

Za'atar Manaqish



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Manaqish or manakish are savory pastries popular in the Levant (Eastern Mediterranean) region. My mother in law, a master of the Levant kitchen, was the one who first introduced me to the making of za'atar manaqish. They are the perfect make-ahead snack, appetizer, or even brunch!

Ingredients

For Dough:

1 cup lukewarm water

$\frac{1}{2}$ teaspoon sugar

2 $\frac{1}{4}$ teaspoons active dry yeast (one package active dry yeast)

3 cups unbleached all-purpose flour, more for dusting

1 teaspoon salt

2 tablespoons extra virgin olive oil

For Za'atar Topping:

7 to 8 tbsp quality Za'atar spice

$\frac{1}{2}$ cup extra virgin olive oil

Serve with:

Fresh garden vegetables (tomato, cucumbers, radish)

Olives

Homemade labneh or feta cheese (omit if vegan)

Method

1. In a small bowl, combine water, sugar and yeast. Set aside for 10 minutes to foam.
2. Make the dough. In a large mixing bowl, combine flour, salt, and olive oil. Work the mixture with your hands. Now, make a well in the middle and pour in the yeast and water mixture. Stir until soft dough forms.
3. Turn dough onto a lightly floured surface and knead for 10 minutes or until dough is elastic, smooth, and no longer sticky (as you knead, if dough is too sticky for you, you can sprinkle just a tiny bit of flour to help it).
4. Form dough into a ball and place in a lightly oiled mixing bowl. Cover with damp cloth and place in a warm spot (inside a warmed but turned-off oven is a good place). Leave to rise for 1 hour and 30 minutes.
5. Punch dough down. Knead briefly and form into 8 small balls. Arrange on lightly floured surface, cover again and leave to rise another 30 minutes.
6. Prepare the za'atar topping. While dough is rising, mix together the za'atar spice and olive oil in a bowl.
7. Preheat the oven to 400 degrees F. Place a large baking sheet in oven while heating.
8. Form za'atar manaqish. Lightly oil the heated baking sheet and set near you. Flatten the dough into small discs about 5 inches in diameter. With your finger tips, make indentations in discs and add about 1 tbsp za'atar topping in the middle of each disc, leave a narrow boarder around. Arrange discs in prepared oiled baking sheet (use two sheets if needed, do not crowd the manaqish).
9. Bake in 400 degrees F heated-oven for 7 to 8 minutes or until the dough is slightly browned on bottom and edges (za'atar topping will remain liquidy at this point). Remove from heat and let sit for 5 minutes or so, the topping will

dry and settle into dough.

10. Serve za'atar manaqish warm or at room temperature with assorted vegetables, olives, feta cheese, or homemade labneh.

Notes

To serve as mezze simply portion the dough into smaller balls, form smaller discs about 3 inches in diameter instead. You should be able to make 12 or more manaqish. When you bake them, watch the oven closely as they will bake quicker.

Make-ahead instructions You can make these a week or two ahead and simply freeze them in freezer bags (I like to double the freezer bags to prevent freezer burns). Take as many of the manaqish as you need out to thaw at room temperature or in the fridge overnight. Warm in low-temperature oven. If you don't remember to take them out in advance, you can always simply heat in the oven from frozen.

10 WW Freestyle SmartPoints without additional toppings.

Source: The Mediterranean Dish (8 servings)

[Pressure Cooker Indian Butter Shrimp](#)



Pressure Cooker

Indian Butter Shrimp

A play on the classic Indian chicken makhani, in this recipe yogurt and lime juice-marinated shrimp are cooked in a buttery, gently spiced tomato mixture. The key here is to cook the sauce under pressure, but to use the sauté function to quickly cook the shrimp so they don't turn rubbery. Serve this over rice to catch every drop of the fragrant, creamy sauce. If you're a fan of Indian pickles—lime, lemon, mango, and the like—a spoonful of one or all three on the side would not be out of place.

