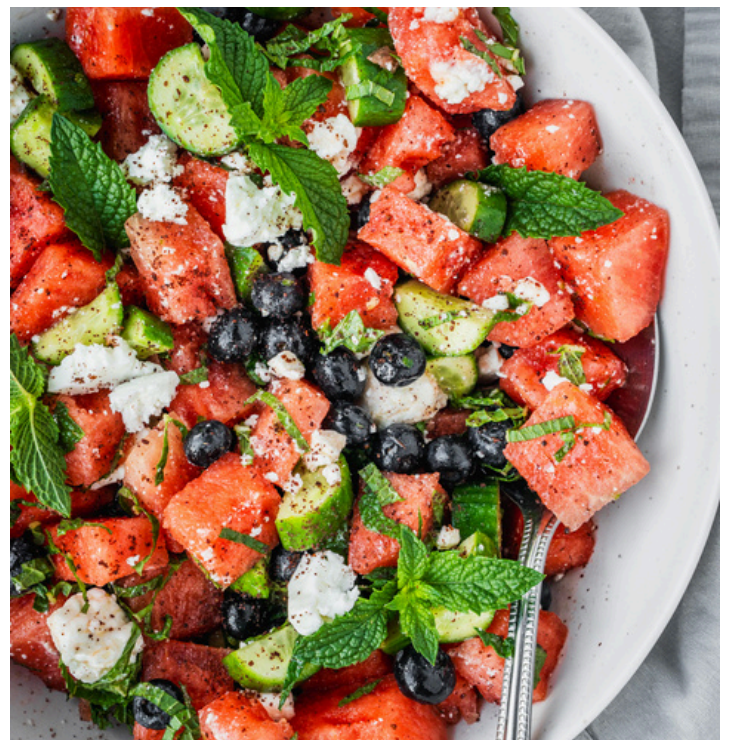


SUMMER MEAL PLAN: WEEK 3



How to Use This Meal Plan

Recipe quantities and instructions are included in this meal plan. You will also find other relevant information, like substitutions and tips for success. The recipes below can also be used as shopping lists.

For complete information, including step-by-step photos and videos, I encourage you to check out the recipe post on urbanfarmandkitchen.com.

Disclaimer: The information, recipes, and tips provided in this meal plan are for general informational purposes only. While every effort has been made to ensure accuracy, completeness, and reliability, no guarantees are made regarding the results you may achieve when following these recipes or suggestions. Ingredient availability, equipment differences, and individual cooking skills can all affect outcomes.

The nutritional information in this meal plan is approximate. If you have food allergies, dietary restrictions, or health concerns, please consult with a qualified healthcare provider or nutritionist before preparing or consuming any recipe.

The author disclaims any responsibility for adverse reactions, accidents, or damages that may occur as a result of following the recipes or guidance contained herein. By using this meal plan, you acknowledge and agree that you do so at your own risk. The content is provided “as is,” without warranties of any kind, express or implied. This meal plan is offered for personal, non-commercial use. Unauthorized distribution, reproduction, or modification of this material is prohibited. If you disagree with any of these conditions, delete the ebook and refrain from using it.

Summer Meal Plan: Week 3

Monday



Harissa Chicken Skewers

Tuesday



Arugula Pesto

Wednesday



Beef Bolognese

Thursday



Turkey Kofta Wraps

Friday



Cod Putanesca

Salad



Watermelon Cucumber Salad

Baking



No Knead Loaf

Dessert



Macerated Strawberries

URBAN FARM & KITCHEN

Harissa Chicken Skewers (with Sides)

These Harissa Chicken Skewers are a delicious and satisfying addition to your weeknight meal rotation. They are incredibly easy to make and don't require too many complicated ingredients. The chicken can be marinated in advance, saving you time.

Pair these skewers with vermicelli rice, sumac onions and chopped salad for an easy dinner.



