

SHIN DC Menu at TI – March 9, 2018

COURSE 1

- *Shurba* (Creamy Tomato, Rice and Mushroom Soup - Syrian) (Vegan/GF)
- *Mina* (Potato, Leek, and Meat Casserole - Egyptian) (Vegan)

COURSE 2

- *Moroccan Fennel Salad* (Vegan/GF)
- *Kifticas de Spinaca* (Spinach Patties Served w/ Sour Cream & Lemon Slices – Greek/Turkish) (Vegan)
- *Mehshi Basal* (Stuffed Onions Served With Pomegranate - Syrian) (Vegan & Meat Options/GF)

COURSE 3

- *Dajaj Garaz* (Sweet Cherry Stewed Tamarind Chicken w/ Smoked Chipotle – inspired by Kebab Garaz – Syrian) (GF)
- *Shirin Polo With Tadigh* (Carrot Jeweled Rice on a Bed of Crisp Saffron Potatoes - Persian) (Vegan/GF)
- *Stuffed Artichoke Bottoms* (Artichoke Bottoms Stuffed W/ Meatball - Moroccan) (Vegan & Meat/GF Options)

DESSERT

- *Bastani/Kulfi Ice Cream* (Persian or Indian-Style Ice Cream with Saffron and Cardamom) (Vegan/GF)
- *Turkish Haroset Topping*(Vegan/GF)
- *Moroccan Haroset Truffle Spheres* (Vegan/GF)

SEDER PLATE

- *Iraqi Haroset*

GARNISH: BUY lemons (enough for 2 wedges/person), basil leaves (1 leaf/person), mint leaves (3 leaves/person), and pomegranate seeds (5 seeds/person).

Things that can be slashed if budget requires: Mina

COURSE 1 RECIPES

Vegan Shurba (Tomato Rice Soup) (serves 5)

Ingredients

- 1 cup short-grain white rice
- 8 tablespoons tomato paste
- 2 teaspoons sugar
- 2 tablespoons kosher salt
- 8-16 ounces button mushrooms, quartered
- 8 spoons of Osem Beef Flavor

- 1/2 lb imitation ground beef
- 1 spoon sugar
- 2 tsp ground allspice
- 2 tsp ground cinnamon
- 2 tsp dried mint
- 2 tbs oil

Buy 1 lemon for every 5-8 people

Also Buy 2 celery sticks per person

(1) Boil 1/2 gallon water with beef flavor

(2) Add rice and boil until rice appears creamy.

(3) Add tomato paste and salt. Cover and simmer for about 20 minutes.

(4) Add and fold in sugar and mushrooms. Simmer for 10 more minutes.

(5) In separate pan, add oil. When oil is hot, add 1 spoon sugar.

(6) When sugar caramelized, add imitation ground meat and brown. Add allspice and cinnamon.

(7) Add to the soup.

Serve with lemon wedges and celery sticks. Guests can squeeze the lemon into their soup.

Useful link for Osem Beef Flavor: https://www.amazon.com/Osem-Soup-Beef-Parve/dp/Boo8JE5FR2/ref=sr_1_fkmro_1_s_it? s=grocery&ie=UTF8&qid=1519012290&sr=1-1-fkmro&keywords=osem+beef+flavor

Mina (serves about 10)

Ingredients

- 8 matzah squares
- 2 mashed potatoes
- leeks, 5-6 stalks
- 4 eggs

- **1 teaspoon salt**
 - **oil for greasing pan**
 - **water for soaking matzo**

 - **2 pounds imitation ground beef**
 - **4 tbs sugar**
 - **4 tbs oil**
- (1) In separate pan, add 4 tbs oil. When oil is hot, add 4 tbs sugar.
- (2) When sugar caramelized, add imitation ground meat and brown. Add allspice and cinnamon.
- (3) Soak matzo squares in water until soft. Drain on paper towels and reserve. Trim leaks, cut into ringlets and wash thoroughly, using the white part and some of the green if fresh. Boil leeks for 14 minutes and drain.
- (4) Keep liquid for soup. Mix leeks with browned, imitation ground meat. Add mashed potatoes and salt. Beat about 3 eggs and add to meat mixture.
- (5) Grease 12x9x2 inch baking pan with oil, or use a casserole dish, 8 inches in diameter. Cover the pan with half of the matzo squares. Spread the meat mixture over them and cover with a layer of the rest of the matzo. Beat remaining egg and pour over the top.
- (6) Bake in moderate oven at 375 degrees for half hour to 45 minutes.

