

Lebanese Cuisine Cooking Demonstration – Recipes

Tabboule

Description:

This is one of the most loved salads in Lebanon. It is easy to make and is always one of the many cold appetizers offered when you are having a Lebanese mezze (tapas).

Ingredients

- ¼ cup fine bulgur wheat
- 2 bunches of parsley (finely chopped)
- 1 or 2 diced Roma tomatoes (vine tomatoes work as well!)
- 2 chopped green onions
- Some mint leaves (if available)
- 1/3rd cup of olive oil
- 3 Tbsp lemon juice (add more to taste)
- Salt and pepper to taste

Instructions

- In a bowl, **add the bulgur wheat and pour the lemon juice** so it soaks for a while.
- Meanwhile, **dice the tomatoes** and add them to the bulgur and lemon juice (so the bulgur also soaks up the flavor from the tomatoes!)
- Wash and dry the parsley thoroughly and finely **chop the parsley**. Add to the bowl.
- **Chop the green onions** and add to the bowl. **Chop the mint leaves** and add to the bowl.
- **Season with salt and pepper. Add olive oil** and mix.
- Serve cold from the fridge or serve at room temperature. Enjoy with lettuce or pita bread.



Figure 1. Source :Paty M's Nutrition World

Man'ousheh

Description:

Singular form is man'ousheh, plural form is Mana'ish.

A very popular breakfast option in Lebanon, it consists of a flatbread topped with thyme (zaatar) mixed with olive oil. You may add cheese for extra flavor. Usually folded, and it can be served either for breakfast or lunch (well, actually any time you're hungry!)

Ingredients:

For this quick recipe, we will use Gyros ready-made bread which is very similar to the actual dough made in Lebanon. We also found that Indian Naan bread can also be used. If you rather make the dough yourself, we like this [dough recipe](#).

- ¼ cup Zaatar (Za'atar is a Middle Eastern spice blend which is available at Middle Eastern markets. We buy it from Istanbul Market 745 S Gammon Rd, Madison, WI 53719)
- 1/3 cup olive oil
- Gyros bread
- 1 Persian cucumber (optional)
- 1 tomato (optional)



Figure 2. Source from feelgoodfoodie