



*Online Convention - March 4-7, 2010*

**Convention Recipes**






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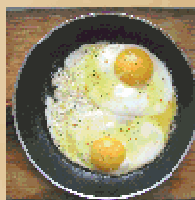
# Egyptian Breakfast Buffet



# Egyptian Breakfast Buffet



Bread ma'li bi-basturma



Bread ma'li ma' broun



Bread ma'li bi-btamcatine



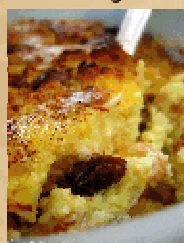
Tortang Talong



Katayef



Kharshaf



Ome Ali



Inca



Shai



Assorted Fresh Fruits

## Beed ma'li bi-bastirma

### Beed ma'li bi-bastirma

Eggs Fried with Pastrami

#### Ingredients:

4-1/2 ounces **pastrami**

4-6 **eggs**

**Cooking oil**

**Salt and pepper**



#### Directions:

Remove the coarse rind of pastrami. Pastrami becomes crisp very quickly when heated, so place with the fat to heat together. Turn over to cook both sides, then add eggs, beaten or whole. When eggs are set, remove onto serving dish and season.

## Beed ma'li ma'toom

### Beed ma'li ma'toom

Eggs Fried with Garlic

#### Ingredients:

5 **garlic cloves**

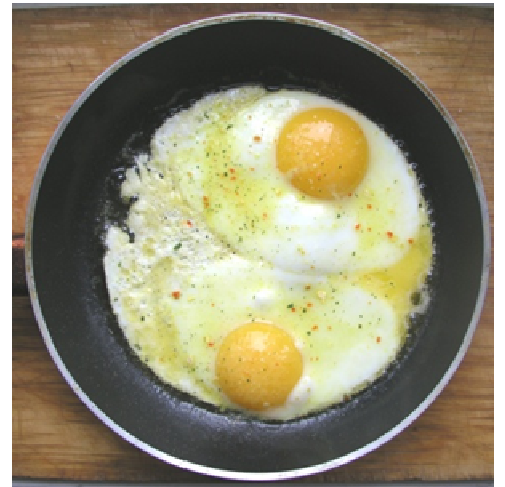
1 teaspoon **lemon juice**

4-6 **eggs**

pinch of **mint powder**

**cooking oil**

**salt and pepper**



#### Directions:

Crush garlic with salt and mix with lemon juice. Fry this mixture in oil, then slide eggs onto pan and fry. Baste once or twice. Sprinkle with mint and seasoning.

**Beed ma'li bi-l-tamatim****Beed ma'li bi-l-tamatim**

Eggs Fried with Tomatoes

**Ingredients:**

1 **onion**  
 2-3 **ripe tomatoes**  
 3-6 **eggs**  
**Cooking oil**  
**Salt and pepper**

**Directions:**

Chop the onion very fine. Peel and slice tomatoes 1/2 inch thick. Fry onion until it softens, then add tomatoes and cook for 10-12 minutes. Break the eggs onto the onion and tomato mixture, and when set sprinkle with seasoning.

**Tortang Talong****Tortang Talong**

Eggplant Omelet

**Ingredients:**

2 to 4 **talong** (eggplants), average size  
 2 to 3 **eggs**, beaten  
**Salt and pepper**, to taste  
**Oil/butter** for frying  
**Scallion**  
 Salted **ground crackers**

**Directions:**

Broil eggplants until tender (the skins are charred and blister appears).

Once cool, peel off the skins of the eggplant and retain the crown and the stem. Gently flatten its meat by using the back of a fork. Set aside.

In a bowl, beat the eggs and season with salt, add pepper, scallion, and ground crackers.

In a skillet, heat oil over medium heat. Dip each eggplant, one at a time into the egg mixture. Gently bring the bowl near the skillet and tip, lowering the eggplant onto the heated oil.

Fry until golden brown on one side, then turn and brown the other. Drain on paper towels. Keep warm and serve.

## Tortang Talong Variation

Eggplant Omelet with Meat

### Ingredients:

1 lb **eggplant** — half lengthwise  
 ½ cup chopped onion  
 ½ lb. **ground beef** — or ½ lb. **ground lamb**  
 2 cloves **garlic** — minced  
 8 **eggs** — beaten  
 ¼ cup **parsley** — snipped  
 1 tsp ground **coriander**  
 ½ tsp **salt**  
 ½ tsp ground **cumin**  
 ⅛ tsp **pepper**



### Directions:

Peel eggplant; halve it lengthwise; cut cross wise into ½ inch thick slices. Cut slices into ½ half inch thick strips. In covered saucepan cook eggplant and onion in small amount of boiling salted water about five minutes or until tender ; drain well. In a 10-inch oven-going skillet cook beef (or lamb) and garlic until meat is brown; drain off fat. Stir in eggplant mixture; spread in bottom of skillet.

