



Spice Up Your Winter!

Maynard Library

Spice Club

FENUGREEK

### SPICE INFORMATION

Fenugreek (*Trigonella foenum-graecum*) is a clover-like plant from the botanical family Fabaceae, which also includes alfalfa, chickpeas, and peanuts. Its dried or fresh leaves can be used as an herb, and its seeds are used as a spice. Both its seeds and leaves impart a flavor and aroma similar to maple syrup, as well as slight bitterness. Fresh leaves are used as leafy greens in curries (especially with potatoes), or folded into fry-breads. When dried, the leaves make excellent last-minute additions to sauces, curries, and soup. Roasting reduces the bitterness of fenugreek seeds, and the addition of lemon juice to finish a dish draws out all the rounded, complex flavors fenugreek has to offer.



In use since before the Bronze Age, fenugreek is native to a large swath of Southern Europe, Mediterranean, and Western Asia. It is essential to Indian and North African, and Middle Eastern cuisine. When combined with aromatics and spices, fenugreek contributes a complex sweetness and a subtle bitterness to saucy dishes. It works particularly well with strong flavors like coriander, cumin, and paprika. It deepens the savory notes of tomatoes in sauces and stews. Ground fenugreek seeds are used in spice blends such as garam masala, panch phoran (Indian five-spice) and berbere (Ethiopian spice rub).

Fenugreek is also used as a flavoring agent in foods, drinks, and tobacco, and is used in making fake maple syrup.

You can sprout the seeds and add them to salads and stir fries as a micro green.

<https://www.masterclass.com/articles/how-to-cook-with-fenugreek>

<https://curiospice.com/products/fenugreek>

<https://www.thespruceeats.com/helba-fenugreek-2394549>

<https://www.seriousseats.com/spice-hunting-fenugreek-methi-how-to-use>

## Sprouting Directions for Fenugreek Microgreens

<https://sprouting.com/product/fenugreek/>

**Soak:** Put approximately 1/4 cup seed in a wide mouth jar with a sprouting lid. Add water, swirl, and drain. Refill jar with water and soak 6-12 hours. Drain well and invert jar at an angle on a sprouting rack, or in a bowl or drain rack.

**Rinse:** Twice a day, refill jar with cold water, swirl, and drain.

**Enjoy!** Ready to eat in (2-3) days. Refrigerate to store.

## RECIPES

### Lebanese 7 Spice Blend (Baharat)

<https://twosleever.com/7-spice-blend/>

#### Ingredients

- 1 tablespoon ground allspice
- 1 tablespoon ground cloves
- 1 tablespoon ground nutmeg
- 1 tablespoon ground fenugreek
- 1 tablespoon ground ginger
- 2 teaspoons ground black pepper
- 2 teaspoons ground cinnamon

Mix together and store for up to 4 weeks.



### Berbere Spice Mix

<https://food52.com/recipes/86998-best-berbere-spice-recipe>

#### Ingredients

- 1 (1-inch) cinnamon stick
- 1 tablespoon coriander seeds
- 1 teaspoon fenugreek seeds
- 1 teaspoon black peppercorns
- 6 cardamom pods
- 3 allspice berries
- 4 dried chiles de árbol, stemmed and seeded
- 1/4 cup dried onion flakes
- 3 tablespoons sweet paprika
- 1/2 teaspoon ground ginger
- 1/2 teaspoon freshly grated nutmeg

#### Directions

1. Place the cinnamon, coriander, fenugreek, peppercorns, cardamom, and allspice in a small heavy skillet set over medium heat. Cook, stirring constantly, until the smell is very aromatic and the spices are lightly toasted, about 2 minutes. Let cool. Transfer the mixture to a clean coffee grinder, add the chiles and onion flakes, and grind to a fine powder (or use a mortar and pestle and some elbow grease). Transfer the ground spices to a fine-mesh sieve set over a bowl and sift. Re-grind whatever large pieces remain in the sieve and add them to the bowl with the ground spices.
2. Add the paprika, ginger, and nutmeg. Whisk well to combine and transfer the mixture to an airtight jar. Store in a cool, dark place for up to 3 months.

3. You can add berbere to any stew or braise (start with about 1 tablespoon berbere for every four servings) or try rubbing a light coating on shrimp or chicken thighs before grilling (you can let them sit overnight in the refrigerator after seasoning or just season right before grilling).

