



SUMMER MEAL PLAN: WEEK 5



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.

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Summer Meal Plan: Week 5

Monday



Persian Saffron Chicken

Tuesday



Pasta alla Zozzona

Wednesday



Greek Marinated Lamb

Thursday



Roasted Cherry Tomato Sauce

Friday



Honey Harissa Salmon

Salad



Peach Caprese

Baking



Olive Za'atar Focaccia

Dessert



Strawberry Rhubarb Muffins

URBAN FARM & KITCHEN

Joojeh Kabob (Persian Saffron Chicken Kabab Recipe)

If there's one dish that screams summer grilling season in Persian cuisine, it's Joojeh Kabob. These juicy, subtle saffron-infused chicken kabobs are a staple at family gatherings, picnics, and backyard barbecues.



★★★★★
5 from 1 vote

Prep Time
15 mins

Cook Time
15 mins

Marinating Time
2 hrs

Total Time
2 hrs 30 mins

Course: Main Course Cuisine: Persian Servings: 4 Servings Author: Luay Ghafari Cost: \$10

Equipment

- Grill pan, outdoor grill or BBQ

Ingredients

- ¼ tsp Saffron threads
- 3 Ice cubes
- 1 White onion (grated) - Medium size
- 2 Garlic cloves (minced)
- ¼ cup Yogurt - 0% or 2% Greek Style
- 2 tbsp Lemon juice
- 2 tbsp Olive oil
- 1 tsp Turmeric powder
- 1 ½ tsp Kosher salt
- ½ tsp Black pepper
- 1 ½ lbs Chicken breast (1-1½ inch cubes) - See note
- Fresh herbs and/or sumac for garnish

Instructions

1. **Make the Saffron Infusion.** In a small bowl, crush ¼ **tsp Saffron threads** using your fingers, the back of a spoon. Add **3 Ice cubes**. Let them melt completely. This helps extract the color and flavor.
2. **Make the Marinade.** In a medium bowl, combine **1 White onion (grated)**, **2 Garlic cloves (minced)**, **¼ cup Yogurt**, **2 tbsp Lemon juice**, **2 tbsp Olive oil**, **1 tsp Turmeric powder**, **1 ½ tsp Kosher salt**, **½ tsp Black pepper** and the saffron water. Mix well.
3. **Add the Chicken.** Toss **1 ½ lbs Chicken breast (1-1½ inch cubes)** in the marinade, ensuring each piece is well coated. Cover and refrigerate for at least 2 hours, preferably overnight.
4. **Skewer the Chicken.** Thread the marinated chicken cubes onto metal or soaked wooden skewers.
5. **Grill.** Oil your charcoal grill, gas grill, or indoor grill with a little vegetable oil. Grill over medium-high heat for 3–4 minutes per side, turning to get even char marks on all sides. The cooking time may vary depending on the grill used and cooking method. It should take about 10-15 minutes.
6. **Serve.** Transfer to a platter and serve hot with your favorite sides. I like to add **Fresh herbs and/or sumac for garnish**.

Notes

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

Ingredient Notes:

- **Chicken:** I usually use boneless and skinless chicken breast or more tender chicken thighs, cut into cubes. Cut them into 1 ½ inch cubes.
- **Saffron threads:** The star of the show, and a must in this recipe. The best quality saffron can be purchased from Persian grocery stores or any specialty store.
- **Grated onion:** Traditional recipes will include sliced white onion in the marinade. But then the onion is discarded. I like to grate the onion because the flavor penetrates the meat better.

- **Yogurt:** Helps tenderize the meat but also helps disperse the flavors in the marinade. Use whatever you have on hand. Fat-free or 2% Greek Yogurt or plain yogurt work well.
- **Turmeric:** Adds earthy flavor and that golden hue. You don't really need it, but it helps give the finished skewers that golden hue you'd expect for Joojeh Kebabs.

