Cecile Yazbek’s culinary journey began in the old South Africa, where feasts and large gatherings were a common feature of life for the Lebanese community. Her first taste of sour and salty m’finu, pressed into her mouth by the loving fingers of her Xhosa nursemaid Rosie, inspired a lifetime of creative exploration in the kitchen.

Later, in Sydney, Cecile ran Cecile’s Vegetarian Kitchen, a cooking school that introduced thousands to her unique, delicious, healthy food inspired by both Lebanese and South African cuisines.

In *Mezze to Milk Tart* Cecile shares hundreds of recipes, along with stories from her life. Her book is at once touching and delectable.

‘The recipes sound so delectable my mouth was watering – their explanations are simplicity itself. I really enjoyed this book!’ – Victoria Cosford
Cecile Yazbek was born into a Lebanese family in South Africa and studied social sciences at Rhodes University in Grahamstown. She was a voluntary community worker in Cape Town and migrated to Sydney in 1986 with her young family. While running Cecile’s Vegetarian Kitchen, a cooking school and catering service, she worked as a volunteer coordinator at Mercy Family Centre, Sydney. She has now retired to write, read, garden and cook, not always in that order.
By the same author

*Olive Trees Around my Table: Growing up Lebanese in the old South Africa*
Mezze to Milk Tart

From the Middle East to Africa
in my vegetarian kitchen

Cecile Yazbek
For my children
## Contents

- Foreword ................................................. ix
- Introduction .......................................... 1
- Welcome to my Kitchen .............................. 3
- Basic Recipes and Ingredients ................... 12
- A Mezze Table ........................................ 29
- Cooking from the Garden ........................... 57
- An Afro-Mediterranean Christmas ................ 83
- Lebanese Lore ......................................... 103
- A Pantheon of African Cooks ..................... 121
- Tofu and Legumes .................................... 137
- Food for the Road ..................................... 171
- Sweet Dreams! ......................................... 189

- Bits and Pieces ......................................... 213
- Acknowledgements .................................... 237
- Index ..................................................... 238
Food is once again getting the respect it deserves. More than just a means of filling our bellies, eating is a way of nourishing our bodies and enriching our souls. Good food allows us to connect with the people and places where we live in the most intimate of ways – through taste.

The backlash against the insanity of industrial food has been nothing short of astonishing. The momentum of the Slow Food Movement has grown much wider than perhaps ever imagined, with more and more people realising that eating is one of life’s great pleasures and that it must be more than simply topping up our stomachs at the petrol station. It is something to be savoured and something to be shared.

It’s no surprise that the increased interest and popularity in real food is followed closely by gardening as people also yearn to connect with where their produce has come from. For the same reason, people are turning to farmers’ markets instead of supermarkets and are choosing to buy organic and locally grown produce. The result is not only better-quality food, but there are environmental benefits too as our consumer choices favour reduced food miles, packaging and chemical use.

Three of my favourite things – gardening, eating and spending time with family and friends – are activities that can all be brought together around a dinner table. These things are intimately intertwined and one intrinsically follows the other. I must confess that it’s the gardening that I’m really addicted to. It’s more than just a hobby, it’s also my main source of exercise and stress relief. Being a keen food gardener, there’s always plenty of surplus produce, so it make sense that we share it, either by giving it away or by inviting others to join us for meals. The result is the same – relationships strengthened by good food.

And this is exactly what *Mezze to Milk Tart* is all about – enjoying simple pleasures, respecting our environment and learning from others to enrich our lives and the lives of those around us. The best way to describe this book is like
sitting at a table sharing a magnificent long lunch with close friends. It’s an intermingled combination of delicious recipes, fascinating stories and personal insights shared with generosity and love. Enjoy …

Josh Byrne

*Organic gardener and food lover*
Introduction

Vegetarianism is part of many cultures: Hinduism immediately springs to mind. Among Orthodox Christians of the Middle East as far as Iraq, Lent is a forty-day period of fasting when only one light meal is eaten per day, and they abstain from animal products. During this time the food is prepared *b’zeit* – with oil instead of the usual *samneh* (ghee, or rendered butter). It is a classically healthy vegan diet based on nuts, legumes and pulses. In Greece, the expression *sarakostiyana* expresses the absence of animal products in meals served during Lent in Greek Orthodox households. Similarly, the Copts in Egypt eat vegan-style during Lent.

In my cooking school, Cecile’s Vegetarian Kitchen, the recipes I taught drew on my Lebanese heritage, southern Europe and the Mediterranean as well as the Indian cooking of my childhood. These were augmented by classes I myself attended. I reduced fats and oils and shortened methods to keep the more traditional recipes alive. We used spices that begin mildly at the Lebanese coast and crescendo in India. So the cooking that I taught was not simple beans and peas: we discovered the history and cultures of many different places – a foreign country in my kitchen. Feeding growing children, I explored the foods we ate – how and where they were produced and transported – and I became convinced that food produced unethically and through suffering would make us ill. Most of my students will say that I never tried to practise an exact science. As Granny so often told me, if you put good ingredients together, you will have a good result.

