
VEGAN MIDDLE EASTERN COOKING

WITH AYUMI HASHIMOTO AND HARTLAND INSTITUTE



HUMMUS / BABA GANOUSH

Hummus is a dip or spread made of blended chickpeas, sesame tahini, lemon juice, and garlic. Baba ganoush (sometimes spelled baba ghanoush), a Middle Eastern spread and dip is similar to hummus, but is made with eggplant instead of chickpeas (garbanzo beans).

- 1/4 cup vegan sour cream (or blend 1/4 cup plain soy milk with 3 tbs nuts such as cashew, almond, walnuts, Brazil nuts)**
- 1 16-20oz can garbanzo (chick) beans and/or 1 large eggplant (for baba ganoush)**
- 1/2 cup tahini (sesame seed paste)**
- 1/2 cup lemon juice**
- 2-3 cloves of garlic**
- 1/2 tsp of salt**
- 2 tbs water or 1 cup roasted bell pepper**
- 1 tsp ground cumin (optional)**
- 3-4 fresh mint leaves (optional)**

If using eggplant(s), slice them in half, and roast in 400° F oven for approximately 45 minutes, or until soft. Allow to cool slightly, then scoop out inside of eggplant, leaving skin behind.

If using roasted bell peppers, roast a red pepper under the broiler until charred. Place in a paper bag or on a plate and cover with plastic for ten minutes. Peel the skin and remove seeds. You can also use the ready-made roasted bell peppers in a jar.

Blend or process all the ingredients until smooth and to desired thickness.

Garnish with:

- 2 Tbs of Fresh Parsley for garnish**
- 1/4 tsp of cayenne pepper or paprika for garnish**
- 1/4 cup of olive oil or olives for garnish**

SPINACH TRIANGLES

Saute with a little olive oil:

- 2 packs mushrooms, sliced fine**
- 2 cloves garlic, minced**

In a bowl mix with sauteed mushrooms:

- 1 lb. frozen chopped spinach (get premium brand)**
- 3 c onion, chopped**
- 1 12 oz. package Morning Star Meal Starters Griller Crumbles**
- 3/4 cup vegan mayonnaise**

Fill about 1/4 cup of the above filling into the pockets of:

- 2 packs of pita bread, halved**

Cut the pita halves into three

Mix and brush onto the filled pita bread pieces:

- 3 T. seasoning (onion powder, garlic powder, nutritional yeast, cumin, basil etc.)**
- 1/2 cup olive oil**

On a baking sheet, bake for 30 minutes at 400°F

FALAFEL (USING FALAFEL MIX)

(pronounced /fəˈlɑːfəl/; Arabic : فُلْفُل falāfil Egyptian and Sudanese Arabic, تيمية Ta'miyya) is a fried ball or patty made from spiced chickpeas and/or fava beans. Originally from Egypt, falafel is a popular form of fast food in the Middle East, where it is also served as a mezza.

Mix falafel mix and water according to the package instructions.

- 1 cup falafel Mix**
- 3/4 cup water**

Add:

- 1/2 cup onion, minced**
- 3 tbs parsley, minced**
- 1 clove garlic, minced**
- 1/4 tsp cumin**

Let sit 15-20 minutes before frying. Heat about 1 inch of vegetable oil in a 2 to 3 inch frying pan, turn to medium-low heat. Mold the falafel mixture into small balls and drop into oil to fry, continually turn over the falafel balls to keep the color evenly brown on all sides, when they are lightly browned. Remove the balls and Let excess oil drain on a paper towel for a minute. Serve warm and fresh with hummus, tahini sauce, pickles and vegetables.

FALAFEL (OVEN BAKE METHOD)

Process till well combined adding water if necessary:

2 cups bulghur wheat (optional), soaked in warm water for 1 hour and drained
1 can cooked garbanzo beans, well drained
1 cup bread crumbs
1 cup walnuts, almonds, or pistachio, ground
1 small onion, finely chopped
3 cloves garlic, crushed/minced
3-4 tbs. fresh parsley, minced and/or cilantro
1 tsp baking powder
1 1/2 ts ground cumin
1/2 tsp ground coriander
1/2 tsp paprika
1/4 tsp cayenne pepper
salt to taste

Brush baking sheets (or mini muffin trays) with oil/canola oil. Drop falafel mixture from a teaspoon onto baking sheets. Flatten and shape into mini patties with a fork/spoon. Bake 10-15 minutes on each side until nicely browned.

NOTE: For a pita sandwich, slice open one edge (or cut in half) and spread tahini sauce. Fill falafel with chopped tomatoes, cubed avocados, chopped/sliced cucumbers, shredded lettuce, roasted vegetables, marinated mushrooms, and/or marinated artichoke hearts.

HALVAH

Halvah is a Middle Eastern confection which is also widely made in the [Balkans](#). A number of variants of halvah are made, but the primary recipe includes a seed, nut, or grain, ground with a sweetener such as [honey](#) or brown sugar, and flavored with additions of ingredients such as [rose water](#), [saffron](#), dried fruit, or nuts. Halvah is a popular sweet treat across the Middle East, and it often appears at banquets and ceremonial occasions.

The word for halvah comes from an [Arabic](#) word hulw, meaning “sweet.” Some versions of halvah are so strongly sweetened that they can be almost painful to eat, while other variations are more moderately sweetened. Each cook has variations on the traditional halvah recipe used in his or her part of the world, and a myriad of flavor combinations are considered acceptable.

Many people are familiar with sesame halvah, which is made in the Balkans and Turkey. Sesame halvah is made with a base of [tahini](#), mixed with honey and kneaded into a tacky dough which is allowed to set before being cut and served, or wrapped. Some cooks split the dough in half and mix half with cocoa

before mixing it back in, creating a rich marbled [chocolate](#) sesame halvah. Others may roll the dough in pistachios, other nuts, or dried fruit.

In India and neighboring countries, many cooks make halvah with crushed [semolina wheat](#). The wheat is mixed with honey and butter or oil and kneaded into a dough before dried fruit or nuts are added. This halvah has a different texture than sesame halvah, and tends to be more like a rich pudding. Other variations on halvah are also made with other seeds, such as [sunflower](#) seeds, or vegetable ingredients like carrots and pumpkin.

1 cup tahini or crushed sesame seeds
½ cup honey, agave, or brown rice syrup
¼ cup chopped almonds or pistachio nuts
½ tsp pure vanilla

In a saucepan heat ½ cup of sweetening and 1 tbs water to boiling, stirring constantly until 1-2 drops form a soft ball when dropped into cold water. Add vanilla, tahini and nuts, stir to combine. Remove from heat and press into shallow pan. Refrigerate to cool and set.

½ cup onion, minced
3 tbs parsley, minced
1 clove garlic, minced
¼ tsp cumin

To make **Carob Halvah**

Add:

¼ cup honey plus 2 tbs carob powder
¼ tsp vanilla

Boil carob, honey and vanilla 1 minute. Lightly stir and swirl into plain Halvah. Press into shallow dish; refrigerate to cool and set before slicing.