Combine eggs, parsley , coriander ,salt , cumin , and pepper. Carefully pour over meat and vegetable mixture. Cook over medium heat. As eggs set, run a spatula around edge of skillet letting uncooked egg mixture flow underneath. Continue cooking and lifting until mixture is almost set (total cooking time is about ten minutes) place under broiler, about 5 inches from heat, for 2 or 3 minutes or until set and golden.

## Katayef

**Katayef**

Pancakes with Banana Stuffing

### Ingredients:

#### Dough:

1 ½ cups **buckwheat flour**  
 2 cups **milk**  
 ½ teaspoon **dried yeast**  
 Pinch **salt**  
 1 ½ ounces **butter** for frying



*(Continued on page 12)*

(Continued from page 11)

### **Sugar Syrup:**

- 1 cup **sugar**
- 1 cup **water**
- 2 tablespoons **lemon juice**

### **Stuffing:**

- 4 **bananas**
- 5 ounces **vanilla pudding**



### **Directions**

Put ingredients for sugar syrup into a pot and bring to a boil. Simmer for 15 minutes and cool. Mix first four ingredients into a dough, cover and allow to stand for 30 minutes at room temperature. Shape dough into four pancakes of 3-inch diameter and fry on both sides in butter.

To make the stuffing: Peel the bananas and mash with a fork. Add the vanilla pudding and mix well. Place some stuffing mixture on each pancake, fold in half and press the edges together well. Deep fry at 350 degrees and soak in the cold sugar syrup. Place in a sieve to remove excess sugar syrup.

## **Khoshaf**

### **Khoshaf**

Marinated Fruit Salad

### **Ingredients**

- 1 cup dried prunes
  - 1 cup dried apricots
  - 1 cup dried small figs, halved
  - 1½ cups raisins
  - 1 cup sugar, or to taste
  - 2½ cups boiling water
- Nuts (optional)



### **Procedure**

1. Place all the fruits in a bowl and mix together gently.
  2. Sprinkle the sugar on top of the dried fruits.
  3. Carefully pour the boiling water into the bowl, cover, and allow to cool to room temperature.
  4. Refrigerate for several hours, or overnight if possible. (*Khoshaf* is best when allowed to marinate overnight or for several hours before serving.)
- Add nuts just before serving.

Serves 4.

## Om Ali

### Om Ali

#### Egyptian Bread Pudding

This bread pudding is the most popular sweet in Egypt. It's called Om Ali, which means Ali's Mother. The traditional way is to use baked phyllo pastry broken into pieces with a mixture of cream and milk, but people find all sorts of ways of making it; with pancakes, with thinly rolled out puff pastry, and with pieces of bread.

#### Ingredients:

½ lb days old of your favorite **bread**  
 ¼ cup **raisins**  
 ¼ cup coarsely chopped of your favorite **nuts** (try pistachios and almonds)  
 3 large **eggs**  
 ½ cup **sugar**  
 1 tbsp **orange blossom water**  
 A pinch of **salt**  
 2 cups **whole milk**  
 ½ tsp **ground cinnamon**, for dusting on top

#### Directions:

Preheat the oven to 350F. Lightly butter a 2-qt (2L) baking dish.

Trim the crusts from the bread into ½ inch (12mm) cubes. Scatter the bread in the prepared baking dish, sprinkling the raisins and nuts in between the layers.

In a large bowl, whisk together the eggs, sugar, salt, and orange blossom water until blended, then whisk in the milk. Pour the mixture over the bread, dust with the cinnamon and set aside for 20 minutes to moisten the bread. Tilt the dish occasionally to keep the bread evenly covered with the liquid.

Place the baking dish in a bigger pan and pour hot water into the pan to reach halfway up the sides of the dish. Bake until golden brown and a knife inserted into the center comes out clean, 40-45 minutes. Carefully remove the baking dish from the water bath and let cool completely on a wire rack. Serve at room temperature or refrigerate to chill for up to 3 hours.

Note: You can also add some semi-sweet chocolate chips to the custard. It's not traditional, but I am sure Om Ali wouldn't mind.



