

Empowering Women through COOKING

LEBANON

Empowering Women through Cooking - Lebanon
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contains fish



vegetarian



contains nuts



contains eggs



gluten-free



vegan



sugar-free



dairy-free



Melting Pot

Broccoli Salad



2 heads of broccoli, chopped into small pieces
250g cherry tomatoes, diced
1 onion, chopped finely
6 cucumbers, chopped finely
2 bunches of parsley, chopped fine
½ bunch of fresh mint, chopped fine
1 bunch of thyme, chopped fine
½ cup bulgur wheat, soaked and drained
½ dried cranberries
½ cup raisins
½ cup almonds, toasted and chopped
½ a pomegranate, seeded

For the dressing

1 cup olive oil
Juice of 3 lemons
Salt and black pepper to taste

SERVES 6 | PREP 20 minutes

Combine all the prepared vegetables and herbs in a large bowl with the soaked bulgur wheat, dried fruits, and almonds. Combine all of the ingredients for the dressing. Right before serving, add the dressing to the bowl and stir well. Garnish with more almonds and fruits.



Lara Khoury

Lebanese from Beirut

I am a multi-disciplinary experimental designer. My work spans and unites the realms of fashion, interiors, and film. In 2008, I was taken under the wing of Lebanese designer Rabih Kayrouz. Under his tutelage, I became one of the first designers featured in fashion incubator Starch, Rabih's brainchild. One year on, I was selected to represent Lebanon at the Maison Méditerranéenne des Métiers de la Mode (MMMM) in Marseille, France. In subsequent years, receiving regular acclaim for my work, I was recognised by institutions such as Woolmark and global fashion platform Not Just A Label. Since establishing LK, I present my collections in Paris, Dubai, Ecuador and Beirut, garnering recognition locally and globally.

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Fattet Sujok

Sausages with Yoghurt and Crispy Bread



2 cups chopped sausages
2 teaspoons pomegranate molasses
½ cup vegetable oil
3 cups natural yogurt
2 teaspoons tahini
½ lemon, juiced
1 to 2 garlic cloves, crushed
Pinch of salt
4 to 5 small pita loaves
2 to 3 teaspoons toasted almonds
and pine nuts

SERVES 4 | PREP 50 minutes | COOK 30 minutes

In a frying pan, sear the sausages until they turn brown. Once done, turn the heat off, add the pomegranate molasses, and leave to rest. In another pan, toast the pine nuts and almonds with a bit of vegetable oil. Meanwhile, put the yogurt in a large glass mixing bowl. Add the tahini, lemon juice, and crushed garlic. Whisk well until it has a creamy texture.

Separate the pita loaves into two thin layers, then cut them into bite-sized pieces with kitchen scissors. Heat vegetable oil in a frying pan and shallow-fry the pita until it is crunchy and golden. Spread the crunchy bread in an even layer in a deep serving platter or bowl. With a ladle, scoop the sausages and spread them evenly on top of the bread along with almonds and pine nuts but leave a little aside for decoration. Pour the yogurt mixture over it until it is all covered.

Top with the reserved pine nuts. Sprinkle paprika and cayenne pepper on top for garnish, and enjoy immediately!



Diana Moukhalled

Lebanese from Tibnin

I am a Lebanese journalist. My professional expertise varies from news writing and reporting to documentary and TV production of things like war coverage in hot zones including Afghanistan, Yemen, Iraq, and Lebanon. I have also explored topics of Human Rights, women, war, and salient minority issues. In 2017, I launched Daraj.com with two other partners. Daraj.com is a progressive independent media platform based in Beirut, addressing Arab speakers all over the world. I also work as a columnist for several publications in both Arabic and English.

