

Spice Up Your Spring!

## Maynard Library Spice Club

SUMAC & ZA'ATAR

### SPICE INFORMATION



Made from the dried and ground berries of the wild sumac flower, sumac is a tangy spice with a sour, acidic flavor reminiscent of lemon juice. The processed sumac takes on a dark red-burgundy color and the texture of ground nuts. Similar to salt, it brings out the natural flavors of the foods it is cooked with. Sumac's tart flavor comes from high amounts of malic acid.

This fragrant spice is used to brighten up dry rubs, spice blends like za'atar, and dressings. Sumac is also commonly used as a garnish, to add a pop of bold color or slight acidity to a dish before serving. Try sprinkling a pinch of sumac over hummus and creamy dips, salads, side dishes, and fish. Sumac blends exceptionally well with other spices such as allspice, chili, thyme, and cumin.

The sumac plant is a wild bush (*Rhus Coriaria*) that primarily grows across the Mediterranean region, stretching from Italy to Greece to Lebanon. While sumac is most commonly used in the Middle East, and can be found cultivating in places like Turkey and Iran, the sumac flower is also grown in temperate and subtropical areas of Africa and North America.

Although the exact place of origin of this wild plant is unknown, sumac has been used for medicinal and culinary purposes around Europe, Africa, and the Middle East since medieval times, and was frequently used in Roman kitchens as a

source of acidity prior to the arrival of lemons to the area. In North America, sumac has historically been used by Native Americans to create healing beverages and smoking mixtures for ceremonial purposes.

Za'atar is a Middle Eastern spice blend used to enhance the flavors of dips, meat, vegetables, rice, potatoes, pasta, soups, and dressings. Typically, za'atar is a blend of dried thyme, oregano, marjoram, sumac, toasted sesame seeds, and salt.

## RECIPES

### Sparkling Sumac Lemonade

<https://www.seriousseats.com/sparkling-sumac-soda-recipe>

8 to 9 drinks, Total time: 20 minutes

#### INGREDIENTS

For the Sumac Syrup:

2 cups water

2 cups sugar

3 tablespoons ground sumac

For the Soda:

1 cup club soda or seltzer

1/4 cup sumac syrup

1 tablespoon juice from 1 lemon

1 lemon, cut into wedges



#### DIRECTIONS

*For the Sumac Syrup:* Combine water and sugar in a small saucepan. Heat over medium heat, stirring occasionally, until the sugar is dissolved. Cool to room temperature. Add sumac, stir to combine, and allow to infuse for 5 minutes. Strain through a fine mesh strainer. Sumac syrup can be stored in a sealed container in the refrigerator for up to 5 days.

*For the Soda:* For each serving, combine 1 cup club soda, 1/4 cup sumac syrup, and 1 tablespoon lemon juice in a cup. Add ice and stir. Serve immediately with lemon wedges.

To read about making sumac “lemonade” and jelly from fresh sumac berries, see <https://phillipsfarmbatavia.com/2017/08/20/staghorn-sumac-lemonade-and-jelly/>

## Sumac Watermelon Fries with Coconut Yogurt Crema

<https://www.midlifecroissant.com/sumac-watermelon-fries/#wprm-recipe-container-7554>

Servings: 10 Prep Time: 15 mins

### INGREDIENTS

1 seedless watermelon cut into 1/4" thick strips around 2-3 inches long  
1 1/2 cups coconut yogurt  
Juice and zest of 1 lime  
Sumac  
Sea salt flakes

### INSTRUCTIONS

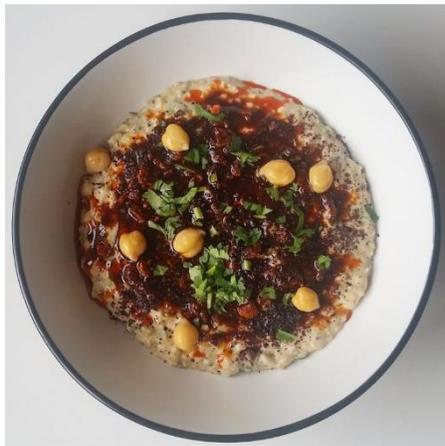
Dust watermelon fries with sumac and finish with sea salt flakes. Combine yogurt and lime juice to make the dip. Top with lime zest.