COURSE 2 RECIPES

Moroccan Fennel Salad (serves about 6)

Ingredients

- **7 oz arugula (washed)**
- **7-10 radishes (washed)**
- **1 large fennel bulb (or 2 small) (washed)**

Dressing

- **1 cup of orange juice (1/2 cup freshly squeezed and 1/2 cup packaged juice)**
- **1 teaspoon orange or lemon zest (optional)**
- **1-2 tablespoons of lemon juice.**
- **1/2 teaspoon ground cumin**

- (1) Slice radishes thinly.
- (2) Cut about 1 inch above the fennel bulb to remove the stalks and discard (or chop finely and use as garnish for a different dish). Cut off the root end of the fennel and discard. Quarter each fennel bulb length-wise and slice thinly. Stand fennel on its root end, place knife at the groove on the stalk end and halve. Then cut each half lengthwise into two pieces to make quarters. Then cut into 1/4 inch pieces or smaller.

-
- (3) Combine dressing ingredients (orange juice, zest, lemon juice, and cumin).
 - (4) Toss arugula, radishes and fennel and dress to taste.
-

Kifticas de Spinaca (Spinach Patties) (Serves about 8)

Ingredients

- **16–20 oz frozen chopped spinach, thawed**
- **3 eggs**
- **Matzah meal (Something like 1/4 cup....Till it looks and feels right)**
- **Salt & pepper (to tsate)**
- **1 lemon slice per person**
- **1 tbs imitation sour cream per person**

Instructions:

- (1) Thoroughly squeeze spinach to get extra liquids out.
 - (2) Mix with eggs and matzah meal. Add salt and pepper to taste...cook one patty first and taste. If too salty, just add more spinach and egg!
 - (3) Form patties. 2" to 3" diameter, and pretty thin.
 - (4) Fry on both sides, until the flecks of matzah meal turn beige. Can be eaten hot, cold, or reheated...can be reheated in a "colagin".
 - (5) Serve with lemon slices and fake sour cream.
-

Mehshi Basal (Stuffed Onions) (Serves about 25)

Ingredients

- **1/2 container tamarind paste**
- **5 large onions**
- **2 tbs sugar**
- **BUY OLIVE OIL**

Meat Stuffing

- **1.5 lbs ground beef**
- **1/2 lbs long-grain white rice**
- **1.5 tsp baharat**
- **1/2 tsp ground tumeric**
- **salt and pepper to taste**

- **1 tbs olive oil**
- **2 tbs tomato paste**
- **2 tbs flat-leaf parsley**

Instructions

1. Peel the onions and carefully cut out the root with a pointed knife. Slit the onion on one side through to the centre, cutting from the top to the root end.
2. Drop the onions into a saucepan of boiling water and boil gently for 8–10 minutes, or until softened. Drain and cool.
3. In a mixing bowl, thoroughly combine the filling ingredients and season with salt and pepper to taste.
4. Carefully separate the onion layers. The outer layers may be cut in half; leave the inner layers intact.
5. Place about a tablespoonful of the filling on each onion layer, then roll each one up firmly.
6. Grease a heavy-based saucepan with the oil. Pack the rolls in the pan, seam side down, lightly sprinkling each layer with salt.
7. Combine the tamarind with 1 cup of warm water and sugar, then pour over the rolls. Invert a heavy plate on top of the rolls to keep them intact during cooking. Cover and bring to a simmer over medium heat.
8. Reduce the heat to low and simmer gently for 1½ hours to caramelize.
9. Garnish with pomegranate seeds. Serve hot with salads, pickles and khoubiz, or lukewarm as an appetizer.

