



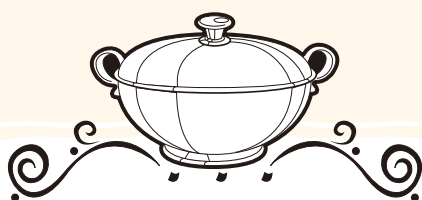
中東媽媽的私房菜

Mama's Dish from Middle East

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黎巴嫩法透敘沙拉
Lebanese Fattoush Salad



沙拉與開胃小菜
Salads and appetizer



黎巴嫩法透敘沙拉 Lebanese Fattoush Salad

材料

萵苣切碎 5 片、帕西里去梗切碎 1/2 株、薄荷去梗切碎 1/2 把、番茄切丁 2 顆、阿拉伯麵包（或土司）1 片（切丁油炸或烘焙）、韭菜 1 把、小型蘿蔔 3 棵、青椒 1 粒、青蔥 2 根

調味料

橄欖油 4 大匙、檸檬（榨汁）2 顆、鹽、胡椒少許、鹽膚木 1 大匙、乾薄荷 1 小匙、其他阿拉伯香料少許

作法

1. 所有蔬菜洗淨切好瀝乾，放入沙拉碗中，拌勻。
2. 加入調味料拌勻，靜置 30 分鐘～1 小時待入味。
3. 依個人喜好可加入烘烤或油炸的阿拉伯麵包丁（或土司丁），即可擺盤享用。

Ingredients

5 minced lettuce leaves, 1/2 bunch minced parsley, 1/2 bunch minced mint, 2 diced tomatoes, 1 Arabic bread or toast (diced and fry or bake), 1 bunch minced leek, 3 diced radishes, 1 green sweet pepper, 2 green onions

Seasonings

4 tbsp olive oil, 2 lemons juice, salt, pepper, 1 tbsp sumac, 1 tsp dry mint, other Arabic spices

Preparation

1. Clean all vegetables and mince them. Put them in a bowl and mix well.
2. Add seasonings and mix them well. Then stay for 30 minutes to 1 hour.
3. As needed, add roasted or fried bread cubes and enjoy.

Little Tip



著名的黎巴嫩沙拉是一種家庭式料理，一開始由廚師用烘烤或油炸的不新鮮麵包片混合時令新鮮蔬菜和鹽膚木等香料。口感酸甜帶出薄荷和香菜的香氣，刺激你的味蕾。你也可以用白菜取代生菜。

Fattoush is a famous Lebanese salad and a kind of family dish. At first, the cooker uses baked or fried stale flatbread mix with seasonal vegetables, sumac and different spice. It tastes sour and sweet, full of mint and parsley fragrance, stimulate taste bud. You can use Chinese cabbage instead of lettuce.



約旦國菜—曼沙夫—酸奶羊肉燉飯 Jordanian Mansaf



主食與米飯
Staple food and rice

材料

帶骨羊肉切大塊 4 公斤、洋蔥對切 1 大顆、鹽 2 小匙、原味優格（或幹酸奶）4 杯、蛋 1 顆、米 4 杯、奶油 2 大匙、薑黃根粉 1 小匙、松子、杏仁適量

調味料

黑胡椒 1 小匙、薑黃根粉 2 小匙、混合香料 1 小匙

作法

- 準備羊肉
 1. 羊肉切大塊，洗淨瀝乾，放進大鍋內，加入洋蔥和熱水，大火煮 30 分鐘，轉中火繼續燉煮 2 ～ 3 小時。定時檢查水有沒有煮乾，酌量加水，最後過濾高湯備用。

Ingredients

4 kg lamb meat with bone (cut in big chunk) , 1 onion (cut into two pieces) , 2 tbsp salt, 4 cups plain yougurt, 1 egg, 4 cups rice, 2 tbsp butter, 1 tsp turmeric, pine nuts, almonds

Seasonings

1 tsp black pepper, 2 tsp turmeric, 1 tsp mix spice

Preparation

- Prepare lamb meat
 1. Cut lamb meat in big chunk, and wash and strain. Put lamb meat in a high pot, add onion and hot water. Cook over high heat degree for 30 minutes, then turn to medium heat degree for 2 ～ 3 hours. Check it

