



# SUMMER MEAL PLAN: WEEK 4



## 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](http://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.

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# Summer Meal Plan: Week 4

**Monday**



**Persian Beef Kabob**

**Tuesday**



**Basil Walnut Pesto**

**Wednesday**



**Chicken Shawarma**

**Thursday**



**Tomato Cheese Pie**

**Friday**



**Fried Fish Sayadieh**

**Salad**



**Burrata Caprese**

**Baking**



**Taboon Flatbread**

**Dessert**



**Rhubarb Scones**

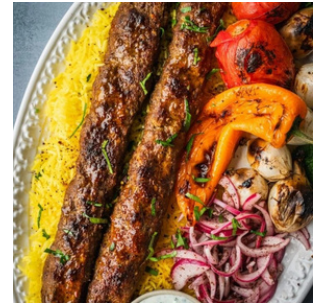
**URBAN FARM & KITCHEN**

## Kabob Koobideh (Persian Beef Kebab Recipe)

A staple in Persian cuisine, Kabob Koobideh can easily be prepared at home. This recipe is very straightforward and a perfect addition to your summer grilling rotation. The kebabs are delicious, smoky, fragrant and juicy!

Prep Time	Cook Time	Total Time
15 mins	15 mins	30 mins

Course: Main Course    Cuisine: Persian    Servings: 4 people    Author: Luay Ghafari    Cost: \$20



★★★★★  
5 from 2 votes

### Equipment

- Koobideh Skewers

### Ingredients

- 2 lbs Ground beef - Lean
- 1 Onion
- 2 Garlic cloves - Minced
- 2 tsp Paprika
- 2 tsp Sumac
- 1 ½ tsp Kosher salt
- ½ tsp Black pepper
- ½ tsp Ground turmeric
- 1 Pinch of saffron - Less than ¼ tsp
- 3 tbs Butter or olive oil - Or a combination of the two

### Side Vegetables

- Pearl onions, Roma tomatoes, sweet and hot peppers

### Garnish

- Sumac and chopped parsley

### Instructions

1. **Grate the onion.** Grate the onion into a fine mesh sieve and let it drain. Alternatively, you can place the grated onion in a towel and squeeze out the water.
2. **Meat mixture.** To a large bowl, add your ground beef, grated onion, minced garlic, paprika, sumac, salt, pepper and turmeric. Mix really well. At this point, you can fry up a small amount in an oiled pan and taste it for seasoning. Adjust the seasoning. Place the beef mixture in the fridge for 2 hours. This is necessary and will help you form the skewers later.
3. **Make the saffron water.** Add a pinch of saffron threads to a small bowl. Crush them with the back of a spoon or a muddler. Add 2 ice cubes to the bowl and let the saffron infuse.
4. **Make saffron butter.** In a small frying pan, melt the butter and then add the infused saffron. Set aside for later. Note: If you prefer, you can use olive oil instead of butter or use a combination.
5. **Form skewers.** Grab a small handful of meat and carefully yet confidently massage it around the skewer. You must use flat Persian style skewers for this recipe. The slat skewer helps keep the meat on and cooks it evenly from the inside out as the metal heats up. If you don't have this type of skewer, don't worry you can simply form logs with your hands and cook those off without a skewer. To get that signature indentation, use your thumb and index finger to press down on the meat every inch or so.
6. **Grill.** Grill the skewers on hot coals on a gas grill. Turn the skewers over to get char on both sides.
7. **Brush the saffron butter.** When the meat is almost cooked through, brush the saffron butter on both sides. This will add a depth of flavor to the meat.
8. **Grill side vegetables.** While the meat is grilling, take the opportunity to grill your side vegetables. Onions, tomatoes and peppers are traditional. Rub them with a little olive oil and grill them to your preferred doneness.

9. **Plate.** Plate up the grilled Koobideh kebabs with saffron rice and the grilled vegetables. Garnish with more sumac and chopped parsley.

## Notes

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

## Ingredient notes:

- **Ground meat:** I am using lean ground beef in this recipe, but you can use ground lamb or a combination of lamb and beef. To make it healthier, you could use ground chicken or turkey but keep in mind it won't be traditional. Make sure to also check out my Chicken Kofta and Beef Kafta recipes.
- **Spices:** The combination of paprika, sumac, and turmeric adds both flavor and color.
- **Saffron:** An expensive spice, but the good news is that you don't need much of it. Use good quality Iranian or Spanish saffron. And check out my saffron rice recipe for more ideas on how to use this spice!
- **Garlic:** I am using fresh garlic, but you can use fried granulated garlic too.

