

BAZELLA WA GAZAR

Bazella is the Arabic word for peas. It's also the simple name for this classic Middle Eastern stew that is a staple of the Egyptian kitchen. In this stew, the peas are the star. They are cooked alongside carrots in a tomato broth until they soften.

The stew is hearty and comforting and is best served with a generous drizzle of extra virgin olive oil. It can also be served over rice, or with pita bread to soak up the tasty sauce.

INGREDIENTS

Olive Oil

1 medium yellow onion, chopped

1 garlic clove, minced

3 carrots, chopped or diced small

1 lb frozen sweet peas

Salt

1 tsp coriander

½ tsp black pepper

½ tsp sweet Spanish paprika

15-oz can tomato sauce

2 cups vegetable broth

Fresh parsley for garnish, optional

Sliced jalapeno peppers for garnish, optional

DIRECTIONS

In a 3-quart pot or dutch oven, heat 2 tablespoons olive oil over medium-high heat.

Add chopped onions and cook until translucent, stirring frequently. Add the garlic, carrots, peas, a pinch salt, and spices. Toss to combine. Cook for 5 minutes or until fragrant, stirring regularly.

Add broth and tomato sauce. Bring to a boil and boil 5 minutes, then reduce the heat to medium. Cover and simmer for 15 minutes or so, stirring occasionally.

The stew is ready when the peas and carrots are tender, but not mushy. Taste and adjust seasoning as needed.

Serve in bowls, topped with olive oil and parsley or jalapeno if desired.



COUSCOUSY BEL SUKKAR

Couscous is an absolute staple in Egyptian cuisine. It can be served sweet or savory and at any meal of the day. Traditionally, families prepare two dishes for New Year's Day - one that is white and one that is green. The white dish symbolizes the wishes for a peaceful year while the green dish is a wish for a prosperous one. Sweet couscous is often used as the white dish, and the green is typically a soup known as Mulukhia which is made from the leafy green jute vegetable.



This sweet couscous gets its delicious taste from brown sugar, cinnamon, and powdered sugar that is mixed in, making the couscous quite similar in flavor and consistency to oatmeal. Toppings can include nuts, raisins or other fruit.

INGREDIENTS

- 1 cup plain couscous
- 1 1/4 cup water
- 2 tbsp. unsalted butter, divided in two
- 1/4 cup powdered sugar
- 1/2 tsp. ground cinnamon
- 1/2 tsp. Brown sugar
- 1/4 cup sliced almonds
- 1/2 cup raisins (regular or golden)
- Shredded coconut to taste

DIRECTIONS

In a medium sized pot, bring water and 1 tbsp. of butter to a boil.

Add in couscous, and boil for 1 minute.

Cover and remove from heat. Let cook for 10 minutes.

After, fluff the couscous with a fork. Add powdered sugar and 1 tbsp. butter, and continue fluffing until it is mixed well.

Mix in cinnamon and brown sugar, and top with coconut flakes, sliced almonds, and raisins. Add other nuts or fruits to your liking. Serve warm.