### Kiri Hodi

<https://www.theroute2roots.com/kiri-hodi-sri-lankan-coconut-milk-curry/>

Servings: 4



#### Ingredients

- 2 1/2 cups coconut milk
- 1 onion, sliced
- 1 green chili, sliced
- 2 cloves garlic, minced
- 1/4 teaspoon turmeric powder
- 1 sprig curry leaves
- 2-3 teaspoons lemon juice
- 1/2 teaspoon roasted fenugreek seeds
- Salt to taste

#### Directions

1. Place a deep pan or kadhai on medium to slow flame.
2. Add the sliced onion, green chili, grated garlic, curry leaves, fenugreek seeds, coconut milk and turmeric powder and bring the mixture to boil.
3. Allow the mix to simmer for couple of minutes on slow flame.
4. Add salt and lemon juice, stir.
5. The lemon juice will thicken up the Kiri Hodi a bit.
6. Allow to simmer for couple of more minutes.
8. Turn off the flame and transfer to a serving bowl. Serve with any mild pulao or rice.

### Fenugreek "Maple" Crêpes

<https://www.foraysintofood.ch/post/fenugreek-maple-cr%C3%AApes>

#### Ingredients

- 1 c flour
- 1/4 c powdered sugar
- 2 eggs
- 1 1/2 c milk
- 1/2 c cream
- 1 tsp fenugreek powder
- oil for cooking



## Directions

1. Mix the dry ingredients in a bowl. Add the eggs and beat until smooth. Gradually add other liquids, mixing well until a loose batter is achieved.
2. Heat a crêpe pan over medium-low heat and brush with vegetable oil. When it is hot, pour ½ ladle of batter in and rotate the pan to spread the batter in a thin round. DO NOT pour the oil in before the pan is hot as it will not spread properly or cook evenly.
3. Once the top side is matte and little bubbles have popped on the surface, flip the crêpe and briefly cook the other side.
4. Serve hot with yoghurt, fruit, butter, jam, or whatever you want. I found that relatively neutral flavors did best, allowing the fenugreek's flavor to come out best. This batter was looser than my crêpe batter tends to be and the crêpes were thinner and more delicate.

## Lentil Salad in Olive Oil with Egyptian Spices

<https://www.food.com/recipe/lentil-salad-in-olive-oil-with-egyptian-spices-423176>

Servings: 6



## Ingredients

- 1/4 cup extra-virgin olive oil
- 2 large garlic cloves, finely chopped
- 1/2 teaspoon freshly ground cumin
- 1/2 teaspoon freshly ground coriander
- 1/4 teaspoon freshly ground cardamom
- 1/2 teaspoon ground fenugreek
- 1 cup dried brown lentils, picked over and rinsed well
- salt
- fresh ground black pepper

## Directions

1. In a small saucepan, heat 3 tablespoons of the olive oil over medium heat with the garlic. As soon as the garlic begins to sizzle remove from the burner, add the cumin, coriander, cardamom, and fenugreek, stir, and set aside.

2. Place the lentils in a medium saucepan of lightly salted cold water and bring to a boil. Cook until al dente, about 25 minutes from when you turned the heat on (or a little longer if you want them softer). Drain and toss with the garlic, olive oil, and spices while still hot. Season with salt and pepper, toss, and arrange on a serving platter. Drizzle the remaining 1 tablespoon olive oil over the top.
3. Serve at room temperature.

### **Georgian Spinach Dip with Walnuts and Cilantro (Ispanakhis Pkhali)**

<https://www.washingtonpost.com/recipes/georgian-spinach-dip-walnuts-and-cilantro-isperakhis-pkhali/>

Servings: 8 -12 (makes about 2 1/2 cups)

#### **Ingredients**

- 2 pounds fresh spinach leaves
- 1 1/2 cups walnuts
- 3 medium cloves garlic
- Leaves from 1 bunch fresh cilantro (about 1 cup packed)
- 6 tablespoons walnut oil or other delicately flavored oil
- 4 teaspoons tarragon vinegar or white wine vinegar
- 1 teaspoon ground coriander
- 3/4 teaspoon kosher salt
- 1/2 teaspoon ground fenugreek
- Several grinds black pepper
- Pinch ground cayenne pepper
- 1/2 cup pomegranate seeds, for garnish (arils; optional)

#### **Directions**

1. Bring a large pot of water to a boil over high heat. Add the spinach, stirring to submerge the leaves and make room for more. Once all the spinach has wilted and the stems softened, about 3 minutes, drain in a large colander. Rinse the spinach with tap water until the greens feel cool, then squeeze out as much water from them as you can. (This is most effectively done by squeezing it, a chunk at a time, between your hands or in your fists.)
2. Grind the walnuts in a food processor to the consistency of coarse sand. Add the spinach, garlic, cilantro, oil, vinegar, coriander, salt, fenugreek, black pepper and cayenne pepper; puree until smooth.
3. Transfer to a container with a tight-fitting lid; taste, and adjust the seasonings as needed. Refrigerate for several hours or up to overnight. Sprinkle with the pomegranate seeds, if using, just before serving.





