

# 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.



# 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.





# 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.

