

# Recipes

By  
*Delaware*

## FULL MEAL RECIPE FEATURING MEDITERRANEAN BEEF KOFTA / KEBABS (USING GROUND BEEF)

### SALAD COURSE: BRIGHT MEDITERRANEAN TABBOULEH

#### INGREDIENTS (SERVES 4)

1 cup bulgur wheat (fine) or 3/4 cup fine bulgur  
2 cups cold water (to soak bulgur)  
1 1/2 cups finely chopped parsley (packed)  
1/2 cup finely chopped mint  
2 medium tomatoes, very finely diced  
1 small cucumber, seeds removed, finely diced (optional)  
4 green onions, thinly sliced  
3 tbsp extra-virgin olive oil  
3 tbsp fresh lemon juice (adjust to taste)  
Salt and freshly ground black pepper to taste  
Pinch of ground allspice or sumac (optional)

#### PREPARATION

Rinse bulgur; place in a bowl and cover with 2 cups cold water. Let soak 15–20 minutes until tender, then drain well and squeeze out excess water in a clean towel or fine sieve.

Combine drained bulgur, parsley, mint, tomatoes, cucumber, and green onions in a large bowl.

Whisk olive oil, lemon juice, salt, pepper, and a pinch of allspice (or sumac). Pour over salad and toss well. Adjust lemon and salt.

#### PRESENTATION

Serve in a shallow bowl, garnish with a few whole parsley leaves, a lemon wedge, and a drizzle of olive oil. Provide small plates so guests can scoop with warmed flatbread.

### ENTREE — MEDITERRANEAN BEEF KOFTA / KEBABS (USING GROUND BEEF)

#### INGREDIENTS (SERVES 4 — MAKES ~8 KEBABS)

1.5 lb (700 g) lean ground beef  
1 small onion, grated or very finely minced (about 1/2 cup), squeezed to remove excess moisture  
2 garlic cloves, minced

**1/4 cup finely chopped parsley**  
**2 tbsp finely chopped mint (or 1 tbsp dried)**  
**1 tsp ground cumin**  
**1 tsp ground coriander**  
**1/2 tsp ground cinnamon**  
**1/2 tsp smoked paprika**  
**1 tsp salt**  
**1/2 tsp black pepper**  
**1/4 tsp cayenne (optional)**  
**1 tbsp tomato paste (optional, for moisture & depth)**  
**1 tbsp olive oil (for brushing)**  
**Metal or soaked wooden skewers**

### **PREPARATION**

**In a large bowl combine ground beef, onion, garlic, parsley, mint, tomato paste, and all spices. Mix gently but thoroughly—avoid overworking. Cover and refrigerate 30 minutes to let flavors meld (optional but recommended). Divide mixture into 8 portions. With slightly wet hands, form each portion around a skewer into elongated kebabs (~4–5 inches long), pressing firmly so they hold together. Preheat grill or grill pan to medium-high. Brush kebabs lightly with olive oil. Grill kebabs 3–4 minutes per side (total 8–10 minutes), turning carefully, until nicely charred and internal temp ~160°F (71°C). Alternatively, broil 4–5 minutes per side or pan-sear then finish in oven.**

### **PRESENTATION**

**Plate 2 kebabs per person over a smear of tzatziki or muhammara, sprinkle with chopped parsley and a sprinkle of sumac or paprika. Serve with lemon wedges and warm flatbread.**

### **SIDE DISH 1 — LEMON HERB RICE PILAF WITH PINE NUTS**

#### **INGREDIENTS (SERVES 4)**

**1 1/2 cups basmati rice, rinsed**  
**1 tbsp olive oil or butter**  
**1 small onion, finely chopped**  
**3 cups low-sodium chicken or vegetable broth**  
**Zest and juice of 1 lemon**  
**1/4 cup toasted pine nuts**  
**2 tbsp chopped parsley**  
**Salt and pepper to taste**

## **PREPARATION**

In a saucepan, heat oil/butter over medium. Sauté onion until translucent. Add rice, stir to coat for 1–2 minutes. Add broth, lemon zest, and salt. Bring to a boil.

Cover, reduce heat to low, simmer ~15 minutes until rice is tender. Remove from heat, fluff with fork, stir in lemon juice, pine nuts, and parsley.

## **PRESENTATION**

Mold rice with a small bowl or ring on serving plate next to kebabs. Sprinkle extra pine nuts and parsley on top and a thin lemon slice on the side.

Side Dish 2 — Grilled Vegetables with Za'atar and Olive Oil

## **INGREDIENTS (SERVES 4)**

1 red bell pepper, sliced into large strips  
1 zucchini, sliced lengthwise  
1 small eggplant, sliced 1/2-inch thick  
1 red onion, cut into thick wedges  
3 tbsp olive oil  
1 1/2 tsp za'atar (or oregano + sesame + sumac mix)  
Salt and pepper

## **PREPARATION**

Toss vegetables with olive oil, za'atar, salt and pepper. Grill on medium-high 3–4 minutes per side until tender and charred. Alternatively roast at 425°F (220°C) for 20–25 minutes, turning once.

## **PRESENTATION**

Arrange vegetables in a fan or stacked on a platter beside kebabs. Drizzle a little extra olive oil and sprinkle a pinch of za'atar and fresh parsley.

## **DESSERT — GREEK YOGURT WITH HONEY, PISTACHIOS & ORANGE**

### **INGREDIENTS (SERVES 4)**

2 cups full-fat Greek yogurt  
4 tbsp good-quality honey  
1/3 cup toasted chopped pistachios  
Zest of 1 orange  
Optional: a few dried rose petals or a pinch of cinnamon

### **PREPARATION**

Spoon 1/2 cup Greek yogurt into each serving bowl. Drizzle ~1 tbsp honey over each portion, sprinkle with pistachios and orange zest. Add a light dusting of cinnamon or a few rose petals if desired.

**PRESENTATION**

Serve in small bowls with a mint sprig and an extra drizzle of honey. Provide spoons and small plates.

**WINE PAIRING (SINGLE RECOMMENDATION FOR ENTIRE MEAL)**

**Kaiken Ultra Malbec — Red Wine**

This Malbec's ripe dark-fruit character, moderate tannins, and spice notes complement the grilled, herb-spiced beef kofta and stand up to za'atar and roasted vegetables while pairing pleasantly with the richer elements of the meal.