## Creamy Cauliflower Puree with Fenugreek

<https://food52.com/recipes/6194-creamy-cauliflower-puree-with-fenugreek>

Servings: 6 to 8!



### Ingredients

- 2 large heads of cauliflower, cored and cut into even-sized florets
- 3 garlic cloves
- 6 cups milk
- 1 stick butter
- 1 ½ tsp ground fenugreek leaves (see note)
- chopped chives
- salt & freshly ground pepper

### Directions

1. In a medium pot, bring cauliflower, garlic, a pinch of salt and milk up to a simmer. Do not boil. Simmer covered for 12 to 15 minutes or until cauliflower is very tender.
2. Strain cauliflower and garlic from milk mixture, reserving both. Melt butter with ground fenugreek in a small saucepot for 5 to 7 minutes.
3. Puree cauliflower in a blender with 1 to 1 ¼ cups of reserved milk and melted fenugreek butter, working in batches if necessary. Adjust milk amount based on desired texture of the puree. Season with salt and freshly ground pepper and garnish with chives.

### Notes

- In order to grind the fenugreek leaves without any of the stems, place a small sieve over a paper towel. Add fenugreek leaves and crush the leaves between your fingers and/or against the sieve, itself. The ground fenugreek will fall through the sieve onto the paper towel.

## Ma Gehennet's Shiro, Eritrea

From *In Bibi's Kitchen* by Hawa Hassan and Julia Turshen

<https://www.vogue.co.uk/arts-and-lifestyle/article/in-bibis-kitchen>

Serves 4



### Ingredients

- 1 large red onion, coarsely chopped
- 10 garlic cloves
- ½ cup canola oil
- 2 tablespoons Berbere Spice Mix
- Kosher salt
- 3 medium vine-ripened tomatoes, coarsely chopped
- ½ cup chickpea flour
- 2 cups water
- 2 jalapeños, stemmed and thinly sliced (use less or leave out if you don't want things too spicy)

## Directions

1. Place the onion and garlic in a food processor and pulse until very finely ground. Set aside.
2. Warm the oil in a large Dutch oven or other heavy pot set over medium-low heat. Stir in the onion mixture, the berbere, and a large pinch of salt. Cover the pot and let the aromatics cook gently while you prepare the tomatoes.
3. Place the tomatoes in the food processor and pulse until they're finely ground. Add them to the onion mixture, increase the heat to high, and bring the mixture to a boil. Reduce the heat to low and stir in the chickpea flour.
4. The mixture will be quite thick, like peanut butter. While stirring, slowly pour in the water to loosen the mixture. Keep stirring and adding the water in one slow stream until it becomes quite smooth. Bring the shiro to a boil, reduce the heat to low, and simmer for about 5 minutes to cook off the raw taste of the chickpea flour and integrate all the flavors. Stir in the jalapeños and season to taste with salt. Serve immediately. Leftovers can be stored in an airtight container in the refrigerator for up to a few days and rewarmed in a pot set over low heat (stir while you heat).

## Broccoli Stir Fry with Indian Spices

<https://www.veganricha.com/broccoli-stir-fry-indian-spices-broccoli-sabji/>

## Ingredients

- 1 tsp oil
- 1/2 tsp mustard seeds
- 1/2 medium onion thinly sliced
- 3 cloves garlic minced
- 1/2 tsp turmeric
- 1 tsp ground coriander
- 1/4 tsp fenugreek powder
- 1/4 tsp cayenne
- 1/4 tsp cinnamon
- 1/4 tsp black pepper
- 3 cups coarsely shredded broccoli and tender stems or slaw
- 1 tsp grated ginger
- 1/2 green chile finely chopped (grated), optional
- 1/2 tsp salt or to taste
- 2 tbsp shredded coconut + additional for garnish



## Directions

1. Heat oil in a skillet over medium heat. When hot, add mustard seeds and let them start to pop.
2. Add the onions and garlic and cook until translucent. about 5 to 6 minutes. Stir occasionally.