Other Notes:

- **For the best result, use a charcoal grill.** Traditional Persian grilled meats are prepared over hot charcoal. If you have a charcoal grill, this is definitely the time to fire it up.
- **Soak wood skewers.** If using wooden or bamboo skewers, soak them in water for at least 30 minutes before skewering and grilling to prevent burning. Use **flat, long metal skewers as they are reusable and more traditional.**

Nutrition

Calories: 280kcal | Carbohydrates: 4g | Protein: 38g | Fat: 12g | Saturated Fat: 2g | Polyunsaturated Fat: 1g | Monounsaturated Fat: 6g | Trans Fat: 0.02g | Cholesterol: 109mg | Sodium: 1367mg | Potassium: 714g | Fiber: 1g | Sugar: 2g | Vitamin A: 53IU | Vitamin C: 8mg | Calcium: 34mg | Iron: 1mg

To see the web version with photos, tips

and FAQs, scan the QR code or visit:

<https://urbanfarmandkitchen.com/joojeh-kabob-persian-saffron-chicken-kabab-recipe/>



Pasta alla Zozzona

If Carbonara and Amatriciana had a baby, it would be this messy, delicious Pasta alla Zozzona. This recipe combines rich pancetta and sausage with a tomato sauce base and a cheesy mixture that brings it all together. The end result is a creamy, tomatoey sauce that is out of this world.

Prep Time
20 mins

Cook Time
20 mins

Total Time
40 mins

Course: Main Course Cuisine: Italian Servings: 6 servings Author: Luay Ghafari Cost: \$10



★★★★★
5 from 3 votes

Ingredients

- ¾ cup Pancetta (cut into small pieces)
- 1 lb Italian sausage (removed from casing)
- 1 tbsp Olive oil (optional, only if needed)
- 2 cups Tomato sauce or passata
- 1 Basil sprig
- 1 lb Rigatoni pasta
- 2 Egg yolks
- 1 cup Pecorino Romano (grated)
- Salt and black pepper to taste
- Basil and extra cheese for garnish

Instructions

1. **Fry the Pancetta.** Start by heating a large Dutch oven or heavy pot over medium heat. Add ¾ cup **Pancetta (cut into small pieces)** and let it cook slowly, rendering its fat until it becomes golden and crispy. This step builds the first layer of flavor, so take your time. Rushing it could leave you with chewy bits instead of crispy perfection.
2. **Fry the Sausage.** Once the pancetta is crisp, remove it from the pan using a slotted spoon, leaving the rendered pancetta fat behind. If you need more oil to cook the sausage, add a small amount of optional olive oil. Add **1 lb Italian sausage (removed from casing)** and cook on medium-high heat until golden brown (about 8-10 minutes), breaking it up with a wooden spoon as it cooks. This will add even more depth to the sauce.
3. **Add the Tomato Sauce and Simmer.** Pour in **2 cups Tomato sauce or passata**, stirring to combine it with the browned sausage and pancetta drippings. Add **1 Basil sprig**. Let it simmer on medium-low heat for about 15-20 minutes to allow the flavors to meld together. If it thickens too much, add a splash of pasta water later to loosen it up. Taste the sauce and adjust the seasoning but keep in mind that the cheese and egg mixture is coming later which will add some more salt to the dish.
4. **Cook the Pasta and Add it to the Sauce.** While the sauce simmers, cook **1 lb Rigatoni pasta** in well-salted boiling water per package directions. Reserve some pasta water before draining. Transfer pasta directly to the sauce, tossing to coat.
5. **Make the Pecorino Mixture and Add it Off Heat.** In a small bowl, whisk together **2 Egg yolks** and **1 cup Pecorino Romano (grated)**. Slowly add ¼ cup of slightly cooled pasta cooking water, stirring well. Remove the pot from heat and slowly stir in the cheese and egg mixture, letting the residual heat create a silky sauce. Also add the cooked pancetta. Be careful not to overheat, or you'll end up with scrambled eggs instead of a creamy coating.
6. **Serve with Extra Cheese and Fresh Basil.** Plate the pasta and finish with extra Pecorino Romano and a few fresh basil leaves for contrast and freshness.

Notes

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

Ingredient Notes:

- **Pancetta:** If you can't find pancetta, guanciale or thick-cut bacon can be used as substitutes.
- **Sausage:** A lot of the flavor in the finished dish will come from the sausage, so use high-quality Italian sausage. I like using mild fennel flavored sausage. A spicy Italian sausage can also work if you want a little heat. If you can buy the ground sausage meat on its own, do that. You will have to remove the meat from casing if you can only find sausage links.