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Herra' Esba'o

Syrian Lentils



SERVES 6 | PREP 30 minutes | COOK 1 hour

2 cups lentils
7 cups water
1 cup olive oil
2 yellow onions, finely chopped
½ teaspoon salt
6 cloves garlic, minced finely
1 bunch cilantro, finely chopped
½ teaspoon ground cumin
½ teaspoon sweet pepper
1 tablespoon sugar
6 tablespoons lemon juice
4 tablespoons pomegranate molasses

For the dough

2 cups all-purpose flour
1 cup water
½ teaspoon salt

For the garnish

5 cloves garlic, minced
1 onion, thinly sliced
1 cup cilantro leaves
Vegetable oil for frying
Pomegranate seeds to garnish

Rinse the lentils in a colander, drain, and place in a medium saucepan with the water. Boil on medium heat for half an hour until the lentils are softened. Meanwhile, fry the chopped onion in the olive oil until translucent and golden brown. At the last minute add the garlic, a pinch of salt and the cilantro. Stir for a minute to incorporate the flavors and then add the cumin, sweet pepper, and sugar. Remove from the heat.

Add the onion spice mixture, with the oil, to the cooked lentils along with the lemon juice and pomegranate molasses. It should taste very lemony and sweet. Allow the lentils to simmer on the stove for another half an hour until most (but not all) of the sauce is evaporated and the stew becomes dark from the pomegranate molasses. While the stew is cooking make the dough by kneading together all of the ingredients for 10 minutes until smooth and elastic. Let it rest in an oiled bowl with a tea towel covering it for 30 minutes.

After 30 minutes roll out the dough on a lightly floured surface and cut into small little diamonds about ½ inch long. Take half of the diamonds you've made and place them into the boiling lentils for 10 minutes. Allow the lentils to cool to room temperature before serving. For the remaining dough diamonds, fry them in hot oil until golden brown, for about 3-4 minutes. Allow to drain on paper towels.

Now take the garlic and quickly fry until brown in the same pot of oil. Using a slotted spoon, remove the garlic and also place on paper towels to drain. Follow with the onions in the same manner and finally the cilantro. To serve, place the cooled lentils in a bowl, top with the fried dough diamonds, garlic, onions, cilantro, and pomegranate seeds.



Rima El Khodr

Lebanese from Beirut

I worked in the banking sector for 24 years. I don't remember how I went into the kitchen and found myself diving into a different world of smells, colors, and perfumes. All of a sudden I discovered the "aha" thing and became passionate about cooking. Trying new tastes and dishes, learning the traditional Lebanese cuisine, and digging into my mum's family recipes. My passion led me to Paris where I used to do workshops and spread the Lebanese Cuisine that is known to be very tasty and healthy.

Kastaleta

Lamb Chops



12 individual lamb chops

Olive oil

Salt and pepper, to taste

Fresh zaatar

4 beets, with their greens if possible

Rosemary

Cauliflower cream

30g unsalted butter

1 leek, white and pale green parts,

thinly sliced

2 tablespoons zaatar

1 cauliflower, cut into florets

Salt

50ml white wine

250ml vegetable stock

150ml cooking cream

Pepper to taste

Levant crumb

60g pistachios, toasted and chopped

¼ cup toasted sesame seeds

1 tablespoon sumac

Zest of one lemon

Pistachio oil

Flaky sea salt

SERVES 4 | PREP 45 minutes | COOK 45 minutes

Rub olive oil, salt, pepper, and zaatar all over the lamb chops and marinate in the fridge for a couple of hours. Take them out and allow them to come to room temperature before grilling. Grill over hot coals for about 3 minutes each side and allow to rest under foil for about 5 minutes before serving.

In a medium pan cook the butter, leek, and thyme until they're soft, about 10 minutes. Then add the cauliflower and cook for 7 minutes more over medium-low heat, stirring occasionally. Season with a pinch of salt. Add the white wine, and crank up the heat and cook for 4 more minutes. Now add the stock and bring to a boil. Reduce the heat and simmer until the cauliflower is soft about 20 minutes. Finally, add the cream and cook 5 minutes more. Strain off the liquid (but keep!) and place the solids in a food processor or blender, adding the cooking liquid as you need to make it a super smooth, light cream. Season with salt and pepper to your taste and keep warm.

