

Shuk and Cook

Recipes and Ingredients

Mint lime margarita

Ingredients:

1 1/2 oz. tequila
2 oz. freshly squeezed lime juice
1 1/2 oz. simple syrup
5 mint leaves
2/3 cup ice

Directions: Combine tequila, lime juice, simple syrup and mint leaves in a blender and blend until smooth. Add ice and blend.

Note: Dimple syrup is equal parts water and sugar, cooked until the sugar dissolves.

Note for session: Please prepare the simple syrup ahead of time.

Sabich Salad

Ingredients for the salad:

1 large eggplant, shiny and light in weight
Kosher salt
Vegetable oil for frying
4 large hard-boiled eggs
Handful of your favorite lettuce
1 cup canned chickpeas (drained and rinsed)
1 cup (225 gr) cherry tomatoes, halved
2 cucumbers, cut into cubes
1/4 cup kalamata olives
1 small red onion, thinly sliced
Handful cilantro or parsley, chopped for garnish

Ingredients for the sauce:

2 garlic cloves, minced
1 lemon juiced
1/2 cup raw tahini
1/2 cup ice cold water
1/2 teaspoon salt

Directions:

Using a vegetable peeler, Peel the eggplant from top to bottom to make zebra stripes. Cut into 1.5 cm rounds and sprinkle it with salt.

Line a plate with a paper towel, fill a wide deep skillet with vegetable oil to a depth of about 2.5 cm and heat over medium heat until it reaches 180 degrees. Pat dry the eggplant with a paper

towel. Add 1/3 of the eggplant to the skillet and fry until golden brown on both sides. Using a spatula transfer the fried eggplant to the paper towels to drain excess oil. Repeat with the rest of the eggplant. Let cool.

Make the sauce: Tahini is a sauce made with finely grinding roasted sesame seeds until buttery smooth. It's very popular in many cuisines, especially in the Mediterranean and middle eastern cuisine. Its vegan, gluten-free and very easy to make.

Where to buy? Specialty Mediterranean and Middle eEastern stores.

In a medium bowl combine the tahini and the cold water and stir well until a mousse like texture is achieved. It will first get thick as it emulsifies. Seasoned with lemon juice, garlic and salt. Taste and adjust seasoning.

Assemble the salad: Arrange the lettuce on a serving plate. Layer the fried eggplant rounds on top, spread the cucumbers, tomatoes, chickpeas, onions and kalamata olives on top. Quarter the eggs lengthwise and arrange them on top of the vegetables, Drizzle with the tahini sauce, garnish with parsley or cilantro and serve.

Note for session: Please prepare the hard-boiled eggs and the fried eggplants ahead of time.

Cheese and spinach phyllo bourekas

Ingredients:

8 cups baby spinach
1 small onion, finely chopped
¼ cup part skim ricotta cheese
1/3 cup feta cheese, crumbled
¼ cup shredded mozzarella cheese
Salt and pepper
1 large egg, beaten
12 sheets phyllo dough, thawed in the refrigerator overnight
1 tbsp olive oil plus more for brushing the phyllo
1 tbsp sesame seeds (optional)

Directions:

Heat 1 tbsp of olive oil in a skillet over medium heat and sauté the onions till golden for about 5 minutes, add the spinach and cook for 2 more minutes, transfer to a bowl and cool.

Stir ricotta, feta and mozzarella cheese into the spinach mixture. Stir in the eggs and season with salt and pepper to taste.

Preheat the oven to 180 degrees. lined 2 baking sheets with parchment paper and coat with cooking spray.

Lay 1 phyllo sheet on a work surface with the long side close to you, brush with olive oil. Top with a second phyllo sheet, and brush with oil. Cut phyllo sheets lengthwise into 4 long strips.

Scoop 1 heaping tsp of the spinach mixture on the bottom of the first strip, fold one bottom corner of strip overfilling to make a triangle. Repeat with remaining phyllo. Spread the burekas on the baking sheets, oil spray the top, sprinkle with sesame seeds and bake for 15 to 20 minutes until crispy and golden brown.

Note for session: Please sauté the spinach and the onions ahead of time.

Halva Mousse

Ingredients:

500 ml heavy whipping cream

2/3 cup raw tahini

½ cup date syrup or maple syrup

For serving: small serving cups, shredded chocolate, and shredded halva

Directions: In a mixer bowl beat the whipping cream until a soft peak form. In a small bowl mix together tahini and date syrup until combined. Add 1 tablespoon of the whipped cream to the tahini and the date syrup and mix well. Gently Fold the mixture into the whipped cream until combined. Divide into serving cups, garnish with shredded halva and chocolate and refrigerate till serving.