It all really began when I was a small child – lovingly nurtured by my grandmother and mother, both excellent cooks, expanded by a code of social justice I learnt at home. Combining these elements of my life, I have enjoyed bringing a broad range of people together – people who might never have met, had we not initially shared a common interest in food.

Food is a great part of the nostalgia we share. It anoints our social occasions and takes our memories to families and friends long gone. For years while
the cooking school was running, and now that I have retired from teaching, I have mailed, dictated over the phone and emailed recipes to all corners of the globe, especially to former students, diners at my table and those with whom I have shared seductive food conversations. Now that those favourite recipes are gathered in this collection, I invite you to come and find your own comfort food in this exciting world where Africa meets the Mediterranean in Australia.

*Welcome to my table.*

*May we continue to share our joy and our food, always mindful in thought and action of those who lack the bare means of survival.*
SWEATING

Most vegetables have a high water content, mushrooms and eggplant, for example, contain well over 70 per cent water. Slow cooking or sweating evaporates some of that water and helps to concentrate the aromas, rounding and enriching the flavours of vegetarian dishes.

Of course, some vegetables, like mushrooms or okra, also do well tossed in a wok on a high heat, but here I want to show how a busy person can make a string of dishes from the same base. I use onion, carrot and celery; if there’s turnip, parsnip or leek around, they can be added. I prepare a large quantity and freeze in two-cup portions for a quick start to a winter dinner.

This was always a favourite in the classes, especially with those who feared that vegetarians have to spend hours cooking. In a three-hour class we began by making the sweated vegetable base and then, in very short order, produced, from that base, half a dozen dishes, each with a distinctive flavour. Aside from these we also made three or four other dishes: lunch was a feast of ten different courses!

SWEATED VEGETABLE MIX BASE

Eight Cups

6 large carrots, peeled
1 large onion, peeled
6 large sticks celery, leaves removed
2 bay leaves
3 tablespoons olive oil
½ teaspoon salt

Grate all vegetables and tip into a large saucepan with oil, salt and bay leaves. Cover and leave on lowest heat for up to 45 minutes, if necessary, to reduce and soften somewhat.

One Cup

1 large carrot, peeled
1 medium onion, peeled
3 sticks celery, leaves removed
1 bay leaf
2 tablespoons oil
pinch of salt

Grate all vegetables and tip into a saucepan with oil, salt and bay leaf. Cover and leave on lowest heat for up to 20 minutes, if necessary, to reduce and soften somewhat.
A Mezze Table

You cannot consume beyond your appetite.
The other half of the loaf belongs to the other person and there should remain a little bread for the chance guest.

– Kahlil Gibran
We are fortunate in Australia to have a great variety of fresh seeds and nuts: Tasmanian walnuts are especially sweet, South Australian almonds are fleshy and crunchy, pecans from the New South Wales north coast are addictive. At Lebanese celebrations, serve walnuts for longevity and almonds for fertility, and this is not a surprise as nuts, high in omega-3 oils, are a great health food.

**SOAKED ALMONDS**
*Follow exactly the same method for walnuts.*

1 cup almonds, skin on

Wash the nuts and put them into a glass bowl, cover well with water and refrigerate. They are ready to eat after 24 hours. Serve on a mezze table or with breakfast. Change the water daily for use within 3 days.

**SALTED ALMONDS (LOHZ)**
*Nuts are an intrinsic part of the Lebanese diet – salted, plain, roasted and sweet, they feature from the beginning to the end of a meal or a day.*

1 cup almonds, skin on

½ teaspoon sea salt

1 tablespoon water

Mix salt and water and moisten all nuts. Place in a microwave bowl and zap on high for 1 minute. Stir and cook for another minute, then stir and test one on the top to see if they are cooked. Leave to cool.
A few pickles in the pantry can be served anytime, for lunch, drinks or dinner. Indeed, a plate of colourful pickles is a good digestive aid for the heavier food to follow. The process is simple. Pack vegetables of your choice into a clean glass jar, fill with pickling solution, seal and store until ready to use.

**Pickling Solution**

- 250 mL cider vinegar
- 100 mL olive oil
- 1 teaspoon salt
- 12 pimento (allspice) berries
- 6 whole cloves
- 100 mL boiling water

Mix all together.

**Cabbage**

- 1 white cabbage
- pickling solution

Cut a white cabbage in quarters and pickle in the solution. Beetroot may be added for colour. Ready after 1 week.