2. 把原味優格和蛋倒入另一只鍋內，攪拌均勻，加入鹽，用大火煮開，倒入 2 杯（1）的鮮肉高湯，持續同方向攪拌到優格變得濃稠，加入羊肉，大火煮開後，小火燜煮 15 ~ 20 分鐘。
- 準備飯：
米洗淨瀝乾，用 2 大匙奶油和薑黃根粉炒香米，倒入 4 杯羊肉高湯或熱水，大火煮 5 分鐘，慢火把米熟透。定時檢查水有沒有煮乾，酌量加水或高湯。
 - 準備堅果：
用 1 匙油炒熟松子和杏仁，用廚房紙吸乾多餘的油。
 - 擺盤：
在大盤鋪上煮好的飯，上面鋪上羊肉塊，撒上堅果，另外用湯碗盛上優格湯汁，享用時，在羊肉與飯上淋上優格就能讓你食指大開。

from time to time whether water is dry or not in order to add more water. Then strain lamb meat and broth.

2. Put plain yougurt and egg in aonther high pot, and stir occasionally. Add salt and cook over high heat degree and bring to boil. Add 2 cups of broth from (1), and keep stirring in same direction until it becomes thick. Add lamb meat and bring to boil, then cook over low heat degree for 15-20 minutes.

- Prepare rice:
Wash rice and strain. Fry rice with butter and turmeric until fragrant. Add 4 cups of the broth form lamb meat or hot water. Leave it on burner till rice is cooked, make sure to check it from time to time to add broth or water if needed.
- Prepare nuts:
Fry pine nuts and almonds in 1 tbsp oil, then put them in kitchen paper.
- Decoration:
Put rice in a big plate or tray, and sprinkle nuts and lamb meat on the rice. Put yougurt in a bowl next it. You can enjoy with yougurt.

Little Tip

曼沙夫是約旦的國菜，用發酵的幹酸奶燉煮羊肉與米飯一起吃。傳統，在結婚、生小孩、畢業、迎接貴賓等特殊場合，或開齋節（中東的新年）、宰牲節、聖誕節、約旦獨立日等重大節日都會特別準備。

Mansaf is the national dish of Jordan. Mansaf is served on special occasions such as weddings, births, graduations, honor a guest and on major holidays such as Eid Al-Fitr(Eid Al-Fitr is the First day of the new month after Ramadan), Eid Al-Adha, Christmas Day and Jordan's Independence Day.



中東名菜
馬克路巴茄子羊肉燉飯
Maklube-Rice with
Meat and Eggplant



主食與米飯
Staple food and rice



中東名菜—馬克路巴—茄子羊肉燉飯 Maklube-Rice with Meat and Eggplant

材料

帶骨羊肉 1 公斤、鮮肉
高湯 3 杯、肉桂棒 2 根、
茄子 1 公斤、洋蔥
1 顆、米 2 杯、油
或牛油 1 大匙、
溫水



調味料

鹽、黑胡椒、綜合香料、
肉桂粉



Ingredients

1 kg lamb meat with bone, 3 cups meat
broth, 2 cinnamon sticks, 1 kg eggplants,
1 onion, 2 cups rice, 1 tbsp ghee or oil,
boiled water

Seasonings

salt, black pepper, spices and ground
cinnamon

作法

1. 羊肉洗淨瀝乾，加入肉桂棒、高湯，中火燉煮 30 分鐘。
2. 茄子洗淨去皮後，切成 1 公分左右的薄片，浸泡在鹽水 30 分鐘後，把茄子瀝乾，油炸。洋蔥切環油炸，把炸好的茄子和洋蔥用廚房紙吸乾多餘的油。
3. 米洗淨浸泡在溫水中 15 分鐘後瀝乾，加入調味料拌勻備用。
4. 用一只有把手的鍋子，用 1 匙油或牛油把羊肉表面煎烤到金黃，鋪上炸好的茄子與洋蔥，倒入米和 3 杯（1）的高湯，用小火慢煮到米完全熟透。定時檢查水有沒有煮乾，酌量加水或高湯。

Preparation

1. Boil meat and add cinnamon sticks and broth to cook at medium heat degree for 30 minutes.
2. Peel eggplant and cut it into 1 cm thick slices. Soak eggplant in salty water for 30 minutes. Dry eggplant then deep-fry in oil. Deep-fry onion in oil well. Then put them in kitchen paper.
3. Soak rice in warm water for 15 minutes then strain it. Spice with seasonings.
4. Heat 1 tbsp oil or butter in a high pot and fry roast lamb each side. Then add fried eggplant and onion. Add rice to eggplant then add 3 cups of the remaining broth from (1). Cook at low heat degree until rice is ready, make sure to check it from time to time to add broth or water if needed.

