



PHeaSt A HARVEST PARTY

SHEIKH EL MAHSHI

INGREDIENTS

- 4 medium eggplants, peeled
- 1/4 cup olive oil
- 1/2 cup onions, minced
- 2 garlic cloves, minced
- 1 bay leaf
- 1/4 teaspoon cinnamon
- 1/2 teaspoon allspice
- 1/2 teaspoon salt
- 1/4 teaspoon black pepper
- 1/4 teaspoon turmeric
- 1/2 cup pine nuts, toasted
- 1/2 lb. ground beef

TOMATO SAUCE

- 1/4 cup olive oil
- 1 tablespoon butter
- 1 cup onions, sliced
- 1 cup tomatoes, chopped
- 1 tablespoon tomato paste
- 1 cup tomato sauce
- 1 cup beef broth
- Salt and pepper to taste

INSTRUCTIONS

Cut the eggplants lengthwise 2/3 of the way through, sprinkle with salt, and set aside for an hour. Preheat the oven to 375 degrees. Pat the eggplants dry with a kitchen cloth and place on a baking sheet. Cover and bake for 20 minutes until translucent and soft.

Heat the olive oil in a sauté pan, then add the onions and garlic. Cook for 3 minutes over medium heat. Add the ground beef and cook until no longer pink. Stir in the pine nuts, the spices, and bay leaf, and cook for five minutes. Season with salt and pepper and set aside to cool.

Make the tomato sauce. In a saucepan, heat the olive oil and butter, then add the onions and cook for 3 minutes. Add the chopped tomatoes and cook on low heat for another 2 minutes.

Add tomato paste and cook until it starts to brown, then add the tomato sauce and beef broth. Bring to a boil, then lower to a simmer for 5 minutes.

In a large baking dish, place the cooked eggplant cut side up so it makes a pocket. Fill the pocket of each cut eggplant with the meat mixture, then ladle tomato sauce gently over the filled eggplant.

Cover with foil and bake at 375 degrees for 25 min.

RICE WITH VERMICELLI

INGREDIENTS

- 2 tablespoons clarified butter (ghee)
- 1 cup long grain rice
- 1/2 cup vermicelli, broken into short pieces
- 2 cups water or broth
- Salt and pepper to taste

INSTRUCTIONS

Rinse rice in a sieve until the water runs clear, then drain. In a medium saucepan, heat the ghee. Add the vermicelli and stir continuously until it turns golden brown. Add the rice, stir, then add the broth or water. Bring to a boil, then cover the saucepan, and cook on low until the rice is done, about 15 minutes.



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FASOLIA MTABLEH

2 cups butter beans or lima beans, freshly cooked
1 large garlic clove, smashed
1 lemon, juiced
1/4 cup flat leaf parsley, coarsely chopped
1/4 scallions, chopped
1/2 cup olive oil
Salt to taste

INSTRUCTIONS

Make the vinaigrette by mixing the lemon juice, garlic, salt, and olive oil in a small bowl.

While beans are still hot, place beans in a large bowl and gently mix in the vinaigrette. Add parsley and scallions, then drizzle with more olive oil. Serve warm.

FATTEH

2 cups garbanzo beans, cooked
3 cups water
1 cup Greek yogurt
2 tablespoons tahini
1 garlic clove, crushed
1 tablespoon dry mint
1/2 teaspoon sumac
Salt to taste
1 pita, sliced into 1" strips and toasted or fried
1 sprig mint, chopped
2 scallions, sliced
2 tablespoons clarified butter (ghee), melted
1/2 cup pine nuts, toasted
1/2 tsp Aleppo pepper (substitute cayenne or paprika)

INSTRUCTIONS

Bring the chickpeas and the water to a boil, then simmer on low. In a medium bowl, whisk the yogurt, garlic, tahini, salt, dry mint, and sumac.

Place half of the pita in the bottom of a serving bowl. Drain the chickpeas and while still hot, layer them on top. Add the yogurt mixture, then scatter on the rest of the pita and pine nuts.

Mix the melted ghee with Aleppo pepper and drizzle on top. Garnish with fresh mint and scallions.



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Creating healthy living environments | Increasing access to fresh food
Expanding economic opportunity | Building meaningful social connections

PHS invites you to help make the Greater Philadelphia region cleaner, greener, and more beautiful! Join, donate, or volunteer with PHS – rain or shine. You are welcome on our journey as we garden for the greater good.