



# Cooking with Claire @TVInfants

*Middle Eastern Recipes, Do you know your countries?*

## Moroccan Lamb Meatballs with Cous Cous

### Ingredients

2 tsp cumin seeds  
 2 tbsp coriander seed  
 50g breadcrumbs  
 1 garlic clove, crushed  
 500g lamb mince  
 juice 1 lemon  
 1 egg lightly beaten  
 20g pack mint most leaves chopped  
 2-3 tbsp sunflower oil  
 150ml natural yogurt to serve

### For the couscous

300g couscous  
 50g butter  
 2 tbsp harissa- shop-bought or see below, to serve

### Method:

Heat a heavy-based pan over a low heat. Add the spices to the pan then toast for 2-3 mins until fragrant.

Crush using a pestle and mortar. Set aside.

Mix the breadcrumbs with 2 tbsp water and the garlic and stir well. Add the lamb, lemon juice, crushed spices, egg most of the mint. Season well. Mix well then shape into 16 balls.

Chill for a good 30 mins.

Heat the oil in a frying pan. Fry the balls for 6-7 mins, turning now and then, until golden brown and cooked.

Keep warm.

Put the couscous in a large heatproof bowl, then rub in the butter and harissa. Pour over 400ml boiling water, cover and leave for 10 mins.

Fluff up and season. Shred the remaining mint, then mix through. Serve with harissa and yogurt.



## Homemade harissa:

Put 2 tbsp each coriander, fennel and cumin seeds into a hot, dry pan.

Toast for 2 mins until fragrant.

Grind until fine in pestle and mortar.

Wipe out pan, add 50ml olive oil, gently fry 4 chopped garlic cloves, 1 chopped red onion, 1 chopped red pepper and 6 fat red deseeded chopped chillies until soft.

Mix spices and veg in food processor and blend to smooth paste.

Leftovers will keep in fridge for up to a week, covered with layer of oil.

## Chakchouka (Shakshouka)

### Ingredients

3 tablespoons olive oil  
 1 1/3 cups chopped onion  
 1 cup thinly sliced bell peppers, any color  
 2 cloves garlic, minced, or to taste  
 2 1/2 cups chopped tomatoes  
 1 teaspoon ground cumin  
 1 teaspoon paprika  
 1 teaspoon salt  
 1 hot chilli pepper, seeded and finely chopped, or to taste  
 4 eggs

### Method:

Heat the olive oil in a skillet over medium heat. Stir in the onion, bell peppers, and garlic; cook and stir until the vegetables have softened and the onion has turned translucent, about 5 minutes.

Combine the tomatoes, cumin, paprika, salt, and chile pepper into a bowl and mix briefly. Pour the tomato mixture into the skillet, and stir to combine.

Simmer, uncovered, until the tomato juices have cooked off, about 10 minutes. Make four indentations in the tomato mixture for the eggs.

Crack the eggs into the indentations. Cover the skillet and let the eggs cook until they're firm but not dry, about 5 minutes.



## Falafel burgers

### Ingredients:

400g can chickpea, rinsed and drained  
garlic clove, chopped  
handful of flat-leaf parsley or curly parsley  
1 tsp ground cumin  
1 tsp ground coriander  
**1/2 tsp harissa paste or chilli powder**  
2 tbsp plain flour  
2 tbsp sunflower oil

### To serve

toasted pitta bread or home made flat bread (see recipe)  
200g tub tomato salsa  
1 bag green salad  
1 small red onion, roughly chopped



### Method:

Pat the chickpeas dry with kitchen paper. Tip into a food processor along with the onion, garlic, parsley, spices, flour and a little salt. Blend until fairly smooth, then shape into patties with your hands. Heat the oil in a non-stick frying pan, add the burgers, then quickly fry for 3 mins on each side until lightly golden. Serve with toasted pittas, tomato salsa and a green salad.

## Tabbouleh

50g barley couscous  
1 tbsp extra virgin olive oil  
juice 1 lemon  
small pack parsley, finely chopped  
small pack mint, finely chopped  
small pack coriander, finely chopped  
2 spring onion, white parts only, finely sliced  
½ cucumber, deseeded and cut into small pieces  
3 tomato, quartered, deseeded and cut into small pieces



For the tabbouleh, mix the olive oil, lemon juice and some black pepper in a small bowl. In a larger bowl, combine the rest of the tabbouleh ingredients, along with the cooked couscous, and add the dressing. Mix well.