★★★★★
5 from 1 vote

Prep Time
15 mins

Cook Time
15 mins

Marinating Time
1 hr

Total Time
1 hr 30 mins

Course: Main Course Cuisine: North African Servings: 2 people Author: Luay Ghafari
Cost: \$10

Equipment

- Grill pan or outdoor grill

Ingredients

- 1 ½ lbs Boneless chicken breasts - About 2 large breasts, cut into large cubes
- 1 tsp Kosher or sea salt
- ½ tsp Black pepper
- ¼ cup Harissa paste
- 1 Medium onion
- 1 Bell pepper
- Garnish with chopped fresh herbs like parsley and mint, lemon zest and a squeeze of lemon juice

Serve with

- Vermicelli Rice
- Chopped Salad
- Sumac Onions
- Batata Harra (Spicy Potatoes)

Instructions

1. **Season.** Place the cubed chicken breast in a medium bowl. Season with 1 teaspoon of salt and ½ teaspoon of freshly cracked black pepper. Toss to coat evenly.
2. **Marinate.** To the chicken, add the harissa paste and toss to coat well. Cover with plastic wrap and set the bowl in the fridge to marinate for at least 1 hour, but up to overnight.
3. **Skewer.** Skewer the chicken onto wooden or metal skewers, alternating the meat pieces with sliced onion and bell pepper.
4. **Grill.** Place a grill pan on medium-high heat and oil it lightly with avocado oil. Grill the chicken skewers on all sides until cooked through. The cooking time will depend on the thickness of the meat. You can use a meat thermometer to check doneness. The safe minimum internal temperature for chicken breast is 165F (74C). Serve as you like.

Notes

Refer to the post above for step-by-step recipe photos.

Ingredient notes:

- My preference is to use boneless chicken breast for this recipe, but you can also use boneless, skinless chicken thighs if you prefer.
- Harissa chile paste is a North African staple. You can easily purchase a jar from your local Middle Eastern store, online or a well-stocked grocery store. Or you can try to make your own harissa paste. I promise you, it's not that difficult to make.
- I like adding onions and sweet red peppers to my chicken skewers. But feel free to omit, or use other vegetables like zucchini or eggplant.

Pair these skewers with vermicelli rice, sumac onions and chopped salad for a complete meal.

Nutrition

Calories: 654kcal | Carbohydrates: 15g | Protein: 73g | Fat: 32g | Saturated Fat: 9g | Polyunsaturated Fat: 7g | Monounsaturated Fat: 13g | Trans Fat: 0.4g | Cholesterol: 218mg | Sodium: 2420mg | Potassium: 1081mg | Fiber: 3g | Sugar: 9g | Vitamin A: 2378IU | Vitamin C: 86mg | Calcium: 62mg | Iron: 3mg

To see the web version with photos, tips

and FAQs, scan the QR code or visit:

<https://urbanfarmandkitchen.com/harissa-chicken-skewers-with-sides/>



Arugula Pesto with Almonds

My take on Arugula Pesto is bright, peppery, lemony, and comes together in just a few minutes with a handful of ingredients. This recipe is versatile. Toss it with pasta for an easy meal, slather the pesto on crostini, add it to a cheese board, or fold it into a salad dressing.

Prep Time
10 mins

Total Time
10 mins

Course: condiment Cuisine: Seasonal Diet: Vegetarian Servings: 6 servings
Author: Luay Ghafari Cost: \$10



☆☆☆☆☆
No ratings yet

Equipment

- Small food processor - [Affiliate link](#)

Ingredients

- ½ cup Almonds - Use toasted almonds, whole or sliced 2
- cups Arugula (packed)
- ½ cup Parmesan cheese
- 1 Garlic clove
- 1 tbsp Lemon zest - From 1 lemon
- 2 tbsp Lemon juice - From 1 lemon
- ½-¾ cup Extra virgin olive oil
- Salt and pepper to taste
- Honey - Optional

Instructions

1. **Toast your Almonds (Optional).** If you are using untoasted almonds, toast them in a 300F oven for 10 minutes.
2. **Load and Pulse.** Add the arugula, toasted almonds, Parmesan, garlic clove, lemon zest, and lemon juice to a food processor. Pulse until everything is finely chopped.
3. **Add Oil.** With the processor running, slowly drizzle in the extra virgin olive oil until the pesto is smooth and emulsified.
4. **Adjust the seasoning.** Season with salt and black pepper. Taste and adjust as needed. If your pesto is too bitter, you can balance it out with a little honey.
5. **Store or Serve.** At this point, you can store your pesto in a glass jar in the fridge. Or toss with short pasta and finish with freshly grated Parmesan and a little extra lemon zest before serving.

Notes

Refer to the post above for step by step photos if you need them.