Vegan Stuffing

Ingredients

- **10 tomatoes diced and drained**
- **1/2 lbs long-grain white rice**
- **1.5 tsp baharat**
- **salt and pepper to taste**
- **1 tbs olive oil**
- **2 tbs tomato paste**
- **2 tbs flat-leaf parsley**

Useful link for tamarind paste: https://www.amazon.com/Golchin-Tamarind-Paste-7-Oz/dp/BooMAoKATE/ref=sr_1_1_a_it?ie=UTF8&qid=1518819169&sr=8-1&keywords=tamarind+paste+golchin

COURSE 3 RECIPES

Sweet Cherry Stewed Tamarind Chicken (Serves 8 pieces chicken)

Ingredients

- **8 chicken pieces with skin and bones**
- **4 tbs ground allspice**
- **1 tbs cinnamon**
- **3 tablespoons vegetable oil**
- **1-2 cups chopped sweet onion diced**
- **Two 15-ounce cans dark sweet pitted cherries, including liquid, or 1 pound fresh cherries, pitted**
- **2 cups pitted sour cherries (at Moti's or Shalom's)**
- **3 tablespoons of lemon juice**
- **1 tablespoon sugar**
- **1 teaspoon ground allspice**
- **1 cup sweet red wine or Concord grape juice**
- **2 smoky chipotle peppers (instead of Aleppo Pepper)**
- **salt and pepper to taste**

Instructions

(1) Season chicken with salt, pepper and 2 tbs allspice.

(2) In a large skillet, heat the oil over medium-low heat. Add the chicken pieces, skin side down in one layer, and slowly brown the chicken pieces via low heat for 30-45 minutes (not a quick sear).

(3) Sauté onions in oil on a nonstick frying pan until lightly caramelized, about 20 to 30 minutes.

(4) Add sautéed onion to chicken

(5) Mix tamarine, liquid from the sweet canned cherries, pitted sour cherries, dried cherries, lemon juice, 2 tbs allspice, 1 tbs cinnamon, salt, pepper, parve beef stock, wine, and 2 dried, smoky chipotle peppers. Pour over chicken, stir and simmer over medium heat for 35 minutes until the sauce has thickened to a thick syrup consistency and can coat the back of a wooden spoon. You may need to reduce the heat.

(6) Simmer together, uncovered, for about 20 to 25 minutes or until the sauce has thickened.

(7) Add more salt if needed to taste.

Vegetarian version

Ingredients

- Replace chicken with 2 lbs of imitation ground meat
- 1 lb button mushrooms
- 1/4 box matza meal
- Shape Meatballs and fry

Useful link for chipotle pepper:

[https://www.amazon.com/dp/B077Q27RMD/ref=sspa_dk_detail_o?
pd_rd_i=B077Q27RMD&pd_rd_wg=dyd9J&pd_rd_r=7GYRJSE8XVo18KRR7J
MS&pd_rd_w=yrDSj&th=1](https://www.amazon.com/dp/B077Q27RMD/ref=sspa_dk_detail_o?pd_rd_i=B077Q27RMD&pd_rd_wg=dyd9J&pd_rd_r=7GYRJSE8XVo18KRR7JMS&pd_rd_w=yrDSj&th=1)

Useful link for tamarind paste: [https://www.amazon.com/Golchin-Tamarind-Paste-7-Oz/dp/BooMAoKATE/ref=sr_1_1_a_it?
ie=UTF8&qid=1518819169&sr=8-1&keywords=tamarind+paste+golchin](https://www.amazon.com/Golchin-Tamarind-Paste-7-Oz/dp/BooMAoKATE/ref=sr_1_1_a_it?ie=UTF8&qid=1518819169&sr=8-1&keywords=tamarind+paste+golchin)

Shirin Polo (Persian Rice With Carrots) (serves 8)

The tadig in this recipe is guaranteed to be a hit and looks beautiful as a garnish around the rice.