- **Tomato Sauce:** I use a jarred tomato passata or can of good quality San Marzano or Roma tomatoes. If using a can, I always recommend you get canned whole tomatoes which you can crush or blend yourself.
- **Pecorino Cheese.** This sharp, salty cheese adds depth to the dish. Parmesan can be substituted. I have used both in the past. Use what you have on hand.

Nutrition

Calories: 789kcal | Carbohydrates: 62g | Protein: 32g | Fat: 45g | Saturated Fat: 16g | Polyunsaturated Fat: 6g | Monounsaturated Fat: 20g | Trans Fat: 0.04g | Cholesterol: 159mg | Sodium: 1343mg | Potassium: 682mg | Fiber: 4g | Sugar: 5g | Vitamin A: 520IU | Vitamin C: 7mg | Calcium: 227mg | Iron: 3mg

To see the web version with photos, tips

and FAQs, scan the QR code or visit:

<https://urbanfarmandkitchen.com/pasta-alla-zozzona-sausage-and-tomato-sauce/>



Marinated Greek Lamb Chops (Grilled or Pan Seared)

These Greek Lamb Chops are delicious and incredibly easy to prepare. They can be served as a snack, as part of a grazing board, as an appetizer, or as a main. Marinate for only 30 minutes and grill or sear to perfection. This recipe is excellent for a special occasion or a weekend meal.



Prep Time	Cook Time	Marinating Time	Total Time
10 mins	10 mins	30 mins	50 mins

Course: Appetizer, Main Course Cuisine: Greek Servings: 2 people Author: Luay Ghafari
Cost: \$30

★★★★★
5 from 4 votes

Equipment

- Cast iron skillet, grill pan or outdoor grill

Ingredients

- 2 lbs Lamb rib chops - See note
- 1 tsp Kosher salt
- ½ tsp Black pepper
- 3 tbsp Extra virgin olive oil
- 2 tbsp Fresh lemon juice
- 1-2 Garlic cloves - Finely minced
- 1 tbsp Dried oregano
- 1 tsp Fresh rosemary - Finely chopped
- 1 tbsp Avocado or vegetable oil - For grilling
- Garnish with lemon wedges, fresh oregano and flaky sea salt

Instructions

1. **Season the meat.** Lay your chops in a single layer on a rimmed baking dish or plate. Season both sides of the meat with kosher salt and freshly cracked black pepper, making sure to press the seasoning in.
2. **Make the marinade.** In a small bowl, combine the extra virgin olive oil, lemon juice, minced garlic, dried oregano and chopped fresh rosemary.
3. **Marinate.** Pour the marinade over the lamb chops, making sure to get some all over the meat. At this point you can cover and marinate in the fridge overnight, or you can marinate on the counter for 30 minutes. If marinating on the counter, I recommend you flip the meat after 15 minutes so that the marinade has a chance to season both sides of the meat.
4. **Grill.** Heat a little bit of avocado oil on medium-high heat in a large cast iron skillet or grill pan. Once the pan is nice and hot, grill the chops. You might need to do this in batches depending on the size of the pan. Do not overcrowd the meat. Grill or sear for 3-4 minutes on both sides or until you reach your desired doneness. The cooking time will depend on the thickness of the meat. Serve with lemon wedges and fresh oregano.

Notes

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

Ingredient notes:

- **Fresh lamb rib chops:** For this recipe, I recommend that you purchase a rack of ribs and cut the individual chops yourself (or ask your butcher to do it for you). I like the flavor and presentation you get from using a rack of lamb. But for a more affordable option, you can use lamb loin chops.
- **Citrus:** Lemon juice and Greek cuisine... a match made in heaven. Lemons are a must in this marinade. Don't use vinegar or lime juice.
- **Herbs:** I am using a combination of dried oregano (use Greek oregano if you can) and fresh rosemary in this recipe. But you can totally just use dried oregano if that's all you have.

Other optional additions: Lemon zest, chili flakes, or fresh thyme.

For a complete meal, pair this gorgeous lamb with tzatziki, spicy roasted potatoes and chopped salad. See the blog post above for many more pairings and serving ideas!