Take a large sheet of heavy-duty foil and lay the beets inside it on top of their greens. Drizzle with a little olive oil and arrange the rosemary on top. Tightly close the foil packet and using a fork, pierce it all over so that the smoke from the grill can permeate it. Place the foil packet on a grill that has some wood smoking chips, over moderate heat, close the lid and smoke for approximately 30 minutes. Set beet packet aside to cool. Then peel the beets and cut into a medium dice.

Mix together the pistachios, sesame seeds, sumac, and lemon zest binding with a bit of pistachio oil or olive oil. Season with a pinch of salt.

To serve, create a bed with the cauliflower cream, arranging 3 lamb chops on each plate, with a few pieces of diced smoked beet, and sprinkle the whole plate generously with the Levant crumb.



Sally Hurst

American

I am an American chef who has happily found herself in Beirut, where I work as a restaurant consultant and caterer, write about food and culture, and play around with lots of beautiful Lebanese ingredients! My formal training happened in NYC, but it is through my years of living around the world and catering for private clients in London, Paris, San Francisco, and even a luxury sailboat on the Mediterranean, that my style has evolved. I created this recipe because it features all of the local ingredients I love in Lebanon, but I have added my own twist.

@chefsallyjane

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Kibbeh b'Laban

Kibbeh with Yoghurt



SERVES 4 | PREP 20 minutes | COOK 30 minutes

6 cups yogurt
2 ½ tablespoons cornstarch
3 tablespoons cold water
1 ½ tablespoon dry mint
Pinch of salt
1 tablespoon fresh lemon juice
12 kibbeh (see page 35 for Khadra Kanj's Kibbeh recipe)

For oil garnish

2 tablespoons olive oil
1 garlic clove, minced
2 tablespoons parsley, finely chopped
½ tablespoon fresh mint, finely chopped

In a heavy saucepan, heat the yogurt over low heat. In a small bowl, whisk together the cornstarch and cold water. When the yogurt starts to simmer, add the cornstarch mixture to it and stir well to thicken. Then, add the spices, lemon juice, and mix well. Once the yogurt is ready, before carefully lowering in the kibbeh, bring to a boil and simmer over low heat for 20 minutes.

While the kibbeh cooks in the yogurt, heat the olive oil in a skillet. Add the garlic and herbs. Add a pinch of salt and remove from heat before the garlic has the chance to burn.

Spoon the yogurt into bowls with the kibbeh. Top each bowl with a generous spoonful of the herb garlic oil.



Bahia Farahat

Lebanese from Bnaafol

I grew up in Lebanon in a village called Bnaafol with two sisters. Before my dad died, he had studied at the American University until he had to leave to take over the role of chief of our village after my grandfather. My mother and grandmother raised us in a community where we grew crops, such as lentils and wheat that I carried with me. When I got married, I moved to a village called Ancoun and am now 97 years old and I live around my children, still cooking traditional food for them.

Khedra Mehshiyye

Stuffed Vegetables



SERVES 3 | PREP 1 hour | COOK 45 minutes

5 medium potatoes, peeled
5 medium zucchinis, cleaned
5 medium eggplants, cleaned
5 artichoke bases, half boiled
5 small tomatoes, cleaned

For the stuffing

2 medium onions, finely chopped
1kg minced meat
5 tablespoons vegetable oil
1 teaspoon salt
1 teaspoon mixed spices

For the sauce

1 liter water or more, to cover the ingredients
2 heaped tablespoons tomato paste
2 lemons, juiced
Salt

Heat the oil, then add the onions and sauté until translucent. Add the meat, stirring continuously over high heat until cooked through. When all the liquids are evaporated, season with salt and spices. Allow to cool.

Meanwhile, remove the pulp of all the vegetables. Fill them to the top with meat mixture and deep fry them in vegetable oil until golden, except for the tomatoes and artichokes. Place the fried vegetables on kitchen paper to get rid of excess oil.

Mix ingredients for the sauce together in a bowl. Place the fried vegetables in a baking dish. Stuff the tomatoes and artichokes with meat mixture and cover them with a slice of tomato. Add them to the baking dish along with the other vegetables. Pour the sauce over the ingredients and bake in an oven preheated to 180 degrees for 20 minutes, or until half of the cooking liquid has evaporated. Serve with vermicelli rice or regular rice.