3. Add the ground spices. Mix in and cook for a minute.
4. Add the broccoli and salt and toss well. At this point you can also add in other veggies like peas , shredded carrots, small cubed sweet potato etc.
5. Add coconut and a splash of water, cover and cook for 6 minutes. The broccoli will get steamed and vibrant (green and yellow from the turmeric). Mix well, taste and adjust salt and heat. Add a dash of lemon. Depending on the size of the broccoli, pan etc, you can cook it for another few minutes.
6. Serve hot garnished with lemon, as a side with dal or fill up tacos or wraps. Garnish with some shredded coconut, pepper flakes and cilantro.

### Methi Adraki Gobi

<https://spicechronicles.com/methi-adraki-gobi-cauliflower-fenugreek-ginger/>



#### Ingredients

- 2 tablespoons oil
- 1 teaspoon mustard seeds
- 1/2 teaspoon fenugreek seeds
- 1 medium sized red onion, diced
- 1 1/2 teaspoons freshly grated ginger
- 1 medium sized cauliflower chopped
- 1/2 teaspoon turmeric
- 1/2 teaspoon red chili powder
- Salt to taste
- 1 1/2 teaspoons black pepper
- 1 tablespoon dried fenugreek
- 1/2 teaspoon sugar
- Cilantro to garnish

#### Directions

1. Heat the oil on medium heat for about 1 minute.
2. Add the mustard seeds and fenugreek seeds and heat until the seeds begin to crackle.
3. Add in the onion and the ginger and sauté the onion for 3 to 4 minutes.
4. Add in the cauliflower and cover and cook for 3 minutes, stirring well to coat and sear.
5. Mix in the turmeric, chili powder and salt and stir well.
6. Add in 1/4 cup of water and cover and cook on very low heat for about 10 minutes.
7. Remove the cover and stir well and check for doneness. The cauliflower should be fork tender.
8. Stir in the black pepper, dried fenugreek, and sugar.
9. Garnish with cilantro and enjoy!



## Middle Eastern Spiced Potato Cakes

<https://www.foodnetwork.com/recipes/guy-fieri/middle-eastern-spiced-potato-cakes-recipe-2078393>

Servings: 4 to 6

### Ingredients

- 1 1/2 pounds russet potatoes (about 2 large)
- Kosher salt
- 2 1/2 tablespoons granulated garlic
- 3 teaspoons freshly cracked black pepper
- 1 1/2 teaspoons ground cumin
- 1/2 teaspoon ground cinnamon
- 1/4 teaspoon fenugreek
- 1/8 teaspoon turmeric
- 5 grinds nutmeg, freshly grated on a zester
- 1 large egg
- 3 scallions, sliced
- 1/3 cup unbleached all-purpose flour
- Canola oil, for frying
- 3 tablespoons chopped fresh cilantro
- 1 lemon, cut into wedges



### Directions

1. Preheat the oven to 375 degrees F.
2. Add the potatoes to a pot and cover with 6 cups water. Season well with salt. Bring to a rolling boil over high heat and cook the potatoes until easily pierced with the tip of a sharp knife, about 9 minutes. Drain and cool, about 10 minutes. Peel and set aside.
3. Combine the granulated garlic, 4 teaspoons salt, the black pepper, cumin, cinnamon, fenugreek, turmeric and nutmeg in a small mixing bowl. Set aside.
4. Once cooled, crush the potatoes gently; the texture should be course and crumbly. Place into a bowl.
5. Thoroughly combine the egg, scallions, 1/4 cup of the flour and the spice mix in a bowl. Add to the potatoes and stir to combine. Season the remaining flour with 1 teaspoon salt and some pepper. Form the potatoes into 2 1/2-ounce patties. Sprinkle the tops and bottoms with the seasoned flour.
6. Set a large nonstick pan over medium-high heat and add 3 tablespoons oil. Once hot, fry the patties, in batches if necessary, on the first side until golden brown, about 3 minutes. Flip and place into the oven until crispy on both sides and hot through, another 3 minutes. Remove from the oven and cool slightly.
7. To serve, arrange the patties on a serving dish. Garnish with cilantro and serve with lemon wedges.

## Berbere Roasted Carrots & Fennel with a Hint of Orange and Mint

<https://thehealthyway.us/berbere-roasted-carrots-fennel-with-a-hint-of-orange-and-mint/>

Servings: 5



### Ingredients

- 2 Tbsp. olive oil
- 4 fennel bulbs, sliced long length wise into 1 inch sticks
- 2 lbs. carrots, cut in half, and then cut into 1 inch sticks
- Juice of 1 orange
- 2 tbsp berbere
- 1 bunch mint, chopped

### Directions

1. Preheat oven 400 degrees F.
2. Line a baking sheet with parchment
3. Toss vegetables with olive oil and berbere, then sprinkle with salt and pepper.
4. Lay in single layer and roast 40 minutes or until you can easily pierce vegetables with a knife.
5. Once finished, put vegetables in a serving dish and toss with orange juice and mint. Serve warm.