**Capsicum**

- 1 green capsicum
- pickling solution

Make a few small holes in the capsicum and bottle whole.
Index

A
Afelia with Tofu 145
Almonds
  Almond and Orange Slice without Egg 195
  Nut Pastry Rolls 184
  Salted Almonds (Lokez) 35
  Soaked Almonds 35
Almost Niçoise Salad 153
Amasi
  Crumbly Cornmeal (Pokhoquo/Krummelpap) 127
  Rosie’s Cornmeal with Spinach and Sour Milk
    (Mieliemeel, M’finu and Amasi) 126
Amchur
  Okra with Potatoes and Amchur 76
Apple
  Parsnip and Apple Curry 132
  Wintry Apple Compote 178
Artichoke
  Artichoke Soup 62
  Artichoke and Tomato Soup 62
  Broad Bean and Artichoke Bake 63
  Corn and Artichoke Fritters 63
  Lemony Artichokes 64
  Mushroom and Artichoke Bake 64
  Olive and Artichoke Salad 65
  Pea and Artichoke Bake 65
  Tapenade of Artichoke 66
Asma’s Spicy Pea Soup (Groenertjie Sop) 133
Auntie’s Pine Nut Sauce with Garlic (Taratoor b’snobar) 45
Avocado
  Avocado and Lime Spread 178
  Avocado Soup 179
  Avocado with Tahini 179
  Avocado Vinaigrette 178

B
Banana
  Banana Sambal 181
  Curried Bananas 134
Bangalow Fruit Salad Flan 196
Barberries
  Persian Pilaff with Barberries 100
Basil
  Basil Pesto 18
  Basil for Winter 18
  Eggplant Lasagne with Tomato Basil Sauce 72
  Macadamia Basil Pesto 182
Beans
  Beans with Lemon and Oil 157
  Bean Taco Mix 157
  Black-eyed beans
    Spinach and Black-eyed Bean Bake 167
  Bobotie with Beans 91
  Borlotti beans
    Borlotti Bean Salad 168
Broad beans
  Broad Bean and Artichoke Bake 63
  Broad Bean Dip 42
  Broad Bean Patties (Falafel) 40
Brown beans
  Bobotie with Beans 91
  Corn and Bean Soup 126
  Lentil Soup with Beans and Rice (Maklouta) 162
Butter beans
  Butter Beans with Cinnamon 158
  White Bean Salad 169
Canellini beans
  Canellini Bean Salad 169
Cooked Bean Salad 167
Corn and Bean Loaf 8
Green beans
  Curried Bean Salad 94
  Farm-style Beans and Potatoes (Boerboontjies) 127
  Green Beans with Caramelised Onions (Luby b’zeit) 110
  Okra with Potatoes and Amchur 76
  Onions in Mustard Sauce (Urce in Mosterd Sous) 96
Kidney beans
  Katrina’s Cracked Corn Samp and Beans (Ngqush) 126
  Saucy Bean Salad (Sousboontjies) 94
  Chill Con Tofu 146
Lima beans
  Lima Bean Loaf 164
  Lima Bean Salad 168
  Lima Bean Soup 9
Mixed Bean Soup 163
Mung beans
  Sprout Spread 44
  Split mung beans
  Mung Dhal 164
Beetroot
  Beetroot Dip 41
  Beetroot Soup 90
  Beetroot with Tahini 109
  Harissa with Beetroot 97
  Lebanese Couscous Salad 119
Biscuits
  Bertha’s Speculaas Biscuits 195
  Chocolate Fudge Slice 198
  Frozen Christmas Pudding 201
  Ginger Biscuits (Gemmerkoekies) 202
Besan flour
  Corn and Artichoke Fritters 63
  Curry Muffins 180
Black Olive Tapenade 41
Bobotie
  Bobotie with Beans 91
  Bobotie with Carrots 93
  Bobotie with Nuts 92
Borlotti Bean Salad 168
Breadcrumbs
  Christmas Pudding 200
  Eggplant Lasagne with Tomato Basil Sauce 72
  Lima Bean Loaf 164
  Mushroom Patties with Dipping Sauce 99
  Sweet’n’Sour Tofu Rissoles 156
  Tofu Balls (Kafia) 147
Broad Bean Dip 42
Brandy Tart (Brandewijn Tert) 197
Broad Bean and Artichoke Bake 63
Broad Bean Patties (Falafel) 40
Burghul
  Burghul Salad 108
  Burghul Salad (Tabbouleh) with Vine Leaves 47
  Cabbage Pilaff with Burghul 109
  Kibbe for a Monk (Kibbit Roheb) 117
  Kibbe Noodles 111
  Kibbe Paté 112
  Kibbe of Potatoes 113
  Kibbe of Potatoes with Herbs 114
  Kibbe of Pumpkin 115
  Kibbe of Red Lentils 116
  Kishk (Trahanas) 17
  Butter Beans with Cinnamon 158
  Butter Flake Pastry 198

