



Iceberg Lettuce with Blue Cheese Dressing

- 4 ounces blue cheese, crumbled
- 1 tablespoon Dijon mustard
- 2 tablespoons mayonnaise
- 3 tablespoons champagne or white wine vinegar
- 1 teaspoon dill weed
- 1 teaspoon The Prime Ingredient Original Mediterranean Spice Blend
- ½ teaspoon salt, plus more to taste
- ¼ teaspoon freshly ground pepper, plus more to taste
- Up to ½ cup olive oil
- 1 head iceberg lettuce, core removed, washed

In the bowl of a food processor add 2 ounces of the blue cheese, the mustard, mayonnaise, champagne vinegar, dill weed, The Prime Ingredient Original Mediterranean Spice Blend, salt and pepper. With the motor running, slowly drizzle oil into the processor until the mixture becomes emulsified.

Cut lettuce into 4 wedges and place on a serving dish. Spoon desired amount of dressing over wedges, and garnish with remaining crumbled blue cheese.

Serves 4 large wedges



Dr. P's Mediterranean Burgers

- 2 lbs 20% fat ground beef
- 1 bunch flat leaf parsley, finely chopped
- 3 green onions, finely chopped
- 1 tablespoon The Prime Ingredient Original Mediterranean Spice Blend
- 1 teaspoon salt
- ½ teaspoon pepper

In a medium bowl, combine the ground beef, parsley, green onions, Prime Spice, salt and pepper. Mixing with your hands until all the ingredients are incorporated.

Mold 6-8 oz sized patties, place on a plate, cover and refrigerate for at least 1 hour.

Preheat your barbecue grill on high for 10 minutes.

Place the hamburger patties on the hot grill and turn the heat down to medium. After 5 minutes turn the burgers over and continue to grill until done (4-5 minutes more for medium rare) 125 degrees.



Garlic Marinated Grilled and Chilled Shrimp Appetizer

This is a great way to serve shrimp instead of the typical cocktail sauce. Don't get me wrong, I love a good horseradishey cocktail sauce, but just try this one...you'll know why this should be a regular for your fun parties.

- 5 garlic cloves
- 2 tablespoons mayonnaise
- 2 tablespoons Dijon mustard
- 2 tablespoons water
- ¼ cup lemon juice, freshly squeezed
- 1 teaspoon salt
- ½ teaspoon pepper
- 1/3 cup olive oil
- 2 pounds jumbo shrimp, peeled deveined, tail on
- Canola oil for brushing the grill
- 2 tablespoons parsley, chopped

In a food processor with the motor running, drop the garlic cloves down the chute one by one. Add the mayonnaise, Dijon mustard, water lemon juice, salt and pepper to the bowl of the food processor and combine. With the motor running slowly drizzle in the 1/3 cup olive oil until completely incorporated. Transfer to a medium bowl, add the jumbo shrimp, cover and let marinate for up to 2 hours.

Heat a grill pan on high for 5 minutes. Reduce the heat to medium high and place the shrimp on the grill; being sure to not overcrowd. Cook for 2-3 minutes each side. Place the grilled shrimp on a sheetpan, cover and transfer to the fridge to cool for at least 2 hours. Serve

Serves 8 appetizer portions



Kibbeh bil Sanieh (Kibbeh in a pan)

My dad would make this for Christmas. It builds patience because you don't want to rush the process with this. When the recipe calls for you to let it sit in a fridge, do it. It's important because it builds the flavor layers. The waiting and resting are just as important as the ingredients. So, give yourself some time for this one.

Filling

3 tablespoons olive oil
1 ½ pounds ground beef
2 large onions finely minced (use a food processor)
1 teaspoon allspice
½ tsp cinnamon
1 teaspoon salt
1 teaspoon pepper
3 tablespoons roasted pine nuts

Kibbeh

1½ cups fine cracked wheat (#1 bulgur)
2 pounds ground beef
2 teaspoons salt
1 ½ teaspoons pepper
1 teaspoon allspice
½ tsp cinnamon
2 large onions, grated
Bowl of cold water to dampen hands

½ cup (1 stick) butter, melted plus more for greasing pan

Make the filling:

Heat olive oil in a large skillet. Add the ground beef and onions breaking up the large chunks until well separated. Add the allspice, cinnamon, salt and pepper, stirring to combine. When the onion becomes softened and the beef is cooked through, add the pine nuts. Stir to combine. Set aside to cool.

Make the Kibbeh:

Soak the bulgur in a large mixing bowl with 1 cup of water for 10 minutes. Drain well.

In a large bowl combine the bulgur, beef, salt, pepper, allspice, cinnamon and grated onion. Mix well by hand. You may need a little water to keep the mixture soft. Cover and refrigerate the meat for 30 minutes.

