, and cilantro. Add potato chips if desired.





Maash Rice



(mung beans with rice)

Ingredients

- 2 cups dried rice
- 1 cup dried mung beans
- 1 diced onion
- 3 tablespoons sunflower oil
- 1 teaspoon salt
- 1 teaspoon black pepper
- 1 teaspoon cumin
- 2 cups boiling water

Instructions

Pour the mung beans in the boiling water and let sit for 30 minutes.

In a large skillet over medium high heat, fry the onion in the sunflower oil until it is translucent. Add the salt, cumin, and black pepper and continue frying until the onion browns.

Drain the mung beans and add to the onion. Add the rice. Mix well. Cover with an inch of water. Bring to a boil and reduce to a simmer until all the water is absorbed. Remove from heat and let sit for a few minutes.

Serve topped with plain yogurt and/or chicken, lamb or beef. (Iraqis prefer chicken.)





Spicy Fruit Salad



Ingredients

- 1 apple, chopped
- 1 orange, chopped
- 1 pear, chopped
- 1 guava, chopped
- Handful of grapes
- Any other fruit you choose, chopped
- 2-3 ripe bananas
- ½ cup orange juice, (fresh is better)
- Salt and pepper (to taste)
- Chaat Masala (Or ½ teaspoon cumin powder, ½ teaspoon coriander powder, ½ teaspoon chili powder, ¼ teaspoon pomegranate seed powder, ¼ teaspoon citric acid, ¼ teaspoon black salt)

Instructions

In a bowl, combine the chopped apple with a little salt to soften them. Let it sit for 10 minutes. Then add the other fruits, along with the remaining ingredients. Give it a good stir. Enjoy!



Instant Pot Ful

(Syrian bean dip)

Ingredients

- 20 oz blanched/skinless dried fava beans
- 1 yellow or sweet onion, diced
- juice of two lemons
- 4 cloves garlic, crushed
- 1 cup olive oil
- ½ cup tahini (sesame paste)

1 tbsp cumin
salt to taste

Optional, for serving:

- diced cucumber, tomato, and onion
- chickpeas
- warm pita bread

Instructions

Rinse fava beans and place into instant pot. Fill with enough cold water to cover the beans by approximately two inches. Add diced onions and crushed garlic. (Leave the salt out til after beans are cooked.)

Set instant pot to 60 minutes on a manual setting. You may manually release the pressure, especially if you are not planning to mash the beans fully, but natural release is also fine. Drain remaining liquid.

Add olive oil slowly until desired softness and moisture is reached. Some water may also be added if necessary. Add tahini, lemon juice, cumin, and salt. Mash or stir to desired consistency.

Serve warm. Serves 6-8.





Baharat

(Syrian spice mix)



Ingredients

- 2 tbsp paprika
- 2 tbsp cumin
- 1 tsp cloves
- 1 tsp nutmeg
- 1 tsp cinnamon
- 1 tsp coriander
- 1 tsp black pepper
- ½ tsp cardamom
- 1 tsp Aleppo Chili or chili flake

Instructions

Mix all spices together. Use to spice savory foods, like fish, chicken, meatballs, or rice.



Tabbouleh

Ingredients

- chopped flat leaf parsley
- chopped fresh mint or dry mint
- 2-3 tablespoons fine bulgur
- chopped tomato
- ½ onion or 2 scallions chopped
- ½ cup extra virgin olive oil
- ¼ cup fresh lemon juice
- salt and pepper to taste

Instructions

Cook the bulgur according to instructions. Toss together all the ingredients and serve.



Grapes Leaves

Ingredients

- 2 large potatoes, peeled and cut into 1" slices
- 1/2 cup long-grain rice
- 2lb. jar grape/vine leaves
- 1 handful mint
- 2 1/2 bulbs garlic
- 1 tbsp black pepper
- 1 tbsp oil
- 2 lemons, juiced and separated
- 1 lb ground beef
- 1 tsp salt

Instructions

Cook the rice according to instructions.