Key Ingredient Notes:

- **Fresh Arugula:** The star of the show. It gives the pesto its signature peppery bite. Baby arugula works well if you want a slightly milder flavor. Or you can use bunched arugula, which is more mature.
- **Almonds:** Toasted almonds add nuttiness and body. You can swap them for walnuts, pine nuts, pumpkin seeds or cashews.
- **Parmesan Cheese:** I like to use **Parmigiano-Reggiano**. It adds saltiness and richness. I do prefer to grate it myself before adding it to the blender, but you can also use pre-grated. I don't recommend using that fake Parmesan that is shelf-stable! Pecorino can work too for a sharper finish. Or if you want to keep the recipe vegan, use some nutritional yeast.

Storage Tips:

- You can make it in advance and keep it in the fridge until you're ready to use it. It's a great prep-ahead sauce for pasta nights, sandwiches, or grain bowls. It should last in the fridge for 5 days.

- Store the pesto in an airtight container in the refrigerator. I prefer glass over plastic as plastic Tupperware may stain. A thin layer of olive oil on top can help protect the surface from oxidation.
- **Arugula pesto freezes very well.** You can freeze it for up to 3 months for the best quality, but I have used 6-month-old frozen arugula pesto just fine. Portioning it into small containers or cubes makes it especially convenient.

Nutrition

Calories: 189kcal | Carbohydrates: 3g | Protein: 5g | Fat: 18g | Saturated Fat: 3g | Polyunsaturated Fat: 2g | Monounsaturated Fat: 12g | Trans Fat: 0.002g | Cholesterol: 6mg | Sodium: 136mg | Potassium: 99mg | Fiber: 1g | Sugar: 1g | Vitamin A: 224IU | Vitamin C: 4mg | Calcium: 133mg | Iron: 1mg

To see the web version with photos, tips

and FAQs, scan the QR code or visit:

<https://urbanfarmandkitchen.com/arugula-pesto-with-almonds/>



Beef Bolognese (My Way)

Easy, delicious, and even better the next day, this Beef Bolognese recipe is my ultimate go-to dinner. Enjoy it with your favorite pasta, or layer it in lasagna Bolognese. This recipe is not traditional or even authentic but rather my own take on the classic.

Prep Time	Cook Time	Total Time
30 mins	1 hr	1 hr 30 mins

Course: Main Course Cuisine: Italian Servings: 6 people Author: Luay Ghafari Cost: \$20



★★★★★
5 from 2 votes

Equipment

- Dutch oven - Recommended
- Small food processor - Optional, Affiliate Link

Ingredients

- 1 Carrot
- 1 Yellow onion
- 6-8 Garlic cloves
- 2 lbs Ground beef - Use lean or 80/20
- 1 tbsp Olive oil
- 1 tsp Kosher salt
- ½ tsp Black pepper
- 3 tbsp Tomato paste
- ½ tsp Chili flakes - Optional
- 1 cup Red wine
- 1 cup Beef stock
- 2 cups Crushed tomatoes - From one 28oz can
- 2 Bay leaves
- 2 tbsp Sherry or red wine vinegar - See note
- Chopped parsley for garnish
-

Instructions

1. **Process.** To a small food processor, add the roughly chopped carrot, onion and garlic cloves. Pulse until you have a very fine consistency. You can also chop by hand.
2. **Brown the meat.** To a large Dutch oven set on high heat, add the olive oil and ground beef. Add 1 teaspoon of salt and ½ tsp of black pepper. Fry the ground beef until it is completely cooked through and any liquid has evaporated. This should take about 8-10 minutes. Use a wooden spoon to scrape up all the browned bits. Continue to fry to get some color on the beef, another 2-4 minutes.
3. **Add aromatics.** Add the chopped carrot, onion, and garlic to the cooked beef. Mix well and continue to fry until fragrant, 5-8 minutes.
4. **Add seasoning.** Add the tomato paste and chili flakes. Mix well to incorporate. Continue to fry for another 4-5 minutes. This helps the tomato paste develop flavor.
5. **Add liquid.** Add the wine, stock, and crushed tomatoes. Mix well. Add the bay leaves. Bring the sauce up to a boil and then reduce the heat to low. Simmer with a lid partially covering the pot for 45 minutes to an hour. Check on the sauce every once in a while making sure it's not scorching the bottom of the pan.
6. **Season.** When the sauce has thickened, turn off the heat. Add the vinegar and chopped parsley. Taste and adjust the seasoning to your liking.