*'Irea*  
**'Irea**  
 Cinnamon Tea

**Ingredients**

2 **cinnamon sticks**  
 2 teaspoons **sugar**, or to taste  
 1 cup **cold water**  
**Mixed nuts**

**Instruction**

Place the cinnamon and sugar in a small saucepan with the cold water and bring to a boil, stirring occasionally.

Lower the heat and allow the mixture to simmer for 10 minutes, or until it is brownish.

Remove the cinnamon sticks and pour the drink into a cup.

Serve with mixed nuts sprinkled into the cup.

Makes 1 cup.

*Shai*  
**Shai**  
 Mint Tea

**Ingredients**

1 package mint tea (loose or in tea bags)  
 Sugar  
 4 to 6 cups water (depending on how many people are served)

**Procedure**

Bring water to a boil.

If using loose tea, measure 1 teaspoon of tea leaves into a teapot for each person being served.

Otherwise, place one tea bag per person into the teapot.

Pour boiling water over tea.

Allow to steep (soak) for about 3 minutes.

Pour tea into cups. (In Egypt, small glass tumblers are used.)

If loose tea is used, allow the tea leaves to settle to the bottom of the pot, and pour carefully to avoid disturbing them.

Add 4 or 5 teaspoonfuls of sugar to each cup.

Enjoy with a piece of baklava.

Serves 4 to 6.





# Luncheon

March 4, 2010



# Lüncheön Menü

March 4, 2010



Melokhia



Salitit Krumb



Eish Balach



Sabanek



Tawoik Em-taffa



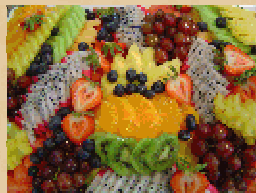
Sambusak



Karkady



Katayef



Assorted fresh fruits

*Melokhia*  
**Melokhia**  
 Mallow Soup

**Ingredients:**

**Broth:**

1 kg **leg of lamb** or 1 whole **chicken**

1 ½ liters **water**

**Salt** (as much as you like)

2 fine cut **onions**

2 **garlic cloves**

1 ½ liters **water**

**Pepper** (a handful)

**Soup:**

200 g wild **spinach**

2 **garlic cloves** (squeezed)

**Sunflower oil** or **olive oil**

1 teaspoon **harissa**

2 teaspoons **ground coriander**



**Directions:**

Put all the broth ingredients in a pan with a thick bottom for two hours and let it become broth. Cut the little pieces of chicken and/or lamb and put them in the soup. Cut the spinach or melokhia in little rips and put them also in the soup.

Put a little sunflower or olive oil in the baking pan. Using a garlic press, squeeze the strings garlic in the pan and bake them until they are gold-brown of color. Then put the harissa and coriander in it. Now put the spicy paste in the soup. Always keep mixing.

Make sure the melokhia or spinach doesn't become overdone. Serve it with Turkish bread.

## Salatit Krumb

### Cabbage Salad

#### Ingredients:

2 tablespoons **sour cream**  
 2 teaspoons **mayonnaise**  
 ½ teaspoon finely grated fresh **lemon zest**  
 4 teaspoons fresh **lemon juice**  
 1 teaspoon **sugar**  
 3 tablespoons **water**  
 ¼ teaspoon **salt**  
 1/8 teaspoon **black pepper**  
 1 lb green **cabbage**, thinly sliced (4 cups)  
 2 **carrots**, cut into julienne strips or coarsely grated  
 1 bunch **scallions**, thinly sliced diagonally (1 cup)  
 ½ cup chopped fresh **flat-leaf parsley**



#### Directions:

Whisk together sour cream, mayonnaise, zest, lemon juice, sugar, water, salt, and pepper in a large bowl until sugar is dissolved. Add cabbage, carrots, scallions, and parsley and toss well. Chill, covered, 1 hour to allow flavors to develop. Season with salt and pepper.

## Eish baladi

### Eish baladi

#### Pita Bread

#### Ingredients

2 tsp. dry **yeast**  
 1 cup warm **water**  
 3 cups **flour**  
 1 tsp. **salt**

#### Directions

Dissolve the yeast in 1 cup warm water. Sift together the flour and salt and mix the yeast and water. Work the mixture into a dough and knead for several minutes. Cover the dough with a damp cloth and let rise in a warm place for 3 hours.

Preheat oven to 350°.

Divide the dough into 6 equal portions and roll into balls. With either your hand or a rolling pin, pat and press each ball of dough into a 5-inch circle about 1/2-inch thick. Place on an ungreased baking sheet and bake for 10 minutes, or until the pita are light golden brown.