Leyla Fathallah

Lebanese from Beirut

I am a Lebanese cooking show presenter. I earned a degree in culinary arts from "Le Cordon Bleu" in Lebanon, then started a small catering business from home. Shortly after, I won the "Star Chef" competition and became the new face of Fatafeat Channel. I also became the face of Goody, and was the presenter of their television show, 'Goody Kitchen'. I organized workshops for different associations such as BAU Cook, Eat Lebanese, and Pepsico. I authored the cookbook "Sit Beit" which contains hundreds of collected international recipes for everyone to enjoy.

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Mnazalet Batenjan

Beef and Aubergine with Pomegranate



SERVES 4 | PREP 10 minutes | COOK 20 minutes

1kg Aubergine peeled and diced
500g minced meat
1 onion chopped
2 garlic cloves minced
100g pine nuts
½ tablespoon pomegranate molasses
1 tablespoon tomato paste
¾ cup tomato purée
Salt and pepper to taste
1 teaspoon cinnamon powder
1 cinnamon stick
½ teaspoon white pepper
½ teaspoon smoked paprika
Bay leaf

Take the aubergine cubes and set them in a colander. Salt them liberally and let the water drain out for at least 15 minutes before frying. Dry using paper towels. Heat oil in a deep-sided pot and fry the aubergine cubes until golden brown (about 10 minutes). Drain and cool.

Sauté ground beef with onion, garlic, and chili pepper. When browned, add half a tablespoon of molasses and 1 tablespoon of tomato paste and ¾ cup tomato purée. Also add to that salt, black and white pepper, cinnamon powder, 1 cinnamon stick, paprika and bay leaf. Add the aubergines. Add between ½ cup to 1 cup water and bay leaf. Let it simmer on medium to low heat for 20-30 mins. Could serve it with rice on the side or just eat it with Arabic bread.



Ghena Hariri

Lebanese from Saida

Cooking is my kind of meditation. It helps me relax and focus, especially since I am currently working toward my Ph.D. degree. I work from home and organize my day around mealtimes. I am not a health freak and never will be, but when I am at home I like to cook well balanced and healthy nourishing meals. I like to have meatless Mondays. I started this tradition when I was living in Lebanon, since Sundays are family days and are usually centered around meat.



Ramsos



SERVES 4 | PREP 20 minutes | COOK 20 minutes

½ cup onion, finely chopped
1 can mushrooms
1L cooking cream
1kg beef strips
½ teaspoon salt
2 teaspoons curry powder
¼ cup corn oil
2 cups cooked white rice

In a pan, sauté onions in oil on low heat until the onions are transparent. Add the meat, salt, and black pepper with the curry powder and stir for a few minutes until the meat is cooked. Drain the mushrooms, cut them, and add them to the mix. Finally, add the liquid cooking cream and stir until the cream starts boiling. Serve with cooked white rice and enjoy!



Rana Khoury

Lebanese from Beirut

Ramsos is a dish that my mother learned from a German woman she met in Beirut. I imagine them sitting on an old balcony, sipping coffee together. In my head, they would talk about Beirut and Berlin, the war and the wall, the East and the West, finding common ground and sharing their mutual culinary secrets. Eventually, I discovered that Ramsos doesn't actually exist. I looked it up online and found nothing. It made me wonder if the German woman created the recipe? Did she just invent its name? Today, all of these questions speak through this dish, emulating culture, imagination, and deliciousness.

