

Cookbook

These recipes will add culture to your meals

By JOAN KINGSBURY
Staff Correspondent

Kibbee, Tabuli, Hummus Be Tahini and Baklawa are Lebanese dishes Marlene Knappman of Trucksville has enjoyed on holidays and special occasions since her childhood.

Kibbee, a specialty usually prepared by her father Joe Oblen of Kingston can be served either raw or baked. Marlene prefers raw Kibbee. Choice round steak with all fat removed is finely ground, then mixed with cracked wheat, then flavored with mint leaves, cumin, cinnamon and allspice. Marlene advises readers to keep their hands cold with ice water to make mixing the Kibbee easier.

Baklawa, Hummus Be Tahini and Tabuli are dishes traditionally prepared by her mother Marion. Hummus Be Tahini is a chickpea dip made from chickpeas, sesame seed paste, garlic and lemon juice. Hummus Be Tahini can be served as either a snack dip or as an appetizer. Arabic bread is used for dipping.

Tabuli is a fresh salad made with tomatoes, cucumbers, scallions and cracked wheat. A dressing of lemon juice and olive oil adds just the right finishing touch to this salad.

Readers may be familiar with Baklawa, a rich, sweet, nutty Middle Eastern dessert. Very fine Phyllo dough leaves are spread with butter, then layered with a combination of ground walnuts, sugar and cinnamon. After Baklawa has baked and cooled, hot sugar and honey syrup is poured over the pastry. If you prepare Baklawa, serve only a small piece as this is a very rich dessert. This particular recipe is delicious. I can attest to that since Marlene had baked some Baklawa for us to enjoy following our interview.

In addition to making these Lebanese specialties, Marlene likes to cook on her gas grill. She uses the grill year-round so the Knappmans can enjoy that wonderful summertime barbecue taste anytime. Marlene also enjoys baking.

The Knappmans, Marlene, her husband Rick and their three children live in Trucksville. Rick is employed by General Electric Medical Systems. Their oldest daughter, Marina, age 5, is a kindergarten student at Westmoreland Elementary School. Erika, age 4, is a student at Trinity Nursery School. Randy, the youngest Knappman, is two years old.

Several years ago, Marlene learned Middle Eastern or belly dancing. Learning the dance mainly for exercise at first, Marlene later joined Sirocca, a local dance troupe,

that performed at ethnic festivals, fiestas, and other social functions. She taught Marina and Erika this traditional dance form and they too performed with the dance troupe.

With the holiday season approaching, wouldn't it be fun to add some new and different dishes to your holiday buffet? Try Marlene's recipes for Kibbee, Tabuli, Hummus Be Tahini and Baklawa and give your guests a taste of delicious Lebanese cooking.

KIBBEE, RAW OR BAKED
2 lb. choice round steak with all fat removed (meat is put through grinder twice)
¾ c. fine cracked wheat
4 med. onions, grated
4 t. crushed mint leaves
¼ t. cumin
¼ t. cinnamon
¼ t. allspice
Salt and pepper

Soak cracked wheat in warm water for 45 minutes, squeeze water out. Add cracked wheat and all ingredients to meat. Mix with hands. Make sure hands are kept cold with ice water while mixing meat.

To prepare raw: Form meat into a shallow loaf on platter. Serve with Arabic bread, sliced onions and olive oil.

To prepare baked: Spread meat in shallow edged baking pan. Pour a little olive oil on top. Bake at 350 degrees for 30 minutes.

TABULI
1/3 c. cracked wheat
3 ripe tomatoes, chopped
3 cucumbers, chopped
1 scallion, chopped (green and white)
1 T. chopped mint leaves
¼ c. chopped fresh parsley
Salt and pepper
Lemon juice
Garlic powder
Olive oil

Soak cracked wheat in warm water for 45 minutes. Rinse and squeeze out water. Add to chopped vegetables and season to taste wit

hsalt, pepper and garlic powder. Dress salad with lemon juice and olive oil.

HUMMUS BE TAHINI
1-20 oz. can chick-peas, drained
¼ c. water
¼ c. sesame seed paste (tahini)
2 sm. garlic cloves
¼ c. lemon juice
½ t. salt

Chopped parsley and sliced black olives for garnish

Put all ingredients except parsley and olives in blender. Cover and blend at medium speed about 45 seconds. Scrape sides often. Blend until smooth. Spoon into bowl and garnish.

Serve with Arabic bread as an appetizer or dip.

BAKLAWA
4 c. ground walnuts
½ c. sugar
¼ t. cinnamon
1 lb. phyllo dough or strudel leaves
2 c. melted butter

Mix walnuts, sugar and cinnamon together. Butter a 13x9x2 inch pan with some of the melted butter. Put one sheet of phyllo dough in pan and brush with butter. Continue until you have 6 sheets stacked. Sprinkle a few spoonfuls of nut filling on top. Place 3 sheets of dough on top, brushing each with butter. Sprinkle on nut filling. Repeat 3 sheets of dough and nut filling until nut mixture is used up.