## Turkish Style Hummus with Sumac

<https://www.veggiegib.com/hummus-with-sumac/>

2 Servings Cooking time: 15 Minutes



### INGREDIENTS

200 g cooked chickpeas (½ of a 15 oz can)  
5 Tbsp hot water  
½ lemon, juiced  
2 Tbsp tahini  
1½ tsp sumac  
½ tsp ground cumin  
1 Tbsp chopped cilantro  
1 Tbsp smoked paprika  
2 cloves of garlic, diced  
2 Tbsp olive oil

### INSTRUCTIONS

1. Reserve some chickpeas for garnish. Put the remaining chickpeas on a plate and crush with a fork.
2. Add the hot water to the tahini and mix to create a thin paste. Add a pinch of salt to season and the juice of half a lemon. Combine with the mashed chickpeas.
3. Sprinkle 2 tsp of cilantro leaves on top with 1 tsp of sumac and the cumin
4. In a small frying pan over high heat, add the olive oil. Add the diced garlic and the smoked paprika. Take off the heat and sizzle in the residual heat. Spread over the hummus.
5. Sprinkle the remaining sumac and cilantro on top with the reserved chickpeas and a little more tahini on top.

## Cucumbers With Feta, Mint and Sumac

<https://www.tfrecipes.com/cucumbers-with-feta-mint-and-sumac/>

David Tanis

4 to 6 servings, 15 minutes

Garden-grown summer cucumbers are ideal for this easy salad, but even hothouse cucumbers are vastly improved with this zesty treatment. To keep the cucumbers crisp, don't dress them more than 30 minutes before serving.

### INGREDIENTS

- 2 pounds Persian cucumbers, peeled
- Salt and pepper
- ½ teaspoon grated garlic
- 1 tablespoon lemon juice
- 2 tablespoons extra-virgin olive oil
- 4 ounces feta, cut into rough 1/2-inch cubes
- 1 tablespoon sumac
- 2 tablespoons chopped mint
- 2 tablespoons chopped parsley
- Pinch of crushed red pepper
- Pinch of dried oregano



### INSTRUCTIONS

1. Halve cucumbers lengthwise and slice into 1/2-inch pieces. Place in a large bowl and season generously with salt and pepper. Add garlic, lemon juice, olive oil, feta and sumac and toss to coat. Taste and adjust seasoning.
2. Transfer to a serving platter. Just before serving, sprinkle with mint, parsley and crushed red pepper, then dust with oregano.

## Turkish Sumac Onions

<https://littleferrarokitchen.com/sumac-onion/>

Recommended by Semra

Servings: 4 Total Time: 10 mins

### INGREDIENTS

- 1 medium red onion, sliced thin
- 2 tbsp olive oil
- 1 tbsp sumac
- Juice of 1 lemon
- 1/2 tsp kosher salt
- 1 small bunch fresh parsley leaves, roughly chopped



## INSTRUCTIONS

Add all ingredients to a bowl and toss to combine. Taste for seasoning and adjust as needed (more salt or more sumac, for example). Let marinate while you prepare the rest of your meal.

## Fennel Salad

<https://www.olivemagazine.com/recipes/healthy/fennel-salad/>

Serves: 4 Prep:20 mins

## INGREDIENTS

2 bulbs fennel, very thinly sliced  
2 tbsp extra-virgin olive oil  
1 tbsp pomegranate molasses  
½ lemon, juiced  
1 tbsp sumac  
A handful of mint leaves

## INSTRUCTIONS

1. Put the thinly sliced fennel into a bowl full of iced water to soak for 10 minutes, then drain really well – this makes it super crunchy and crisp. Tip onto a platter or serving plate.
2. Whisk together the oil, pomegranate molasses, lemon juice, ½ the sumac and some seasoning. Pour all over the fennel and then sprinkle over the remaining sumac and scatter with mint leaves.