C
Cabbage
  Cabbage Braised with Pumpkin (Gesmoorde Kool met Pampoen) 128
  Cabbage, pickled 37
  Cabbage Pilaff with Burghul 109
  Cabbage Salad with Lemon 109
  Tofu Salad with Cabbage and Cashews 154
  Canellini Bean Salad 169
Capsicum
  Capsicum and Garlic Purée 68
  Capsicum, pickled 37
  Eggplant Roulade with Walnut and Capsicum Filling 100
  Grilled Capsicum 68
  Harissa with Beetroot 97
  Harissa Paste 43
Carrot
  Bobotie with Carrots 93
  Carrot Dip with Dill Seed 44
  Sweated Vegetable Mix Base 7
  Oat Patties with Celery, Carrot, and Onion 10
Cauliflower with Lemon (Arnabeet b’hamoud) 108
Celery
  Oat Patties with Celery, Carrot, and Onion 10
  Sweated Vegetable Mix Base 7
Chat masala
  Sweet Potato Chips with Chat Masala 186
Chickpeas
  Chickpea Balls with Aglione Flavours 98
  Chickpea Filling 113
  Chickpea Hotpot with Couscous and Relish 160
  Chickpea and Pumpkin Patties 159
  Chickpeas with Tahini (Humous b’tahini) 42
  Chickpea and Yoghurt Breakfast (Fattleh) 158
  Lentil Soup with Beans and Rice (Maklouta) 162
  Spinach Rolls 51
  Stuffed Zucchini (Koosa Mahshi) 80
Christmas pudding
  Christmas Pudding 200
  Frozen Christmas Pudding 201
Chilli
  Chilli Con Tofu 146
  Chilli Refresher 41
  Harissa with Beetroot 97
  Harissa Paste 43
  Yoghurt with Accelerant 188
Chilli labne
  Eggplant Pies (Borek) 75
Chives
  Labne with Chives 53
Chocolate
  Chocolate Fudge Slice 198
  Self-saucing Chocolate Fudge Pudding 209
  Sweet Potato Chocolate Cake 210
Choko Loaf 180
Christmas cake
  Mrs Mulholland’s Christmas Cake 199
  Cooked Bean Salad 167
  Cordial
    Lemon and Lime Cordial 205
Corn
- Corn and Artichoke Fritters 63
- Corn and Bean Loaf 8
- Corn and Bean Soup 126
- Corn Pudding (Mieliepoeding) 127
- Katrina’s Cracked Corn Samp and Beans (Ngqush) 126

Cornmeal
- Crumbly Cornmeal (Pokkoquo/Krummelpap) 127
- Rosie’s Cornmeal with Spinach and Sour Milk (Mielmeel, M’finu and Amasi) 126

Cottage cheese (Labne)
- Cottage Cheese and Thyme 68
- Cottage Cheese and Tomato 68
- Eggplant Pies (Borek) 75
- Labne with Chives 53
- Labne and Mushroom Pizza 54
- Labne-stuffed Mushrooms 55
- Labne Pie 53
- Labne Pizza 54

Cottage Bake 159

Couscous
- Couscous for Hotpot 160
- Lebanese Couscous (Moughrabeih) 119
- Lebanese Couscous Salad 119
- Chickpea Hotpot with Couscous and Relish 160

Cracked corn (Samp)
- Katrina’s Cracked Corn Samp and Beans (Ngqush) 126

Crumbly Cornmeal (Pokkoquo/Krummelpap) 127

Cucumber
- Cucumber Cooler 95
- Cucumber, pickled 38
- Cucumber in Yoghurt, with Mint 110
- Sweet ‘n’ Sour Cucumbers 89
- Tzatziki 188

Curried Bananas 134

Curried Bean Salad (Ingelegde Groenboontjies) 94

Curried Vegetable Bake 155

Curry Muffins 180

Date
- Date Loaf 201
- Dodo’s Date and Tamarind Relish 130
- Brandy Tart (Brandewijn Tert) 197
- Vegetable and Date Steamed Pudding 208

Egg
- Choko Loaf 180
- Christmas Pudding 200
- Egg Baked with Spinach and Feta 181
- Egg Baked in a Tomato 181
- Ice Cream from the Farm (Smitsrivier Roomys) 203

Egg cont’d
- Japie’s Favourite Citrus Delicious (Japie se Gunsteling) 197
- Katie’s Saturday Omelette with Garlic 132
- Loula’s Eggplant Omelette 73
- Malva Pudding (Malva Poeding) 203
- Milk Tart (Melk Tert) 206
- Mrs Mulholland’s Christmas Cake 199
- Omelette with Sweated Vegetables 8
- Onions in Mustard Sauce (Uiwe in Mosterd Sous) 96
- Rusks (Egte Boeretroos) 207
- Sweet Potato Chocolate Cake 210
- Zucchini Omelette (M’farkie) 79