Ingredients

FOR THE MARINADE

- ¼ cup plain whole-milk yogurt
- 2 teaspoons ground cumin
- 2 teaspoons sweet smoked paprika
- 2 teaspoons garam masala
- 2 teaspoons fresh lime juice
- 1 ½ teaspoons kosher salt
- 1 teaspoon freshly grated peeled ginger
- 1 garlic clove, grated on a Microplane or minced
- 2 pounds large shrimp, peeled and deveined

FOR THE SAUCE

4 tablespoons (1/2 stick) unsalted butter

2 shallots, minced

2 garlic cloves, grated or minced

1 ½ teaspoons grated peeled fresh ginger

¼ to ½ teaspoon crushed red pepper flakes, to taste

¼ teaspoon kosher salt, plus more as needed

1 28-ounce can diced tomatoes and their juices

1 cup heavy cream

½ teaspoon finely grated lime zest

Cooked basmati rice, for serving

Chopped fresh cilantro, for serving

Method

1. In a large bowl, mix together the yogurt, cumin, paprika, garam masala, lime juice, salt, ginger, and garlic. Stir in the shrimp, cover the bowl, and refrigerate until needed, at least 15 minutes and up to 1 hour.

2. Prepare the sauce: Using the sauté function, set on low if available, melt 2 tablespoons of the butter in the pressure cooker. Stir in the shallots and a pinch of salt; cook until golden brown, 4 to 8 minutes. Then stir in the garlic, ginger, red pepper flakes, and the 1/4 teaspoon salt, and cook until golden, another 1 to 2 minutes.

3. Stir in the tomatoes, cream, and a pinch of salt. Raise the sauté heat to high if available, and bring to a boil. Then cover and cook on high pressure for 8 minutes. Release the pressure manually.

4. Remove the lid, and using the sauté function, simmer the sauce, stirring often, until thickened, 3 to 7 minutes.

5. Stir in the shrimp and the liquid in the bowl, remaining 2 tablespoons butter, and lime zest, and simmer until the shrimp are pink and cooked through, 2 to 5 minutes. Serve over basmati rice, sprinkled with fresh cilantro.

Prep

- Marinate: 60 Minutes

- Start to finish: 45 Minutes

Source: New York Times Cooking (4 servings)

Chicken Tikka Masala Pizza



Chicken Tikka Masala Pizza

Ingredients

- $\frac{1}{2}$ cup shredded cooked chicken
- $\frac{1}{2}$ cup prepared tikka masala sauce
- 2 pieces flatbread (naan or pita work well)
- $\frac{1}{4}$ cup crumbled goat cheese
- $\frac{1}{4}$ cup sliced green onions

2 tablespoons sliced almonds

Method

1. Combine chicken and tikka masala sauce.
2. Divide evenly and spread over naan bread. Top each with goat cheese, green onions and almonds.
3. Bake at 400°F, directly on oven rack, for about 8-11 minutes or until bread is crisp. Slice and serve.

Notes

12 WW Freestyle Points

Source: Central Market (Servings: 2 | Yield: 2 pizzas)

Chapli Burgers



Chapli Burgers

This recipe is inspired by the thin, heavily spiced Pakistani patties known as chapli kebabs, which are typically drizzled with green chutney and served wrapped in warm naan.

Ingredients

1 tablespoon coriander seeds
Sea salt
2 tablespoons fresh or dried pomegranate seeds
1 lb. ground beef
 $\frac{1}{2}$ small yellow onion
 $\frac{1}{2}$ medium tomato
1 clove garlic
1 tablespoon finely grated fresh ginger
 $\frac{1}{2}$ jalapeño
 $\frac{1}{2}$ teaspoon red-pepper flakes
1 teaspoon garam masala
1 teaspoon cumin powder
 $\frac{1}{4}$ cup finely chopped cilantro
1 egg
Neutral oil
Burger buns
Iceberg lettuce
Tamarind ketchup
Herbed yogurt
Sliced Persian cucumbers, red onions and tomatoes

Method

1. Place coriander seeds in a small saucepan, and set over medium heat. Swirling pan, lightly toast seeds for 2 minutes until fragrant. Remove from heat, and finely pound in a mortar and pestle with a pinch of salt (alternatively, use a spice grinder or small food processor). Add pomegranate seeds, and coarsely pound (it's fine if the inner seed does not break down). Scrape paste into a large mixing bowl.
2. Add beef, onion, tomato, garlic, ginger, $\frac{1}{2}$ jalapeño, pepper flakes, garam masala, cumin, $\frac{1}{4}$ cup cilantro, egg and 2 teaspoons salt. Use hands to knead mixture until combined.
3. Fry a quarter-size piece of the mixture, and taste. Adjust seasoning with salt and spices.
4. Line a baking sheet with parchment paper. Divide meat mixture onto parchment into 6 balls, and flatten into thin, 4-inch-round patties.