## Fattoush

<https://www.bonappetit.com/recipe/fattoush>

6 to 8 Servings

## INGREDIENTS

### DRESSING

4 teaspoons ground sumac  
3 tablespoons (or more) fresh lemon juice  
2 tablespoons (or more) pomegranate molasses  
2 small garlic cloves, minced  
2 teaspoons (or more) white wine vinegar  
1/2 teaspoon dried mint  
3/4 cup extra-virgin olive oil  
Kosher salt

## SALAD

2 8-inch-diameter pita breads, halved, toasted until golden brown, broken into bite-size pieces  
1/4 cup extra-virgin olive oil  
Kosher salt  
3 medium ripe tomatoes, chopped, or 4 cups cherry tomatoes, halved  
1 pound Persian cucumbers, or one 1-pound English hothouse cucumber, quartered lengthwise, thinly sliced crosswise  
6 scallions, thinly sliced  
2 Little Gem or baby romaine lettuces, or 1 small head romaine lettuce, trimmed, cut crosswise into 3/4-inch strips  
2 cups (loosely packed) flat-leaf parsley leaves  
2 cups purslane leaves or additional 3/4-inch-strips romaine lettuce  
1 cup fresh mint leaves  
Ground sumac (optional)

## INSTRUCTIONS

1. Make the dressing: Soak the sumac in 4 teaspoons warm water for 15 minutes. Combine sumac with soaking liquid, 3 Tbsp. lemon juice, 2 Tbsp. pomegranate molasses, garlic, 2 tsp. vinegar, and dried mint in a small bowl. Gradually add oil, whisking constantly, until well blended. Season with salt; add more lemon juice, pomegranate molasses, and vinegar to taste, if desired.
2. Place pita pieces in a medium bowl; pour oil over and toss to coat. Season pita to taste with salt.
3. Mix tomatoes and next 6 ingredients in a large bowl. Add 3/4 of dressing; toss to coat, adding more dressing by tablespoonfuls as needed. Season with salt. Add pita; toss once. Sprinkle sumac over, if desired.

## Grilled Zucchini with Yogurt, Dukkah, & Sumac

<https://thishealthytable.com/blog/roasted-zucchini-yogurt/>

Total Time 22 minutes

## INGREDIENTS

1/2 cup mint leaves, divided  
1 cup plain Greek yogurt  
2 tablespoons fresh-squeezed lemon juice, divided  
3 tablespoons dukkah spice, divided  
1 1/2 teaspoons salt, divided  
2 medium (10 ounces) zucchini, halved then cut into 1/2" strips  
2 tablespoons olive oil  
1/2 teaspoon sumac



## INSTRUCTIONS

1. Heat a grill pan over medium-high heat or turn your BBQ grill heat on to high.
2. Coarsely chop 1/4 cup of the mint leaves and finely chop 1/4 cup.
3. Combine the finely chopped mint, yogurt, 1 tablespoon of lemon juice, 1 tablespoon dukkah, 1/2 teaspoon salt in a medium bowl. Stir and set aside.
4. Place the zucchini sticks in a large bowl and drizzle with olive oil and remaining salt. Toss to combine.
5. If using a grill pan, place the zucchini sticks across the pan in a single layer. Do not crowd the pan. If using a BBQ grill, reduce the heat to medium-high and play the zucchini in a
6. Cook the zucchini on each side for 4 to 5 minutes or until zucchini is becoming translucent and grill marks have formed.
7. Meanwhile, spread the yogurt in an even layer across a large plate or shallow bowl.
8. When the zucchini sticks are cooked, spread them out across the yogurt. Top with the sumac, remaining dukkah, mint, and lemon juice. Serve immediately.

## Spiced Roasted Carrots with Sumac Whipped Feta

<https://www.oliveandmango.com/spiced-roasted-carrots-with-sumac-whipped-feta/>

Servings: 4-6 (as side or appetizer) Cook Time: 20-35 mins

## INGREDIENTS

For the Spiced Carrots

- 3 tablespoons olive oil
- 2 tablespoons honey or brown sugar
- ½-1 teaspoon Aleppo pepper or chili flakes (more to taste)
- ¼ teaspoon cumin
- ¼ teaspoon paprika
- ⅛ teaspoon cinnamon
- Salt and pepper to taste
- ¼ teaspoon of cayenne powder (optional)
- 8-10 small-medium sized carrots, left whole if small or sliced in half if needed.