Nutrition

Calories: 958kcal | Carbohydrates: 2g | Protein: 91g | Fat: 63g | Saturated Fat: 18g | Polyunsaturated Fat: 6g | Monounsaturated Fat: 32g | Cholesterol: 299mg | Sodium: 2072mg | Potassium: 1224mg | Fiber: 0.1g | Sugar: 0.4g | Vitamin A: 12 | Vitamin C: 6mg | Calcium: 59mg | Iron: 8mg

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

<https://urbanfarmandkitchen.com/marinated-greek-lamb-chops/>



Roasted Cherry Tomato Sauce

Make your own roasted cherry tomato sauce in no time with just a few simple ingredients! Fresh cherry tomatoes are roasted in the oven until they caramelize and turn jammy, creating a sauce bursting with flavor. Along with garlic, olive oil, and thyme, this recipe gives a delightful twist to the classic tomato sauce. You'll love it so much that you'll want to prepare it all summer long!



4.97 from 29 votes

Prep Time
10 mins

Cook Time
45 mins

Total Time
55 mins

Course: Appetizer, Main Course Cuisine: Italian, Mediterranean Servings: 4 people
Author: Luay Ghafari Cost: \$8

Ingredients

- 2 pints Cherry tomatoes
- 1 Red onion - Peeled and cut into large wedges
- 4 Garlic cloves - Peeled
- 5-10 Thyme sprigs
- ¼ cup Extra virgin olive oil
- Salt and pepper to taste
- 3-4 Basil sprigs

Instructions

1. **Prepare.** Preheat your oven to 400F/200C. Line a rimmed baking tray with parchment paper and place **2 pints Cherry tomatoes** in a single layer along with **4 Garlic cloves**, **1 Red onion** (sliced) and **5-10 Thyme sprigs**. Drizzle with **¼ cup Extra virgin olive oil**. Season with salt and pepper.
2. **Roast.** Roast uncovered until bubbly and the cherry tomatoes have burst and shrunk slightly, about 35-45 minutes. A little caramelization is expected.
3. **Blend.** Remove the tray from the oven and let it cool slightly - about 10 minutes. Discard the thyme sprigs. Transfer the oven-roasted cherry tomatoes, garlic cloves, onions and all the juice to a saucepan and blend using an immersion blender, until you reach your desired consistency. You can also use a regular blender. Pro-Tip: Wear an apron, as the sauce can splatter!
4. **Simmer.** Add the basil leaves and simmer on low to medium heat for 10-20 minutes. Simmer longer if the sauce is too thin, or simmer less if you want to keep it on the runny side. Remove or keep the basil leaves (your choice) and serve.

Notes

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

Fun additions: Feel free to add chili or red bell pepper, chili flakes, or balsamic vinegar when baking the tomatoes. You can add a parmesan cheese rind when simmering the sauce for added flavor.

Nutrition

Calories: 157kcal | Carbohydrates: 9g | Protein: 2g | Fat: 14g | Saturated Fat: 2g | Polyunsaturated Fat: 1g | Monounsaturated Fat: 10g | Sodium: 15mg | Potassium: 318mg | Fiber: 2g | Sugar: 4g | Vitamin A: 639IU | Vitamin C: 32mg | Calcium: 30mg | Iron: 1mg

To see the web version with photos, tips

and FAQs, scan the QR code or visit:

<https://urbanfarmandkitchen.com/roasted-cherry-tomato-sauce/>



Honey Harissa Salmon (with Garlic, Thyme and Lemon)

This Honey Harissa Salmon is the spicy-sweet sheet pan dinner of your dreams. It's smoky, zesty, a little fiery, and perfectly balanced with sweet honey, lemon, and fresh thyme. Bonus: it's wildly easy to throw together and makes your kitchen smell amazing while it bakes. The whole thing is ready in under 30 minutes.

Prep Time	Cook Time	Total Time
10 mins	20 mins	30 mins

Course: Main Course Cuisine: Mediterranean, North African Servings: 4 Servings
 Author: Luay Ghafari Cost: \$20



★★★★★
5 from 2 votes

Ingredients

Honey Harissa Marinade

- 3 tbsp Harissa paste
- 2 tbsp Honey
- 2 tbsp Lemon juice
- 1 tbsp Olive oil
- 1 tbsp Grainy mustard
- 2 tbsp Fresh thyme leaves
- 1-2 Garlic cloves (minced)

Salmon Fillets

- 2 lbs Salmon fillets - 4 fillets, skin on or off
- 1 tsp Kosher salt
- ¼ tsp Black pepper