5. Set a large cast-iron pan over high heat. Add 2 tablespoons oil. When it shimmers, lay three patties into the pan, and cook for 2 minutes on each side until browned, then set aside on a plate. Drain grease from pan, and wipe with a paper towel, then cook remaining patties. (Alternatively, grill burgers over high heat for 2 minutes per side until browned.)
6. Serve immediately on toasted buns with tamarind ketchup, herbed yogurt and other garnishes.

Prep

- Total Time: 30 Minutes

Source: New York Times Cooking (4 servings)

Stir Fried Beef and Nectarines



Stir Fried Beef and

Nectarines

Ingredients

2 teaspoons soy sauce

$\frac{1}{4}$ teaspoon sugar

1 teaspoon cornstarch

freshly ground black pepper

1 teaspoon + 1 tablespoon cooking oil

1 lb. beef (top sirloin, flank, eye of round) cut into 1/8" slices

$\frac{1}{2}$ red onion, sliced into thin wedges

1 clove garlic, finely minced

1 nectarine, cut into thin wedges or 1" chunks

1 tablespoon oyster sauce

Method

1. In a bowl, combine the soy sauce, sugar, cornstarch, black pepper and the 1 teaspoon of cooking oil. Add the beef slices

and mix to coat well. Let marinate 10 minutes at room temperature or up to overnight in the refrigerator.

2. Heat a wok or large fry pan over high heat until a bead of water sizzles and evaporates upon contact. Add the remaining 1 tablespoon of cooking oil and swirl to coat.

3. Add the beef slices to the wok in a single layer, laying out the slices all around the surface of the wok or pan. Fry 30 seconds, flip and fry another 30 seconds to 1 minute, depending on thickness of your steak, until just cooked through. Dish out, keeping as much sauce and oil in the wok as possible.

4. Turn the heat to medium and add the red onions and the garlic. Fry for 1 minute. Add the nectarine slices and let those get nice and warm, about 1 minute. Add the beef back into the wok, add the oyster sauce and toss to coat.

Source: Steamy Kitchen (4 servings)



Thai-Style Red

Curry Chicken with Vegetables

A combination of fish sauce and brown sugar gives the chicken a complex sweet and savory flavor.

Ingredients

- 1 $\frac{1}{2}$ pounds boneless, skinless chicken thighs, trimmed and cut into 1 1/2-inch pieces
- 3 tablespoons fish sauce
- 2 tablespoons packed brown sugar
- 2 tablespoons vegetable oil
- 2 red bell peppers, cored, seeded, and cut into 1-inch pieces
- 1 red onion, cut into 1-inch pieces
- 2 tablespoons red curry paste
- 1 (14-ounce) can coconut milk
- 2 tablespoons lime juice, plus lime wedges for serving
- $\frac{1}{4}$ cup chopped fresh cilantro

Method

1. Serve with rice. Our favorite fish sauce is Red Boat 40° N Fish Sauce.
2. Combine chicken, 2 tablespoons fish sauce, and sugar in bowl. Heat 1 tablespoon oil in 12-inch nonstick skillet over high heat until shimmering. Add chicken and cook until well browned on all sides and cooked through, 8 to 10 minutes. Transfer chicken to plate and wipe skillet clean with paper towels
3. Add bell peppers and onion to skillet and cook over high heat until crisp-tender and lightly charred, about 7 minutes. Stir in curry paste and remaining 1 tablespoon oil and cook until fragrant, about 1 minute. Stir in coconut milk, bring to boil, and cook until slightly thickened, about 4 minutes. Stir in lime juice, chicken, and remaining 1 tablespoon fish sauce and cook until heated through, about 1 minute. Transfer to platter and sprinkle cilantro over top. Serve, passing lime wedges separately.