Ingredients

For the Rice

- 3 cups basmati rice, checked and rinsed
- 8 cups water
- 2 tablespoon salt
- 1/8 teaspoon turmeric
- 1/2 cup canola oil

For the Rice Topping

- 2 cups water
- 3/4 cup slivered orange peel (peel of 2 oranges slivered with knife 1/4-inch x 1/8-inch)
- 1 cup slivered carrots (sold slivered)
- 2 cups sugar
- 1/2 teaspoon cinnamon
- 1 teaspoon cardamom

- **1/2 cup slivered almonds (optional)**
- **1/2 cup slivered pistachios**

To Steam and Make Tadig

- **canola oil**
- **2 tablespoons water**
- **pinch of saffron threads**
- **2 potatoes, peeled, sliced into 1/4-inch rounds**
- **1 onion, cut in 1/4-inch rounds**

Instructions

To cook the rice and make the topping

(1) Fill a 6-quart nonstick saucepan with 8 cups water. Add oil, salt, and turmeric. Cover and bring to a brisk boil over high heat.

(2) Meanwhile, fill a small saucepan with 2 cups of water, slivered orange peel, carrots, and sugar. Bring to a brisk boil over high heat, reduce the heat to low and simmer for 10 minutes.

(3) When the turmeric water boils, add the rice and continue cooking, uncovered, over medium to high heat, stirring occasionally.

(4) After 3–5 minutes, use a slotted spoon to scoop some grains from the water. Break one grain in half to make sure it is “al dente”. Turn off heat and pour rice into the colander to drain; set aside.

(5) Drain the orange peel/carrot mixture. Gently stir the orange-carrot mixture, cinnamon, cardamom, almonds, and pistachios into the rice. Reserve some almonds and pistachios for garnish.

To steam and make tadig

(6) Place the empty 6-quart saucepan back onto the stovetop over medium heat. Add 1/4-inch canola oil and 2 tablespoons water. Add saffron threads. Stir together.

(7) Add potatoes and onions in a single layer. Add the drained rice and shape it into a pyramid.

(8) Cover the pot and cook for 5–7 minutes until rice begins to steam. Uncover and place 2 paper towels (one on top of the other) over the rice. The ends will extend outside the pot. Replace the lid tightly.

(9) Reduce the heat to low and simmer, covered, for 45 minutes. Turn off the heat and tilt the lid until ready to serve.

Serve on a shallow platter, mounding the rice into a pyramid, and garnishing with the tadig.

Useful link for saffron threads: https://www.amazon.com/Sadaf-Saffron-Thread-Pure-Premium/dp/B01GIY7SFG/ref=sr_1_2_a_it?ie=UTF8&qid=1519082961&sr=8-2&keywords=sadaf+saffron+kosher

Stuffed Artichoke Bottoms (MEAT) (Serves about 8)

Ingredients

- **1 can artichoke bottoms**
- **Sauce - ½ bottle Newman's Marinara Sauce**
- **1 lemon**

Meatball

- **1 lb ground beef or turkey**
- **1 heaping teaspoon baharat or allspice**
- **1 tsp salt**
- **1 egg**

- (1) Preheat oven to 350 F.
- (2) Combine ingredients for meatballs and shape.
- (3) Press each meatball into concave side of each artichoke bottom, adjusting meatball size according to size of artichoke.
- (4) Combine tomato sauce and lemon to taste and put in casserole dish.
- (5) Add artichoke hearts with meat side up.
- (6) Bake uncovered for 45 minutes. Do not baste with the sauce

Stuffed Artichoke Bottoms (VEGAN)

Ingredients

Instead of meat filling (makes about 10 meatballs for artichoke bottoms)

- **1 tbs olive oil**
- **½ lb eggplant (stove top roasted)**
- **½ bell pepper**
- **2 large Portobello mushrooms chopped**
- **1 tsp salt**
- **½ tsp black pepper**
- **½ cup canned white beans**
- **½ lb imitation meat**
- **½ cup matza meal**
- **1 tsp basil**
- **1 tsp oregano**

Blend ingredients, except matza meal, and shape into meatball. Coat meatball into matza meal then place into artichoke bottom.