For the Sumac Whipped Feta

- 4 ounces feta cheese
- ½ cup whole fat Greek yogurt
- 1 tablespoon extra-virgin olive oil plus more if needed
- 1 teaspoon sumac plus more for garnish
- 1 teaspoon fresh lemon juice



For Topping (all optional)

- ¼ cup pomegranate seeds
- ¼ cup pistachios, rough chopped
- Chopped fresh parsley
- Crumbled feta

## INSTRUCTIONS

For the carrots

1. Preheat oven to 425°F.
2. Scrub carrots and, depending on size, cut them in half lengthwise.
3. Place carrots on Sheetpan
4. Drizzle with olive oil, honey and spices; toss well to coat and season well with salt and pepper.
5. Roast in the oven for anywhere from 18-30 minutes, depending on the size of your carrots tossing them halfway through. They should be fork tender and caramelized on the outside.

For the sumac whipped feta

1. In a food processor, blend the feta, yogurt, oil, lemon juice and sumac until smooth
2. Dollop and spread whipped feta on the bottom of a serving plate and top with carrots
3. Sprinkle with pistachios, pomegranate arils, fresh chopped parsley or cilantro and more crumbled feta if you desire.

## Honey and Sumac Charred Sweet Potato Slices

<https://www.saltandlavender.com/honey-and-sumac-charred-sweet-potato-slices/>

Servings: 2 Total time: 38 mins

## INGREDIENTS

- 1 large sweet potato, scrubbed but not peeled
- 2 tablespoons olive oil
- 2 tablespoons liquid honey
- 1 tablespoon ground sumac
- Pinch of salt

## INSTRUCTIONS

1. Pre-heat oven to 425F. Line a baking sheet with foil for easy clean-up.
2. Cut sweet potato into 1/4 inch slices. Toss them in a bowl with olive oil, honey, sumac, and salt. I found using two spoons to do this was the easiest way.
3. Place sweet potato slices on baking sheet in a single layer. Bake for 30 minutes. Serve hot.



## Manakish Za'atar Flatbread

<https://www.thekitchn.com/flatbread-recipe-manakish-zaatar-recipes-from-the-kitchn-178416>

8 rounds

### INGREDIENTS

#### For the Dough

1¾ cups warm water  
½ tsp sugar  
2¼ tsp instant yeast  
3 cups all purpose flour  
1 tbsp salt  
2 tbsp olive oil

#### For the Topping

¼ cup sumac  
3 tbsp dried thyme  
3 tbsp dried oregano  
2 tbsp sesame seeds  
1 tsp salt  
3 tbsp olive oil, more if needed

### INSTRUCTIONS



1. Combine the water, sugar and yeast, Let stand about 10 minutes, until foamy.
2. Mix flour and salt in a large bowl. Add the olive oil and work it in with your fingers. Make a well in the center of the mixture and add the proved yeast. Stir until a soft dough forms.
3. Turn the dough out onto a floured surface and knead for ten minutes until smooth and elastic. Form into a ball and place it in a lightly greased bowl. Cover and let rise for 60 minutes or until dough has doubled in size.
4. Preheat oven to 400°F. Heat a baking sheet in the oven.
5. Knead the dough

briefly and cut into eight balls. Place the balls on a lightly greased baking sheet, cover with a damp cloth and let stand for 15 minutes.

6. Mix the za'atar ingredients in a small bowl.
7. On a lightly floured surface, flatten each ball and roll it into a circle about 7-8 inches in diameter. Press indentations into the circle and spread with 1 heaping tablespoon of za'atar leaving an edge of ½ inch.
8. Bake for 8 minutes or until lightly browned and crisp.