## Important notes:

- **Use the right flat skewers.** Traditional Persian skewers are recommended for best results. They are thin and flat (about 5/8 of an inch wide). If you don't have these skewers, just form logs with your hands (as outlined in my similar recipe: Beef Kafta)
- **Use a charcoal grill!** The flavor you get from hot charcoal just doesn't compare to gas.

Serve your beef Koobideh with saffron rice, marinated onions and chopped salad.

## Nutrition

Calories: 668 kcal | Carbohydrates: 4g | Protein: 40g | Fat: 54g | Saturated Fat: 23g | Polyunsaturated Fat: 2g | Monounsaturated Fat: 22g | Trans Fat: 3g | Cholesterol: 184mg | Sodium: 1384mg | Potassium: 690mg | Fiber: 1g | Sugar: 1g | Vitamin A: 756IU | Vitamin C: 3mg | Calcium: 56mg | Iron: 5mg

To see the web version with photos, tips

and FAQs, scan the QR code or visit:

<https://urbanfarmandkitchen.com/kabob-koobideh-persian-beef-kebab-recipe/>



## Basil Walnut Pesto Recipe

The internet is full of pesto recipes, so why this one? Well, because this Basil Walnut Pesto Recipe is foolproof and can be made in no time.

Prep Time  
15 mins

Total Time  
15 mins

Course: condiment, Main Course    Cuisine: Italian    Diet: Vegetarian    Servings: 4 Servings  
Author: Luay Ghafari    Cost: \$10



★★★★★  
5 from 6 votes

### Equipment

- Food Processor

### Ingredients

- 2 cups Basil leaves - Packed
- ½ cup Walnuts
- ½ cup Parmigiano-Reggiano (grated)
- ¼ cup Extra virgin olive oil - Use good quality oil
- ½ Lemon (juiced and zested) - Use more or less depending on taste
- 2 Garlic cloves - Use more or less depending on taste
- Salt and Pepper to taste

### Instructions

1. In a food processor, add the walnuts, grated Parmigiano-Reggiano, Extra virgin olive oil, lemon zest, lemon juice and garlic. Process until you have a coarse wet mixture.
2. Add your basil to the food processor and continue to process. You may need to add your basil in batches depending on the size of your food processors. Process until you reach your desired consistency.
3. Taste your pesto and adjust your seasonings. Parmigiano-Reggiano is salty, so you may not need to add much salt.

### Notes

Refer to the post above for more information.

### Key Ingredient Notes:

- **Fresh Basil:** The only way to make pesto is with fresh basil. So if you're growing your own basil, now is the time to use it.
- **Nuts:** I am using walnuts in this recipe instead of the more traditional pine nut. You can use whole or crushed walnuts. If you have an allergy to walnuts, you can use another nut of your choice or even pumpkin seeds.
- **Cheese: Parmigiano-Reggiano!** I recommend that you purchase a block of real Parmesan and grate it yourself for this recipe. You can use Pecorino Romano if you have it, or prefer it.

Store pesto in an airtight jar in the fridge for up to 3 days. Cover your pesto with a thin layer of oil to help prevent oxidation. Alternatively, you can freeze your pesto in deli containers or reusable glass containers. Use within 6 months.

### Nutrition

Calories: 273kcal | Carbohydrates: 4g | Protein: 7g | Fat: 26g | Saturated Fat: 5g | Polyunsaturated Fat: 8g | Monounsaturated Fat: 12g | Cholesterol: 9mg | Sodium: 202mg | Potassium: 136mg | Fiber: 2g | Sugar: 1g | Vitamin A: 737IU | Vitamin C: 10mg | Calcium: 190mg | Iron: 1mg

To see the web version with photos, tips

Basil Walnut Pesto Recipe - Urban Farm and Kitchen  
and FAQs, scan the QR code or visit:

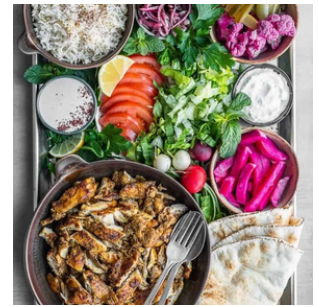
<https://urbanfarmandkitchen.com/the-best-basil-pesto-recipe-ever/>



# Homemade Lebanese Chicken Shawarma Recipe (Wrap or Bowl)

You don't need a vertical spit to make your own homemade Lebanese chicken shawarma wraps and bowls. This recipe is straightforward and uses your oven. It's a perfect weeknight meal and comes together in very little time.