## Uzbekistani Plov

<https://food52.com/recipes/25927-spiced-uzbekistani-plov-pilaf-with-herbs-scallions-peas>

Servings: 4

### Ingredients

- 1 cup basmati rice
- 1/4 cup canola or light olive oil
- 1 pound boneless leg of lamb, cut into 2-inch pieces
- 1 large onion, thinly sliced
- 2 medium carrots, peeled and julienned
- 2 teaspoons each of cumin seeds, coriander seeds, fenugreek seeds, toasted and crushed
- 1/2 teaspoon whole black peppercorns, crushed
- 2 cups simmering homemade or good-quality store-bought beef stock, to cover
- 1 whole unpeeled garlic head, washed
- 1 fat bunch each of chives or scallion green tops, cilantro or parsley, and leaves from 3 to 4 sprigs of mint, finely chopped
- 1 cup fresh or frozen green peas



## Directions

1. Place rice in a large bowl and cover with warm water. Set aside. Heat oil in a Dutch oven or large skillet over high heat until smoking, and then add lamb. Cook, turning occasionally, until the lamb is evenly browned, about 10 minutes.
2. Stir in the onion; cook, stirring, until the onion has softened and browned, about 10 minutes. Stir in the carrots; cook, stirring, until the carrots have softened, about 10 minutes. Mix in cumin, coriander, fenugreek, and peppercorns. Reduce heat to medium-low. Cover and cook stirring occasionally for about 30 minutes. If you find the meat is sticking, you can add 1 teaspoon or so of water before covering the pot.
3. Wash rice with hot water and drain well. Pour cleaned rice over the lamb mixture in an even layer. Place the raw garlic head on top of the rice and squeeze it into the center before covering everything with stock.
4. Slowly pour in the hot stock over a large spoon or wooden spatula. This step will ensure even distribution of the stock over the rice. The rice should be covered with about  $\frac{3}{4}$ - to 1- inch of liquid. Do not stir. Season with salt, and reduce heat to medium-low.
5. Cover until the liquid starts boiling, at which point, remove the cover to let the stock almost evaporate. Then tightly cover again and cook on very low heat until rice is ready, about 20 to 25 more minutes.
6. When the rice is ready, open the lid, remove the garlic head, sprinkle in scallion green tops, herbs, and peas, cover and let stand for about 10 minutes. Then fluff and carefully mix everything together and serve.
7. It is traditional to serve the Plov with Shikarop: a salad with finely sliced (almost shredded) tomatoes, shredded sweet onions, oil, salt, pepper, cilantro, and paprika.

## Ghormeh Sabzi Recipe (Persian Herb Stew)

<https://littlespicejar.com/ghormeh-sabzi/>

Servings: 6-8



### Ingredients

- 1 large yellow onion, chopped
- 6 tablespoons olive oil
- 5 cloves garlic, minced
- 1 tsp each kosher salt, ground turmeric and black pepper
- 1 1/2 pounds beef stew meat, in 1½-inch cubes
- 1 chicken or beef bouillon cube
- 4 cups water
- 5 dried limes (lemoo amani)
- 1 bunch cilantro, finely chopped
- 1 ½ bunches parsley, finely chopped
- 12 ounces fresh baby spinach, finely chopped
- 2 bunches green onions, finely chopped
- 2 tablespoons dried fenugreek
- 1 (15 ounce) can red kidney beans (or black eyed peas)
- 1 tablespoon freshly squeezed lemon juice