Notes

Refer to the post above for step-by-step recipe photos.

Ingredient notes:

- **Ground Meat:** I am using Lean ground beef for this recipe. Some grocery stores and butchers will also have ground veal, which you can use in combination with ground beef.
- **Wine:** A little red wine adds depth of flavor. The alcohol content will mostly burn off in the cooking process, but if you don't want to use wine, you can simply add more stock in its place.
- **Stock:** This is a beef ragu after all, so use good quality beef stock or broth.
- **Canned Tomatoes:** I recommend buying canned whole tomatoes and then crushing them yourself.
- **Vinegar:** You're going to have to trust me on this! I like adding a little sherry or red wine vinegar to the ragu towards the end of the cooking process to help balance out the flavor.

Looking for other pasta sauce recipes, try my Marinara sauce, Basil Pesto and Sicilian Pesto.

Nutrition

Calories: 463kcal | Carbohydrates: 11g | Protein: 29g | Fat: 33g | Saturated Fat: 12g | Polyunsaturated Fat: 1g | Monounsaturated Fat: 15g | Trans Fat: 2g | Cholesterol: 107mg | Sodium: 171mg | Potassium: 860mg | Fiber: 2g | Sugar: 6g | Vitamin A: 356IU | Vitamin C: 12mg | Calcium: 75mg | Iron: 5mg

To see the web version with photos, tips

and FAQs, scan the QR code or visit:

<https://urbanfarmandkitchen.com/beef-bolognese-sauce-recipe/>



Turkey Kofta Pita Wraps (with Salad and Sauce)

My Turkey Kofta Pita Wraps are a simple and tasty way to bring Eastern Mediterranean flavors to your dinner table. The recipe is easy to prepare, customizable and delicious. Best of all, it all comes together in under 45 minutes.

Prep Time	Cook Time	Total Time
25 mins	20 mins	45 mins

Course: Main Course Cuisine: Mediterranean, Middle Eastern Servings: 4 People
 Author: Luay Ghafari Cost: \$20



★★★★★
5 from 1 vote

Ingredients

Turkey Kofta

- 1 lb Ground turkey
- ½ Onion (grated)
- 2-3 Garlic cloves (minced)
- ¼ cup Fresh parsley (finely chopped)
- 1 tsp Ground cumin
- 1 tsp Ground coriander
- 1 tsp Smoked paprika
- ¾ tsp Kosher salt
- ¼ tsp Black pepper
- 1 tbsp Olive oil - For shaping and cooking

Salad

- 1 cup Tomatoes (chopped)
- 1 cup Cucumber (chopped)
- ¼ Red onion (thinly sliced)
- 2 tbsp Fresh parsley (chopped)
- 2 tbsp Fresh mint (chopped)
- 1 tbsp Olive oil
- 1 tbsp Lemon juice
- Kosher salt and black pepper to taste

Tahini Sauce

- ½ cup Tahini
- 2 tbsp Lemon juice
- 1 Garlic clove (minced)
- 3-5 tbsp Cold water - to thin the sauce
- Kosher salt to taste

To Serve

- 4 Pita breads or flatbreads
- Pickled turnips - Optional
- Sumac Onions - Optional
- Shredded lettuce - Optional

Instructions

1. **Make the Kofta Base.** In a large bowl, combine **1 lb Ground turkey**, **½ Onion (grated)**, **2-3 Garlic cloves (minced)**, **¼ cup Fresh parsley (finely chopped)**, **1 tsp Ground cumin**, **1 tsp Ground coriander**, **1 tsp Smoked paprika**, **¾ tsp Kosher salt**, and **¼ tsp Black pepper**. Mix gently with your hands until just incorporated. Avoid overmixing so the kofta stays tender. *NOTE: You can fry up a small amount of meat mixture, taste and adjust the seasoning.*
2. **Shape the Kofta.** Lightly oil your hands and form the mixture into small logs or oblong patties. You should get about 8–10 koftas, depending on how large you make them.