5. 用一個可以完全蓋住鍋子的大圓盤，將鍋子翻轉後，慢慢地把鍋子拿掉，完整的馬克路巴就在盤中，可搭配優格或沙拉享用。

5. Upside the pot down in a big plate.
Serve with yoghurt or salad and enjoy.



Little Tip

馬克路巴在阿拉伯語意指上下顛倒，好似你做飯像做一個倒置的蛋糕。最早來自中東，後來流行到歐洲。有趣的是將鍋子翻轉到一個大盤子內，層次分明，羊肉片、烤茄子及燉飯。蔬菜及堅果配料都可依個人喜好。甚至加入花椰菜、馬鈴薯片都很受歡迎，最後撒上堅果及葡萄乾增加甜美口感。

Maklube literally means upside down, just like you carefully flip the pan on to a serving plate. It is firstly found in Middle East. Then it spread to become popular in Europe. You have impressive upside down to the big plate consists of layer of lamb piece, roasted eggplants and rice. You can add different vegetables, such as cauliflower potato slices or dried nuts as you like.



埃及—克夏利—扁豆燉番茄
Egyptian Koshari-Lentil
with Tomato



主食與米飯
Staple food and rice



埃及—克夏利—扁豆燉番茄 Egyptian Koshari-Lentil with Tomato

材料

扁豆 1/2 杯、米 1/2 杯、小顆洋蔥切丁 1 顆、
小顆洋蔥切絲 1 顆、番茄切丁 3 顆、蒜末
2 瓣、通心粉 200 克、油 1 大匙

調味料 1

鹽 1 小匙、胡椒 1 小匙

調味料 2

油 1 大匙、辣椒 1 小匙、小茴香 1 大匙、
番茄糊 2 大匙、水 1/2 杯、鹽、胡椒少許

作法

1. 扁豆和米煮熟後混合備用，通心粉水煮備用。
2. 用油炒香 1 顆洋蔥，加入扁豆和米，再加入調味料 1 調味。
3. 準備醬料：3 顆番茄丁、1 顆洋蔥末、2 瓣蒜末，中火拌煮 3 分鐘，加入調味料 2，中火 5 煮分鐘。
4. 依序把扁豆拌飯、通心粉放進玻璃盤底，最後，加入炸洋蔥和（3）的醬料即可享用。

Ingredients

1/2 cup lentil, 1/2 cup rice, 1 small minced onion, 1 small sliced onion, 3 minced tomato, 2 grated garlic cloves, 200 g macaroni, 1 tbsp oil

Seasonings1

1 tsp salt, 1 tsp pepper

Seasonings2

1 tbsp oil, 1 tsp chili, 1 tbsp cumin, 2 tbsp tomato paste, 1/2 cup water, salt, pepper

Preparation

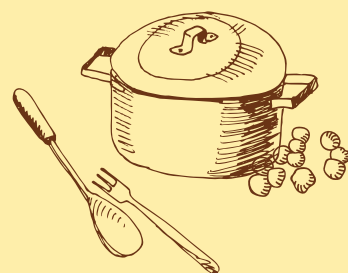
1. Separate boil lentil and rice and strain them. Then mix together.
2. Fry minced onion with 1 tbsp oil and add it to lentil and rice. Spice with seasonings1.
3. Prepare sauce: Add 3 grated tomatoes, 1 minced onion and 2 grated garlic cloves and leave them cook for 3 minutes. Then add seasonings2 and cook at medium heat degree for 5 minutes.
4. Put lentil and rice in the Pynex and add boiled macaroni. Finally, add fried onion slices and sauce from (3). Serve it.