Pair it with vermicelli rice, Lebanese pita bread, Toun (garlic sauce), Tahini Sauce, pickled turnips or shatta (chili paste).



★★★★★  
5 from 10 votes

Prep Time  
15 mins

Cook Time  
30 mins

Total Time  
45 mins

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

## Ingredients

- 1 ½ lbs Chicken thighs - Skinless, boneless
- 1 tsp Ground cumin
- 1 tsp Ground Coriander
- 1 tsp Garlic powder
- 1 tsp Smoked Paprika
- ½ tsp Turmeric powder
- ½ tsp Cinnamon
- 1½ tsp Kosher salt
- ¼ tsp Black pepper
- 3 tbsp Fresh lemon juice - Juice of one lemon
- 3 tbsp Extra virgin olive oil

## Instructions

1. **Mix.** To a large bowl, add the chicken thighs, spices, salt, pepper, lemon juice, and olive oil. Mix well and cover with plastic wrap.
2. **Marinate.** Let your chicken thighs marinate in the fridge for at least 2 hours. You can do overnight too.
3. **Transfer to baking tray.** Preheat your oven to 425F/220C. Transfer your chicken thighs to a parchment paper lined baking tray. Make sure the chicken is not overlapping and is in a single layer.
4. **Bake.** Bake the chicken thighs for 25-30 minutes. They will be ready when they reach an internal temperature of 170F.
5. **Broil.** To get a nice charred crust as you would have in a traditional chicken shawarma, broil the pan on high for 7-10 minutes. Keep an eye on the oven, you don't want to burn the chicken.
6. **Rest and Chop.** Rest the chicken for a few minutes then chop into thin strips and transfer to a bowl. Don't throw away the pan juices, you can drizzle them over the chicken.

## Notes

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

Ingredient notes:

- **Chicken:** I like to use boneless, skinless chicken thighs in this recipe. They stay juicy when cooked.
- **Spices:** This classic recipe uses standard pantry spices: Cumin, Coriander, Garlic powder, Paprika, Turmeric and cinnamon. If you have already made my Shawarma Spice Mix, you can use that too.

Possible additions to the marinade: minced garlic cloves, garlic paste, chili flakes, onion powder.

**For wraps:** Start with a fresh pita and slather on some toun (garlic sauce). Add some chicken, lettuce, tomato slices, pickled turnips, and cucumber pickles. Drizzle with tahini sauce.

**For bowls:** Start with a bed of Vermicelli rice and top with chicken, fresh shredded lettuce, sliced tomatoes and herbs of your choice. Sumac marinated onions or simple sliced red onions, pickled turnips and pickled cucumbers are also traditional

toppings.

As for a sauce, you can add a dollop of Toum (garlic sauce), homemade hummus, shatta (middle eastern chili paste), and/or tahini sauce. Sprinkle on some sumac and you're all set. Serve with a side of Lebanese pita bread or Greek pita bread.

### **Nutrition**

Calories: 306kcal | Carbohydrates: 2g | Protein: 33g | Fat: 18g | Saturated Fat: 3g | Polyunsaturated Fat: 3g | Monounsaturated Fat: 10g | Trans Fat: 0.03g | Cholesterol: 162mg | Sodium: 154mg | Potassium: 474mg | Fiber: 1g | Sugar: 0.4g | Vitamin A: 295IU | Vitamin C: 5mg | Calcium: 29mg | Iron: 2mg

To see the web version with photos, tips

and FAQs, scan the QR code or visit:

<https://urbanfarmandkitchen.com/homemade-lebanese-chicken-shawarma-recipe-wrap-or-bowl/>



## Cheese and Tomato Pie Recipe (Greek-Style Phyllo Pie)

Summer tomatoestake centerstage inthisGreek-styleCheeseand Tomato Pie.This recipe is adaptable, delicious, and a definite show-stopper! It comes together rather quickly and bakes in under 40 minutes.