 @rankhoury

Silik Mihshi

Stuffed Chard Rolls



3 bunches of chard
600g minced meat
2 cups Egyptian rice, washed and soaked for 15 minutes
1 teaspoon salt
Pinch of pepper
Pinch of cinnamon
¼ cup of lemon juice
¼ cup oil or ghee
4 cups of water or bone broth

SERVES 5 | PREP 1 hour | COOK 45 minutes

Cut the chard stems and leave them on the side. Dip the chard leaves in boiling water then quickly take them out and put it in a bowl of cold water, then drain. Drain the rice and mix it with the minced meat, salt, pepper, and cinnamon. Flatten each leaf, smooth side down, and cut into two equal pieces. Put a full teaspoon of the stuffing (meat and rice) on one side of the leaf, then fold the sides and roll it tightly. In a pot, pour the oil (or ghee). Line the chard rolls then place a dish on top to hold them in place. Add the lemon juice and the water or broth and season with salt to taste. Leave to boil then lower the heat and cook for 45 minutes. Serve with a side dish, cut the chard stems into small cubes, boil them and once soft, mix with lemon, tahini, and a pinch of salt.



Najwa Hamade Tayara

Lebanese from Beirut

I've always been a passionate cook. Growing up an only child, I used to watch my mom perfect the traditional Mediterranean dishes. I developed a special taste for baking very young and it became a hobby. After getting married and after positive comments from friends, my husband encouraged me to open a bakery or restaurant but with 3 kids and several wars in Lebanon, that plan never materialized. Only after the passing of my late husband, the idea of commercializing my passion came to life. Constantly preparing recipes for friends, I am finally happily mixing business with pleasure.

Sunday Roast Beef



SERVES 4 | PREP 40 minutes | COOK 3-4 hours

- 1 ½ kg top sirloin beef**
- 4 onions, peeled and rough chopped**
- 6 garlic cloves, peeled**
- 4 carrots, peeled and rough chopped**
- 2 celery ribs, rough chopped**
- 1 rosemary branch**
- 50ml olive oil**
- 2 vegetable stock cubes**
- 2 cups of water**
- Salt and pepper to taste**

Remove the meat from the fridge 30 minutes before cooking. Season the meat generously with salt and pepper. Heat a frying pan with some oil on high heat and add the meat and sear it on all sides, making sure it's well-browned. Remove the meat and place it in a roasting tin.

Now, add the chopped vegetables to the hot pan, scraping up any leftover meat bits. Add the stock cubes which have been dissolved in 2 cups of warm water to the vegetables and simmer for a minute before pouring it all over the meat in the roasting tin. Cover with tin foil and place in a 150-degree oven for 2-3 hours, depending on how you like your beef cooked. When cooked remove the meat from the pan, covering it with aluminum foil and a cloth for at least 30 minutes.

Serve the meat with its sauce and baked potatoes and enjoy!



Isabella Baffa

Italian

For 18 years, my world had revolved around advertising and communication, but I found myself naturally following my true passion: cooking. My journey started with selling the product that everyone asked my mother Tery, for; her pasta sauce. This is how Saponi Di Tery was born; Italian for 'Flavors of Tery'. I also started giving cooking lessons, showing people how simple yet diversified Italian cuisine could be. I began catering, consulting, and training women in remote areas and refugee camps on how to cook and preserve ingredients, which are all things that I learned from my mother.

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Beiruti Bouillabaisse

Fish Stew



SERVES 10 | PREP 1 hour | COOK 2 hours

1kg mixed small fish
1kg red mullet
1kg rascasse
6 sea bass fillets
6 crabs
1kg shrimp
1kg mussels
3 celery sticks, finely chopped
3 leeks, finely chopped
4 fennel, finely chopped
2 large onions, finely chopped
2 carrots, peeled and finely chopped
4 heads of garlic, chopped
2 tomatoes, roughly chopped
1 tablespoon tomato paste
Handful of fennel seeds
3 pieces orange rind
3 star anise
3 stems thyme
1 tablespoon saffron threads
Bottle of white wine
Half a bottle of Ricard (equivalent of Arak)
Olive oil
1 bottle of water
1 egg yolk
1 baguette

Put 4 tablespoons of olive oil in a large heavy-bottomed pan. Fry chopped fennel, onions, and 2 cloves garlic until soft, about 15 minutes. Add the carrots and celery for a couple more minutes before adding the small fish with their heads. Simmer for 30 minutes, then add the Ricard and flambé. Pour the white wine into the pan and let it cook down until it is almost completely gone.