3. **Cook the Kofta.** Heat a skillet over medium heat and add a thin layer of olive oil. Cook the kofta for 3–4 minutes per side, turning until browned and cooked through (internal temperature should reach 165°F / 74°C – use an instant-read thermometer to check). Alternatively, grill them over medium heat or bake in a 400°F (200°C) oven for about 15–18 minutes, flipping halfway.
4. **Make the Salad.** In a bowl, combine **1 cup Tomatoes (chopped)**, **1 cup Cucumber (chopped)**, **¼ Red onion (thinly sliced)**, **2 tbsp Fresh parsley (chopped)**, **2 tbsp Fresh mint (chopped)**, **1 tbsp Olive oil**, **1 tbsp Lemon juice**, and **Kosher salt and black pepper to taste**. Toss to coat evenly and set aside.
5. **Make the Tahini Sauce.** Whisk together **½ cup Tahini**, **2 tbsp Lemon juice**, **1 Garlic clove (minced)** and **3-5 tbsp Cold water** until the sauce reaches a smooth, pourable consistency. Season with **Kosher salt to taste**.
6. **Assemble the Pitas.** Warm **4 Pita breads or flatbreads**. Fill each with a handful of the salad, add 1–2 turkey koftas, and drizzle generously with tahini sauce. Top with **Pickled turnips** or **Sumac Onions** and **Shredded lettuce** if you like.

Notes

Refer to the post above for step-by-step recipe photos, tips and advice.

Key Ingredient Notes:

- **Ground Meat:** This recipe uses **ground turkey meat**, which is both accessible and lean. But you can totally make this recipe using my Beef Kofta or Chicken Kofta base recipes.
- **Fresh Herbs:** Finely chopped **fresh parsley** is also a pretty standard kofta ingredient. I also like including **fresh mint** in the chopped salad topping.
- **Tahini:** This Middle Eastern sesame paste is a pantry staple for me. If you're out of tahini, try sunflower seed butter or cashew butter for a similar texture. But really, try to get your hands on Tahini. It's available at most grocery stores.
- **Pita Bread:** Store-bought pita is perfectly fine, of course. Try to find fresh or soft pita. They will be more pliable and easier to form wraps with. You can also make your pitas if you wish. Try my Greek-Style Pita and Lebanese-Style Pita recipes. You can also use thicker pitas and slice them open to create pita pockets.

Nutrition

Calories: 494kcal | Carbohydrates: 42g | Protein: 37g | Fat: 21g | Saturated Fat: 3g | Polyunsaturated Fat: 6g | Monounsaturated Fat: 10g | Trans Fat: 0.02g | Cholesterol: 62mg | Sodium: 955mg | Potassium: 740mg | Fiber: 4g | Sugar: 3g | Vitamin A: 1052IU | Vitamin C: 20mg | Calcium: 119mg | Iron: 4mg

To see the web version with photos, tips

and FAQs, scan the QR code or visit:

<https://urbanfarmandkitchen.com/turkey-kofta-pita-wraps/>



Baked Cod in Puttanesca Sauce

If you're looking for a bold, briny, and satisfying seafood dish that doesn't take much effort, this Baked Cod in Puttanesca Sauce checks all the boxes. Made with pantry staples like olives, capers and marinara, this recipe is a weeknight lifesaver that feels a little fancy, but is super easy to pull off.



☆☆☆☆☆
No ratings yet

Prep Time	Cook Time
10 mins	20 mins

Total Time
30 mins

Course: Side Dish Cuisine: Mediterranean Servings: 4 Servings
Author: Luay Ghafari Cost: \$25

Ingredients

- 1½ lbs Cod filets
- 1 tbsp Olive oil
- 1 ¼ tsp Kosher salt
- ½ tsp Black pepper
- 1 cup Marinara or tomato sauce
- 1 cup Fresh cherry tomatoes
- ½ cup Kalamata olives (pitted)
- 2 tbsp Capers
- 1-2 Garlic cloves (minced)
- 1 tbsp Dried oregano
- Chili flakes (optional)
- Lemon wedges and fresh chopped parsley

Instructions

1. **Preheat and Prep.** Preheat your oven to 375°F (190°C). Season **1½ lbs Cod filets** with **1 tbsp Olive oil**, **1 ¼ tsp Kosher salt**, and **½ tsp Black pepper**.
2. **Build the Sauce Base.** In a baking dish, combine **1 cup Marinara or tomato sauce**, **1 cup Fresh cherry tomatoes**, **½ cup Kalamata olives (pitted)**, **2 tbsp Capers**, **1-2 Garlic cloves (minced)**, **1 tbsp Dried oregano**, and a pinch of **Chili flakes (optional)**.
3. **Add the Fish.** Nestle the seasoned cod filets into the sauce, making sure they're partially submerged.
4. **Bake.** Place the baking dish in the oven and bake for 18–25 minutes, until the fish flakes easily and the sauce is bubbling. Cooking time will vary depending on filet thickness. Garnish with **Lemon wedges and fresh chopped parsley**.

