

Julia's Cookbook

Tuesday, July 30, 2013

Kafta Mishwi (Beef Fingers Barbequed)

Kafta Mishwi (Beef Fingers Barbequed)



Inspired by Serene Sayles who gave me this recipe years ago in London, she would grill the kafta in the oven. Here in Syracuse we have a wonderful restaurant called Byblos, one of their specialties is their delicious kafta. I peeked in Chef Kamal Al-Faqih's cook book and liking his seasonings, served it this evening. I made it with beef but you can substitute lamb for the beef. We barbequed our meat on a charcoal grill. I made the traditional finger shapes but also made some hamburger patty shapes, you can do them either way. Some people shape the meat on a skewer, we did not do this. I really like the fact that you can make these the same day ahead, keep covered in the fridge until grilling, eat wrapped up in pita bread.

Ingredients

1 lb ground beef (80%)
 3/4 cup finely chopped onion
 1/2 cup finely chopped Italian parsley (use green leaves and tender stems)
 1 tablespoon balsamic vinegar
 1 teaspoon salt
 1/2 teaspoon ground pepper
 1/2 teaspoon ground allspice
 1/4 teaspoon ground cinnamon
 shake of ground cloves
 shake of ground nutmeg

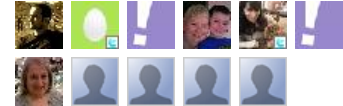
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ingredients in a bowl and mix well together with your hands. Make sure the onions and parsley are thoroughly mixed with the meat, I added a touch more balsamic vinegar as the meat mixture felt a bit dry. Form the meat into fat finger shapes, approximately six inches long, cover with plastic wrap and refrigerate. Grill the same day. They take about 3 minutes to grill on each side.



Shown here as rather pudgy finger shapes, alongside some patties.

Posted by [Julia Fuleihan](#) at 5:50 PM No comments: 

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Saturday, July 27, 2013

Squash Flowers fried in Beer Batter



Squash Flowers fried in Beer Batter

We find squash flowers in our local farmer's market during the summer. Delicious as an appetizer.

Ingredients

12 Squash Flowers
1 cup flour
1 cup beer - gradually add to flour

shot glass of whisky
1 egg
Vegetable oil

Directions

Mix all together, don't let the batter become too thick.
Dip the squash flowers in the batter and deep fry in vegetable oil.
Drain on paper towels and sprinkle with salt.



Posted by **Julia Fuleihan** at 12:03 PM No comments: 

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Wednesday, July 10, 2013

Cousa Omelet (Ijjie Cousa)

Either use grated cousa or if you have hollowed out the cousa to stuff, use the insides for this dish.

Ingredients


3 large eggs beaten
1 cup chopped white onion
3/4 cup grated cousa or the hollowed out part, squeeze out the moisture first
1/2 teaspoon salt
shake of pepper
1 1/2 tablespoons flour
1/2 teaspoon baking soda
olive oil for frying



Directions

In a bowl, combine all the ingredients except the oil. Be sure to squeeze out the moisture in the cousa before adding to the beaten eggs.
Pour olive oil into skillet, so it covers bottom of pan and heat.
Pour the egg mixture into skillet once the oil is hot.

Once the egg is browned on one side, cut the omelet in half and with a spatula, flip it over to brown on the other side. Serve right away with pita bread.

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Green Beans, Cheddar Cheese and Black Olives in Pita Bread

Ingredients

Fresh Green Beans
Calamari Black Olives
Cheddar Cheese
Pita Bread



Directions

Open the pita bread to form a pocket, slice some cheddar cheese and place inside the pocket, add lots of beans, close up the pocket and eat with calamari black olives.

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