## Sumac And Olive Oil-Roasted Salmon with Spiced Carrot Salad

<https://www.olivemagazine.com/recipes/fish-and-seafood/sumac-and-olive-oil-roasted-salmon-with-spiced-carrot-salad/>

Total time 40 mins

**Serves 8, adjust accordingly!**

### INGREDIENTS

1 whole side salmon, skin on (4-5 pounds)  
olive oil  
½ tsp sea salt  
2 tsp sumac  
150ml natural yogurt  
½ clove garlic, crushed  
a small bunch dill, chopped

### SPICED CARROT SALAD

150g pearled spelt (or farro or emmer)  
500g carrots, peeled and shredded in a food processor  
400g can (15 oz) chickpeas, rinsed and drained  
1 tsp ground cumin  
1 tsp smoked paprika  
1 tbsp olive oil  
2 lemons, juiced  
a large bunch flat-leaf parsley, chopped  
a large bunch mint, chopped



### INSTRUCTIONS

1. To make the salad, simmer the spelt in salted water until it is tender but still a bit nutty, about 15-20 minutes. Drain really well then tip it into a large bowl. Add all the other ingredients except the herbs and toss together. Season really well.
2. Heat the oven to 425 degrees. Put the salmon skin-side down on an oiled baking tray with a lip. Spoon 3 tbsp olive oil over the salmon then sprinkle over the sea salt and sumac. Roast for 15-20 minutes until the salmon is just cooked, then rest for 5 minutes.
3. Add the herbs to the salad and toss again. Mix the yogurt with the garlic and dill. Serve the salmon with salad and yogurt.

## Kofte and Ground Sumac

<https://www.bodrumnyc.com/blog/kofte-ground-sumac>

Recommended by Semra

### INGREDIENTS

- 3 Tbsp sumac
- ½ bunch fresh parsley, chopped
- 2 pounds ground beef (or other chosen meat)
- 4 tablespoons breadcrumbs
- 2 onions, finely chopped
- 4 cloves garlic, crushed
- pinch of salt
- 4 Tbsp meatball spice (or dried thyme)
- 2 Tbsp ground pepper
- 2 eggs
- 3 Tbsp cumin
- 4 cups yogurt



### INSTRUCTIONS

1. Place the ground meat in a deep, medium-sized bowl, adding onion, parsley and garlic. Mix well, so that you have an even distribution.
2. Add the spices and eggs. Mix with your hands.
3. Shape the mixture into round balls or finger-shaped logs.
4. Fry them all in oil until they are cooked through. Drain on paper towels.
5. Make the sauce by combining the salt and crushed garlic with the yogurt until creamy.
6. Arrange the meatballs on a serving tray, and drizzle the sauce over them, while the koftes are still warm. Sprinkle with the ground sumac and finely chopped parsley. Serve with salad and rice.

## Palestinian Roast Chicken with Sumac and Red Onions (Mussakhan)

<https://www.saveur.com/palestinian-roast-chicken-with-sumac-and-red-onions-recipe/>

Servings: 6 Time: 2 hours, 20 minutes

### INGREDIENTS

- 2 1/4 lb. skin-on chicken legs, thighs and drumsticks separated
- 1/4 cup extra-virgin olive oil, divided, plus more for drizzling
- 1 tbsp. plus 1½ tsp. ground sumac, plus more for sprinkling
- 1/2 tsp. ground allspice
- 1/2 tsp. ground cumin
- 1/4 tsp. ground cinnamon



3 tbsp. fresh lemon juice  
4 medium garlic cloves, coarsely crushed in a mortar and pestle (1 Tbsp.)  
1 1/2 tsp. kosher salt, plus more as needed  
1/4 tsp. freshly ground black pepper, plus more as needed  
2 large red onions, halved then thinly sliced (2<sup>2</sup>/<sub>3</sub> cups)  
2 tbsp. pine nuts  
Naan or Arabic taboon bread, for serving  
1/4 cup coarsely chopped flat-leaf parsley