Eggplant
- Eggplant Bake (Masbahat’a Darwish) 70
- Eggplant Braise (Gesmoorde Brinjal) 70
- Eggplant Casserole with Nuts 75
- Eggplant Caviar 74
- Eggplant Dip (Babbaganouje) 42
- Eggplant Lasagne with Tomato Basil Sauce 72
- Eggplant Patties 59
- Eggplant Pickle Salad 95
- Eggplant Pies (Borek) 75
- Eggplant Ragout (Buttenjen Ata) 73
- Eggplant Roulade 67
- Capsicum and Garlic Purée 68
- Cottage Cheese and Thyme 68
- Cottage Cheese and Tomato 68
- Grilled Capsicum 68
- Red Onion Jam 69
- Grilled Eggplant Salad 69
- Loula’s Eggplant Omelette 73
- Middle Eastern Caviar Salad 74
- Plain Fried Eggplant Salad 67
- Plain Fried Eggplant Slices 67
- Simple Lebanese Caviar 74
- Stuffed Eggplant (Buttenjen Mahshi) 71

Falafel
- Broad Bean Patties 40
- Farmer’s Salad with Croutons (Fatousch) 46
- Farm-style Beans and Potatoes (Boereboontjies) 127

Feta
- Egg Baked with Spinach and Feta 181
- Tzatziki with Feta 101

Flan
- Bangalow Fruit Salad Flan 196
- Freekeh Patties with Rich Mushroom Sauce 11
- Fried Lettuce Salad (Hindbeh) 47
- Frozen Christmas Pudding 201

Fudge
- Chocolate Fudge Slice 198
- Macadamia Fudge 204
- Self-saucing Chocolate Fudge Pudding 209
Garlic
Auntie’s Pine Nut Sauce with Garlic (Taratoor b’snohar) 45
Capsicum and Garlic Purée 68
Dodo’s Date and Tamarind Relish 130
Green Beans with Caramelised Onions (Lady b’zeil) 110
Harissa Paste 43
Harissa with Beetroot 97
Katie’s Saturday Omelette with Garlic 132
Pumpkin Curry with Peas 134
Renee’s Greek-style Garlic Paste (Skorthalia) 14
Spicy Tomato Tofu 155
Ginger Biscuits (Gemmerkoekies) 202
Green Beans with Caramelised Onions (Lady b’zeil) 110
Green Salad with Haloumi Cheese 110
Grilled Eggplant Salad 69
Grilled Mushrooms 149
Half-green or Jumbo Spanish Queen Olives 21
Haloumi
Green Salad with Haloumi Cheese 110
Halva
Ice Cream with Halva 202
Harissa
Harissa with Beetroot 97
Harissa Paste 43
Labne (cottage cheese)
Cottage Cheese and Tomato 68
Eggplant Pies (Borek) 75
Labne with Chives 53
Labne and Mushroom Pizza 54
Labne-stuffed Mushrooms 55
Labne Pie 53
Labne Pizza 54
Lasagne
Lasagne with Red Lentils 10
Lasagne with Tofu 149
Lebanese Couscous (Moughrabeih) 119
Lebanese Couscous Salad 119
Leek
Pea and Leek Soup with Lemongrass 165
Lemon
Cabbage Salad with Lemon 109
Cauliflower with Lemon (Arnabeet b’hamoud) 108
Beans with Lemon and Oil 157
Lemon and Lime Cordial 205
Lemony Artichokes 64
Mint and Lemon Tofu Slices 149
Pickled Lemons 38
Lemongrass
Pea and Leek Soup with Lemongrass 165
Lentils, brown
Cottage Bake 159
Lentil and Rice Paté (M’jadra) 119
Lentil Soup with Beans and Rice (Maklouta) 162
Lentil and Spinach Soup (Shorba b’addas) 163
Lentils, green
Katie’s Slow-baked Lentil Curry (Gesmoorde Lenskeskerrie) 131
Lentil Salad 162
Rice with Peas (Biryani) 130
Japie’s Favourite Citrus Delicious (Japie se Gunsteling) 197
Jericho Tofu 145
Katie’s Saturday Omelette with Garlic 132
Katie’s Slow-baked Lentil Curry (Gesmoorde Lenskeskerrie) 131
Katrina’s Cracked Corn Samp and Beans (Ngqush) 126
Kebabs of Tofu 148
Kibbe
Kibbe for a Monk (Kibbit Roheb) 117
Kibbe Noodles 111
Kibbe Paté 112
Kibbe cont’d
Kibbe of Potatoes 113
Chickpea Filling 113
Onion Filling 113
Walnut Filling 113
Kibbe of Potatoes with Herbs 114
Kibbe of Pumpkin 115
Kibbe of Red Lentils 116
Kishk
Kishk (Trahanas) 17
Kishk Porridge 118
Koeksisters 204
Kofta
Vegetable Koftas 186
Koeksisters 204
Kofta
Vegetable Koftas 186
Koeksisters 204
Kofta
Vegetable Koftas 186
Koeksisters 204
Koeksisters 204
Koeksisters 204
Lentils

- Lentil Lasagne with Ricotta 161
- Lentil Pottage on Toast 161
- Pasta with Red Lentils 9
- Red Lentil Soup with Spices and Tomato 166