Prep Time  
10 mins

Cook Time  
40 mins

Total Time  
50 mins

Course: Appetizer, Brunch, Snack Cuisine: Greek Diet: Vegetarian Servings: 6 Servings  
Author: Luay Ghafari Cost: \$10

★★★★★  
5 from 1 vote

### Equipment

- 11-12 inch round pan

### Ingredients

#### Cheese Mixture

- 1 cup Ricotta
- 1 Package Boursin cream cheese - 5.3 oz/150 grams
- 1 Egg
- Kosher salt and black pepper

#### Pie Ingredients

- ½ Package Phyllo dough - 5-6 sheets, defrosted
- ½ cup Butter - Melted
- 3-4 Medium Heirloom tomatoes - Sliced ¼ inch thick
- ½ tsp Dried oregano
- Kosher salt and black pepper
- Fresh basil for garnish

### Instructions

1. **Make the cheese mixture.** In a bowl, combine the ricotta, herbed cream cheese and egg. Mix well to combine. Season lightly with a pinch of salt and some black pepper. **At this point, preheat your oven to 425F/220C.**
2. **Line your baking dish.** Brush some butter onto your baking dish and lay one sheet of phyllo pastry. Brush on some more butter. Add another layer of phyllo pastry. Repeat this butter/phyllo process until you have 5 or 6 layers of phyllo in your baking dish.
3. **Add the cheese.** Transfer the cheese mixture into the phyllo-lined baking dish and level it. Cut some of the overhanging pieces of phyllo dough to create a neat edge around the baking dish. We don't want too much overhang.
4. **Add the phyllo scraps.** Layer the phyllo scraps over the cheese mixture. This is done to create a buffer between the cheese and the tomatoes.
5. **Add the tomatoes.** Layer the tomatoes over the phyllo scraps, making sure to cover the full surface. Overlap the slices so that you end up with a nice thick tomato layer.
6. **Season.** Season the tomatoes with a pinch of salt, pepper and some dried oregano.
7. **Crimp.** Fold and crimp the edges of the phyllo to create a neat edge. It doesn't have to be perfect. This is a rustic pie after all. Brush the edge with melted butter.
8. **Bake.** Bake in the preheated oven for 20 minutes, then drop the temperature down to 375F/190C and bake for another 15-20 minutes. The pie should be brown around the edges. Garnish with fresh basil once it has cooled. Let the pie cool for at least 30 minutes before cutting into it.

### Notes

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

### Ingredient notes:

- **Fresh tomatoes:** Heirloom tomatoes, sliced about ¼ of an inch thick, are what I would recommend. Heirloom tomatoes are best in the summer harvest season. If you are making this recipe in the off-season, you can use tomatoes on the vine or Roma tomatoes which are available year-round. You can even use cherry tomatoes.
- **Cheese:** For this recipe, I am using a combination of ricotta and Boursin (herbed cream cheese). The ricotta gives the pie that traditional Greek pie mouthfeel while the Boursin's creamy, herby flavor rounds things out. If you don't have Boursin, any herbed cream cheese will work. Or you can use regular cream cheese and just add some extra herbs to the mix.
- **Phyllo Pastry:** You will find phyllo in the frozen section of your grocery store next to the puff pastry. If you don't have access to phyllo, but you have access to puff pastry, try my Tomato Puff Pasty Tart recipe instead.
- **Herbs:** I am using a combination of dried oregano and fresh basil. Feel free to use another fresh herb for garnish. Fresh parsley or even chives could work!

#### Important notes regarding phyllo sheets:

- Phyllo sheets are incredibly delicate. Handle with care and work quickly. Phyllo dries up pretty quickly so cover with a damp towel while you work. You will not need to use the whole package of phyllo sheets, so wrap up the rest and refrigerate.

#### Nutrition

Calories: 343kcal | Carbohydrates: 24g | Protein: 9g | Fat: 24g | Saturated Fat: 14g | Polyunsaturated Fat: 1g | Monounsaturated Fat: 7g | Trans Fat: 1g | Cholesterol: 89mg | Sodium: 353mg | Potassium: 232mg | Fiber: 1g | Sugar: 2g | Vitamin A: 1210IU | Vitamin C: 8mg | Calcium: 105mg | Iron: 2mg

To see the web version with photos, tips

and FAQs, scan the QR code or visit:

<https://urbanfarmandkitchen.com/cheese-and-tomato-pie-recipe/>



## Sayadieh (Middle Eastern Fried Fish with Spiced Rice)

Sayadieh is a showstopping Middle Eastern fried fish and spiced rice dish that is delicious, comforting and highly customizable. My version includes a savory tomato sauce that I think brings the whole dish together. Make it for a weeknight dinner or a special occasion.