Garnish

- Fresh cilantro
- Lemon wedges

Instructions

1. **Make the Marinade and Preheat the Oven.** Preheat your oven to 350°F (180°C). In a small bowl, whisk together the **3 tbsp Harissa paste, 2 tbsp Honey, 2 tbsp Lemon juice, 1 tbsp Olive oil, 1 tbsp Grainy mustard, 2 tbsp Fresh thyme leaves** and **1-2 Garlic cloves (minced)**.
2. **Prep the Salmon.** Place **2 lbs Salmon fillets** on a parchment-lined rimmed baking sheet. Pat dry with paper towels and season with **1 tsp Kosher salt** and **¼ tsp Black pepper**.
3. **Coat with Marinade.** Spoon the harissa mixture evenly over the fillets, spreading it to cover all sides.
4. **Bake.** Transfer to a preheated oven and bake for 17–22 minutes, or until the salmon flakes easily with a fork and reaches your preferred doneness. Garnish with chopped **Fresh cilantro** and serve with **Lemon wedges**.

Notes

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

Key Ingredient Notes:

- **Salmon Fillets.** Skin-on or skinless both work. Choose center-cut pieces for even cooking. Obviously, fresh would be great, but most salmon available at the grocery store these days is thawed so there's no shame in buying frozen fillets and thawing them yourself at home.
- **Harissa Paste:** Harissa is a **North African chili paste** that is sweet, spicy, and savory. It's an excellent base for stews and marinades because it has chili peppers, red peppers, fresh lemon juice, olive oil, and spices like ground cumin, ground coriander, and caraway. I like to make my own Harissa Paste because I prefer it to be a little smoother for marinating

recipes. But jarred works just as well. Jarred Harissa is available in Middle Eastern, North African, and international markets. These days, you might also find it in a well-stocked grocery store (Whole Foods, Trader Joe's).

- **Honey:** Balances the spice with natural sweetness. Maple syrup is a fine sub.
- **Fresh Herbs:** I am using fresh thyme here. It's earthy and aromatic. You can swap for dried thyme if needed.
- **Grainy Mustard:** So this is a bit unusual. I love grainy mustard with salmon. It adds a tangy punch and texture. Smooth Dijon also works. But you can also just omit it.

Serve it with my plain white rice, brown rice, cauliflower rice, Middle Eastern Rice Pilaf, Saffron Rice, Vermicelli Rice, or with my Batata Harra (spicy Lebanese potatoes) or Garlic Rosemary Roasted Potatoes. You can even serve it with my garlic mashed potatoes.

Nutrition

Calories: 323kcal | Carbohydrates: 13g | Protein: 34g | Fat: 15g | Saturated Fat: 2g | Polyunsaturated Fat: 5g | Monounsaturated Fat: 6g | Cholesterol: 94mg | Sodium: 995mg | Potassium: 918mg | Fiber: 1g | Sugar: 10g | Vitamin A: 314IU | Vitamin C: 11mg | Calcium: 42mg | Iron: 2mg

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

<https://urbanfarmandkitchen.com/honey-harissa-salmon-with-garlic-thyme-and-lemon/>



Peach Caprese Salad with Heirloom Tomatoes

Summer isn't complete without my **Peach Caprese Salad**. This recipe is a slight twist on the traditional Caprese salad and includes luscious ripe peaches, fresh heirloom tomatoes, basil and mozzarella cheese. What I love about this recipe is how quickly it comes together, **in under 15 minutes**.



Prep Time
15 mins

Total Time
15 mins

Course: Appetizer, Salad, Side Dish Cuisine: Italian Diet: Vegetarian Servings: 6 people
Author: Luay Ghafari Cost: \$20

★★★★★
5 from 2 votes

Ingredients

Dressing

- 3 tbsp Extra virgin olive oil
- 1 tbsp Red wine vinegar
- ½ tsp Kosher salt
- ¼ tsp Black pepper

Salad

- 3 Ripe peaches - Sliced into thin wedges
- 3-4 Heirloom tomatoes - Sliced into wedges
- ¼-½ cup Fresh basil leaves - Whole or chopped
- 1 Ball of fresh mozzarella
- Flaky sea salt
- Balsamic Glaze - Optional

Instructions

1. **Make the dressing.** In a bowl combine the olive oil, vinegar, salt and pepper. Whisk to emulsify. This is also your opportunity to add any other flavorings you want to like dried herbs, fresh herbs, mustard, etc.
2. **Layer.** To a large platter, layer the peach slices, sliced heirloom tomatoes and fresh basil leaves.
3. **Add the cheese.** Tear or cut up your mozzarella ball into bite-sized pieces and arrange them over the salad. Season everything with a big pinch of flaky salt.
4. **Dress.** Spoon over the dressing, making sure to cover the cheese, tomatoes and peaches. Drizzle the optional balsamic glaze. Serve right away.