Lentils

- Lentil Curry Pies (Pasteie) 131

Lettuce

- Fried Lettuce Salad (Hindbeh) 47

Lima Bean

- Lima Bean Loaf 164
- Lima Bean Salad 168
- Lima Bean Soup 9

Lime

- Avocado and Lime Spread 178
- Lemon and Lime Cordial 205

Louisa’s Stewed Water Hyacinth (Waterblommetjie Bredie) 128

Loula’s Eggplant Omelette 73

Macadamia

- Macadamia Basil Pesto 182
- Macadamia Fudge 204
- Macadamia and Pumpkin Soup 183
- Macadamia Satay Sauce 182
- Noodles with Tofu and Nuts 148
- Nut Pastry Rolls 184
- Potato and Macadamia Curry Pies 184

Malva Pudding (Malva Poeding) 203

Mango

- Rice Salad with Mango 185

M’finu

- Rosie’s Cornmeal with Spinach and Sour Milk (Mielemenel, M’finu and Amasi) 126

Middle Eastern Caviar Salad 74

Mielemenel

- Crumbly Cornmeal (Pokhoquo/Krummelpap) 127
- Rosie’s Cornmeal with Spinach and Sour Milk (Mielemenel, M’finu and Amasi) 126

Milk

- Bangalow Fruit Salad Flan 196
- Ice Cream from the Farm (Smitsrivier Roomys) 203
- Macadamia Fudge 204
- Milk Tart (Miel Teri) 206
- Rice and Milk Dessert (M’hallabeeeyee) 205
- Sago Soup (Boeboer) 208
- Yoghurt (Laban and Labne) 24

Mint

- Cucumber in Yoghurt, with Mint 110
- Mint and Lemon Tofu Slices 149
- Mixed Bean Salad 169

Mixed Bean Soup 163

Mrs Mulholland’s Christmas Cake 199

Mulligatawny Soup 183

Mung Dhal 164

Mushrooms

- Freekeh Patties with Rich Mushroom Sauce 11
- Grilled Mushrooms 19
- Labne and Mushroom Pizza 54
- Labne-stuffed Mushrooms 55
- Mushroom and Artichoke Bake 64
- Mushroom Patties with Dipping Sauce 99
- Mushrooms Grilled and Dried 19
- Mushroom Tofu Snack 150
- Mustardy Mushrooms with Tofu 150

Mustard

- Onions in Mustard Sauce (Urwe in Mosterd Sous) 96

N

Ngqush

- Katrina’s Cracked Corn Samp and Beans (Ngqush) 126
- Corn and Bean Soup 126
- Niçoise Salad, Almost 153

Noodles

- Kibbe Noodles 11
- Noodles with Tofu and Nuts 148

Nuts

- Almonds
  - Almond and Orange Slice without Egg 195
  - Salted Almonds (Lohz) 35
  - Soaked Almonds 35
- Bobotie with Nuts 92

- Cashew
  - Tofu Salad with Cabbage and Cashews 154

- Eggplant Casserole with Nuts 75

Macadamia nuts

- Macadamia Basil Pesto 182
- Macadamia Fudge 204
- Macadamia and Pumpkin Soup 183
- Macadamia Satay Sauce For Dipping 182
- Nut Pastry Rolls 184
- Potato and Macadamia Curry Pies 184

- Noodles with Tofu and Nuts 148
- Nut Pastry Rolls 184

- Pine nuts
  - Auntie’s Pine Nut Sauce with Garlic 45
  - Basil Pesto 18
  - Pine Nut Filling 114

- Tamari Nuts 89

Walnuts

- Eggplant Roulade with Walnut and Capsicum Filling 100
- Walnut Filling 113
- Walnut Spread 43
Oats
- Oat Patties with Celery, Carrot, and Onion 10

Oil Pastry
- Labne and Mushroom Pizza 54
- Labne Pie 53
- Labne Pizza 54
- Spinach Pie 52
- Vegetable Pies 101

Okra
- Broad Bean and Artichoke Bake 63
- Okra with Potatoes and Amchur 76
- Okra Ragout (Bami Ata) 77
- Okra Ragout using Tinned Vegetables 77
- Okra Relish 76

Olives
- Black Olive Tapenade 41
- Half-green or Jumbo Spanish Queen Olives 21
- Olive and Artichoke Salad 65
- Pickled Black Olives 20
- Salt-cured Black Olives 21
- Tapenade for Feasting 98

Olive oil
- Pickled Lemons 38
- Pickling Solution 37

Omelette with Sweated Vegetables 8

Onions
- Fried Lettuce Salad (Hindbeh) 47
- Green Beans with Caramelised Onions (Luby b’zeit) 110
- Oat Patties with Celery, Carrot, and Onion 10
- Onion Filling 113
- Onions in Mustard Sauce (Uize in Mosterd Sous) 96
- Red Onion Jam 69

Orange
- Almond and Orange Slice without Egg 195

Parsnip and Apple Curry 133
- Passionfruit Tart (Grenadilla Tert) 202
- Pasta with Red Lentils 9

