



Burghul Pilav

Ingredients

- 1 onion (finely chopped)
- 1 large or 2 small tomatoes (finely chopped)
- 1/2 capsicum (finely chopped)
- 1 tsp minced chilli
- 1 tsp garlic
- 1/3 cup oil (I used rice bran oil)
- 2 cups boiling water
- 1 tablespoon vegetable stock powder
- 1 ½ cups fine burghul (rinsed)

Method

1. Place onion, tomato, capsicum, chilli, garlic and oil in a frypan and sauté.
2. Add mixture to a saucepan with the burghul and add the stock and boiling water and cook on a low heat for 5-10 minutes until water absorbed.



Dolma (Stuffed Vegetables)

- 1 tablespoon olive oil
- 2 medium onions, finely chopped
- 50g pine nuts
- 1 cup brown rice, rinsed
- 200g or ½ tin diced tomatoes
- 50g currents
- ½ tsp chilli flakes (or to taste)
- ½ cup dill, finely chopped
- ½ cup flat leaf parsley, finely chopped
- ¼ cup mint leaves, finely chopped
- 4-6 small capsicums

Method

1. Heat oil in large saucepan and add onions and pine nuts and cook over medium heat until onion softens.
2. Add rice and stir for a few minutes.
3. Add diced tomato, currents, chilli and cook for a few more minutes.
4. Add boiling water to cover the rice, add herbs.
5. Reduce heat and simmer, covered, for 20-30 minutes until water has been absorbed and rice is cooked. Leave to cool a little.
6. Cut tops off capsicums, keeping the top as a lid. Remove seeds and membranes.
7. Fill capsicum with rice mixture, cover with lid and place in over dish.
8. Bake in moderate oven for 15 minutes.

Serves 4 -6



Carrot & Yogurt Dip

- 3 carrots, grated
- 1 teaspoon olive oil
- 100g Greek style yoghurt
- 1 small clove garlic
- Pinch salt

1. Cook carrots in frying pan with oil until just softened, leave to cool.
2. Stir through all other ingredients.
3. Scoop into serving bowls, garnish with olives and drizzle with a little olive oil.

Makes 1 cup



Semolina Orange Cake

5 medium eggs, separated
1 tablespoon plus a pinch of sugar
Grated zest of 1 orange
50g fine semolina
50g plain flour
100g ground pistachio nuts

Syrup

600ml fresh orange juice
Zest of 1 orange, extra
500g sugar

To Serve

300ml cream
300ml Greek style yoghurt
2 oranges, peeled and cut into segments

1. Preheat oven to 180°C. Grease a large muffin tray with 6 holes.
2. Beat egg whites with pinch of sugar until stiff and set aside. In a separate bowl, beat egg yolks with the remaining sugar and orange zest until pale.
3. Add semolina, flour and ground pistachios to the egg whites and partly mix through. Add egg yolks and fold through until combined.
4. Spoon mixture evenly into the muffin holes. Bake for 30 minutes.
5. Prepare the syrup. Place orange juice, zest and sugar into a saucepan. Stir over medium heat until sugar has dissolved, then simmer for 10 minutes until reduced by half and syrupy. Cool.
6. Whip the cream until thick and stir in the yoghurt. Segment oranges by cutting off the peel with a sharp knife, removing all of the white pith.
7. Ladle the cooled syrup over the hot cakes while they are still in the muffin mould and set aside for at least 10 minutes (or longer if you prefer the cakes softer). Serve the cakes with a little extra syrup, whipped cream mixture and orange segments.



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