

# Recipes

By  
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## FULL MEAL RECIPE FEATURING Grilled Beef Kafta Kebabs

### SALAD CLASSIC TABBOULEH

#### INGREDIENTS:

1 cup fine bulgur, soaked 10–15 min and drained  
2 cups finely chopped flat-leaf parsley  
1/2 cup finely chopped mint  
3–4 ripe tomatoes, finely diced  
3 scallions, thinly sliced  
3 tbsp extra-virgin olive oil  
3 tbsp fresh lemon juice  
Salt and freshly ground black pepper to taste

#### PREPARATION:

Combine drained bulgur, parsley, mint, tomatoes and scallions in a large bowl. Whisk olive oil, lemon juice, salt and pepper; toss with salad. Adjust lemon and salt to taste.  
Chill 15–30 minutes to let flavors marry.

#### PRESENTATION:

Mound tabbouleh on a shallow platter. Garnish with a few whole mint leaves and lemon wedges.

### ENTREE — GRILLED BEEF KAFTA KEBABS (SERVES 4, ABOUT 8 KEBABS)

#### INGREDIENTS:

1.5 lb ground beef (80/20 for flavor)  
1 small onion, grated and squeezed dry  
1/2 cup fresh parsley, finely chopped  
2 cloves garlic, minced  
1 tsp ground cumin  
1 tsp ground allspice  
1/2 tsp ground cinnamon  
1/2 tsp ground black pepper

1 tsp kosher salt  
1 tbsp olive oil (for brushing)  
Metal or soaked wooden skewers

**PREPARATION:**

In a bowl combine ground beef, grated onion, parsley, garlic, cumin, allspice, cinnamon, salt and pepper. Mix gently until just combined—avoid overworking. Divide mixture into 8 portions. With wet hands, form each portion around a skewer into a long, slightly flattened sausage shape (about 6–7 inches). Refrigerate 15–30 minutes to firm up (optional). Preheat grill to medium-high. Brush kebabs lightly with olive oil. Grill 3–4 minutes per side, rotating until charred at edges and cooked through (internal temp ~160°F/71°C for ground beef). Rest 3–4 minutes off heat.

**PRESENTATION:**

Arrange 2 kebabs per plate over a smear of sauce (see below). Garnish with chopped parsley, sumac sprinkle (optional) and lemon wedges.

Accompanying Sauce — Yogurt-Tahini Garlic Sauce

**Ingredients:**

1 cup plain Greek yogurt  
2 tbsp tahini  
1 small garlic clove, minced  
1 tbsp lemon juice  
Salt to taste  
Water to thin if necessary

**PREPARATION:**

Whisk yogurt, tahini, garlic and lemon. Add a little water to reach pourable consistency. Season with salt.

**PRESENTATION:**

Serve sauce in a small bowl or drizzle a decorative line beneath the kebabs.

**SIDE DISH 1 — RICE PILAF WITH PINE NUTS AND RAISINS**

**INGREDIENTS:**

1 1/2 cups long-grain rice (Basmati or jasmine), rinsed and drained  
3 tbsp butter or olive oil  
1 small onion, finely chopped  
3 cups low-sodium chicken stock or water  
1/4 cup toasted pine nuts  
1/4 cup golden raisins (optional)  
Salt and pepper

**PREPARATION:**

Sauté onion in butter/oil until translucent. Add rice and toast 1–2 minutes. Add stock, bring to simmer, cover and cook until rice is tender (per package timing). Stir in toasted pine nuts and raisins. Fluff with fork and season.

**PRESENTATION:**

Serve in a warm bowl, sprinkle a few extra pine nuts on top and a pinch of chopped parsley.

**SIDE DISH 2 — CHARRED MEDITERRANEAN VEGETABLES WITH ZA'ATAR****INGREDIENTS:**

2 zucchinis, cut into thick rounds  
1 red bell pepper, quartered  
1 small eggplant, cut into chunks  
2 tbsp olive oil  
1–2 tsp za'atar  
Salt and lemon

**PREPARATION:**

Toss vegetables with olive oil and salt. Grill or roast at 425°F/220°C until charred and tender (10–20 minutes). Sprinkle with za'atar and a squeeze of lemon.

**PRESENTATION:**

Arrange vegetables in a fan or pile on a platter; finish with a drizzle of olive oil and a lemon wedge.

**DESSERT — HONEY & PISTACHIO BAKLAVA ROLLS (QUICK VERSION)****INGREDIENTS:**

8 sheets phyllo, thawed  
1 cup finely chopped pistachios (or mixed nuts)  
4 tbsp melted butter  
1/3 cup honey + 2 tbsp water warmed for drizzling  
Pinch cinnamon

**PREPARATION:**

Preheat oven to 350°F/175°C. Brush one phyllo sheet with butter, place another on top and brush. Sprinkle a thin line of nuts and cinnamon along one edge and roll up tightly. Repeat to make 8 rolls. Place on baking sheet, brush tops with butter, bake 12–15 minutes until golden. Warm honey with water and drizzle over hot rolls. Let sit 10 minutes to soak.

**PRESENTATION:**

Serve 2 rolls per person on a dessert plate, sprinkle crushed pistachio and a small mint leaf. Optionally add a scoop of vanilla ice cream.

**WINE PAIRING****RECOMMENDED WINE: KAIKEN ULTRA MALBEC RED WINE**

Kaiken Ultra Malbec offers ripe dark-fruit flavors, moderate tannins and a smoky spice character that complements the char and warm spices (cumin, allspice, cinnamon) in beef kafta. Its fruit-forward profile and silky texture balance the savory, slightly fatty ground beef and stand up well to the grilled flavors without overpowering the herbaceous notes of the tabbouleh and the tang of the yogurt-tahini sauce.