## Directions

1. To a 6-quart Dutch oven or larger, add 3 tablespoons of olive oil over medium heat. When hot, add the onions and saute them for 5 minutes. Then add the minced garlic, ground turmeric, and black pepper. Sauté for another 30 seconds before adding in the stew meat.
2. Brown the meat for 5 to 7 minutes or until all of the meat is seared on all sides. Season with salt, and add the bouillon cube and 4 cups of water. Kick the heat up to high, bring to a simmer, lower the heat to low, and let simmer for 1 hour, uncovered.
3. Poke holes in the dried limes with a fork or a knife and add them to the meat mixture, stir them in. Cover the pot with a lid, leaving a small sliver to vent, and let simmer for 1 hour.
4. When 20 minutes remain, heat a 4-quart pan or larger over medium heat with 3 tablespoons of oil. Saute the herbs, baby spinach, and green onions until most of the moisture is cooked off, and the veggies are vibrant green, about 12 to 15 minutes. Add the dried fenugreek for the last 2 minutes of cooking.
5. Add this veggie mixture into the meat mixture along with the drained kidney beans, and stir to combine. If the stew looks a little dry, add ½ to 1 cup of water, bring to a simmer, and cook for 1 hour, partially covered.
6. Remove the dried lemons and set aside if you'd like to serve them with the stew, otherwise discard them. Check if the meat is tender and gives easily when pierced with a paring knife, which at this point, it most likely will. If it doesn't cover and let cook another 30 minutes. If the meat is tender, simmer at medium-low uncovered to thicken the stew for the last 15 minutes. Then add the lemon juice. Taste and adjust with more salt, pepper, and lemon as desired. Serve warm with basmati rice or tahdig and shirazi salad.

## Best Ethiopian Chicken Stew--Doro Wat

<https://food52.com/recipes/25685-ethiopian-inspired-spicy-chicken-stew>

Servings: 4

## Ingredients

- 1/4 tsp ground coriander
- 1/2 tsp ground fenugreek
- 1/2 tsp ground black pepper
- 1/8 tsp ground allspice
- 1/8 tsp ground cardamom
- 1/8 tsp ground cloves
- 1/4 to 1/2 tsp ground cayenne pepper
- 1/4 tsp cinnamon
- 1/2 tsp turmeric
- 1 tsp freshly grated ginger
- 1 medium yellow onion, grated
- 2 tsp high heat oil (like grapeseed)
- 1 Tbsp unsalted butter
- 28 oz can whole peeled tomatoes with juices
- 1 splash dry red wine
- 1 garlic clove, minced
- 2 whole chicken legs with skin (2 legs, 2 thighs)
- 4 hard-boiled eggs
- Salt to taste

## Directions

1. In a small bowl, mix together the spices.
2. Cut the chicken legs into four pieces (i.e. 2 legs, 2 thighs), and season with salt and pepper. Heat the oil in a frying pan with deep sides and brown the chicken on all sides over medium-high until golden. Take the chicken out of the pan and lower heat to medium-low and add the butter, onions, and grated ginger. Cook the onions and ginger for about 5 minutes, but don't let them brown (a little golden is okay). Add the dry spice mixture and cook for another minute or two.
3. Add the tomatoes and their juices and break them up using a spoon. Add the garlic and a splash of red wine and stir to incorporate.
4. Add the chicken back to the pan and simmer over low to medium low for 1 ½ to 2 hours until the sauce is fairly thick. Add salt to taste.
5. About 5 minutes before you plan to serve, peel the eggs and add to the stew to heat them through. Doro wat is usually served with injera, which is a spongy Ethiopian flatbread that tastes similar to sourdough bread. This stew is also good with brown rice or even roasted cauliflower.



## Madhur Jaffrey's Fenugreek Chicken

<https://www.goodto.com/recipes/madhur-jaffrey-s-fenugreek-chicken>

Servings: 4–6

## Ingredients

- 4 tbsp olive or sunflower oil
- 1 medium onion, finely chopped
- 1 tsp finely grated or crushed garlic
- 1 tsp peeled, finely grated ginger
- 1.5 lbs boneless, skinless chicken thighs, cut into 1 inch chunks
- 4 tbsp canned plum tomatoes, roughly chopped
- 3 hot green chiles, finely chopped
- 1 tsp turmeric
- 1/4 tsp chili powder
- 1 tsp garam masala
- 1 1/2 tbsp dried fenugreek leaves



## Directions

1. Set a 10 inch pan over a medium heat. Add the oil and, when it's hot, tip in the onion.
2. Fry for 10 mins, or until it is light brown, then add the garlic and ginger. Fry for 2 mins.
3. Add the chicken and brown for 2 mins. Put in the tomatoes and green chiles. Stir for 2 mins, then add the turmeric and ½ tsp of salt.
4. Mix well for 5 mins before adding the chili powder and garam masala. Stir and crumble in the fenugreek leaves.
5. Mix in 360ml of hot water, or enough just to cover the chicken, and bring to a simmer. Cover and cook over a low heat for 20 mins, then serve.