Notes

Why This Recipe Works – A combination of fish sauce and brown sugar gives the chicken a complex sweet and savory flavor.

Source: Cook's Country (4 servings)

[Easy Cashew Chicken](#)



Easy Cashew Chicken

Easy Cashew Chicken – Forget the takeout and cook in with this super easy Chinese-American dish. It's simple, flavorful, and also great the next day if you have any left over.

Ingredients

3 tablespoons Hoisin sauce

$\frac{1}{2}$ teaspoon chili garlic sauce

3 tablespoons water

1 $\frac{1}{2}$ lbs. boneless, skinless chicken thighs , cut into 1-inch pieces

1 tablespoon cornstarch

salt and pepper

1 $\frac{1}{2}$ tablespoons vegetable oil

1 small sweet onion, cut into 1-inch pieces

4 cloves garlic, minced

2 tablespoons rice vinegar

6 scallions, diced
 $\frac{3}{4}$ cup unsalted, roasted cashews
cooked white rice, for serving

Method

1. In a small bowl, whisk together the hoisin, chili garlic sauce, and water. Set aside.
2. In a medium bowl, toss the chicken with the cornstarch until the chicken is coated, season with a few grinds of salt and pepper.
3. In a large nonstick pan, heat the oil over medium-high heat. Saute the chicken, tossing often, until browned and cooked, about 10 minutes. Add the onion, cook for 3 minutes until soft and translucent, stirring frequently. Add garlic and cook for 15 seconds until fragrant. Add the rice vinegar and deglaze the pan, scraping up any brown bits, about 1 minute.
4. Reduce heat to medium-low. Add the hoisin mixture; cook, tossing to combine and warm through, about 1 more minute.
5. Remove from heat and stir in the scallions and cashews. Taste, season with a little more salt and pepper, if necessary. Serve over cooked, hot white rice.

Prep

- Prep: 15 Minutes
- Cook: 15 Minutes
- Total Time: 30 Minutes

Source: Belly Full (4 servings)

Cauliflower-Chorizo Burritos

Recipe



Cauliflower-Chorizo Burritos Recipe | Marcela Valladolid | Food Network

Ingredients

3 ounces raw pork chorizo (casing removed)
½ small white onion, finely chopped
1 15-ounce can refried pinto beans
2 tablespoons extra-virgin olive oil
1 small white onion, finely chopped
1 head cauliflower, florets finely chopped
Kosher salt and freshly ground pepper
1 tablespoon chopped fresh oregano
8 9-inch flour tortillas
1 cup shredded Oaxaca or monterey jack cheese

Method

1. Make the beans: Heat a medium nonstick saute pan over medium heat. Add the chorizo and cook, breaking up the meat, until golden, about 6 minutes. Remove the chorizo to a plate lined with paper towels using a slotted spoon. Add the onion

to the pan with the chorizo fat. Saute until the onion is translucent, about 4 minutes. Return the chorizo to the pan. Add the refried beans to the mixture. Continue cooking about 5 minutes; turn off the heat. Cover and keep warm.

2. Make the burritos: Heat the olive oil in a large heavy saute pan over medium-high heat. Add the onion and cook until translucent, about 3 minutes. Add the cauliflower and saute until tender, about 5 minutes. Season with salt and pepper. Add the oregano. Turn off the heat and set aside.

3. Heat a large heavy griddle over medium heat. Working in batches, heat the tortillas one at a time until they are soft and pliable, about 1 minute per side. Add 1/4 cup warm beans to the center of a tortilla, spreading it outward to the sides. Add 2 to 3 heaping tablespoons of the cauliflower mixture and 2 tablespoons of cheese. Fold in the edges and roll up to form a burrito. Return to the griddle until the cheese melts, about 10 seconds. Serve warm.

