

Mediterranean and Egyptian Dishes

A Healthy Cooking Class with Abdul Elsaqa

Materials

Kitchen knife
Cutting board
Medium-sized pot with lid
Backing tray with parchment papers

Ingredients List

Week 1: Dolmas

1 jar grape leaves
2 cups of Rice
1 bunch of each: Parsley, Cilantro, Peppermint
1× tomato sauce can
1 large onion

Week 2: Musakaa

2 large eggplants
1 can of tomato sauce
1 small can of tomato paste
2 large tomatoes
1 large bell pepper
3 cloves of garlic
Spices: cumin, salt, black pepper.

Week 3: Hawawshi

1lb of ground beef (71/29) Or (80/20) fat
0.5 lb of onions
1 large bell pepper plus 1 jalapeno (if like spicy). 1 bunch of parsley
2 lb of wheat flour
1 tbs yeast
Salt, black pepper, nutmeg.