## Kofte Kebabs:

### Ingredients

4 cloves garlic, minced  
1 teaspoon salt  
1lb/454g ground lamb  
3 tablespoons grated onion  
3 tablespoons chopped fresh parsley  
1 tablespoon ground coriander  
1 teaspoon ground cumin  
1/2 tablespoon ground cinnamon  
1/2 teaspoon ground allspice  
1/4 teaspoon cayenne pepper  
1/4 teaspoon ground ginger  
1/4 teaspoon ground black pepper  
28 bamboo skewers, soaked in water for 30 minutes

### Method:

Mash the garlic into a paste with the salt using a mortar and pestle or the flat side of a chef's knife on your cutting board. Mix the garlic into the lamb along with the onion, parsley, coriander, cumin, cinnamon, allspice, cayenne pepper, ginger, and pepper in a mixing bowl until well blended.

Form the mixture into 28 balls. Form each ball around the tip of a skewer, flattening into a 2 inch oval; repeat with the remaining skewers. Place the kebabs onto a baking sheet, cover, and refrigerate at least 30 minutes, or up to 12 hours.

Preheat an outdoor grill for medium heat, and lightly oil grate.

Cook the skewers on the preheated grill, turning occasionally, until the lamb has cooked to your desired degree of doneness, about 6 minutes for medium.

### Turkish salad

1 small cucumber, deseeded and chopped  
4 firm, ripe tomatoes, deseeded and chopped  
1 green pepper, cored, deseeded and chopped  
1 small red onion, chopped  
1 small bunch of mint, finely chopped  
1 tbsp extra virgin rapeseed or olive oil  
100g/3½oz reduced fat feta cheese, diced  
2 tbsp chopped parsley  
1 lemon, juice only



### Method:

For the salad, mix together the cucumber, tomatoes, pepper, onion, mint and oil in a large serving bowl and sprinkle over the feta and parsley.

Stir in the lemon juice and season well with salt and freshly ground black pepper.

Serve by itself or as a side dish.

### Hummus

200g/7oz canned chickpeas  
2 tbsp lemon juice or more  
2 garlic cloves, crushed  
1 tsp ground cumin  
Salt  
100ml/3½fl oz tahini (sesame seed paste)  
4 tbsp water  
2 tbsp extra virgin olive oil  
1 tsp paprika



### Method:

Drain the chickpeas and rinse. Reserve a few whole chick peas for serving.

Combine the chickpeas, lemon juice, garlic, cumin, salt, tahini, and water in a food processor, and blend to a creamy purée.

Add more lemon juice, garlic, cumin or salt to taste. Turn out into a dinner plate, and make smooth with the back of a spoon. Drizzle with extra virgin olive oil and scatter with the reserved chickpeas.

Sprinkle with paprika and serve with pita bread, warmed in a moderate oven for three minutes, and cut into quarters.

## Moroccan flatbread wraps with harissa

### For the flatbread:

200g/7¼oz plain flour  
1 tsp ground cumin  
1 tsp ground coriander  
½ tsp ground cinnamon  
water, to bind  
pinch of salt

### For the filling:

1 clove garlic, finely chopped  
2 tsp ground cumin  
2 tsp thyme, chopped  
75ml/2½fl oz olive oil  
1 lamb leg steak  
1 pepper, roasted and skinned  
1 aubergine, sliced and grilled  
1 courgette, sliced and grilled  
50g/1¾oz sundried tomatoes  
100g herby marinated olives, stoned  
1 lemon, juice only  
100g/3½oz rocket



### For the harissa (simple version):

4 large red chillies  
6 cloves garlic  
25g/1oz fresh coriander  
1 lemon, juice and zest only  
olive oil

### Method:

To make the flatbread, mix the dry ingredients together and add water until a firm dough has formed.

Divide the dough into six and roll out the flatbreads thinly.

Cook in a very hot, dry, non-stick pan for one minute on each side or until brown spots appear on both sides.

Now make the filling. Place the garlic, cumin, thyme, and a tablespoon of the olive oil in a bowl and coat the lamb steak well.

Leave this to marinate for one hour.

Next, place the lamb steak on a hot griddle and cook for a few minutes either side.

Remove from the heat and allow to cool slightly, then slice thinly.

Slice up the roasted vegetables and sundried tomatoes, toss in another bowl with the olives and pour the remaining olive oil and the lemon juice over them.

Now make the harissa. With a hand blender, whiz up the chillies, garlic and coriander with the lemon juice and enough olive oil to make a mayonnaise consistency.

Season to taste.

Lay two flatbreads on a plate and add a couple of spoons of the roasted vegetables to each. Add the sliced lamb, then some rocket, and then a spoon of harissa dressing.

Repeat with the remaining flatbreads.

Roll up the flatbreads and cut in half. Serve the halves around a pile of rocket drizzled with the harissa dressing.