4. Photograph by Con Poulos”

Prep

- Total Time: 30 Minutes
- Prep: 10 Minutes
- Cook: 20 Minutes

Source: Food Network (Servings: 8 | Yield: 8)



Chicken and

Cashew Stir-Fry

Ingredients

- 1 bunch scallions
- 1 lb. skinless boneless chicken thighs
- $\frac{1}{2}$ teaspoon salt
- $\frac{1}{4}$ teaspoon black pepper
- 3 tablespoons vegetable oil
- 1 red bell pepper, chopped
- 4 garlic cloves, finely chopped
- 1 $\frac{1}{2}$ tablespoons finely chopped peeled fresh ginger
- $\frac{1}{4}$ teaspoon dried hot red-pepper flakes
- $\frac{3}{4}$ cup reduced-sodium chicken broth
- 1 $\frac{1}{2}$ tablespoons soy sauce
- 1 $\frac{1}{2}$ teaspoons cornstarch
- 1 teaspoon sugar
- $\frac{1}{2}$ cup salted roasted whole cashews

Method

1. Chop scallions, separating white and green parts. Pat chicken dry, then cut into 3/4-inch pieces and toss with salt and pepper. Heat a wok or 12-inch heavy skillet (not nonstick) over moderately high heat until a drop of water evaporates immediately. Add oil, swirling to coat, then stir-fry chicken

until golden in places and just cooked through, 4 to 5 minutes. Transfer to a plate with a slotted spoon. Add bell pepper, garlic, ginger, red-pepper flakes, and scallion whites to wok and stir-fry until peppers are just tender, 5 to 6 minutes.

2. Stir together broth, soy sauce, cornstarch, and sugar, then stir into vegetables in wok. Reduce heat and simmer, stirring occasionally, until thickened, 1 to 2 minutes. Stir in cashews, scallion greens, and chicken along with any juices accumulated on plate.

Prep

- Active: 20 Minutes
- Total Time: 25 Minutes

Source: Epicurious (4 servings)

[Thai Noodle Salad with Peanut Sauce](#)



Thai Noodle Salad with Peanut

Sauce

A simple delicious recipe for Thai Noodle Salad with Peanut Sauce, loaded up with healthy veggies. Vegan and Gluten free, this make-ahead salad is perfect for midweek lunches or large gatherings. Make a double batch of the peanut sauce and use for Buddha Bowls and Spring rolls- trust me you will want to! Add Sesame Ginger Tofu for added protein!

Ingredients

6 ounces dry noodles (brown rice noodles, pad thai style rice noodles, soba noodles, linguini)
4 cups mix of cabbage, carrots and radish, shredded or grated
1 red bell pepper, finely sliced
3 scallions, sliced
 $\frac{1}{2}$ bunch cilantro, chopped (or sub basil and mint)
1 tablespoon (or less, or more) jalapeño, finely chopped

$\frac{1}{4}$ - $\frac{1}{2}$ cup roasted, crushed peanuts (garnish)

Thai Peanut Sauce (make a double batch and save the rest for another use)

3 thin slices ginger- cut across the grain, about the size of a quarter.

1 fat clove garlic

$\frac{1}{4}$ cup peanut butter (or sub almond butter!)

1 orange ($\frac{1}{4}$ cup orange juice)

1 med-large lime (3 tablespoon lime juice)

2 tablespoons soy sauce or GF Braggs Liquid Amino Acids (Note: Tamari will turn this unpleasantly dark)

3 tablespoons honey or agave

3 tablespoons toasted sesame oil

$\frac{1}{2}$ -1 teaspoon cayenne pepper (or a squirt of sriracha sauce)

$\frac{1}{2}$ teaspoon salt

Method

1. Cook pasta according to directions on package. (See notes for rice noodles) Drain and chill under cold running water.

2. In the meantime, blend the peanut sauce ingredients together in a blender until smooth.

3. Place shredded veggies, bell pepper, scallions, cilantro and jalapeño in a bowl. Toss. Add the cold noodles to the bowl and toss again. Pour the peanut sauce over top and toss well to combine.

4. Taste, adjust the salt and serve, garnishing with roasted peanuts and cilantro and a lime wedge.

Notes

If cooking pad thai style rice noodles, add the noodles to a pot of boiling water. Turn heat off, stir and let steep 2-3 minutes until tender, drain and run under cool water.

Prep

- Cook: 15 Minutes
- Total Time: 30 Minutes

Source: Feasting at Home (6 servings)