

Ingredients

- ½ pound of stewed prunes
- 2 ounces of raisins
- 1 pound of egg barley
- 7 to 14 tablespoons honey
- dash of salt
- 2 teaspoons of cinnamon
- some oil or butter
- grated zest of 1 orange

Preparation

Preheat the oven to 350 degrees.

Soak prunes in lukewarm water for a couple of hours and drain.

Mix the egg barley with the honey, orange zest, cinnamon, salt and oil. Then add the prunes and raisins to the mixture. Pour mixture into a baking dish.

Cover and bake the mixture for 20 minutes; uncover and bake for another 20 minutes.

Ingredients

- 2 lbs of leeks
- 4 eggs
- 2 slices of thick, stale bread, crumbled (or 2 boiled and mashed potatoes)
- 3 tablespoons vegetable oil
- ¼ teaspoon salt
- black pepper

Optional:

- 1 cup of grated tulum* cheese can be added.

* Tulum is a regional cheese and if not available, you can use feta.

Preparation

Preheat the oven to 400 degrees.

Wash leeks and cut into small pieces, then boil them in water for 10 minutes until tender. Drain and squeeze out any excess water.

Beat the eggs. Mix them with leeks and breadcrumbs or mashed potatoes.

Heat oil in a 12-inch pan. Pour the mixture into the pan and sprinkle with additional breadcrumbs. Bake in the oven for 40 minutes.

Ingredients

- 5 – 6 apples
- 2 cups of cedar nuts (or pine nuts)
- 4 teaspoons sugar
- 5 teaspoons of sweet liqueur
- 2 cups of butter
- 1 ¼ cups of honey
- ½ glass of red wine
- cinnamon

Preparation

Heat the oven to 325 degrees.

Core the apples and place them on a well-buttered cookie sheet.

Mix cedar nuts (or pine nuts) with sugar and liqueur and put this mixture inside each apple. Sprinkle cinnamon on the apples and put a piece of butter on top of each apple. Mix honey with wine and pour this sauce over the stuffed apples.

Ingredients

- About 2 ¼ pounds of spinach leaves (fresh or frozen)
- 8.5 ounces of oil
- 2 small onions
- 3 cloves of garlic
- 1 small bunch of coriander
- 10 leaves of fresh mint
- ½ pound of white beans
- 1 ½ pounds of beef cut in 5 pieces
- salt
- pepper
- harissa (optional)

Preparation

One day before cooking, soak the beans in water.

(If the spinach leaves are fresh, first wash them in water, then chop and cut the stems). Put the spinach in a large frying pan with 1 chopped onion and cook over high heat until the water is completely absorbed. Lower the heat and add the oil. Stir from time to time, adding more oil if necessary to make sure the mixture doesn't burn. Cook until the spinach becomes black and crunchy. Cooking should last 2 hours.

Now put the spinach in a cooker or stewpot without adding more oil. Cover with water. Add beans, garlic, 1 chopped onion, chopped mint leaves, chopped coriander, pepper, and harissa (optional). After these ingredients have completely cooked through the salt should be added. Bring all ingredients to a boil and then add the meat. Cook over a low heat for 2 hours.

This meal is traditionally eaten with couscous or bread.

Lentil Spread

Ingredients

- 2 cups red lentils
- 3 tablespoons oil
- 2 medium onions, diced into cubes
- 2 cloves garlic, crushed
- 1 cup boiling water
- 1 teaspoon hot paprika
- 1 ½ tablespoons sweet paprika
- 1 tablespoon chicken soup
- Salt to taste
- Turmeric to taste (optional)

Preparation

Cook the lentils until soft. In a separate pan sauté onions and garlic in oil until soft. Add hot and sweet paprika and water; simmer on low flame for five minutes

Add cooked lentils and chicken soup. Add salt and turmeric to taste.

Dabo (Ethiopian Bread)

Ingredients

- 2 ¼ lbs flour
- 2 tablespoons yeast
- ½ teaspoon salt
- 3 ½ cups lukewarm water

Preparation

Combine all ingredients and allow dough to rise about 1 ½ hours. Place dough in a large pan and bake on 350 degrees until golden.

Ingredients

- 4 eggs
- ½ cup of sugar
- 1 tablespoon of oil
- 1 tablespoon of cognac
- 1 cup of honey
- 1 teaspoon of cinnamon
- ½ teaspoon of ground cloves
- juice of 1 small lemon
- ½ cup of flour
- 1 cup of water or sparkling mineral water
- powdered sugar.

Preparation

Preheat the oven to 350 degrees.

Beat egg whites. Continue beating while slowly adding sugar.

In a deep bowl mix egg yolks and oil, and add cognac, honey and spices. Slowly pour egg whites in, while stirring gently. Add lemon juice, flour and water. Stir until even, and pour into oiled, round baking dish.

Bake for 40 minutes. When cooled, sprinkle with powdered sugar.

Ingredients

Cookie dough:

- 3 eggs
- 1 cup of sugar
- 1 cup of honey
- 1 cup of oil
- 1½ teaspoon of baking soda
- 1/4 tsp cinnamon and ground cloves
- Flour (as much as it takes)

Cookie Filling:

- Quince jelly
- Cinnamon
- Sugar

Preparation

Combine the ingredients into compact dough. Grease and flour a medium-size rectangular baking sheet. Divide dough in three parts; take 1 with oiled hands and place on sheet.

Sprinkle sugar and cinnamon, cover with a layer of quince jelly diluted with some other jam or jelly (e.g., orange, lemon, peach, or plum). Repeat this step twice with the two remaining parts of dough, layering them. Finally, oil the top and sprinkle sugar and cinnamon.

Bake approximately 50 minutes in moderate to hot oven.

Ingredients

- 2 ¼ cups of cornstarch (in India, use cornflour)
- a drop or two of pink, orange or red food coloring
- 2 cups of sugar
- 4 tablespoons of chopped almonds & pistachios
- 1 medium-sized coconut (or 1 can of thick coconut milk)
- 1 tablespoon of margarine
- ½ teaspoon of cardamom and nutmeg

Preparation

Scrape coconut, grind in the mixer and extract coconut milk with warm water to measure 2 quarts. Mix sugar into the coconut milk. Sieve cornstarch and add to the coconut milk with sugar. Then add a good pinch of salt and a drop or two of food coloring.

Mix well and pour into a stove-top pan and cook on low flame, stirring continuously to prevent sticking. Stir for about 30 minutes.

Pour a little of the mixture on a plate, and if it comes out without sticking to the plate, add the margarine, half the nuts, cardamom, and nutmeg powder. (If mixture does stick, place back on the stove top and continue stirring until it no longer sticks to the plate.) Mix well and pour onto 2 ungreased 8" x 10" trays. Tilt to spread evenly. Sprinkle remaining nuts on top. Cool and cut into squares or diamonds. Refrigerate overnight if not consumed the same day.

Optional: To improve firmness and taste of halva, add 1 packet of agar agar (a gelatin agent) in half a cup of warm water, cook for 5 minutes more, before adding the margarine and nuts.