

Kefta (Spiced Moroccan Grilled Meat Skewers)

Serves 4

1 lb ground beef, lamb or a combination

¼ cup finely minced onion (or grate and use juice as well)

1 Tablespoon ground coriander

2 teaspoons paprika

1 teaspoon ground cumin

½ teaspoon ground allspice

¾ teaspoon ground cinnamon

¼ teaspoon ground nutmeg

Cayenne pepper or red pepper flakes to taste

1 teaspoon salt

½ teaspoon black pepper

¼ cup chopped fresh parsley and/or cilantro

2 Tablespoon chopped fresh mint

Stir together all spices in a small dish. Mix into the meat along with the onion and herbs. Let stand for an hour to allow flavors to blend.

To make traditional Kefta, form onto skewers in sausage-like shapes. Grill or cook in a skillet about 5 minutes per side until they reach your preferred doneness. Alternatively, you can form the meat into patties or meatballs, whatever shape suits your needs. You can also bake them.

Serve with flatbreads and toppings of your choice.

Pineapple and Mint Vinaigrette

- 1/2 cup pineapple juice
- 1 Tablespoon white wine or white balsamic vinegar
- 1 Tablespoon honey
- 1/2 teaspoon salt
- 1/4 teaspoon red pepper flakes
- 1 teaspoon fresh chopped chives
- 2 Tablespoons chopped fresh mint
- 1/3 cup neutral flavored oil, such as canola or avocado oil

Mix all in a jar and use to dress salads or grilled vegetables.

Grilled Vegetables with Pineapple

Substitute vegetables of your choice.

- 1 pineapple, cut in chunks
- 2 bell peppers of choice, cut in 1" pieces
- 1 small zucchini, cut in thick bias slices
- 1 bunch asparagus, trimmed and cut in 2" pieces
- 1 sweet onion, cut in large pieces
- 1 kohlrabi, peeled and cut in 1/2" sticks

Neutral oil, salt and pepper.

Preheat griddle on medium high. Toss vegetables with a little oil and season well with salt and pepper. Griddle quick and hot to achieve nice color, but not cook the vegetables through. Remove from griddle and toss with Pineapple and Mint Vinaigrette and extra chopped mint if desired. Can also serve on a bed of dressed salad greens.

Soft Flatbreads

Makes 8-10 flatbreads

2/3 cup lukewarm water

1 1/2 teaspoons active dry yeast

1 1/2 teaspoons sugar

2/3 cup lukewarm milk

3 1/2 cups all-purpose flour

1 1/2 teaspoons salt

In a small bowl, stir together the water, yeast and sugar. Let bloom for 5-10 minutes then stir in the milk.

In a large bowl, stir together the flour and salt. Stir in the yeast mixture until a dough is formed. Sprinkle a little flour on your counter and turn out the dough. Knead a few minutes until smooth. Clean out your bowl, oil it and place your dough in the bowl, covered, for an hour to rise until doubled.

Very lightly flour your counter in a small spot and form your dough there into a flat disk or log. Cut into 8 or 10 pieces, depending if you want large or medium breads per serving. Using no flour on the counter spot right beside, cup your hand over a piece and roll the piece of dough around on the counter, forming evenly rounded balls. Place them on a plate, leaving an inch or so between. Cover and rest them 10 minutes.

Preheat a dry cast iron skillet or griddle on medium heat.

Roll each flatbread to 1/4" thickness, using minimal flour on the counter. It's often easiest to roll, then roll again. Cook the breads one at a time in a dry skillet, or several on a griddle, don't crowd them at all. Cook for 30 seconds on one side, flip when lightly colored, cook 30 seconds on the other side. Allow to puff up a little. You can flip as needed.

Remove and brush lightly with butter as they come off. Stack on a plate covered with a towel.

This recipe is easily halved for 4-5 flatbreads.

Tzatziki Sauce

1/3 of a seedless cucumber

12oz plain Greek yogurt (approximately 1 cup, preferably low fat rather than nonfat)

3 Tablespoons finely minced onion

1 teaspoon minced garlic

1-2 Tablespoons lemon juice

1-2 Tablespoons olive oil

1 Tablespoon fresh chopped dill, or 1/2 teaspoon dried

1/2 teaspoon each salt and pepper

Using the small holes of a box grater, grate the cucumber with its skin on. Press the cucumber through a fine sieve to exude excess water. Let drain and press again.

In a medium bowl, whisk together everything, stirring in the cucumber and dill last.

Tastes best when allowed to sit at least an hour or overnight.

Keeps up to a week in the fridge.

Quick Onion and Radish Pickles

1/2 of a red onion, thinly sliced

4 radishes, sliced

2/3 cup red wine vinegar

3 Tablespoons water

3 Tablespoons sugar

1 teaspoon salt, 1/2 teaspoon pepper

Place sliced onion and radishes in a bowl or jar. In a small pot, bring the vinegar, water, sugar and salt & pepper to a boil. Immediately pour over onions and radishes. Stir and tamp down. Cool.

You can change up the vinegar and use whatever firm vegetables you like such as carrots, kohlrabi, turnips, etc.