Place remaining phyllo dough on top, brushing each sheet with butter. Trim edges of dough. With a sharp knife cut baklawa crosswise into strips, then diagonally to create diamond shapes.

Bake 45 minutes to one hour at 350 degrees. Turn oven off and let baklawa cool in oven.

SYRUP
1½ c. sugar
1½ c. water
½ c. honey
1 T. lemon juice
Bring all ingredients to a boil and cook for several minutes. Pour hot syrup over cooled baklawa.



Dallas Post/Ed Campbell

Dinner planned

A roast beef dinner will be held on Saturday, Nov. 10, at 4:30 p.m. at the Lehman United Methodist Church. Takeouts will be available at 4 p.m. Tickets, which may be purchased at the door the night of the dinner, are priced at \$5.50 for adults, \$2.75 for children ages 5-12 and free for children four and under. Shown here are members of the committee planning the dinner.



Madrigal Dinner set

Tickets for College Misericordia's annual Madrigal Dinner are now on sale. The "Old English" festive event will be held Friday, Nov. 30, and Saturday, Dec. 1, at 7 p.m. in Merrick Hall on the college campus. Shown here discussing arrangements for the dinner are, from left, Sister Carmel McGarigle, coordinator; Stanley Sadawski, director Wood Food Service; and Sister Sharon Gallagher, decoration director. Reservations can be made by calling 675-2181.

School menus

Following are cafeteria menus for area school districts:

DALLAS SCHOOLS Nov. 7 - 13

WEDNESDAY - Juicy hot dog on soft roll or Philadelphia steak-n-cheese hoagie, honey baked beans, fresh apple wedges, choice of milk or juice.

THURSDAY - McDallas chicken sandwich w-lettuce and mayo or baked Italian lasagna, glazed carrots, choice of milk or juice. Bonus: Soft chocolate chip cookie. Early dismissal.

FRIDAY - Dallas cheese pizza (2 slices) or tuna bagel (tuna fish salad on bagel w-lettuce-cheese), turkey vegetable soup w-rice, choice of milk, juice. Bonus: Banana cream pudding w-whipped topping.

MONDAY - Rainbow lunch in junior and senior. Senior Thanksgiving buffet. Conferences.

TUESDAY - Bunwich (sliced hot ham-cheese wrapped in foil on a Kaiser roll) or turkey bar-b-que, oven baked French fries, pineapple chunks, choice of milk, juice.

LAKE-LEHMAN SCHOOLS Nov. 7 - 13

Junior High & Elementary Schools

WEDNESDAY - Tacos w-trimmings, buttered corn, ice cream, milk.

THURSDAY - Early dismissal - Salisbury steak, mashed potatoes w-gravy, peas, Parker House roll-butter, jello-topping, milk.

FRIDAY - Batter dipped fish on bun, tartar sauce, macaroni-cheese, stewed tomatoes, fruit cup, milk.

MONDAY - Mini beef ravioli-sauce, green beans, Parker House roll-butter, peaches, milk.

TUESDAY - Hot dog on bun, cheese squares, potato puffs, baked beans, oatmeal raisin cookie, milk.

Senior High School

WEDNESDAY - Salisbury steak w-mushroom gravy, baked potato, broccoli, Parker House roll-butter, jello-topping, milk.

THURSDAY - Early dismissal - Tacos w-trimmings or hamburger on bun, buttered corn, ice cream, milk.

FRIDAY - Fish n-cheese nuggets, French fries, cabbage salad, Parker House roll-butter, pineapple tidbits, milk.

MONDAY - Hot dog or kielbasi on

bun, sauerkraut, potato puffs, baked beans, peaches, milk.

TUESDAY - Chicken patti or hamburger on bun w-relish, French fries, applesauce, cookies, milk.

WEST SIDE TECH Nov. 7 - 13

WEDNESDAY - Oval spice-cheese seeded bun-lettuce, chicken noodle soup, crackers, pickle chips, Tandy cake, milk.

THURSDAY - Shells-meat sauce,

tossed salad-dressing, roll-butter, jello-whipped cream, milk.

FRIDAY - Meatball hoagie, buttered green beans, fresh relish cup, Snicker Doodle, milk.

MONDAY - Chilled fruit juice, hot dog on bun, assorted condiments, chips, sauerkraut, cheese cubes, big chip cookies, milk.

TUESDAY - Grilled cheese, vegetable soup-crackers, creamy cole slaw, brownies, milk.



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