In another pan, add a dash of olive oil and add the crabs until they change color. When done, add them to the earlier cooked ingredients in the large pot. Cook the mussels separately with a little wine and set aside. In the large pan, add 1 bottle of water and let boil for 1 hour. When they're done also add them to the large pot. Add water and let them all simmer for 1 hour. Pound the crabs and boil again, then let it cool and remove the solids. Mix everything with a moulin until it becomes a thick liquid. Add the star anise, orange rind, thyme, and saffron and let sit for a bit, then strain it through a sieve preserving the liquid and all of the seafood separately.

When serving, add the big fillet of sea bass with shrimps and cook in the strained fish stock for 10 minutes. Remove from heat and serve on a platter separately. To make the rouille, take 4 cloves garlic, the egg yolk, ½ cup olive oil, and fish liver in a mixer. Blend to make a mayonnaise-consistency mixture. Slice the baguette diagonally and toast each side and spread the rouille mixture on them. Serve the mix and platter of fish fillet with shrimps and mussels separately.



Huda Baroudi

Lebanese from Saida

I grew up in the south of Lebanon, in a house by the sea. Moving from Saida to Beirut during my late teens was the stepping stone to amplify my vision, breaking away from any preconceived limitations. With my degree in Economics and Business, I worked for several financial institutions. I began collecting unique furniture and textiles from countries I have visited. Along with my partner Maria Hibri, we founded Bokja, a company focused on the creation of handcrafted distinctive textile pieces.

 @bokjadesign

 www.bokja.com

Loqos

Sea bass in a Potato Scale Crust



1 whole Loqos fish
 8 large potatoes
 100g potato starch
 1 bunch thyme
 1 bunch rosemary
 1 head of garlic, cloves
 smashed with skin on
 500ml fresh orange juice
 1L cooking cream
 1 pinch saffron
 Salt and pepper

For plating

6 oranges
 Fresh herbs (dill/chives)
 Edible flowers

SERVES 8-10 | PREP 1 hour 30 minutes | COOK 30-40 minutes

For the fish

Debone and remove the skin of a whole Loqos- fish (you can ask your fishmonger to do it for you). You will end up with two large pieces of fish. Line a large baking tray with parchment paper, drizzle some oil and place the smashed garlic, thyme, and rosemary. Add the fish "skin" side up and season with salt and pepper. Cut the potatoes into 2 mm slices and cut into small rounds of 2 cm diameters using a cookie cutter.

Dip the potato rounds in the starch and stick them onto the fish to form scales: one slightly on top of the other. Drizzle with olive oil and season with salt. Cook in a preheated 375C oven for about 30-40 minutes until the potatoes are golden brown and the fish is tender. You can turn on the broiler for the last five minutes of cooking to make sure the potatoes are well browned.

For the sauce

In a saucepan, place cream, orange juice, and saffron. Let boil and reduce to half the quantity. Salt and pepper to taste. Strain and serve warm.

Plating

Cut the oranges into round slices and place in the bottom of the serving dish, place fish fillets on top and garnish with fresh herbs and edible flowers if available. Sauce on the side.

TIP I use the scraps from the potatoes to make a fragrant side. Boil the potato scraps in some salted water. When cooked, drain and smash with a fork. Add some fresh lemon zest, lemon juice and olive oil. I finish it off with some fresh herbs like chives and parsley. Serve warm or room temperature.



Tara Khattar

Lebanese Canadian

Born in Lebanon, I was quick to recognize my passion for food. From an early age, I spent hours in the kitchen experimenting with ingredients, turning big flavors and delicate spices into original interpretations of comfort food. After working for multiple renowned culinary chefs, I wanted to accelerate my career on a global scale. To do so, I enrolled at NYU to complete a Master's degree in Food Studies. Ever since, I've been living and breathing New York, consulting for restaurants and small businesses, as well as catering to boutique events globally. I participated in Top Chef France and won Chopped on Food Network. I recently released my first cookbook 'Liban' with Hachette.