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

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



★★★★★  
5 from 4 votes

### Ingredients

#### Spiced Rice

- 1 tbsp Olive oil
- ½ White onion - Finely chopped
- 1 Garlic clove - Finely minced
- 1 tsp Ground coriander
- ½ tsp Ground cumin
- ½ tsp Turmeric powder
- ⅛ tsp Saffron - Just a pinch (Optional)
- 1 ⅓ cups Basmati rice
- 2 cups Water
- ½ tsp salt
- 2 tbsp Fresh cilantro - Roughly chopped

#### Tomato Sauce

- 1 tbsp Olive oil
- ½ White onion - Finely chopped
- 1 Garlic clove - Finely minced
- ½ tsp Chili flakes - Optional
- 1 ½ cups Crushed tomatoes
- Salt and black pepper to taste
- 2 tbsp Fresh cilantro - Roughly chopped

#### Fish

- 4 Fish filets - See note
- Paprika - Enough to dust the fish filets
- Salt and pepper - Enough to season all sides
- Flour for dredging
- Vegetable oil for frying

#### Garnish

- Fresh cilantro leaves, fried nuts, lemon wedges

### Instructions

#### Prepare the Spiced Rice

1. **Fry aromatics.** To a small pot, add 1 tablespoon of olive oil, chopped onion, minced garlic and spice mixture. Sauté on medium heat for 1-2 minutes until the onions turn translucent. If the spices start to brown, turn down the heat or add a splash of water to cool the pot down.
2. **Add Rice.** To the same pot, add your washed basmati rice and stir to combine everything, making sure to scrape any bits from the bottom of the pan.
3. **Add water.** Add the water and salt to the pot and bring to a boil. As soon as the rice comes to a boil, turn to the lowest setting and cover. Steam for 15-20 minutes.

4. **Add Cilantro.** When the rice is cooked, add chopped cilantro and fluff it up with a fork, making sure to incorporate the cilantro evenly. Add the cover back on and set aside until needed.

### Prepare the Tomato Sauce

1. **Fry aromatics.** To a small pot, add 1 tablespoon of olive oil, chopped onion, minced garlic and optional chili peppers. Fry on medium heat for 1-2 minutes until the onions soften.
2. **Add crushed tomatoes.** Carefully add your crushed tomatoes to the pot, along with ½ cup of water to loosen the sauce up. Season with a pinch of salt and fresh cracked black pepper. Cook the sauce on low heat for 10 minutes.
3. **Add Cilantro.** Add the fresh cilantro to the sauce, stir to combine, taste and adjust the seasoning level. Cover and set aside until needed.

### Fry the Fish Filets

1. **Prepare fish.** Lay your fish filets on a tray and pat them dry. Season them with salt, pepper and paprika on all sides.
2. **Flour.** Cover each piece evenly with flour.
3. **Fry.** Set a frying pan or large skillet on medium-high heat and warm up ½ inch of oil. When the oil is hot, fry the fish on both sides until golden brown. Fry the fish in batches and don't overcrowd the pan.
4. **Drain.** Transfer fried fish filets to a paper towel lined tray to absorb excess oil.

### Serve

1. Serve your sayadieh on a large plate or on individual plates. Garnish with fresh cilantro leaves, fried almonds and pine nuts (optional). Don't forget the lemon wedges. Lemon juice will make the fish pop! Serve the tomato sauce on the side in a small bowl.

### Notes

Refer to the blog post above for step-by-step recipe photos! I highly recommend you go back up and take a look if you haven't already.

A few important ingredient notes:

- **Fish:** I recommend using fresh or frozen white fish filets such as haddock, cod, sea bass, pollock or tilapia. I would definitely avoid using salmon or trout. If you're not a fan of fish, you can definitely use shrimp or calamari instead. Follow the same seasoning and dredging steps.
- **Rice:** Basmati rice all the way! If you don't have basmati, I would recommend you pick up a bag at your local grocery store. In a pinch, you can use jasmine rice or any other long-grain rice. Avoid using short-grain rice, it'll be too sticky. **Spices:**
- You're going to raid your spice cabinet for this recipe! For the rice, turmeric, coriander and Cumin are a must. I like adding saffron too, but you can omit that if you don't have it. You can also add cardamom pods or dried limes to the rice if you wish. I like seasoning the fish with paprika but feel free to change things up here. Old Bay, garlic powder, onion powder... the possibilities are endless.
- **Herbs:** Coriander is what I recommend, but I know many of you are not fans. If you're not a fan, use parsley instead.