Line a large pot with the slices of potatoes. In a large bowl, combine the rice, meat, mint, garlic, juice from 1 lemon, salt, and pepper.

Flatten one grape leaf. Remove the hard stem. Add approximately 1 tbsp of the meat and rice mixture at the bottom of the leaf. Roll the leaf, gently folding in the sides of the leaf as you roll tightly up.

Line the rolled grape leaves in the pot, alternating directions with each layer. Cover grape leaves with a small plate to weigh them down. Add the remaining lemon juice and enough water covers all the grape leaves.

Cover the pot with a lid and bring to a boil over high heat. Reduce the heat to low and simmer for 15 minutes or until meat inside is completely cooked through.



Hummus

Ingredients

- 2 cans chickpeas
- 2 tbsp lemon juice
- 2 tbsp olive oil
- ½ cup tahini (sesame seed paste)
- 1½ tsp salt
- ¼ cup cold water

Instructions

Blend all ingredients together in a food processor until a smooth consistency. Add more oil if necessary to smooth.



Beans & Rice

(from Mexico)

Ingredients

- 1 cup of beans
- 1 liter of water
- 1 cup of rice
- 2 cups of chicken broth
- 1/8 part of an onion
- 2 sprigs of epazote
- Salt to taste

Instructions

Fry rice and onion in a pot with a little oil for 1 minute, then add the chicken broth. Bring to a boil, then reduce heat and simmer. Remove from heat when all the broth is absorbed.

Place beans in a pot and add the water, salt, and the sprigs of epazote. Bring to a boil and reduce to a simmer. Cook until beans are soft, about 1 hour.



Iraqi Fasolia

(white bean stew)

Ingredients

- 2 cups dried white beans
- 1 bouillon cube
- 1 tbsp vegetable oil
- 2 cups rice, cooked
- 3 tbsp tomato paste
- 1lb. meat, cooked (optional)

Instructions

Soak white beans in water overnight. Boil for 2 hours until slightly soft. Drain, but keep the water.

In another pot, heat oil and tomato paste over medium-high heat. Add bouillon. When completely mixed, add a pound of cooked meat (optional). When the mixture turns a deeper color, add the drained beans and mix well. Add the drained beans water back to the pot and simmer for 30 minutes.

Serve with rice.



Syrian Fasolia

(white bean stew)

Ingredients

- 2 cups dried white beans
- 4 tbsp vegetable oil
- 1 onion, minced
- 3 tbsp tomato paste
- 1 tsp curry
- 1 tsp dried lemon
- 1 tsp turmeric
- 3 garlic cloves, shredded
- 2 cups rice, cooked
- 1lb. meat, cooked (optional)
- salt to taste

Instructions

Soak white beans in water overnight. Boil for 2 hours until slightly soft. Drain, but keep the water.

In another pot, heat oil and onions, salt, and a pound of cooked meat (optional). Add tomato paste, spices, and garlic. Mix well. Add the drained beans and mix well. Add the drained beans water back to the pot and simmer 30 minutes.

Serve with rice.





Paledonias



(Venezuelan cookies)

Ingredients

- 2 cups water
- 2½ cups brown sugar
- 6 cloves, ground or 1 ½t allspice
- 2 eggs
- 10 tbsp butter
- 2 tsbp baking soda
- 2 cups all-purpose wheat flour

Instructions

Preheat oven to 350°F. Line baking sheets with parchment paper.

In a small saucepan, stir water, brown sugar, and cloves over low heat to make a syrup. When thick, remove from heat and let cool.

In a mixing bowl, beat the eggs and butter. Add the baking soda and syrup and mix well. Add the flour a little at a time, mixing well. If the dough is loose, sprinkle more flour until it is compact and manageable.

Roll dough into a long tube, about 1” thick. Cut the dough into 1.5” thick pieces. Place on a baking sheet and bake for 15 minutes.





Reganadas



(Mexican cinnamon cookies)

Ingredients

for the dough

- 1 large egg, separated, room temperature
- 2 cups butter
- 4 cups all-purpose flour
- 3 tsp baking powder
- 1½ tsp ground cinnamon
- Pinch of salt
- ¾ cups sugar

for the coating:

- ⅔ cups sugar
- 4 tsp ground cinnamon
- Powdered sugar, optional

Instructions

Preheat oven to 375°.