Notes

Refer to the post above for step by step recipe photos, helpful tips and more information.

Key Ingredient Notes:

- **Fish Filets:** Fresh **cod filets** are perfect here. They are mild and will absorb so much of that salty and briny puttanesca flavor profile. You can, of course, use haddock or halibut here. Fresh or frozen/thawed will work. I wouldn't use an oily fish like salmon or trout in this recipe.
- **Marinara Sauce:** Use your favorite jarred or homemade version.
- **Olives:** Kalamata or green olives add salty, briny depth. I personally prefer kalamata olives in this recipe. I use whole, pitted olives because they will stay whole and add texture to the dish.
- **Capers.** A must for that classic puttanesca punch. I always have capers in brine on hand. But you can omit them if you don't like them or don't have them.

Nutrition

Calories: 222kcal | Carbohydrates: 7g | Protein: 32g | Fat: 8g | Saturated Fat: 1g | Polyunsaturated Fat: 1g | Monounsaturated Fat: 5g | Cholesterol: 73mg | Sodium: 1778mg | Potassium: 993mg | Fiber: 2g | Sugar: 3g | Vitamin A: 609IU | Vitamin C: 15mg | Calcium: 72mg | Iron: 2mg

To see the web version with photos, tips

and FAQs, scan the QR code or visit:

<https://urbanfarmandkitchen.com/baked-cod-in-puttanesca-sauce/>



Watermelon Cucumber Feta Salad Recipe (in a Lime Dressing)

This Watermelon Cucumber Feta Salad is everything I crave in the summer: juicy, refreshing, salty, tangy, and just a little herby. It's the perfect side for any backyard BBQ or a quick lunch. It comes together in under 15 minutes.



★★★★★
5 from 2 votes

Prep Time
15 mins

Total Time
15 mins

Course: Appetizer, Salad, Side Dish Cuisine: Mediterranean Diet: Vegetarian
Servings: 6 Servings Author: Luay Ghafari Cost: \$10

Ingredients

Dressing Ingredients

- 2 tbsp Extra virgin olive oil
- 1 tsp Lime zest
- 1 tbsp Lime juice
- ½ tsp Kosher salt
- ¼ tsp Black pepper

Salad Ingredients

- 3 cups Watermelon (cut into chunks)
- 3 Persian cucumbers (diced)
- 1 cup Blueberries
- ½ cup Feta cheese (crumbled)
- 2 tbsp Fresh mint (finely chopped)
- 2 tsp Sumac

Instructions

1. **Make Dressing.** In a large serving bowl, whisk together **2 tbsp Extra virgin olive oil, 1 tsp Lime zest, 1 tbsp Lime juice, ½ tsp Kosher salt,** and **¼ tsp Black pepper** to make the dressing.
2. **Assemble.** Add **3 cups Watermelon (cut into chunks), 3 Persian cucumbers (diced), 1 cup Blueberries, ½ cup Feta cheese (crumbled), 2 tbsp Fresh mint (finely chopped),** and **2 tsp Sumac** to the bowl.
3. **Toss, taste and adjust.** Gently toss everything together. Taste and adjust the seasoning if needed. Garnish with some extra mint leaves. Serve immediately or chill for 10-15 minutes for an extra-refreshing bite.

Notes

Refer to the post above for step-by-step recipe photos.

Key Ingredient Notes:

- **Watermelon:** I know how hard it is to pick a good watermelon! Seedless watermelon works best. If you don't want to buy a whole one, grocery stores will often sell a half or quarter watermelon in the refrigerator case.
- **Cucumber:** I almost exclusively use crunchy **Persian cucumbers** in my salad recipes. But if you only have access to an English cucumber, it's not a problem. I would recommend peeling them as the skin can be a little tough.
- **Feta Cheese:** **Greek feta cheese** is the way to go! It's creamy and the sourness really plays nicely with the sweetness from the other ingredients. You can certainly use goat cheese here too, but creamy and salty Feta just makes sense.
- **Fresh Herbs:** **Fresh mint** works really well with watermelon and cucumber. It's fresh and fragrant. Fresh basil is a great alternative.
- **Sumac:** This **Middle Eastern spice** brings a tangy, citrusy note. Optional but highly recommended. Buy some from your local Middle Eastern market.

