

STARTER

# Meze





# A selection of arab starters

The *Mezze* are a selection of easy to make arab starters that are widespread all over the Middle East.

In a typical lunch, before the main course, there is always a series of countless appetizers that are brought to eat with pita bread and often the risk is to eat too many and not be able to eat the rest!

Let's prepare three of the most common together!



1. TABBOULEH



2. FATTOUSH



3. BABAGANOUSH



# Tabbouleh



Easy



30 mini



4 pax

## Ingredients

- 100 g **Bulgur** (o Bourghol)
- 750 g **tomatoes**
- 2 **cucumbers**
- 1 **onion**
- 100 g **parsley**
- 5 spoons **extra virgin olive oil**
- 1 **lemon** (juice)
- **Salt to taste**

## Preparation

The **tabbouleh** is a typical Lebanese salad, fresh and fragrant, but it is widespread throughout the Middle East. It is simple and quick to prepare, ideal for the summer.

The preparation is simple, the only step that requires some time is cooking the burghul.

1. Rinse the Bulgur and let it swell in half a liter of hot salted water for about half an hour, in a pot with a lid. Once ready, shell with a fork.
2. Dice the tomatoes, cucumbers and onion and finely chop the parsley.
3. Mix everything by adding oil and lemon.



# Fattoush



Easy



20 min



4 pax

## Ingredients

- **Lattuce to taste**
- **1 pita bread**
- **2 tomatoes**
- **2 onions**
- **2 cucumbers**
- **mint to taste**
- **2 spoons extra virgin olive oil**
- **fry oil**
- **lemon juice to taste**
- **Salt to taste**

## Preparation

One of the most classic side dishes of Middle Eastern cuisine, Fattoush is a light and tasty dish! The preparation is very simple.

1. Cut the vegetables into small pieces. Chop the lettuce, parsley and mint leaves.
2. Cut the pita bread into cubes and fry it in a pan to form croutons. If you prefer, you may also prepare the croutons in the oven.
3. Add the croutons to the salad. Season with lemon, salt and extra virgin olive oil.





# Babaganoush



Easy



90 min



4 pax

## Ingredients

- 2 **Eggplants**
- 50 g **Tahina** (sesame cream)
- 1 clove of **garlic**
- **mint to taste**
- **extra virgin oil to taste**
- **lemon juice to taste**
- **black pepper to taste**
- **salt to taste**

## Preparation

The **Babaganoush** is a smoked aubergine cream to eat cold as an appetizer, spread on a piece of pita!

1. Start by washing and drying the eggplant thoroughly. Then put them on a baking tray with parchment paper and bake them in a preheated static oven at 180° C for 90 min (with a convection oven, cook at 160°C for 80 min), turning them a couple of times for cooking on all sides. Alternatively, cook them directly on the flame of the stove or on the embers. When the peel is wrinkled and the consistency soft, take them out of the oven and let them cool.
2. Open the aubergines and hollow out the pulp, then mash it in a large bowl. Salt and pepper to taste.
3. Pour the extra virgin olive oil and add: the minced or crushed clove of garlic, the lemon juice and then the tahina.
4. Mix everything well, then add the chopped mint.