Butter a small 8x8 baking dish well. Dampen hands and layer the dish with ½ the Kibbeh mixture by forming small balls in your hand then flattening them evenly in the tray.

Add the cooled filling evenly across the Kibbeh, pressing it down a little to keep the layers tight. Sandwich with the top layer of Kibbeh the same way. Press gently to even the top layer. Cover and refrigerate for at least 2 hours.

Remove from the fridge. Preheat oven to 350 degrees.

Cut Kibbeh into diamond or square segments no bigger than 1 ½ inch. Make a ½ inch slit on the top of each Kibbeh serving. Drizzle the ½ cup melted butter over the Kibbeh and bake for 45 minutes in a pre-heated oven. Remove from the oven and let it sit for 10 minutes. Gently run a pairing knife through the segments you made earlier. Serve.

Serve with plain yoghurt or tzatziki. Serves 8



Lebanese Chicken Kabob

- 1 cup Lebni or plain whole milk Greek yogurt
- 1 tablespoon The Prime Ingredient Original Mediterranean Spice Blend
- Zest and juice from one lemon
- 1teaspoon salt
- 1 large onion, quartered and separated
- 2-1/2 pounds boneless skinless chicken breast, cut into 2 inch chunks
- 2 tablespoons olive oil
- Vegetable oil, for greasing the grill

In a medium bowl, combine the yogurt, The Prime Spice, lemon zest, lemon juice, salt, and onion. In a large bowl, add the yogurt marinade with the chicken and refrigerate overnight, or for at least 2 hours. Line a baking sheet with aluminum foil for easy clean up. Thread the chicken and onions onto metal skewers, Be sure not to cram the skewers. (Note: You'll need between 6-8 skewers.) Place the kabobs on the prepared baking sheet. And let sit at room temp for 30 minutes. Drizzle the skewers with olive oil. Preheat the grill to medium-high heat. To grease the grill, lightly dip a wad of paper towels in vegetable oil and, using tongs, carefully rub over the grates several times until glossy and coated. Grill the chicken kabobs until golden brown and cooked through, rotating the skewers no more than 4 times. Grill 13 to 15 minutes total. The yogurt marinade makes these kabobs prone to sticking to the grill grates; so don't worry if they do, but try to let them caramelize as much as possible before you turn the skewers.

Line the bottom of a roasting pan with 2-3 pitas. Place the cooked skewers on top of the pita and let the juices soak into the pita (dunky bread). And EAT!!!



Lebanese Hushweh Beef

1 tablespoon olive oil
1 small onion- minced
20 ounces ground beef 90% lean
1 tablespoon The Prime Ingredient Original Mediterranean Spice Blend
Pinch of salt

In a deep pan, heat olive oil and add the minced onion. Sautee until translucent, 4 minutes.
Add the ground beef, Prime Spice, and a pinch of salt. Cook 8-10 minutes or until meat is browned, stirring occasionally with a wooden spoon to break up meat. Serve over rice or with pita bread and hummus.



Lebanese Red Potato Salad

I love this salad so much. It's refreshing and tangy. You don't miss the mayo at all! If you want a good tip, make this the day before you're serving it...it tastes amazing the next day.

- 10 medium red skin potatoes, diced
- juice of 1 lemon
- 2 tablespoons white wine vinegar
- 1 tablespoon The Prime Spice
- Pinch of salt and pepper
- ½ cup olive oil
- 2 green onions, minced
- ½ cup packed parsley leaves, chopped

In a small saucepan of salted water, boil the potatoes until just tender, drain and refrigerate. In a medium/large bowl, add lemon juice, white wine vinegar, The Prime Spice, salt and pepper and olive oil. Whisk to combine. Add the potatoes, green onions, and parsley, and toss to coat. Cover and refrigerate until ready to serve.



Rice Pilaf

My daughter, Amanda, calls this the “Good Rice” It’s a classic in our family, unbelievably easy, and foolproof if you *cheat* a little and use a long grain white rice. If you like brown rice, find a long grain style and add some time to the simmering phase of the rice cooking.

2 tablespoons olive oil

¾ cup cut fideo (fideo noodles or coiled vermicelli, crushed)

2 cups long grain white rice

3 ½ cups room temperature chicken broth (or enough to cover the rice by ¼ inch)

Pinch of salt to taste

Heat the oil in a medium pot over medium heat and add the fideo. Stir constantly to brown, about 3 minutes. It will go from brown to burnt quickly, so work swiftly.

Add the rice and stir the rice until it is coated with oil. Carefully add the chicken broth until it covers the rice and fideo by ¼ inch and a pinch of salt (to taste). Bring to boil. Cover and reduce heat to low/simmer. Simmer for 15-20 minutes. Fluff with a fork and serve.