Nutrition

Calories: 117kcal | Carbohydrates: 11g | Protein: 3g | Fat: 8g | Saturated Fat: 2g | Polyunsaturated Fat: 1g | Monounsaturated Fat: 4g | Cholesterol: 11mg | Sodium: 435mg | Potassium: 166mg | Fiber: 1g | Sugar: 8g | Vitamin A: 600IU | Vitamin C: 11mg | Calcium: 78mg | Iron: 1mg

To see the web version with photos, tips

and FAQs, scan the QR code or visit:

<https://urbanfarmandkitchen.com/watermelon-cucumber-feta-salad-recipe-in-a-lime-dressing/>



No Knead White Bread Recipe

This beginner-level no knead white bread recipe is a great starting point for a beginner home baker. It has a crusty exterior and tender, soft crumb. The recipe does take some time to prepare (mostly hands-off time while the dough rises) but the final loaf will be worth the wait.

Prep Time	Cook Time	Rise Time	Total Time
15 mins	40 mins	18 hrs	18 hrs 55 mins



Course: Appetizer, Breakfast, Brunch, Side Dish, Snack Cuisine: American
 Diet: Vegan, Vegetarian Servings: 10 Slices Author: Luay Ghafari Cost: \$2

★★★★★
5 from 2 votes

Equipment

- Kitchen Scale - Optional
- Danish mixer - Optional
- Banneton basket - Recommended
- Silicone Bread Lifter - Recommended

Ingredients

- 3 ½ cups All-purpose flour - 465 grams
- ¼ tsp Instant yeast - 1 gram
- 2 tsp Kosher salt - 10 grams
- 1 ½ cups Lukewarm water - 350 grams

Instructions

1. **Mix the dough.** Add all the dry ingredients to a large bowl and mix well to combine. Add the water and stir using a fork, wooden spoon or dough mixer until shaggy. Don't overmix, just make sure all the flour hydrated.
2. **Rise.** Cover with plastic wrap and let the dough rise at room temperature for 12-18 hours, until the surface is dotted all over with bubbles.
3. **Form the dough.** Turn the dough over onto a lightly floured surface. It will be shaggy and feel wet. That's ok. Carefully fold the dough like you would an envelope, turn 90 degrees and repeat. The goal is to form a tight ball, with a seam on the bottom touching the work surface. It doesn't have to be perfect.
4. **Transfer to the basket.** Carefully lift the dough ball and place it in a well-floured banneton basket (or bowl lined with a towel), ensuring that the seam is facing up. If the seam begins to undo itself, carefully pinch the dough. Cover with a towel and let it rise for 1-2 hours.
5. **Preheat and Prepare.** 30 minutes before the dough is ready, place an oven-safe Dutch oven pot in your oven and preheat to 475F/240C. When the oven is preheated and the bread has risen, carefully take out the Dutch oven and remove the lid. Flip the dough ball onto a sheet of parchment paper or silicone bread liner. You can score the bread with a lame or knife if you wish.
6. **Bake.** Pick up the edges of the parchment paper or silicone liner and carefully lower the dough ball into the uncovered Dutch oven. Place the lid back on and place the Dutch oven back into the oven and bake for 30 minutes.
7. **Brown.** After 30 minutes, remove the lid and continue to bake for another 15-20 minutes, until a golden brown crust forms. Remove the whole wheat loaf from the oven and allow it to cool completely on a wire rack before slicing.

Notes

Refer to the post above for step-by-step recipe photos.

I recommend that you use a kitchen scale. However, if you don't have one, don't worry, this dough is forgiving.

Important ingredient notes:

- **Flour:** This is a white bread recipe. All-purpose flour is what I use, but you can use bread flour too. If you are looking for a whole wheat version of this recipe, try my No Knead Whole Wheat Bread recipe.
- **Yeast:** I use instant yeast, but you can also use dry active yeast.

- **Salt:** Salt is an essential ingredient in breadmaking. Don't reduce the recommended amount.

Optional additions to the dough: herbs, sesame seeds, flax seeds, pumpkin seeds, sunflower seeds, nuts, dried fruits, or cheese.