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Squid Ink Linguini



SERVES 4 | PREP 10-15 minutes | COOK 30 minutes

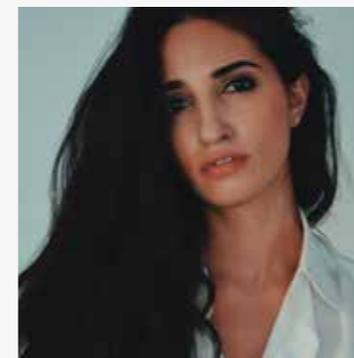
2kg squid, cleaned and skinned (with ink pouches)
1 large onion, thinly sliced
4 leeks, cleaned and cut lengthwise very thinly
2 bay leaves
2 cinnamon sticks
½ cup olive oil
½ orange zest
2 bitter oranges, juiced
1 lemon, juiced
Salt
Pepper, freshly ground
500g linguini pasta

Combine all ingredients together in a pot and put on a stovetop until it boils, then lower the heat and continue cooking until the squid is completely cooked. Lower ink pouches using a sieve in the liquid and crush them with a fork until all the ink is released into the pot, leaving only the skin in the sieve. Add salt, freshly ground pepper, and lemon juice to taste. Allow to boil for 10-15 min. Meanwhile, cook the linguini in salted water until al dente. Pour a little olive oil into a skillet. When the oil is hot, add some of the squid with its sauce, then add linguini. Add salt, pepper, and lemon juice to taste.

I chose Squid ink because it is a traditional Beirut recipe, using seasonal ingredients from the coast of Lebanon. The dish is easily whipped up as soon as squid and bitter oranges are in season. My grandmother used to do it for us and I grew up having it, not really thinking much of it, until I realized not many people or restaurants do it as well.

The recipe I shared was originally my grandmother's, and then slightly amended by my godmother.

For an additional Mediterranean twist; use it as Linguini Pasta sauce.



Nour Najem

Lebanese from Beirut

Born and raised in Beirut, I am a serial social entrepreneur and believe design's true purpose is to draw change and out of the box solutions. Through my luxury design label, I have consulted and partnered up with Caritas, L'Artisan du Liban, Phenomenal Women, as well as other vulnerable communities. In 2013, I founded Kenzah in parallel to my brand, to preserve, develop and transmit traditional craftsmanship, and more recently Lebanon Needs, to provide vulnerable populations with essential survival requirements. I tackle what it means to be a modern and independent woman by designing and activating social-led change for Lebanon.

@nournajem

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Knafeh Twist



SERVES 8 | PREP 30 minutes | COOK 20 minutes

- 2 cups smooth knafeh dough**
- ¾ cup butter**
- 4 ½ cup milk**
- 3 teaspoons corn flour**
- 1 tablespoon rosewater**
- ¼ teaspoon mistika**
- 1 tablespoon orange blossom water**
- ½ cup pistachios**

Combine the knafeh and the butter on medium heat and flip until the Knafe is a caramel color on both sides. Cut it up into smaller pieces.

Combine the milk and corn flour in a bowl, then heat in a pan and mix until mixture is all well incorporated. Add the mastika and rose water to the pan and mix until it becomes a paste.

In a clear glass, pour in a little of the mixture and sprinkle a little chopped pistachio on top. Then, place a piece of the cut-up knafeh on top of the mixture and pour more, sprinkling more pistachio on top. Repeat this pattern until the glass is full and garnish the top with more chopped pistachio.

Place the glass in the fridge until cool and serve with honey or sugar syrup.



Rola Ali Hassan

Lebanese from Beirut

Since I got married, I had a passion for cooking. My fans were my husband and my kids, for whom I used to cook with love. After quitting my job in 2005, I devoted myself to community service. I had plenty of free time to develop my hobby in cooking so I attended many cooking lessons with big Lebanese chefs. My passion for cooking was encouraged and I came up with the idea of writing my own cooking book, which will be a guide for my daughter Farah.

