

## Citrus Mint Salad with Rosewater Honey Syrup

serves 6

### for the fruit:

- 2 cara cara oranges
- 4 statsuma tangerines, peeled and segmented
- 2 ruby red grapefruit
- 1/4 cup fresh mint leaves, roughly chopped if leaves are big
- 1/4 cup toasted sliced almonds

### for the syrup:

- 1/3 cup honey
- 1 cinnamon stick
- 2 tsp rosewater syrup
- 2 tbl water
- pinch salt

### — preparation —

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#### For the fruit:

For the Cara Cara oranges and the grapefruit, cut the top and bottoms off and use your knife to cut away the skin and pith all around. Cut the oranges into slices and segment the grapefruit by cutting in between each membrane. Collect all of the juices and fruit into a bowl. Add the statsuma segments and mint.

#### For the syrup:

In a small pot, combine the honey, cinnamon stick, water, rosewater and salt. Simmer for about 10 minutes and remove from heat to let cool to room temperature.

Toss the salad in the syrup and serve topped with the almonds.

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## Roasted Tilapia over Crispy White Beans with Grilled Tomato-Caper Salsa Cruda

**serves 6**

### **for the fish:**

6 tilapia fillets  
2 tbl olive oil  
1 teaspoon dried oregano  
1 tsp salt  
1/2 tsp red chili flakes

### **for the white beans:**

olive oil  
2 cans white beans  
3 garlic cloves, peeled and sliced  
1 sprig fresh oregano  
1 lemon

### **for the salsa:**

4 roma tomatoes, halved and seeded  
2 tbl finely diced red onion  
1/4 cup capers  
1 tbl chopped fresh oregano  
olive oil  
salt and pepper

## — preparation —

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### **For the fish:**

Preheat oven to 400 degrees. Layout the fish in a single layer on a lined baking sheet. In a small bowl, stir together the oil and spices. Rub the top of each fish with some of the mixture. Let sit while preparing the rest of the dish.

### **For the beans:**

Place a large skillet over high heat. Add olive oil to lightly coat the bottom of the pan. Add the beans, garlic and oregano. Do not stir for the first 5 minutes or until the beans have developed some color on the bottom. Then turn the beans with a spatula (to avoid mashing them) so that the other side can brown. Remove from heat and season generously with salt and pepper -- add more olive oil if beans are dry. Squeeze the juice of 1 lemon over the beans.

### **For the salsa:**

Heat a grill pan over high heat. Rub the tomatoes with olive oil. Grill until the skins are just beginning to char and remove from the pan onto a cutting board. Roughly chop the tomatoes and mix together with the capers, onions and oregano. Season well with salt and pepper. Add olive oil is mixture is dry. 15 minutes before serving, place the fish into the oven. Bake for about 12 minutes. To serve, place the fish on top of the crispy white beans and top with the salsa.

## Lentils and Bulghur with Caramelized Onions and Spiced Yogurt Drizzle

**serves 4-6**

1 cup bulghur  
2 cups cooked lentils  
olive oil  
2 tbl butter  
1 white onion, finely diced  
1/2 tsp red chili flakes  
2 tsp ground corriander  
2 tbl tomato paste  
salt and pepper

### **for the yogurt:**

1 cup plain whole yogurt  
1 garlic clove, grated  
1 tsp ground cumin  
salt and pepper  
2 tbl olive oil

### **— preparation**

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Bring a small pot of water to a boil. Stir in the bulghur and cook until tender. Drain and set aside.

Heat a large skillet over medium heat. Add olive oil to lightly coat the bottom of the pan. Add the butter. Add the diced onions and cook, stirring often, for about 20-30 minutes or until very caramelized.

Add in the spices and tomato paste. Add a few tablespoons water and stir until tomato paste is dissolved into the pan.

Stir in the bulghur and lentils. Cook for about 5 minutes -- add more olive oil as needed. Remove from heat and season generously with salt and pepper.

### **For the yogurt:**

Combine all of the yogurt ingredients in a small bowl. Season well with salt and pepper.

Serve the lentil dish warm, drizzled with yogurt mixture.



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## Middle Eastern Fattoush Salad with Spiced Pita Toasts, Cucumbers, Tomatoes and Herbs

**serves 6**

pita bread, 3 rounds  
olive oil  
1 tsp ground cumin  
1 tbl ground corriander  
salt and pepper  
3 persian cucumbers, diced large  
2 large vine-ripened tomatoes, diced  
4 red radish, sliced  
2 scallions, thinly sliced  
1 cup parsley leaves  
1/4 cup chopped fresh mint leaves  
1-2 lemons, juiced  
ground sumac, to taste (optional)

### — preparation —

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Preheat oven to 375 degrees.

Use scissors to cut around each of the pitas and separate the two sides. Cut or tear the pita into bite-sized pieces. Toss generously with olive oil. Add the cumin and corriander and season well with salt and pepper. Spread out onto a sheet pan and bake for about 15-20 minutes or until golden. Let cool completely.

Toss together the cooled pita chips, cucumbers, tomatoes, radish, scallion, parsley leaves and chopped mint. Add juice of 1 lemon and a little olive oil. Season generously with salt and pepper (and sumac, if using) and taste. Add more lemon juice as needed. It's best to let the salad sit for 15-20 minutes before serving.