Little Tip

克夏利是一道傳統的埃及國菜，也是一道素食菜，同時也反映了當時的基督徒四旬齋戒。最主要是用米飯和扁豆米飯當基底，搭配水煮空心粉，上頭淋上特調的微辣的番茄醬汁及香酥炸蔥。

Koshari is a popular traditional Egyptian national dish and normally served to vegetarian, it probably reflects the meatless diet of Christians during Lent. Koshari consists basicly of rice, lentil, macaroni, a topping of spicy tomato sauce and fried onion.





埃及西葫蘆鑲肉 Egyptian Stuffed Marrow



主食與蔬菜類
Staple food and vegetable

材料

絞肉 500 克、西葫蘆 500 克、小型茄子 500 克、甜椒或青椒 500 克、米 1 杯、帕西里末 2 大匙、芫荽末 1 大匙、洋蔥末 1 顆

調味料 1

番茄糊 1 大匙、大茴香粉 1 大匙、牛油 1 大匙、油 2 大匙、鹽、胡椒、綜合香料、薑黃根粉、（匈牙利）紅辣椒粉

調味料 2

油 2 大匙、番茄糊 2 大匙、鹽 1 小匙、薑黃根粉 1 小匙、高湯或水 3 杯

Ingredients

500 g minced meat, 500 g marrows, 500 g eggplants, 500 g sweet pepper, 1 cup rice, 2 tbsp minced parsley, 1 tbsp minced coriander, 1 minced onion

Seasonings1

1 tbsp tomato paste, 1 tbsp minced fennel, 2 tbsp oil, 1 tbsp ghee, salt, pepper, mix spices, turmeric, paprika

Seasonings2

2 tbsp oil, 2 tbsp tomato paste, 1 tsp salt, 1 tsp turmeric, 3 cups meat broth or water

作法

1. 西葫蘆、小茄子、甜椒或青椒洗淨後，挖空備用。
2. 把米、絞肉、帕西里末、芫荽末和調味料 1 混合拌勻，填進（1）的蔬菜，一個一個站立地擺進鍋內，避免煮的時候，內餡掉出來。
3. 倒入調味料 2，蓋上鍋蓋煮熟透即可享用。



Preparation

1. Wash marrows, eggplants and sweet green pepper, then empty inside.
2. Mix rice, minced meat, parsley, coriander and seasonings 1 well. Stuff the mixture to (1) vegetables well. Put them in pot, make them standing in case fall down.
3. Add seasonings 2. Then cover the pot and leave it on burner till vegetables cooked then serve.

Little Tip



西葫蘆鑲肉在中東又叫做 Kousa Mahshi，是一道美味的家常菜，最早來自埃及、黎巴嫩、利比亞、巴勒斯坦和敘利亞，除了用西葫蘆外，也可用茄子、青椒和甜椒，在埃及喜歡用番茄糊燉煮，在敘利亞則喜歡在內餡加入大量薄荷和大蒜。

Stuffed Marrow is called Kousa Mahshi in Middle East. It's also a delicious and popular home dish. First from Egypt, Lebanon, Libya, Palestine and Syria. You can use eggplants and green or sweet pepper as well. In Egypt, people like to stew with tomato pasta. In Syria, this dish is flavored with mint and garlic.



中東薩布沙餡餅 Meat Sambousek



熟食與點心
Delicatessen

材料

市售薩布沙餅皮或派用生麵糰、絞肉 500 克、洋蔥切丁 1 顆、油 2 大匙、油炸用油

調味料

鹽 1 小匙、黑胡椒 1 小匙、乾燥薄荷 1 小匙、丁香 1/2 小匙、鹽膚木 1/2 小匙、松子、堅果少許

作法

1. 用油炒香洋蔥和絞肉，加入調味料調味備用。
2. 生麵糰切成小塊後，把肉包進去，沾點蛋液包緊。
3. 最後，用油炸或油煎到麵皮金黃即可享用。

Ingredients

sambousek or pies dough, 500 g minced meat, 1 minced onion, 2 tbsp oil, frying oil

Seasonings

1 tsp salt, 1 tsp black pepper, 1 tsp dry mint, 1/2 tsp cloves, 1/2 sumac, pine nuts

Preparation

1. Fry onions and meat with oil, add seasonings.
2. Cut dough to small pieces and roll it. Stuff meat mixture in each dough piece. Then close them with wiped egg.
3. Finally, fry in oil or deep fry in oil until golden color. Serve it.