## INSTRUCTIONS

1. Use a paring knife to slash the flesh of each piece of chicken against the grain a few times, then transfer the meat to a large bowl or plastic container. Add 3 tablespoons of olive oil, the sumac, allspice, cumin, cinnamon, lemon juice, garlic, salt, and pepper. Mix well, using your hands to rub the marinade into the meat. Add the onion and toss with the chicken, then cover and refrigerate for 1–3 hours.
2. When you are ready to cook the chicken, set a rack in the top third of the oven and preheat to 350°F.
3. Line a large rimmed baking sheet with aluminum foil, then add the chicken, skin-side up. Scatter the onion around the pan, discarding any extra marinade in the bottom of the bowl. Roast until the chicken skin is deep golden and its juices run clear when the chicken is pierced with a paring knife at its thickest parts, 50–60 minutes.
4. Remove the baking sheet, then tent the chicken with aluminum foil and let rest while you prepare the toppings. Leave the oven on. Place the bread on a clean baking sheet and transfer to the oven to warm it through and lightly toast it.
5. Meanwhile, line a small, heat-resistant plate with a paper towel and set it by the stove. In a small pot over medium-low heat, add the remaining tablespoon of olive oil and the pine nuts. Cook, stirring constantly, until the nuts are fragrant and light golden brown, about 2 minutes. Transfer the nuts to the prepared plate to drain and cool slightly.
6. Remove the bread and transfer to a large serving platter. Top it with the chicken pieces and onion, sprinkle with the pine nuts, a little sumac, and the chopped parsley, then drizzle with any remaining roasting juices and more olive oil as needed to moisten the bread. Serve hot, with more bread on the side if desired.

## Zaatar and Olive Challah

<https://jamiiegeller.com/recipes/zaatar-and-olive-challah>

10 servings

### INGREDIENTS

1 packet active dry yeast	1/4 cup sugar
2 cups whole wheat flour	5 1/2 tsp. salt
3 1/4 cups all-purpose flour	1/4 cup olives (coarsely chopped, Kalamata or green)
3/4 cup warm water	1 Tbsp. zaatar
2 large eggs (plus 1 egg for glaze)	
1/2 cup extra-virgin olive oil	

## INSTRUCTIONS

1. In the bowl of a food processor, fitted with a dough blade, combine yeast and  $\frac{3}{4}$  cup of flour. Add warm water and pulse until smooth. Let flour mixture stand, uncovered, for 10 to 15 minutes, until the mixture is foamy.
2. Add 2 eggs, oil, sugar, and salt; pulse until smooth. Add the remaining flours and pulse until all ingredients are incorporated and the dough holds together in a ball.
3. Knead in the processor for 5 minutes more. If it looks too sticky, sprinkle with more flour.
4. Grease and lightly flour a large resealable bag. Place kneaded dough inside and place in a warm, draft-free spot. Rise for  $1\frac{1}{2}$  to 2 hours, until dough doubles in size.
5. Once dough rises, punch it down, place onto a lightly floured work surface, and pat into a large rectangle. Evenly sprinkle za'atar and olives over the surface of dough. Fold dough in thirds, and then in half to trap the seasonings inside, then knead until za'atar and olives are well integrated.
6. Line 1 or 2 baking sheets with parchment paper. For 1 large braided challah, divide the dough into 3 equal pieces. For 2 smaller challahs, divide the dough into 6 equal pieces. For rolls, divide the dough into 10 to 12 pieces.
7. Roll and shape dough with your hands to form even ropes. Ropes should be about 10 to 12 inches long for a large challah, 8 inches long for smaller challahs, and 4 to 5 inches long for rolls.
8. Once shaped, cover dough with plastic wrap. Let dough rise for  $1\frac{1}{2}$  hours, until doubled in size.
9. Preheat oven to 350°F. Beat together 1 egg and 1 to 2 teaspoons of water to make an egg wash. Using a pastry brush, evenly brush the bread with the egg wash.
10. Bake in at 350°F, until the loaves or rolls are well browned and glossy and make a hollow sound when tapped. Bake 15 to 20 minutes for rolls, 30 to 35 minutes for small challahs, and 40 to 45 minutes for a large challah. Remove from oven and cool before serving.



## Za'atar Spice Mix

- 1 tablespoon roasted sesame seeds
- $\frac{1}{4}$  cup ground sumac
- 2 tablespoons dried thyme
- 2 tablespoons dried marjoram
- 2 tablespoons dried oregano
- 1 teaspoon coarse salt

## Beef (or Sauteed Vegetables) over Za'atar-Spiced Rice with Lemon Labneh

<https://www.blueapron.com/recipes/beef-over-za-atar-spiced-rice-with-lemon-labneh>