## Lebanese Sfeeha (Meat Pie)

<https://www.internationalcuisine.com/lebanese-sfeeha/>

Servings: 15 mini pies

## Ingredients

- **For the dough**
  - 2 cups flour
  - 1 packet active dry yeast
  - 1 teaspoon sugar
  - 1/2 teaspoon salt
  - 3 Tablespoons vegetable oil
  - 1/2 cup warm water
- **For the filling**
  - 1 lb ground lamb
  - 1 onion finely chopped
  - 3 cloves garlic minced
  - 1/2 bunch of parsley finely chopped
  - 1/2 bunch of cilantro finely chopped
  - 2 tomatoes finely chopped
  - hot chili pepper aleppo pepper to taste
  - 1 Tablespoon paprika
  - 1 Tablespoon Lebanese 7 spice
  - 4 oz. pine nuts
  - 2 Tablespoons olive oil

## Directions

1. Prepare the dough by mixing together the flour, sugar and yeast in a large bowl
2. Pour warm water, not too hot, and mix without kneading for a minute
3. Add in the vegetable oil and salt and knead for 5 minutes until the dough is smooth and does not stick to the edge of the bowl.
4. Cover and let rise for 45 minutes
5. **Meanwhile prepare the filling**
  1. In a sauce pan put the olive oil and fry the onions and garlic on medium heat until the onions are translucent.
  2. Stir in the paprika and seven spice blend, chili pepper and stir for a couple of minutes.

3. Add the lamb to the pan and mix well, add the herbs and tomatoes, salt and pepper to taste and let simmer for about 15 minutes, stirring occasionally.
4. In another pan dry roast the pine nuts until roasted taking care not to burn them by stirring constantly.
5. Preheat oven to 400 degrees
6. When the 45 minutes is up for the dough, knead it for a minute and divide it into 15 equal pieces.
7. Roll each piece into a ball and roll out into a thin circle with a rolling pin.
8. Place the dough on a baking sheet lined with parchment paper
9. Divide the filling on top of each circle of dough.
10. Press the filling down with a fork so that it lightly adheres to the dough.
11. Garnish with the toasted pine nuts
12. Bake for 10 to 15 minutes
13. They are done when the crust turns golden on the edges.
14. Serve warm



### Kefta Bil Sayniyeh (Spiced Lamb Patties with Tomato and Onion)

<https://www.saveur.com/article/recipes/kefta-bil-sayniyeh-spiced-lamb-patties-with-tomato-and-onion/>

Servings: 6-8



#### Ingredients

- 2 lb. ground lamb
- 1/2 cup minced parsley
- 1/3 cup flour
- 2 tsp. dried mint
- 2 tsp. Lebanese seven-spice powder
- 6 cloves garlic (2 minced, 4 thinly sliced)
- 1 1/2 large white onions (1/2 grated, 1 sliced 1/2" thick)
- 1 egg
- Kosher salt and freshly ground black pepper, to taste
- 1/4 cup extra virgin olive oil
- 1 tbsp. tomato paste
- 2 canned whole, peeled tomatoes, crushed by hand
- 1 stick cinnamon
- 2 vine-ripe tomatoes, cored and sliced 1/4" thick

#### Directions

1. Mix lamb, parsley, flour, mint, 1 tsp. spice powder, the minced garlic, grated onion, egg, salt, and pepper in a bowl. Divide into twenty-seven 1 1/2-oz. balls; form into 2" logs.

Heat 3 tbsp. oil in an ovenproof 12" skillet over medium-high. Cook logs, turning as needed, until browned, 4 to 6 minutes; transfer to a plate.

- Heat oven to 400°. Add remaining oil to skillet; cook sliced garlic and onion until golden, 4–6 minutes. Add remaining seven-spice powder and the tomato paste; cook 2 minutes. Add crushed tomatoes, cinnamon, salt, and pepper; cook until slightly thickened, 3–4 minutes. Stir in reserved lamb logs; top with sliced tomatoes. Bake until tomatoes are slightly dry, 30–35 minutes.

### Lamb Chops in Fenugreek Cream Curry

<https://foodess.com/lamb-chops-curry/>



#### Ingredients

- **For lamb and marinade**
  - 1/4 cup white wine
  - 1/4 cup grainy mustard
  - 1/2 tsp kosher salt
  - 1/2 tsp ground black pepper
  - 1 rack of lamb, cut between bones into chops (about 1 1/2 lbs)
- **For sauce**
  - 2 cups half-and-half
  - 1 1/2 tsp kosher salt
  - 1 tsp paprika
  - 1/4 tsp ground cayenne
  - 2 tsp ground fenugreek
  - 1/4 cup lemon juice
  - 2 tbsp vegetable oil
  - 3 tbsp minced garlic
  - 1/2 tsp turmeric
  - chopped fresh cilantro, for garnish (optional)

