

# Traditional Egyptian Recipes

## EGYPTIAN FETA SPREAD

### INGREDIENTS:

- 8 OZ FETA CHEESE
- 2 T EXTRA VIRGIN OLIVE OIL
- 2 T LEMON JUICE
- 1/4 CUP CHOPPED GREEN ONIONS
- 2 T FRESH CHOPPED PARSLEY (OR PARSLEY AND MINT MIXED)
- 1/3 CUP CHOPPED TOMATOES
- 6 PITA BREADS, LIGHTLY TOASTED
- EXTRA OLIVE OIL AND CHOPPED TOMATOES FOR SERVING

### INSTRUCTIONS:

- MASH THE FETA WITH A FORK UNTIL CRUMBLY.
- STIR IN THE OLIVE OIL AND LEMON JUICE AND BEAT UNTIL CREAMY.
- ADD IN HERBS AND TOMATOES AND CONTINUE MIXING.
- SERVE WITH PITA BREAD AND TOPPED WITH ADDITIONAL OIL AND TOMATO



# SPICY EGYPTIAN LENTIL SOUP

SERVING: 6 TO 8

COOKING TIME: 50 MINUTES



## INGREDIENTS

- 2 Tbl. extra-virgin olive oil
- 1 onion, diced into 1/4" pieces
- 4 garlic cloves, minced
- 1 large celery rib, diced into 1/4" pieces
- 1 large carrot, diced into 1/4" pieces
- 1 large baking potato, peeled and diced into 1/2" pieces
- 1-1/4 cups lentils (red or green)
- 2 qts. vegetable broth
- 2 tsp. ground cumin
- 1/2 tsp. cayenne pepper
- 1/4 tsp. turmeric
- 2 Tbl. freshly squeezed lemon juice, plus additional lemon slices to serve alongside finished soup
- salt and freshly ground pepper, to taste

## SPICY EGYPTIAN LENTIL SOUP – CONT'D



### Instructions

- Over medium-high heat, in a large saucepan or small stockpot, heat the oil.
- Add the onion and garlic and sauté until fragrant, about 2 or 3 minutes.
- Add the celery and carrot and cook for another 5 minutes.
- Add the potato, lentils, and vegetable broth.
- Bring to a boil, then cover and simmer until all the vegetables are very tender. This should take 40 to 50 minutes.
- Puree the soup in batches, using a blender, and return it back to the pot. Or blend carefully right in the pot with an immersion blender.
- Add the cumin, cayenne pepper, turmeric, and lemon juice.
- Season with salt and pepper. I'm not known for adding much salt to my food, but I found myself adding more than I thought I would to boost the flavours. Just add a bit at a time, tasting after each addition.
- Serve the soup hot with slices of fresh lemon on the side. Some warm fresh pocket bread would also be good with this meal.

# EGYPTIAN KOFTA

## INGREDIENTS

- 450g/1lb finely minced Beef
- 1 Medium Onion, grated
- 4 tbsp Fresh chopped Flat-leaf Parsley
- 2 tbsp Freshly chopped Mint
- 1 teasp Salt
- 1 teasp Black Pepper
- 1 teasp Ground Cumin
- 1 teasp Ground Cinnamon
- 1 teasp Ground Allspice
- Olive Oil

Serve with:

Pitta Breads

Finely chopped Tomatoes

Finely sliced Spring Onion

Shredded Lettuce.



# EGYPTIAN KOFTA - CONTINUED



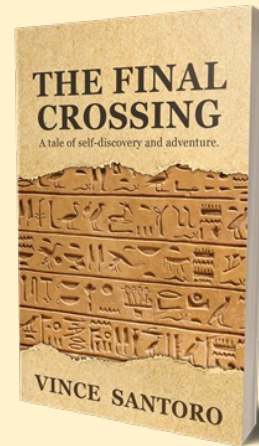
## Instructions

KOFTA can be made either on the barbeque or in the oven.

You make them into large meatball size (approx. 10), large enough to fit securely on a skewer or sausage shape (approx. 6), depending on the length.

- Place all the ingredients (apart from the oil) in a large mixing bowl and knead well with your hands making sure the mixture is well blended. If required, cover with clingfilm and chill for up to 1 hour.
- Form the meat mixture make large meatball size patties as described above and mould through skewers or form sausage-shape patties and mould through skewers.
- Preheat the BBQ to hot or if cooking in the oven, pre-heat to 350° C.
- If cooking on BBQ, cook until done, approx. 15 – 20 minutes.
- If cooking in the oven, lightly oil the hot grill rack or griddle, place koftas onto the hot rack/griddle and cook for 5 minutes on each side, brushing with a little oil.

A valiant and fulfilling story sure to inspire and warm the heart.



Nenshi, an Egyptian house servant, raised in nobility, is well- schooled, a master huntsman and hungers to be free. His master agrees to grant his freedom but while the petition is set to be heard, Nenshi's indiscretion gets in the way. He is caught in a secret love affair with a woman above his social status.

As punishment, he is exiled to labour in the Nubian gold mines. His life turns upside down as he is thrust into a world for which he had been ill prepared. He escapes from the mines and vows to return to Thebes, but his attempts push him farther and farther away on a journey that redefines him – a journey mired with cruelty, bloodshed, and the discovery of a new deity.

In the end Nenshi learns his freedom has been granted and must decide whether to return to his homeland or start a new life.

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