

# Canterbury Faire 2013 Saturday Dinner

Based on Islamic meals from Medieval cuisine of the Islamic world Lilia Zaouali

## Dinner

- ⤴ Marinated Olives with thyme (5)
- ⤴ Carrots with sesame paste (9)
- ⤴ Rutabiyya: Meat with dates (26)
- ⤴ Classic Couscous (98)
- ⤴ Seasonal Vegetables

## Sweets to follow

- ⤴ Fried Bananas (122)
- ⤴ Kunafa: Pancakes (131)

## Recipes

### Marinated Olives with thyme (5) (per 50 people)

1kg Black and green olives (total weight– not each) – should be able to get by the 3kg tub at trents  
1 bunch thyme (fresh)

Take some black and green olives knowing the black ones are better; put them in a jar, add salt and thyme, and then cover with oil of good quality (ie olive oil).

### Carrots with sesame paste (9) (per 10 people)

400 gm Carrots  
30gm tahina (sesame butter)  
15 ml wine vinegar  
20ml honey

Get some carrots, sesame butter (tahina), wine vinegar and atraf tib. Slice the carrots and boil them. Put the tahina in a dish, sprinkle it with boiling water, and mix it by hand so that the sesame oil can express itself; then add a little vinegar, honey and some atraf tib. Put the drained carrots in a serving dish and add the tahina. Ensure the quantity of carrots suits that of the condiments.

### Rutabiyya: Meat with dates (26) (per 10 people)

1.5kg Beef (150gm per person) diced  
100gm Dripping  
5gm Salt to taste  
5gm Cinnamon (ground)  
5gm pepper (ground)  
100gm Dates (pit less)  
50gm Almonds – blanched and skinned

Cook beef cut into small pieces in a pot with some water. When it is cooked, strain it and brown it in fat. Add salt and spices. When the cooking is done, add however many dates you desire, leave (the pot) on the fire for a moment, and then set (it) aside. Remove the pits from the dates and substitute parboiled (and Peeled) almonds for them.

**Classic Couscous (98) (per 4 people)**

100gm Couscous (instant) – prefer san remo brand  
½ c Vegetable stock (happy for this to be powder but must be dairy and gluten free)  
5ml Olive oil  
1gm cinnamon (ground)  
1gm cloves (ground)  
1gm ginger (ground)  
mint (fresh) - 1 bunch per 50 people  
corriander (fresh) – 1 bunch per 50 people

Boil stock and add olive oil and couscous. Let sit and absorb then add cinnamon, cloves and ginger to taste

**Seasonal Vegetables (per 50 people)**

½ Cabbage  
1 fennel bulb  
500gm broad beans (frozen)  
½ squash  
1 eggplant  
100ml Olive oil

Cut vegetables to bit size pieces, par boil first then fry in olive oil (retain this water and use for cooking the couscous.)

**Fried Bananas (122)**

Bananas 1/3 each person  
honey 10gm per person  
pistacios 10gm per person

The bananas are fried and immersed in a thick syrup in which there are pistachios.

**Kunafa: Pancakes (131) (recipe per 10 people)**

1c flour plain  
¼ c sugar  
1 t baking powder  
¼ t salt  
1 egg  
¾ c milk  
20gm butter (for cooking)

sift dry ingredients, then mix in egg and milk, cook.