

فَتَّةُ الْخُضْرَاءِ

FATTET HUMMUS

Fattet means "fried" in Arabic. There are a number of fattet traditions in the Arab world. Some are vegetarian, while others are made with chicken or lamb meat. Some are served with pita, and yet others with rice. The vegetarian version makes a fantastic side dish for breakfast, lunch, or dinner, or is easily made as the central portion of any occasion that is festive.

Thawraja calls for oven-baked pita, but you can also do it by the broiler for a crispier texture. In the dish, I use regular pita, but you do well as a thicker pit (I won't do it). Traditionally, all fattet dishes are topped with some sort of cooking grease drizzle from the pan. But feel free to use olive oil if you like that better.

We usually called our Aunt Fatma to make fattet for us, and she would always insist on having it. We loved to eat it with additional baked (page 15) — the combination is just divine. Traditionally, some serve fat sauce or tomato sauce (page 14) to go with it. Please yourself for rounds or accompaniment or even drink.

ABOUT A SERVING

2 thin pitas (bread),
cut into 1-inch cubes

2 thick pitas (bread),
cut into 1-inch cubes

1 teaspoon (100 g)
plain YG or FY yogurt

1 cup olive

1 cup ground meat

4 cups garlic, crushed

10 egg yolks

4 cups cooked organic chickpeas

Spice mix, cooking liquid
meat mix, divided (see FY)

1 cup ground meat

2 cups heavy creamed head
garlic sauce

1 cup ground meat

1 cup ground meat

2 cups olive oil or grease

1 cup olive oil

Preparing the recipe

Preheat the oven to 375°F.

Arrange the cubed thin and thick pitas in a single layer on separate baking sheets. Bake in the preheated oven, one pan at a time, until golden brown, about 8 minutes for the thin pitas and about 10 minutes for the thick pitas.

Meanwhile, in a bowl, whisk together the yogurt, lemon juice, garlic, oil, and salt until combined. Set aside.

In a sauté pan over medium heat, combine the chickpeas and 2 cups of the cooking liquid (see FY), and cook until heated through, about 4 minutes. Set aside and keep warm.

Finishing the dish

In a serving dish, spread the cubed pitas in a single layer. Top with 2 cups of the cooked chickpeas, spreading to the edges. Using a rubber mallet, break the fat pitas into 1/2-inch pits. Pour the yogurt mixture overtop, spreading to the edges. Sprinkle with the remaining chickpeas, ground meat, onion, garlic, and, and a pinch of salt.

In a small bowl over medium heat, heat the oil. Add the pitas and cook, stirring constantly, until golden, 2 to 3 minutes. Carefully pour the mixture over the fattet hummus. It will cook as it hits the serving dish. Set on immediately.

THE

You will need to cook about 10 cups of dried chickpeas to end up with 4 cups cooked chickpeas. Adjusted for "best water" in the belly of the fat, the amount of oil you get when you find the best water. You'll find the amount of chickpeas and other parts, too. The ratio of chickpeas water to olive oil, which makes it a popular substitute in vegan cooking.

Best Middle Eastern Cookbook

J Ma



Best Middle Eastern Cookbook:

Reviewing **Best Middle Eastern Cookbook**: Unlocking the Spellbinding Force of Linguistics

In a fast-paced world fueled by information and interconnectivity, the spellbinding force of linguistics has acquired newfound prominence. Its capacity to evoke emotions, stimulate contemplation, and stimulate metamorphosis is actually astonishing. Within the pages of "**Best Middle Eastern Cookbook**," an enthralling opus penned by a highly acclaimed wordsmith, readers embark on an immersive expedition to unravel the intricate significance of language and its indelible imprint on our lives. Throughout this assessment, we shall delve into the book's central motifs, appraise its distinctive narrative style, and gauge its overarching influence on the minds of its readers.

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