Useful link for artichoke bottoms: https://www.amazon.com/Reese-Artichoke-Bottoms-14-Ounce-Cans/dp/B000FDB3VW/ref=pd_sbs_325_1?_encoding=UTF8&pd_rd_i=B000FDB3VW&pd_rd_r=6WGFHNCN3PVXHYSEYTDC&pd_rd_w=jboVX&pd_rd_wg=XJovu&refRID=6WGFHNCN3PVXHYSEYTDC&th=1

DESSERT RECIPES

Bastani (Persian Ice Cream) (1 Quart – abt 10-12 servings)

Ingredients

- **1 quart vanilla ice cream (get Trader Joe's SoyCreamy nondairy, vanilla)**
- **1 pinch saffron (Buy 1 container saffron; see link above for Shirin Polo)**
- **2 dashes rose water (Buy 1 bottle – see link below)**
- **1 cup crushed pistachios (use food processor or secure nuts in a clean cloth and whack and press it with a rolling pin)**
- **Buy 1 bottle cardamom**

Instructions

- Let ice cream sit outside of the freezer for about 10 minutes or until soft enough for you to easily fold in the other ingredients. Combine the saffron and rose water then mix that into the ice cream. Fold the pistachios into the ice cream, saving some to use as garnish. Return ice cream to the freezer until it hardens again. Garnish by sprinkling some crushed pistachios on top just before serving.
- For a different take on this recipe, add 1 tablespoon of ground cardamom and optionally a dash of vanilla extract. The result is an ice cream with the flavor of Indian dessert Kulfi ice cream, which usually takes hours to make.

Useful link for Sadaf Rose Water: https://www.amazon.com/Sadaf-Rose-Water-12-7/dp/BooXKUVKEW/ref=sr_1_2_a_it?ie=UTF8&qid=1519082132&sr=8-2&keywords=sadaf+rose+water

Turkish Haroset (yields ~1 cup) (topping for the ice cream) (about 4 servings)

Ingredients

- **1/2 cup pitted dates**
- **1 orange, peeled and sectioned without the pith and pits**
- **1/2 cup dried apricots**
- **1/2 cup walnuts, finely chopped**
- **1/4 – 1/2 teaspoon fresh ginger**

Instructions

- Cook fruit together with just enough water to cover until apricots and dates are tender enough to mash with a fork, 30 to 40 minutes. Add small amounts of water if needed during cooking so mixture doesn't burn. Mash and mix the fruits until blended. Add nuts and mix well. Serve cold or at room temperature.

Prep time: 10 min; Cook time: 30-40 min

Moroccan Haroset Truffle Balls (yields 25 balls)

Ingredients

- **1 1/2 cups pitted dates**
- **1 1/2 cups dried apricots**
- **1/2 cup golden raisins**
- **3/4 cup shelled pistachios**
- **2 tbsp honey**
- **1/4 cup sugar**
- **1 tsp cinnamon**

- (1) Place dates, apricots, raisins, pistachios and honey and place in a food processor. Pulse for about 2 minutes until the mixture is smooth but still has texture. You may need to break up the sticky mixture a few times if it collects in a ball in the processor.
- (2) In a bowl, mix together the sugar and the cinnamon. Form date mixture into balls that are about 3/4 inch in diameter. The balls will be sticky and soft. It will be easier to shape them if you wet your hands slightly.
- (3) Dry your hands. Dip the balls in the cinnamon sugar and coat thoroughly, and re-roll between your palms to smooth out any rough edges. Serve at room temperature.

SEDER PLATE

(1) Matzot (2) Egg (3) Shank Bone (4) Maror (escarole/chicory/endive) (5) Karpas (escarole/chicory/endive/parsley) (6) Haroset (7) Hazeret (romaine lettuce)

BUY: Matzot; egg; Can use bone from chicken for shank bone; 1 bunch each: escarole, chicory, endive, parsley; romaine lettuce



Iraqi Haroset (yields about 3/4 cups)

Ingredients

- **1/4 cup date molasses (silan) (sold at Moti's or Shalom's)**
- **1/4 cup chopped walnuts**
- **1/4 teaspoon ground cardamom**

Directions

Combine the date molasses, nuts and cardamom, if using, in a small bowl. Serve at room temperature.

Useful link for Silan: https://www.amazon.com/Majestic-Date-Natural-Convenient-Squeeze/dp/BooIHVGX7I/ref=sr_1_2_a_it?ie=UTF8&qid=1518819419&sr=8-2&keywords=silan