### Nutrition

Calories: 383kcal | Carbohydrates: 6g | Protein: 17g | Fat: 9g | Saturated Fat: 1g | Polyunsaturated Fat: 1g | Monounsaturated Fat: 6g | Cholesterol: 25mg | Sodium: 455mg | Potassium: 596mg | Fiber: 4g | Sugar: 5g | Vitamin A: 785IU | Vitamin C: 13mg | Calcium: 78mg | Iron: 3mg

To see the web version with photos, tips

and FAQs, scan the QR code or visit:

<https://urbanfarmandkitchen.com/sayadieh-middle-eastern-fried-fish-with-spiced-rice/>



## Burrata Caprese

This Burrata Caprese salad is a feast for the senses and is ready in less than 15 minutes. It combines perfectly ripe, juicy tomatoes with fresh, aromatic basil and creamy, unctuous burrata cheese. It's a perfect summer salad that you'll dream about in the middle of winter. Enjoy it with one of our mains or on its own.



★★★★★  
5 from 7 votes

Prep Time  
15 mins

Total Time  
15 mins

Course: Appetizer, Salad, Side Dish    Cuisine: Italian    Servings: 4 people    Author: Luay Ghafari  
Cost: \$15

### Ingredients

- 2 pints Cherry tomatoes - or 3 large tomatoes
- ½ cup Basil
- 1 Large Burrata ball - or two small
- Flaky salt and fresh cracked black pepper
- 3 tbsp Extra virgin olive oil
- 1 tbsp Balsamic glaze

### Instructions

1. Slice the tomatoes to your liking. For cherry tomatoes, a simple cut down the middle is all you need. For larger tomatoes, you can slice them into rounds or wedges.
2. In a platter, plate or shallow bowl, layer the tomatoes and tuck in the basil leaves. Season lightly with flaky salt.
3. Lay the burrata ball on top of the tomatoes. You can serve the tomato burrata salad with the ball intact and let your guests dig in, or cut it in half to expose the gooey center.
4. Season with more flaky salt and fresh cracked pepper, drizzle with olive oil and balsamic glaze to finish. Don't overdo it with the salt. Less is more!

### Notes

Nutritional information is approximate.

Ingredient Notes and Substitutions:

- **Burrata:** If you can't find burrata, you can use a ball of fresh mozzarella. This would be considered a standard traditional Caprese salad. You can also use ricotta if you wanted to, but do try and find burrata. It's now readily available at most grocery stores. You can find it in fine **Italian grocers** and **cheesemongers**.
- **Tomatoes:** I prefer making this salad with vine-ripened tomatoes or colorful cherry tomatoes. Use what you have on hand or what your family likes. You can also use confit tomatoes.
- **Basil:** I don't think you should substitute the basil. A Caprese without the basil is not a Caprese!
- **Extra virgin olive oil:** There aren't many ingredients in this salad to use the best olive oil you can get your hands on. Now would be a time to use that fancy oil you got for the holidays!
- **Flaky salt:** I like the crunch and texture you get from flaky salt, but use what you have on hand. Kosher salt works just fine. If you are using standard table salt, I suggest you start off with less and add more as needed.

### Nutrition

Calories: 143kcal | Carbohydrates: 11g | Protein: 2g | Fat: 11g | Saturated Fat: 2g | Polyunsaturated Fat: 1g | Monounsaturated Fat: 8g | Cholesterol: 0.2mg | Sodium: 26mg | Potassium: 525mg | Fiber: 2g | Sugar: 7g | Vitamin A: 1317IU | Vitamin C: 54mg | Calcium:

33mg | Iron: 2 mg

To see the web version with photos, tips  
and FAQs, scan the QR code or visit:

<https://urbanfarmandkitchen.com/burrata-caprese/>



## Taboon (Palestinian Flatbread)

Palestinian Taboon flatbread is a Levantine yeasted bread that is traditionally prepared in clay ovens or on hot stones. This recipe adapts the technique and makes it easy for home cooks to enjoy the flavors and traditions without having to build an outdoor oven.



Prep Time	Cook Time	Rise Time	Total Time
15 mins	10 mins	1 hr	1 hr 25 mins

Course: Appetizer, Breakfast, Brunch, Side Dish, Snack Cuisine: Levantine, Middle Eastern  
 Servings: 6 Flatbreads Author: Luay Ghafari Cost: \$5

★★★★★  
5 from 17 votes

### Equipment

- 1 Cast iron skillet or pan

### Ingredients

- 3 cups All-purpose flour - 420 grams. You can use bread flour too. See note for whole wheat.
- 1 tbsp Instant yeast - 9 grams
- 1 tbsp White sugar - 12.5 grams
- 1 tsp Kosher salt - 5 grams
- ½ cup Water, warmed - 120 grams
- ½ cup Milk, warmed - 120 grams
- ¼ cup Olive oil - 53 grams