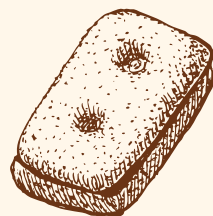
Little Tip



薩布沙餡餅是一道有名的黎巴嫩酥皮點心，在整個阿拉伯非常流行。薩布沙餡餅有很多種變化，除了內餡包肉外，還可以包進菠菜或菲達起司口味，也可以不用油炸煎直接用烤箱烘烤，既美味又健康。通常你可以一口氣做很多，存放在冷凍，你就可以輕鬆把它當早餐、前菜、下午茶或宵夜輕食。

Sambousek is a famous Lebanese pastries, It is popular in Arab World. You can stuff spinach or feta cheese flavor instead of meat, and you can also roast in oven instead of fry. It's tasty and healthy. You can prepare a lot once and keep in frozen, then you can have them for breakfast, appetizer, snack or night light food.

1. 如果沒有市售的薩布沙餅皮，可用派用麵糰或一般麵糰。
 2. 丁香與鹽膚木香氣濃郁，可適當調整或不加。
 3. 可以冷凍保存，隨時解凍油炸享用。
 4. 起司口味：用菲達起司刨絲和帕西里末混合做為內餡。
 5. 健康新作法改用烘烤不用油炸，口味更爽口。
1. If you can't find sambousek pie dough, you can use pie dough or normal dough.
 2. The spices such as cloves and sumac are strong, you can add less or ignore them.
 3. You can keep in frozen, and unfreeze anytime and fry.
 4. Cheese flavor: You can use grated feta cheese and parsley instead of meat and onion.
 5. New health cook method: Bake in oven instead of deep-fry. It will be more light.





埃及烏姆阿里 Egyptian Um Ali



阿拉伯甜點
Arab dessert

材料

土司或可頌 3-5 塊、糖 2-3 大匙、鮮奶油 1 杯、熱牛奶 1 杯、綜合堅果 1 大匙（堅果、葡萄乾、杏仁、松子、開心果、胡桃）

作法

1. 將牛奶、鮮奶油和糖拌勻備用。
2. 把土司或可頌切塊放進圓盤，加入 1/4 杯（1）的鮮奶油牛奶，撒上綜合堅果，再加入 1/4 杯（1）的鮮奶油牛奶。

Ingredients

3-5 English bread toast or croissant, 2-3 tbsp sugar (as needed), 1 cup cream or thick cream, 1 cup hot milk, 1 tbsp mix nuts (nuts, raisins, almond, pine nuts, pistachio, walnut)

Preparation

1. Mix milk, cream and sugar well.
2. Cut english bread toast or croissant into pieces and put in round Pyrex. Add 1/4 cup of milk with cream from (1) and spread 1 tbsp mix nuts. Add 1/4 cup of milk with cream from (1) again.

3. 重複 2 次，加入剩下的鮮奶油牛奶，灑上糖霜。
4. 將玻璃烤盤放進預熱的烤箱，上下中火烤 10 分鐘至 15 分鐘，最後，撒上堅果裝飾即可。

- 3.Repeat the procedure twice. Add the remaining milk with cream and sprinkle with sugar powder.
- 4.Put Pyrex in the ready oven. Roast at up and down medium heat degree for 10 to 15 minutes. Decorate with nuts and serve.



Little Tip

烏姆阿里意指是阿里的媽媽，擁有埃及國寶級甜點的美名，在阿拉伯的世界非常有名。基本上烏姆阿里是一種麵包布丁，加入乾果、堅果、椰子和水果，充滿鮮奶油和牛奶，最適合熱熱的享用。

Um Ali means "the mother of Ali" in Arabic words. It is national dessert dish in Egypt and it is very popular in Arab world. Basically, Um Ali is a kind of bread pudding made of croissant combined dried fruit, nuts, coconut and fruit. It tastes rich in cream and milk, and it's delicious to serve hot.