Pastry
- Butter Flake Pastry 198
- Filo pastry
  - Labne Pie 53
- Milk Tart (Melt Tert) 206

Oil Pastry
- Labne and Mushroom Pizza 54
- Labne Pizza 54
- Spinach Pie 52
- Vegetable Pies 101

Pastry cont’d
- Puff pastry
  - Eggplant Pies (Borek) 75
  - Lentil Curry Pies (Pasteie) 131
  - Nut Pastry Rolls 184
  - Pastry with Tofu 151
  - Potato and Macadamia Curry Pies 184

Paté
- Kibbe Paté 112
- Lentil and Rice Paté (M’jadra) 119

Pat’s Tofu Dip 187

Peas
- Broad Bean Patties (Falafel) 40
- Pea and Artichoke Bake 65
- Pea and Leek Soup with Lemongrass 165
- Peas with Tofu 151
- Pumpkin Curry with Peas 134
- Rice with Peas (Briyani) 130
- Split peas
  - Asma’s Spicy Pea Soup (Groenertjie Sop) 133
  - Pepitas (Bierz) 36
  - Pepper Tofu 152
  - Persian Pilaff with Barberries 100
  - Pickled Black Olives 20
  - Pickling Solution 37
  - Pickled Cabbage 37
  - Pickled Capsicum 37
  - Pickled Cucumber 38
  - Pickled Lemons 38
  - Turnip Pickles (Kabees el Lifft) 38

Pilaff
- Cabbage Pilaff with Burghul 109
- Pine Nut Sauce with Garlic (Taratoor b’snobar), Auntie’s 45
- Plain Fried Eggplant Salad 67
- Plain Fried Eggplant Slices 67
- Pomegranate Molasses (Dibs Romaine) 22

Potato
- Farm-style Beans and Potatoes (Boereboontjies) 127
- Freekeh Patties with Rich Mushroom Sauce 11
- Kibbe Paté 112
- Kibbe of Potatoes 113
- Kibbe of Potatoes with Herbs 114
- Okra with Potatoes and Amchur 76
- Potato and Macadamia Curry Pies 184
- Quince and Potato Curry (Gesmoorde Kweper) 136
- Renee’s Greek-style Garlic Paste (Skorthalia) 14
- Sweet Potato Chips with Chat Masala 186
- Tofu Loaf 147