### Instructions

1. **Mix.** In the bowl of a stand mixer, add the dry ingredients and stir well to combine. Add the warm water, milk and olive oil. Run the stand mixer until a ball of dough forms, about 5-7 minutes. If the dough is too sticky and doesn't form into a ball, add flour 1 tablespoon at a time until you have a soft and supple dough ball. See note below for whole wheat.
2. **Rise.** Rub the dough ball lightly with oil on all sides and let it rise, covered with a clean dish towel or plastic wrap, in the bowl of the stand mixer for 1 hour, or until doubled in size.
3. **Divide and Shape.** After the bread dough has risen to about double its original size, divide it into 6 equal pieces (use a scale for precision). Shape each piece of dough into a tight ball and let them rest on your kitchen counter for 5-10 minutes, covered, so that the gluten can relax.
4. **Flatten.** Using a rolling pin, flatten the dough balls into a ⅛-¼ inch (0.3-0.6cm) thick (they should be about 6-8 inches, or 15-20cm, in diameter).
5. **Dimple.** Dimple all over with your fingers by pressing down to create ridges.
6. **Cook.** Place a heavy bottom cast iron skillet on the stove and heat it on medium-high for about 5 minutes. In one quick move, transfer the dough to the hot pan. Cook on one side, without disturbing for 30-45 seconds.
7. **Flip.** Check the bottom of the flatbread using tongs or a spatula. It should be lightly browned. Carefully flip the flatbread and cook for another 30-45 seconds. Don't burn the bread. If the pan is too hot, reduce the heat, wait a few minutes for the pan to cool slightly and repeat the process.
8. **Store.** Stack flatbreads and store them in a clean kitchen towel to keep them warm.

### Notes

See the recipe blog post above for step by step recipe photos.

**Flour:** Depending on your taste and preference, you can use some whole wheat flour in this recipe. A good starting point is 2 cups of white flour plus 1 cup whole wheat. As long as you maintain the total quantity listed in the recipe, you can play around with the proportions. You may need a little more liquid if you use whole wheat flour in this recipe.

If you're looking to save some time, you can make the dough 1 day ahead of time and let it rise in the fridge overnight. This longer, slower rise is actually beneficial in many ways and the result will be a much easier to digest bread for those with gluten sensitivities. Just use half the amount of yeast if you plan to let the dough rise in the fridge overnight.

Serve this bread as a base for Musakhan (Palestinian Chicken with Sumac and onions), as a wrap with chicken shawarma or chicken shish tawook, or to dip in Mutabal or Muhammara.

### **Nutrition**

Calories: 327kcal | Carbohydrates: 50g | Protein: 7g | Fat: 10g | Saturated Fat: 2g | Polyunsaturated Fat: 1g | Monounsaturated Fat: 7g | Cholesterol: 2mg | Sodium: 463mg | Potassium: 104mg | Fiber: 2g | Sugar: 1g | Vitamin A: 33IU | Vitamin C: 0.002mg | Calcium: 36mg | Iron: 3mg

To see the web version with photos, tips  
and FAQs, scan the QR code or visit:

<https://urbanfarmandkitchen.com/taboon-bread-palestinian-flatbread/>



## Rhubarb Scones with Orange and Pistachios

Don't let rhubarb season go by without trying my Rhubarb Scones with Orange and Pistachios. They're buttery, tender, and packed with tart bites of fresh rhubarb, while ground pistachios and bright orange zest add incredible flavor and texture. Finished with a simple orange glaze and a sprinkle of chopped pistachios.



☆☆☆☆☆  
No ratings yet

Prep Time	Cook Time	Chill Time	Total Time
30 mins	18 mins	30 mins	1 hr 18 mins

Course: Breakfast, Brunch, Dessert, Snack Cuisine: American, Seasonal Diet: Vegetarian  
Servings: 8 Scones Author: Luay Ghafari Cost: \$15

### Ingredients

- ⅓ cup Raw pistachios - 45 grams
- ¼ cup Sugar - 50 grams
- 2 cup All-purpose flour - 250 grams
- 4 tsp Baking powder
- ½ tsp Salt
- 1 tsp Orange zest
- 6 tbsp Unsalted butter, grated and frozen - 85 grams
- ⅓ cup Milk - 75 grams
- 3 tbsp Honey - 63 grams
- 1 Large egg - 50 grams
- 1 Egg yolk
- ½ tsp Almond extract
- ½ tsp Vanilla extract
- 1 cup Rhubarb (cut into ¼-inch pieces) - 120 grams

