

JEANNETTE'S MEDITERRANEAN CUISINE

Appetizers

Hommous

Puree of chick peas with tahini, garlic & spices.

Baba Ghannouj

Grilled eggplant and tahini dip, garlic and lemon juice and olive oil.

Grape Leaves

Rice-stuffed grape leaves, vegetarian or non-vegetarian.

Falafel

Pureed chickpeas, garlic, onion, parsley and mixed spices fried in patties.

Kibbeh balls

Ground beef, cracked wheat stuffed with chopped meat onion and pine nuts, fried.

Foul Mdamas

Fava beans cooked with lemon juice.

Zaatar

Thyme, sesame, soumack, oil.

Cheese

Mozzarella, part skim, low fat.

Lahmajeen

Ground meat, onion, tomato, green pepper.

Lubyeh bziet

Fresh string beans cooked in olive oil.

Rice with vermicelli

Soups and Salads

Tabouille salad

Chopped parsley, mint, tomato, onion, cracked wheat, lemon juice, olive oil and spices.

Fatoosh

Fresh garden vegetables, toasted pita, fresh lemon juice and olive oil.

Main Courses

Kafta Bil Saniye

Kafta burgers cooked with potatoes.

Kibbeh bil sanieye

Ground beef with cracked wheat, stuffed with minced meat, onion and pine nuts.

Sheikh al mashee

Eggplant, meat, Lebanese spices and pine nuts.

Mashee

Squash, small eggplant with pepper mixed meat and rice, Lebanese spices & red sauce.

Moojadra

Lentil, rice, onion & olive oil (vegetarian).

Oozie

Rice, crushed meat or chicken, onion & spice.

Rice

With vegetables and shrimp.

Cabbage

Meat mixed with rice, mint, garlic and spice.

Desserts

Baklawa

Rice pudding

Maamool (Date or nuts)

Lebanese Kaak (one dozen)

Hareesa (serves 25-30 people)

Lebanese Apple Pie