In a large bowl, beat butter until creamy. In another bowl, whisk flour, baking powder, cinnamon, and salt; gradually beat into lard. Beat egg white on high speed until stiff peaks form. Gently whisk in sugar and egg yolk. Gradually beat into butter mixture.

Turn dough onto a lightly floured surface. Knead gently 8-10 times. Divide dough into 6 parts. On a lightly floured surface, roll each portion in a 24" long rope. Cut diagonally into 2" pieces. Place 1" apart on an ungreased baking sheet. Bake 8-10 minutes or until edges are golden brown. Cool on pans 2 minutes.

Dust warm cookies in cinnamon sugar or with powdered sugar. Cool on wire racks. Makes 4 dozen.





Maamoul



(Syrian cookies)

Ingredients

Dough Ingredients

- 2 cups all-purpose flour
- 10 tbsp butter or ghee
- ¼ cups sugar
- ¼ cups cool water
- 1 tbsp sugar syrup
- 1 tsp powdered milk
- ⅛ tsp yeast

Pistachio Filling Ingredients

- 1 cups ground pistachios
- 2 tbsp sugar syrup
- 1 tsp powdered sugar
- 1 tsp butter or ghee

Date Filling Ingredients

- ¾ cups ground, pitted dates
- ¼ tsp ground star anise
- ¼ tsp ground cardamom
- 1 tsp ghee or butter
- 1 tsp powdered sugar





Maamoul



(continued)

Instructions

Preheat oven to 480°F.

For the dough: Mix flour and butter with your hands into a smooth dough. Knead. Chill the dough in the fridge for 8-12 hours.

Remove dough from the fridge and warm by kneading with your hands. In a separate bowl, mix together water, yeast, sugar, powdered milk, and sugar syrup. Slowly add wet ingredients to dough and knead. Cover dough and let rest for 15 minutes.

Roll out dough into a long tube, about 1" thick. Cut the roll into 2" slices.

For the filling: Combine ingredients for either pistachio or date filling in a food processor. Pulse until it comes together into a dough-like consistency. Roll out filling into a long tube, about 1" thick. Cut the roll into 1.5" slices.

Assembly: Take one piece of dough into your hand, flattening and stretching it a bit. Press one piece of filling into the center of the dough and fold the extra dough around the filling.

Place on a baking sheet. Bake for 4 minutes on the top rack. Move the baking sheet to the bottom rack and bake an additional 4 minutes.

Let cool for 5 minutes. Dust with powdered sugar.





Kleicha



(Iraqi molded cookies)

Dough Ingredients

- 3 cups flour
- 1 tsp cardamom
- ½ cup water
- 1 tbsp yeast
- 1 cup butter, room temperature
- 1 tsp sugar
- 1 tsp salt

Instructions

Mix flour and yeast together. Mix in sugar, salt, and cardamom. Mix in butter. Slowly add in water. Let dough rest while you prep stuffing.

Walnut Stuffing Ingredients

- 3 cup walnuts
- 2 tbsp sugar
- 1 tsp cinnamon
- 1 tsp cardamom
- 2 tsp honey (optional)
- 1 tsp oil (optional)

Instructions

Grind walnuts, sugar, cinnamon, and cardamom in food processor. For a more sticky mixture, add honey and oil and mix.





Kleicha



(continued)

Instructions

Preheat oven to 375 °F. Prep a cookie sheet with parchment paper.

Form the dough into small balls. Flatten each ball with a rolling pin to about ¼ " thick. Use a glass or biscuit cutter to cut circles of dough.

Add a small spoonful of walnut stuffing to the center of each dough circle and fold the dough around the stuffing. Press each stuffed dough into the cookie mold.

Place the molded kleicha onto the cookie sheet. Whisk 1-2 eggs and brush the top of each cookie with the egg mixture.

Bake for 20-30 minutes until golden brown.