Pudding
- Christmas Pudding 200
- Corn Pudding (Mieliepoeding) 127
- Frozen Christmas Pudding 201
Pudding cont'd
Japie’s Favourite Citrus Delicious (Japie se Gunsteling) 197
Malva Pudding (Malva Poeding) 203
Self-saucing Chocolate Fudge Pudding 209
Vegetable and Date Steamed Pudding 208
Pumpkin
Cabbage Braised with Pumpkin (Gesmoorde Kool met Pampoen) 128
Chickpea and Pumpkin Patties 159
Kibbe of Pumpkin 115
Macadamia and Pumpkin Soup 183
Mulligatawny Soup 183
Pumpkin Curry with Peas 134
Pumpkin Scones 185
Pumpkin seeds
Pepitas (Bizr) 36
Purslane
Purslane Salad (Ba’lie) 46
Tomato Salad with Purslane 78
Quiche
Quiche with Tofu and Herbs 152
Quince
Quince and Potato Curry (Gesmoorde Kweper) 136
Rice
Lentil and Rice Paté (M’jadra) 119
Lentil Soup with Beans and Rice (Maklouta) 162
Persian Pilaff with Barberries 100
Rice and Milk Dessert (M’hallabeyye) 205
Rice with Peas (Briyani) 130
Rice Salad with Mango 185
Vermicelli with Rice 118
Vine Leaves with Herbed Rice (Warra Emah) 49
Vine Leaves with Tomato 50
Yellow Rice with Raisins (Geelrys met Rosyntjies) 96
Ricotta
Lentil Lasagne with Ricotta 161
Zucchini with Ricotta Topping 181
Rosie’s Cornmeal with Spinach and Sour Milk (Mielieenmel, M’finu and Amasi) 126
Rusks (Egte Boeretroos) 207
S
Sago Soup (Boeboer) 208
Salsa Verde from my Garden 18
Salt-cured Black Olives 21
Salted Almonds (Lohz) 35
Sambal
Banana Sambal 181
Samp
Katrina’s Cracked Corn Samp and Beans (Ngqush) 126
Saucy Bean Salad (Sousboontjies) 94
Self-saucing Chocolate Fudge Pudding 209
Shangleesh Salad 48
Silverbeet
Silverbeet Stalks in Tahini Sauce 50
Spinach and Black-eyed Bean Bake 167
Spinach Rolls 51
Simple Lebanese Caviar 74
Soaked Almonds 35
Sour milk
Rosie’s Cornmeal with Spinach and Sour Milk (Mielieenmel, M’finu and Amasi) 126
Spicy Tomato Tofu 155
Spinach
Egg Baked with Spinach and Feta 181
Lentil and Spinach Soup (Shorba b’addas) 163
Rosie’s Cornmeal with Spinach and Sour Milk (Mielieenmel, M’finu and Amasi) 126
Spinach and Black-eyed Bean Bake 167
Spinach Galette 51
Spinach Pie 52
Spinach Rolls 51
Sprout Salad with Sesame 165
Sprout Spread 44
Stuffed Eggplant (Buttenjen Mahshi) 71
Stuffed Tomatoes (Bannadoora Mahshi) 102
Stuffed Zucchini (Koosa Mahshi) 80
Sweated Vegetable Mix Base 7
Corn and Bean Loaf 8
Freekkeh Patties with Rich Mushroom Sauce 11
Lasagne with Red Lentils 10
Lima Bean Soup 9
Oat Patties with Celery, Carrot, and Onion 10
Omelette with Sweated Vegetables 8
Pasta with Red Lentils 9
Sweet potato
Sweet Potato Chips with Chat Masala 186
Sweet Potato Chocolate Cake 210
Sweet ‘n’ Sour Cucumbers 89
Sweet ‘n’ Sour Tofu Rissoles 156
Sweet Wheat Berry Dessert 209
Tacos
   Bean Taco Mix 157
Tahini
   Avocado with Tahini 179
   Beetroot with Tahini 109
   Chickpeas with Tahini (Humous b’tahini) 42
   Silverbeet Stalks in Tahini Sauce 50
   Tahini Sauce 24
Tamari Nuts 89
Tapenade
   Black Olive Tapenade 41
   Tapenade of Artichoke 66
   Tapenade for Feasting 98
Tart
   Brandy Tart (Brandewijn Tert) 197
   Milk Tart (Melk Tert) 206
   Passionfruit Tart (Grenadilla Tert) 202
Tofu
   Afelia with Tofu 145
   Chilli Con Tofu 146
   Jericho Tofu 145
   Kebabs of Tofu 148
   Lasagne with Tofu 149
   Mint and Lemon Tofu Slices 149
   Mushroom Tofu Snack 150
   Mustardy Mushrooms with Tofu 150
   Noodles with Tofu and Nuts 148
   Pastry with Tofu 151
   Pat’s Tofu Dip 187
   Peas with Tofu 151
   Pepper Tofu 152
   Quiche with Tofu and Herbs 152
   Spicy Tomato Tofu 155
   Sweet ‘n’ Sour Tofu Rissoles 156
   Tofu Balls (Kofta) 147
   Tofu Loaf 147
   Tofu Salad with Cabbage and Cashews 154
   Tofu Sour Cream 146
Tomato
   Artichoke and Tomato Soup 62
   Egg Baked in a Tomato 181
   Eggplant Lasagne with Tomato Basil Sauce 72
   Red Lentil Soup with Spices and Tomato 166
   Semi-dried
   Cottage Cheese and Tomato 68
   Spicy Tomato Tofu 155
   Stuffed Tomatoes (Bannadaara Mahshi) 102
   Tomato Salad with Purslane 78
   Tomato Salsa with Cumin 187
   Tomato Slices with Spicy Juices 78
   Tomato Stew 129
   Vine Leaves with Tomato 50
   Turnip Pickles (Kabees el Liffi) 38
   Tzatziki 188
   Tzatziki with Feta 101
Vegetable and Date Steamed Pudding 208
   Vegetable Koftas 186
   Vegetable Pies 101
   Vegetable Soup 9
   Vine leaves
   Burghul Salad (Tabbouleh) with Vine Leaves 47
   Vine Leaves with Herbed Rice (Warra Einab) 49
   Vine Leaves with Tomato 50
W
   Walnut
   Eggplant Roulade with Walnut and Capsicum Filling 100
   Walnut Filling 113
   Walnut Spread 43
   Water hyacinth
   Louisa’s Stewed Water Hyacinth (Waterblommetjie Bredie) 128
   Watercress Salad (Jarjer) 48
   Wheat
   see Burghul
   Freekeh
   Freekeh Patties with Rich Mushroom Sauce 11
   Sweet Wheat Berry Dessert 209
   White Bean Salad 169
   Wintry Apple Compote 178
Yellow Rice with Raisins (Geelrys met Rosyntjies) 96
   Yoghurt (Laban and Labne) 24
   Chickpea and Yoghurt Breakfast (Fatteh) 158
   Cucumber in Yoghurt, with Mint 110
   Kishk (Truhanas) 17
   Tzatziki with Feta 101
   Yoghurt with Accelerant 188
Z
   Za’ater
   Za’ater Breads (M’naish) 56
   Za’ater Crisps 56
Zucchini
   Stuffed Zucchini (Koosa Mahshi) 80
   Zucchini Bites (Kousa b’beid) 79
   Zucchini Omelette (M’farkie) 79
   Zucchini with Ricotta Topping 181