 @Rolaah67

Orange Blossom and Fruit Tiramisu



SERVES 6 | PREP 30 minutes | REFRIGERATE 8 hours

- ½ cup mascarpone cheese
- ¼ cup powdered sugar
- 10ml orange blossom water
- 1 cup cream
- 1 pack Lady Finger biscuits
- 1 bag frozen berries
- ¼ cup castor sugar
- 1 ¼ cup orange juice
- 1 teaspoon vanilla essence

Make sure that the mascarpone cheese is at room temperature before adding the powdered sugar and whisking until smooth. Add the cream and orange blossom water gradually, incorporating well and setting aside.

In a saucepan, bring orange juice to a simmer, and add the frozen berries and castor sugar. Let the ingredients simmer until the berries begin releasing their own juice. Turn off the heat and add the vanilla essence, then strain the mixture and place the fruits and sauce in the fridge to cool down.

Assembly

In a large baking dish, soak the ladyfingers in the berry juice as the first layer, making sure the biscuits are well aligned and that there are no gaps between them. Top the first layer with a layer of the cheese mixture and add some of the reserved fruits on top. Keep alternating layers of biscuit, cheese, and berries until you finish and end the process with the cheese mixture. Place in the fridge to set and decorate with shaved shards of chocolate on top.

TIP When soaking the biscuits make sure you do not over soak them or they can fall apart. I actually dip them very quickly and leave them with a hint of a crunch. After setting in the fridge they hold well when cutting through the layers.



Karine Ataya

Lebanese Palestinian

In 2017, I returned to Lebanon after seventeen years of living abroad. However, being in Lebanon, I'm seeing how women experience a daily struggle. We tend to give in to the societal expectations of our gender, such as following an idea of femininity or being regarded as "less" in the workplace. I dream of a day where we all empathize with each other, instead of hiding behind veils of false perfection. There is nothing wrong with striking a balance between life, work, and independence. I believe that in order to be happy, we must break free from these societal expectations.

@karineataya Karine Ataya



Vegan Matcha Cheesecake



SERVES 8 | PREP 20 minutes | COOK 8 hours

Crust

- 1 cup almonds
- ½ cup pecans
- 10 madjoul dates
- 1 teaspoon vanilla extract
- Pinch of unrefined sea salt

Filling

- 1 ½ cup cashew (soaked for 4 hrs)
- 3 tablespoon lemon juice
- 1 teaspoon vanilla extract
- ½ cup maple syrup
- ¼ cup coconut oil, melted
- ½ cup coconut milk
- 1 ½ teaspoon matcha green tea
- ¼ salt
- ¼ cup black sesame seeds roasted

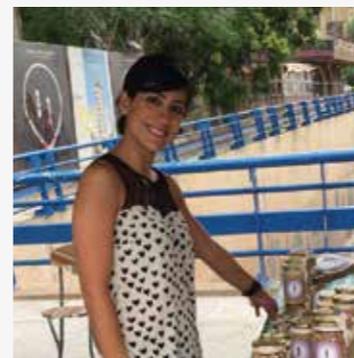
Soak the cashews for 4 hours, rinse thoroughly and drain.

In a food processor, blend the dates until they form a paste, place aside. Process the nuts into a meal, add the date paste to the nuts and blend again. Add the vanilla and salt.

Line parchment paper in a 20cm round springform pan, spread the paste evenly making an edge in order to make a place for the filling. Place in the freezer to firm up.

In a blender, add all the filling except the matcha and the coconut oil. Blend until creamy and smooth, scrape the sides. Add the coconut oil slowly when the machine is moving on low. Taste and adjust the flavors accordingly.

Add 1 teaspoon matcha, to the creamy blend and pulse again until they combine together. Add the filling to the frozen crust, tap a few times to remove the air bubbles. Place in the freezer again for 3 - 4 hours until firm. Remove from the freezer a bit before serving. Sprinkle the sesame seed on top.



Jessy Jarjoura

Lebanese from Tyre

In Dubai, I gained a lot of weight. Returning to Lebanon allowed me to pursue a healthier lifestyle, soon becoming a fitness instructor. I began paying attention to my food consumption. This inspired me to begin my own homemaking spreads business. I began to believe my purpose was helping others through food and fitness, just like how I was able to help myself. I am now a recipe developer and officially considered a chef by the Culinary Institute of Barcelona.

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