

St George Church Recipes

Tabbouli

1 c fine cracked wheat, burghul
2 bunches green onions chopped fine
4 large tomatoes, chopped fine and drained well
3/4 c lemon juice
4 bunches parsley, remove leaves from stems and chop up fine
1 bunch mint, chopped fine or 2 tbs dried mint, crushed
3/4 c olive oil
salt and pepper to taste

Rinse wheat several times in cold water and squeeze between hands to remove excess moisture. Mix with chopped onions, tomatoes, and lemon juice. Add remaining ingredients and mix well. Check seasoning.

Note: A food processor is excellent for chopping parsley. Use only parsley leaves NO stems.

Hummus

1 19 oz. can chick peas or garbanzo beans (drain liquid and save)
3-4Tbs Tahini (Sesame Seed Paste)
1 clove garlic
1/2 tsp salt
2-3 Tbs lemon juice or to taste

Using a food processor, blend chick peas and garlic with just enough of the drained liquid to make thick paste. Add Tahini and blend. Add lemon juice and salt. Blend mixture until smooth. Adjust taste...more garlic, lemon juice or Tahini. Plate on a shallow serving plate. If preferred, sprinkle with olive oil on top and paprika.

Note: Serve with pita bread, crackers fish, etc.

Hushwee

1/2 pound coarsely ground meat (beef or lamb)
1-1/2 cups long grain rice
4 Tablespoons butter
3 cups chicken broth
1 teaspoon salt
1/4 teaspoon pepper
1 teaspoon cinnamon

Wash rice and drain well. Brown ground meat in butter. Stir in spices with the meat . Add drained rice and stir, meat, and spices are thoroughly mixed. Stir in chicken broth and bring to a boil. Reduce heat, cover, and simmer for 15 minutes or until the liquid is absorbed. Serve with chicken, beef or lamb as a side. Can also garnish with toasted almonds or pine nuts .

Stuffed Grape Leaves

1 pound ground beef, lean
1 cup uncooked white rice
1/2 cup tomato sauce
1/2 cup fresh parsley, finely chopped
1 teaspoon black pepper
1/2 teaspoon salt
1 jar (16 oz) grape leaves
2 tablespoons lemon juice

Preparation:

Soak grape leaves in cold water for 2-3 hours. Jarred grape leaves are very salty from the brine solution. Rinse and drain in a colander. Set aside.

In a mixing bowl, combine remaining ingredients. Mix well with hands.

Rolling the Grape Leaves

Here comes the tricky part: rolling the leaves with the mixture. It's easy once you get the hang of it. Be careful to not wrap too tight. You have to leave a little room for the rice to expand. As you roll them, you are going to place in a circular arrangement in your dutch oven or large saucepan.

Place a grape leaf side down. Place about 1 to 2 tablespoons of mixture in the middle. Fold in the sides and roll upward. Think of rolling a burrito, only smaller.

When you have rolled the last leaf, place a heavy plate on top of the stuffed grape leaves in your pan. I use a ceramic plate. This helps keep the grape leaves in place during cooking so they don't shift around. Fill pan with water and bring to a boil. Reduce heat to low and simmer for about 30-45 minutes until rice and meat are done.