

# The logo features the words "School of Cooking" in a black, elegant cursive font. The word "Martin's" is written in a smaller, red, sans-serif font and is positioned above the letter "o" in "School". The entire text is set against a light green horizontal rectangular background.

## **Arabian Nights**

Hosted by Chef Greg Beachey

April 10, 2007

Martin's Super Markets at Heritage Square  
Mishawaka, Indiana

### **Moroccan Lamb Tagine with Raisins, Almonds and Honey**

Makes 6 to 8 servings

#### **Ingredients**

2 tsp *ras-el-hanout*\*  
2 tsp salt  
3/4 tsp black pepper  
3/4 tsp ground ginger  
1/4 tsp crumbled saffron threads  
3 cups water  
3 lb boneless lamb shoulder, cut into 1-inch cubes  
1 large onion, coarsely grated (1 cup)  
2 garlic cloves, finely chopped  
2 (3-inch) cinnamon sticks  
1/2 stick (1/4 cup) unsalted butter, cut into pieces  
1 1/4 cups raisins  
1 1/4 cups whole blanched almonds  
1/2 cup honey  
1 tsp ground cinnamon

Accompaniment: couscous

### **Instructions**

Whisk together *ras-el-hanout*, salt, pepper, ginger, saffron, and 1 cup water in a 5-quart heavy pot. Stir in lamb, remaining 2 cups water, onion, garlic, cinnamon sticks, and butter and simmer, covered, until lamb is just tender, about 1 1/2 hours. Stir in raisins, almonds, honey, and ground cinnamon and simmer, covered, until meat is very tender, about 30 minutes more. Uncover pot and cook over moderately high heat, stirring occasionally, until stew is slightly thickened, about 15 minutes more.

## **Tabouli (Bulgur Wheat) Salad**

### **Ingredients**

10 oz bulgur  
8 oz onion -- brunoise  
2 oz green onion -- sliced  
6 oz fresh parsley -- chopped  
2 oz fresh mint -- chopped  
8 ounces olive oil  
8 oz lemon juice  
1 lb tomato concassé  
4 oz pine nuts -- toasted  
salt and pepper -- to taste

### **Instructions**

Place the bulgur in a bowl and cover with cold water. Soak the bulgur until tender, approximately 2 hours. Drain the bulgur and squeeze out all the excess water. Add the onions, green onions, parsley, mint, olive oil and lemon juice. Mix well. Add the tomatoes; mix to combine. Season with salt and pepper. Garnish with the toasted pine nuts.

## **Tahini Hummus**

### **Ingredients**

2 lb garbanzo beans -- drained  
6 cloves garlic  
2/3 cup tahini  
3 tbsp lemon juice  
1 1/2 tbsp lime juice  
4 tbsp olive oil  
2 tsp cumin  
2 tbsp tarragon  
1/3 cup water  
2 tsp tabasco sauce

### **Instructions**

In a food processor, puree garbanzo beans  
Add garlic and tahini.  
Add juices and oil  
Add remaining ingredients  
Puree until smooth  
Yield: 1 quart

## **Baba Ghanoush**

Yield: 5 cups

### **Ingredients**

3 eggplants  
4 fluid oz virgin olive oil  
4 fluid oz fresh lemon juice  
6 garlic cloves  
7 oz tahini  
4 fluid oz virgin olive oil  
salt and pepper -- to taste

### **Instructions**

Cut the eggplants in half and score the cut surface of each half from edge to edge in a crosshatch pattern approximately 1/2 inch (1.2 centimeters) deep.  
Brush the cut surfaces with 2 fluid ounces (60 milliliters) of olive oil, season with salt and pepper and place cut side down on a sheet pan. Roast in a 350°F (180°C) oven until very soft, approximately 45 minutes.

Cool the eggplants and scoop out the flesh. Purée the flesh in a food processor with the lemon juice, garlic, tahini, salt and pepper. Add the remaining olive oil and blend in. Adjust the seasonings. Serve in a bowl, drizzled with additional olive oil, if desired, and accompanied by pita bread or crudités.

## **Falafel**

Servings: 12

### **Ingredients**

1 lb chickpeas -- dry  
6 cloves garlic -- minced  
1/2 oz parsley -- chopped  
1/2 oz chives -- minced  
1 tbsp cumin -- ground  
2 tsp coriander -- ground  
cayenne pepper -- to taste  
3 eggs  
salt -- to taste  
5 oz flour  
Sauce:  
6 oz plain yogurt  
2 oz lemon juice  
Assembly:  
12 pita bread  
6 oz iceberg lettuce -- shredded  
6 oz tomatoes -- diced

### **Instructions**

1. To make the falafel, soak the chickpeas following the procedures outlined in the notes. Drain the chickpeas, place them in a pot and cover with cool water. Simmer until tender, approximately 2 to 3 hours. Remove from the heat and drain well.
2. Process the chickpeas in a food processor or a food chopper until coarsely chopped. Add the garlic, parsley, chives, cumin, coriander and cayenne pepper and process for a few seconds.
3. Add the eggs, salt and flour and process briefly. Remove the falafel from the machine and chill in the refrigerator for 1 hour.
4. Combine the yogurt and lemon juice and mix well. Set aside.

5. Portion the falafel using a #50 scoop (there should be approximately 60 balls) and deep-fry the balls at 375°F (190°C) until crisp and hot. Drain well and hold in a warm place.

6. To assemble each sandwich, cut a pita in half or open it to form a pocket and stuff with several balls of falafel and 1 ounce (30 grams) of the shredded lettuce and diced tomatoes and then dress with the yogurt sauce. Arrange the sandwiches as desired and serve hot.

Yield: 12 Sandwiches