

RECIPE FOR MIDDLE EASTERN FOOD



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Assemble this Build-Your-Own Shish Kebabs recipe from Food Network by skewering marinated chicken, steak, shrimp and veggies before grilling. Hummus. For a quick dip, make Ina Garten's Hummus recipe from Barefoot Contessa on Food Network; use tahini, garlic and lemon juice to brighten up canned chickpeas. Babaganoush.

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Beef Dolmas with Apricots and Tamarind. In the Syrian Jewish kitchen, this Middle Eastern basic gets a sweet-and-sour spin. In the warmer months, try to find and use fresh grape leaves; they are more tender and flavorful than the jarred types. Out of season, jarred leaves are a fine substitute (we prefer the Orlando brand).

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Top 10 Middle Eastern Recipes for Beginners

These recipes are basic, yet delicious, and will give you an introduction to cooking Middle Eastern food. The trick is to have fun, experiment and don't be hard on yourself if you don't get it right the first time around.

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Middle Eastern Mezze Recipes. We like to serve these flavorful Middle Eastern recipes like tapas or as sides to shish kebabs, lamb, chicken or fish. Try the best hummus we've ever made, slow-roasted tomato sauce (Matbucha), cauliflower salad with walnuts and more with these healthy favorites.

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Middle Eastern Recipes PBS Food

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Hummus--a traditional Middle Eastern dish--is a thick and creamy blend of garbanzo beans, garlic, olive oil, and tahini. Serve with pita bread or vegetables. Chopped tomatoes, cucumbers, onions, and parsley combine with a drizzled dressing of lemon juice, olive oil, garlic, and mint leaves.

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Middle Eastern recipes and Middle Eastern food Hospitality is central to Middle Eastern culture and many home cooks spend hours, sometimes days, preparing an impressive spread of dishes for family

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