



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!



Iraqi Fasolia

(white bean stew)

Ingredients

- 2 cups dried white beans
- 1 tbsp vegetale oil
- 3 tbsp tomato paste
- 1 bouillon cube
- 2 cups rice, cooked
- 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.





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.