**Sabanek**  
**Sabanek**  
 Spinach with Garlic

**Ingredients**

- 1 medium **onion**, chopped
- 1 Tablespoon **vegetable oil**
- 2 **garlic cloves**, chopped
- 1 can (15-ounce) **tomato sauce**
- 10 ounces **frozen spinach**, thawed or 1 lb. **fresh baby spinach**
- ½ cup **water**
- 2 cups cooked **rice**



**Directions**

1. Heat oil in a large skillet.
  2. Add onions and cook, stirring with a wooden spoon, until onions are softened.
  3. Add the garlic and continue to cook for 2 minutes.
  4. Add the tomato sauce and bring to a boil.
  5. Simmer for 10 minutes on low heat.
  6. Add the spinach and water, and heat to a boil again.
  7. Cover and simmer on low heat for 15 minutes.
- Serve warm over cooked rice.

**Tawouk Em'taffa**  
**Tawouk Em'taffa**  
 Chicken Kebabs

**Ingredients**

- 2 boneless skinless **chicken breasts**
- 1 tablespoon **plain yogurt**
- 1/4 teaspoon **salt**
- 1/4 teaspoon **turmeric**
- 1/8 teaspoon **dry mustard**
- 1/2 teaspoon **curry powder**
- 1/8 teaspoon ground **cardamom**
- 1 teaspoon **lemon juice**
- 1 teaspoon **vinegar**
- 1 **onion**, sliced thin
- 4 small **tomatoes**, halved



**Directions**

Cut each chicken breast into 16 squares.

Combine with the yogurt, salt, turmeric, mustard, curry powder, cardamom, lemon juice and vinegar.

Let stand for 1/2 hour.

Thread on skewers 2 chicken pieces, 1 slice of onion, 2 chicken pieces, 1/2 tomato.

Repeat till all ingredients are used.

Cook slowly, turning occasionally and brushing with the marinade, over hot coals OR under the broiler till the chicken is tender and juices run clear, about 10 minutes.

Transfer to a hot platter.

Sprinkle with lemon juice.

Garnish with fresh tomatoes, green pepper rings and fresh mint or parsley.

## *Sambūsak*

### **Sambusak**

Filled Savory Pastries

#### **Ingredients:**

##### **Dough:**

¼ cup **margarine**

½ cup **corn oil**

½ cup **water**

1 tsp **salt**

2½ cup **flour**

##### **Filling:**

2 ¼ lb lean **ground beef**

1 **onion**, big, finely chopped

1 **clove garlic**, minced

1/3 cup **pine nuts**

1 dash **nutmeg**

1 dash **allspice**

**Salt**, to taste

Freshly ground **black pepper**, to taste

**Oil**, for frying

1 **egg yolk**

#### **Directions:**

In a small pot, over a small flame, mix all the Dough ingredients – except the flour. cook until



the Margarine melts. pour into a bowl.

Add the flour, one tablespoon at a time. mix well until you get a smooth dough. shape the dough into a ball, wrap in plastic sheet and set aside.

In a pan fry the onion and garlic to golden brown, add Pine Nuts and fry for 2 min. more. add the meat and spices, and cook on medium flame, while stirring, until the meat changes color (about 10 min.). it is vital to stir the meat to avoid the formation of big lumps of meat.

Heat oven to 180C (350F)

Roll out the dough to 3mm (1/8") and cut 10cm (4") circles.

Put a tablespoon of filling in the middle of each circle and fold into half a circle. pinch the edges tightly.

Put sambusaks in oiled and floured pan (or just use a cooking parchment)

Brush a little egg yolk on each sambusak. Bake for 30 min. or until golden brown.

## Karkady

### Karkady

#### Hibiscus Tea

Karkady is one of the most popular and unusual drinks that you can find in Egypt. Made from the dried, dark red petals of the Hibiscus flower. It is served in many of the popular cafe's throughout Egypt. The best Karkady comes from Upper Egypt.

### Ingredients

1 cup **hibiscus petals**  
2 cups **sugar**

### Directions

Pick over the dried petals, removing any stems or leaves. Soak the hibiscus petals in cold water to cover for 1-2 hours. Transfer the petals and water to a pot and bring to a boil. Remove the pot immediately and strain the liquid through filter paper. Return the petals to the pot, add fresh cold water to cover, and repeat as above. Repeat the process until the karkady loses its reddish hue. Then, discard the petals and sweeten the juice while it is still hot. Serve cold, although it is a pleasant drink when served warm in the wintertime.

It is possible to purchase hibiscus tea bags from other lands as a substitute, but the intensity of flavor will not be the same. Hibiscus tea bags from Poland can sometimes be found in the international food department of a very large supermarket.