Nutrition

Calories: 160kcal | Carbohydrates: 34g | Protein: 5g | Fat: 0.5g | Saturated Fat: 0.1g | Polyunsaturated Fat: 0.2g | Monounsaturated Fat: 0.1g | Sodium: 468mg | Potassium: 50mg | Fiber: 1g | Sugar: 0.1g | Vitamin C: 0.001mg | Calcium: 8mg | Iron: 2mg

To see the web version with photos, tips

and FAQs, scan the QR code or visit:

<https://urbanfarmandkitchen.com/no-knead-white-bread-recipe/>



How to Macerate Strawberries (Recipe with 3 Flavor Options)

Macerated strawberries are juicy, sweet, and make the perfect topping for everything from vanilla ice cream to sponge cake. Fresh summer strawberries are already pretty irresistible on their own, but give them a little sugar, a pinch of salt, and some creative flavorings, and you've got a whole new level of delicious.



★★★★★
5 from 1 vote

Prep Time
15 mins

Resting Time
1 hr 30 mins

Total Time
1 hr 45 mins

Course: condiment, Dessert, Side Dish, Snack Cuisine: Seasonal Diet: Vegan, Vegetarian
Servings: 12 Servings Author: Luay Ghafari Cost: \$10

Ingredients

Base Recipe (Makes 3 cups)

- 1 lb Fresh strawberries
- 6 tbsp White sugar
- $\frac{1}{8}$ tsp Kosher salt

Black Pepper Balsamic

- 1 tbsp Balsamic vinegar
- $\frac{1}{4}$ tsp Fresh cracked black pepper

Lemon Ginger

- 2 tsp Lemon zest
- 2 tsp Fresh ginger (grated)

Aleppo Pepper and Basil

- 1 tsp Aleppo pepper flakes
- 1 tsp Fresh basil (chopped)

Instructions

1. **Prepare the strawberries.** Prepare the strawberries by washing them thoroughly, removing the stems, and cutting them in half (or quarters if large). You should end up with about 3 cups of halved strawberries.
2. **Assemble.** Place the sliced fresh berries in a single (or multiple if you are trying different flavor combinations) glass bowl or jar. Sprinkle with granulated sugar and a pinch of salt (divide the sugar and salt amount accordingly if making this recipe with multiple containers). Toss gently to coat.
3. **Macerate.** Let the mixture sit at room temperature for about an hour. The strawberries will soften and release their natural juices, creating a glossy syrup.
4. **Flavor.** Now it's time to add more flavor! Try one of these variations:
 - Black pepper and balsamic vinegar
 - Lemon zest and ginger
 - Aleppo pepper flakes and basil
5. **Refrigerate.** Stir well and refrigerate for at least another 30 minutes to allow the flavors to meld. Serve chilled.

Notes

Refer to the post above for step-by-step recipe photos.

Key Ingredient Notes:

- **Fresh strawberries:** This recipe is ideal with in-season ripe strawberries.
- **Granulated sugar:** Traditionally, macerating is done with plain white sugar but you can use honey, maple syrup, agave, brown sugar, vanilla sugar or raw sugar.

- **Sea salt:** You only need the tiniest of amounts. A small pinch will level up the flavor of the strawberries even more.
- **Flavorings:** This is where you can go wild. I am including 3 different flavor combinations for you. One of my favorites, **Black pepper and balsamic vinegar**. You'll also find **lemon ginger** and **Aleppo Basil**.

Nutrition

Calories: 30kcal | Carbohydrates: 7g | Protein: 0.3g | Fat: 0.1g | Saturated Fat: 0.01g | Polyunsaturated Fat: 0.1g | Monounsaturated Fat: 0.02g | Sodium: 221mg | Potassium: 63mg | Fiber: 1g | Sugar: 2g | Vitamin A: 54IU | Vitamin C: 23mg | Calcium: 7mg | Iron: 0.2mg

To see the web version with photos, tips

and FAQs, scan the QR code or visit:

<https://urbanfarmandkitchen.com/how-to-macerate-strawberries-recipe-with-3-flavor-options/>

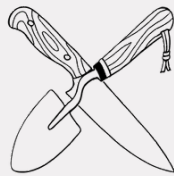




Thank you

I hope you enjoy these recipes. If you make them and love them, please go back to the recipe post and leave a review. It's such a help to others who may want to try the recipes.

- Luay -



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