### Icing and Garnish

- 1 cup Powdered sugar
- 1 tbsp Orange juice
- 2 tsp Milk
- ¼ tsp Orange zest
- 2 tbsp Pistachios (finely chopped) - 17 grams

### Instructions

1. **Process Pistachios.** Add ⅓ cup Raw pistachios and ¼ cup Sugar to a food processor and pulse until the pistachios are finely ground, leaving just a few small pieces for texture.
2. **Mix Dry Ingredients.** In a large bowl, whisk together 2 cup All-purpose flour, 4 tsp Baking powder, ½ tsp Salt, 1 tsp Orange zest, and the ground pistachio mixture.
3. **Add Butter.** Toss 6 tbsp Unsalted butter, grated and frozen into the flour mixture until every piece is coated. *Note: If your butter is not fully frozen, you can use a pastry cutter or pastry blender and cut it into the flour mixture and then freeze the flour mixture for 30 minutes before continuing the recipe.*
4. **Make the Wet Mixture.** In a separate bowl, whisk together the ⅓ cup Milk, 3 tbsp Honey, 1 Large egg, 1 Egg yolk, ½ tsp Almond extract, and ½ tsp Vanilla extract.
5. **Mix.** Pour the wet ingredients into the dry ingredients. Gently fold together with a spatula just a few times. The dough will still look shaggy.
6. **Add Rhubarb.** Fold in 1 cup Rhubarb (cut into ¼-inch pieces) and continue mixing gently until the dough comes together. Avoid overworking the dough to keep the scones tender.
7. **Form.** Transfer the dough to your work surface and gently pat it into an 8-inch circle about 1½ inches thick. Cut into 8 wedges using a bench scraper or sharp knife.

8. **Arrange, Chill and Preheat Oven.** Arrange the scones on a parchment paper-lined baking sheet and freeze for 30 minutes. *Preheat your oven to 425°F (220°C) while the scones chill.*
9. **Brush.** Brush the top of the scones with a little milk before baking.
10. **Bake.** Bake for 16–18 minutes in your preheated oven until the tops are lightly golden brown and just set when gently touched. Let the scones cool on the baking sheet for about 10 minutes.
11. **Make Icing.** In a small bowl, whisk together **1 cup Powdered sugar, 1 tbsp Orange juice, 2 tsp Milk,** and **¼ tsp Orange zest** until smooth.
12. **Glaze and Garnish.** Spoon the glaze over the slightly warm (not hot) scones and finish with **2 tbsp Pistachios (finely chopped).** Allow the icing to set before serving or storing. Serve with clotted or whipped cream.

## Notes

Refer to the post above if you need step-by-step recipe photos.

## Key Ingredient Notes:

- **Fresh Rhubarb:** Wouldn't be a rhubarb scone recipe without tart rhubarb. I recommend you make this during rhubarb season in the spring and early summer. You could also use frozen rhubarb, but you should let it drain in a sieve.
- **Raw Pistachios:** I like adding ground nuts to my scone base. I think they add a nice, subtle flavor but also texture to the finished scone. You can use pre-ground raw pistachios or grind your own in a food processor. Pecans or almonds can be substituted.
- **Unsalted Butter:** The trick to a flaky scone is cold butter. I recommend you freeze the butter and grate it (or grate it onto a plate and freeze it). This really helps give you those flaky layers we're after.

## Tips for Success:

- **Keep every ingredient as cold as possible, especially the butter.** Frozen grated butter creates beautiful flaky layers as it melts during baking.
- **Don't overmix the dough.** Mix only until everything comes together to avoid dense or tough scones.
- **Freeze the shaped scones before baking for 30 minutes.** This helps them rise taller and spread less in the oven.

## Nutrition

Calories: 305kcal | Carbohydrates: 56g | Protein: 6g | Fat: 14g | Saturated Fat: 6g | Polyunsaturated Fat: 2g | Monounsaturated Fat: 4g | Trans Fat: 0.3g | Cholesterol: 69mg | Sodium: 373mg | Potassium: 189mg | Fiber: 2g | Sugar: 14g | Vitamin A: 393IU | Vitamin C: 3mg | Calcium: 167mg | Iron: 2mg

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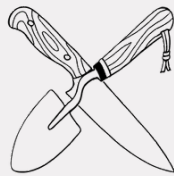




# Thank you

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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