Serves 2, 25 minutes



### INGREDIENTS

10 oz Ground Beef  
(or an equal amount of red peppers, mushrooms)  
½ cup Jasmine Rice  
6 oz Carrots, peeled, halved and thinly sliced  
1 Lemon  
2 cloves Garlic, roughly chopped  
1 bunch Parsley, chopped  
¼ cup Labneh Cheese  
2 Tbsps Dried Currants  
1 Red Onion, halved and thinly sliced  
1 Tbsp Za'atar

### INSTRUCTIONS

1. In a medium pot, combine the rice, currants, a pinch of salt, and 1 cup of water. Heat to boiling on high. Once boiling, reduce the heat to low. Cover and cook, without stirring, 12 to 14 minutes, or until the water has been absorbed and the rice is tender. Turn off the heat and fluff with a fork. Stir in the za'atar and the juice of 2 lemon wedges. Taste, then season with salt and pepper if desired. Cover to keep warm.
2. While the rice cooks, in a large pan (nonstick, if you have one), heat a drizzle of olive oil on medium-high until hot. Add the prepared onion mixture; season with salt and pepper. Cook, stirring frequently, 2 to 3 minutes, or until slightly softened. Using a spoon, move the vegetables to one side of the pan.
3. Add the beef to the other side of the pan. Season with salt and pepper. Cook, stirring frequently and breaking the meat apart with a spoon, 3 to 4 minutes, or until lightly browned. Stir the beef and vegetables to combine. Cook, stirring frequently, 2 to 3 minutes, or until the vegetables are softened and the beef is cooked through. Turn off the heat. Taste, then season with salt and pepper if desired.
4. While the beef cooks, in a bowl, combine the labneh and the juice of the remaining lemon wedges. Season with salt and pepper. Serve the cooked beef and vegetables over the finished rice. Top with the lemon labneh and chopped parsley.

### MORE RECIPES

Za'atar Roasted Chicken over Sumac Potatoes, Adeena Sussman (in the cookbook Sababa)

<https://www.myrecipes.com/recipe/zataar-roasted-chicken-sumac-potatoes-adeena-sussman>

Dorie Greenspan Mediterranean Shepherd's Pie, From Everyday Dorie

Cauliflower Shawarma

<https://www.nigella.com/recipes/guests/josh-katzs-cauliflower-shawarma-with-pomegranate-pine-nuts-and-rose>

Roasted Vegetable Soup with Tahini & Za'atar

<https://www.fusioncraftiness.com/roasted-vegetable-soup-with-tahini-zaatar>

Spiced Sweet Potato Soup, Sumac Croutons and Chorizo

<https://thecookreport.co.uk/spiced-sweet-potato-soup/>

Za'atar Pork Tenderloin with Grapefruit Frisee Salad

<https://www.midlifecroissant.com/zaatar-pork-tenderloin-recipe-whole-30/>

Sumac Smoked Salmon Dip

<https://www.theflavorbender.com/the-best-sumac-smoked-salmon-dip/>

Roast Chicken with Za'atar and Sumac

<https://www.deliciousisrael.com/blog/2019/9/22/ottolenghis-roast-chicken-with-zaatar-and-sumac>

Pan Roasted Romanesco with Golden Raisins, Tahini, and Sumac

<https://www.yummly.com/recipe/Pan-Roasted-Romanesco-with-Golden-Raisins-Tahini--Sumac-2528140>

Sumac Roasted Chickpea Caesar Salad

<https://www.mydiaryofus.com/blog/sumac-roasted-chickpea-caesar-salad?rq=salad>

Spring Peas with Sumac and Feta

<https://www.thespruceeats.com/spring-peas-with-sumac-and-feta-4038193>

Lebanese Spinach Pies

<https://thesaltandsweet.com/spinach-pies-fatayer-bl-sabanekh/#mv-creation-8-jtr>

## SHARING RESULTS

Post a picture of your dish (huge success or epic fail!) on the library's social media (Facebook, Twitter and Instagram) @maynardpubliclibrary using #maynardspiceclub.

We'll have a potluck buffet and discussion on Thursday, May 26 @ 7 pm (in person!) see other food resources and register to receive email updates about kits and meetings at

<https://www.maynardpubliclibrary.org/spice>. If you've registered for previous discussions, you don't need to register again.