#### Directions

- Whisk together wine, mustard, salt and pepper in a shallow baking dish. Add lamb and turn to coat. Marinate at least 30 minutes, up to overnight.
- Meanwhile, whisk together cream, salt, paprika, cayenne, fenugreek and lemon juice. Heat oil in a medium saucepan over medium heat; add garlic and saute until golden. Add turmeric and saute 1 minute more. Stir in cream mixture and bring to a simmer.
- Grill lamb chops (either on outdoor grill or indoor grill pan) over high heat for 6 minutes, flipping once half-way through. Ladle cream sauce into shallow bowls and top with lamb chops. Garnish with cilantro, if desired.

## Hilbeh

<https://thebitewithjackie.com/hilbeh/>

### Ingredients

- 3 tablespoons fenugreek seeds
- 2 cups water
- 3 cups fine semolina
- $\frac{3}{4}$  cup flour
- 1 tablespoon nigella seeds
- $\frac{1}{2}$  teaspoon salt
- $\frac{1}{2}$  cup olive oil
- 1 – 7g package dry yeast or 2  $\frac{1}{4}$  teaspoon
- 1 teaspoon sugar
- **Simple Syrup**
  - 1  $\frac{1}{2}$  cups sugar
  - $\frac{3}{4}$  cup water
  - 1 teaspoon lemon juice



### Directions

1. Boil fenugreek seeds in the 2 cups water for about 5 minutes until the seeds plump up. Lower the heat and let simmer for about 3 minutes and remove from heat. Reserve the water! This water will add flavor to the cake.
2. Make the simple syrup by combining the sugar and water in a small pot. Stir to begin dissolving the sugar in the water and place on medium high heat. Bring to a boil and periodically stir the syrup to prevent the sugar from burning on the bottom. Add the lemon juice once the syrup is to a boil. Turn the heat to low and simmer for 5 minutes. Remove from heat and let cool.
3. Mix the yeast and sugar with  $\frac{1}{4}$  cup of lukewarm fenugreek water and let bloom 5 minutes (If the fenugreek water is too hot, add half fenugreek water and half room temperature water to create  $\frac{1}{4}$  cup).
4. Combine the semolina, flour, nigella seeds, boiled fenugreek seeds and salt in a stand mixer with a paddle attachment or a large bowl using a hand mixer. Add in the olive oil and the bloomed yeast mixture and mix. Add  $1\frac{1}{4}$  cup fenugreek water to the dough and mix. Let the dough rise for 30 minutes covered in a cool dark place.
5. Grease your 14" baking tray with 2 tablespoons olive oil using a paper towel or napkin to remove any excess. After the dough has risen for 30 minutes, transfer to the greased baking pan and spread the dough to cover the entire tray. Cut into desired individual shapes.
6. Cover and let rise for an additional 30 minutes in a cool dark place.
7. Preheat the oven to 400F. Bake the hilbeh for 30 minutes or until you see golden edges and slightly golden dough on top. Once removed from oven, immediately add the cooled simple syrup being sure to cover every inch of the cake. Let sit for 20+ minutes so the syrup can soak in and then enjoy!

## **ADDITIONAL RECIPES**

These links can be found at <https://www.maynardpubliclibrary.org/spice>.

<https://cooking.nytimes.com/recipes/4708-georgian-beans-lobio>

<https://www.wholefoodsmarket.com/recipes/ethiopian-style-chickpea-stew>

<https://weheartliving.com/eat/fenugreek-poached-pears-dessert-dukka/>

<https://food52.com/recipes/24117-gujarati-yogurt-soup-kadhi>

<https://food52.com/recipes/76452-raw-banana-plantain-veggie-meatballs-in-fenugreek-curry-sauce>

<https://www.mamaslebanesekitchen.com/salads/authentic-lebanese-tabbouleh-recipe/>

<https://www.mrishtanna.com/methi-fenugreek-dosa-recipe/>

<https://myeatingspace.com/uluva-kanji-karkidakam-porridge/>

<https://www.indianhealthyrecipes.com/methi-paratha-recipe-easy-lunch-box-recipe-with-step-by-step-pics/>

<https://insanelygoodrecipes.com/methi-recipes/>

## **SHARING RESULTS**

We will gather for a potluck lunch and discussion on Saturday, **February 24 @ 7 pm**. Prepare one of these dishes or choose your own for the potluck, See recipes from previous months at <https://www.maynardpubliclibrary.org/spice>.