Notes

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

Ingredient notes:

- **Fresh Peaches:** Make sure the peaches you use are ripe and juicy. If you purchased your peaches and they are still a little hard, let them ripen on your counter for a couple of days before making this recipe.
- **Fresh Tomatoes:** Summer fresh ripe tomatoes! Heirloom tomatoes are ideal because they are flavorful, juicy and colorful.
- **Herbs:** Basil makes sense here, as this is a caprese after all. I wouldn't try substituting it with another herb, but you can certainly add some fresh parsley or fresh chives to amp up the flavor.
- **Cheese:** A caprese is prepared with a fresh ball of mozzarella cheese or buffalo mozzarella. You can find soft fresh mozzarella sold in bags or containers at your local grocery store.
- **Acid:** I am using red wine vinegar in this recipe, but feel free to use aged balsamic vinegar, white wine vinegar or champagne vinegar. You can also drizzle the salad with balsamic glaze at the end for flavor (it also makes the dish even prettier).

Additions: sliced red onion, olives, a drizzle of honey, a squeeze of lemon juice.

Other recipes to try: Burrata Caprese, Burrata Bruschetta, Tomato Pie, and Marinated Tomatoes.

Nutrition

Calories: 106kcal | Carbohydrates: 10g | Protein: 1g | Fat: 7g | Saturated Fat: 1g | Polyunsaturated Fat: 1g | Monounsaturated Fat: 5g | Cholesterol: 0.1mg | Sodium: 305mg | Potassium: 24mg | Fiber: 2g | Sugar: 8g | Vitamin A: 811IU | Vitamin C: 12mg | Calcium: 12mg | Iron: 1mg

To see the web version with photos, tips

and FAQs, scan the QR code or visit:

<https://urbanfarmandkitchen.com/peach-caprese-salad-with-heirloom-tomatoes/>



No-Knead Olive Za'atar Focaccia Bread

A simple and rewarding No-Knead Olive Za'atar Focaccia Bread recipe that comes together in very little time and with a few simple ingredients. This dough requires an overnight proof, which makes it tastier and easier to digest. This recipe is an ode to my Palestinian roots and our most important culinary ingredients, za'atar spice blend and olives.



★★★★★
5 from 4 votes

Prep Time
15 mins

Cook Time
25 mins

Proofing Time
18 hrs

Total Time
18 hrs 40 mins

Course: Appetizer, Breakfast, Side Dish, Snack

Cuisine: Levantine, Mediterranean, Middle Eastern Servings: 12 Slices Author: Luay Ghafari

Cost: \$5

Equipment

- 9x13 Baking pan or large rimmed baking sheet - Affiliate link

Ingredients

For the Dough

- 4 cups All-purpose flour - 520 grams - Bread flour can also be used
- 2 tsp Kosher salt - 10 grams
- 2 tsp Instant yeast - 7 grams
- 2 tbsp Extra virgin olive oil - 28 grams
- 2 cups Lukewarm water - 473 grams
- Extra olive oil for drizzling

For Baking and Garnish

- 1 tbsp Butter - Optional
- ¼ cup Extra virgin olive oil, divided - for greasing the tray and for mixing with zaatar
- 3 tbsp Za'atar spice blend
- 1 cup Pitted whole green and/or black olives

Instructions

1. **Mix.** To a large bowl, add **4 cups All-purpose flour, 2 tsp Kosher salt, 2 tsp Instant yeast, 2 tbsp Extra virgin olive oil** and **2 cups Lukewarm water**. Mix with a wooden spoon until all the flour is hydrated. The mix should be shaggy but not sloppy.
2. **Rise.** Drizzle some olive oil over the top of the dough, cover the bowl with plastic wrap or a tight-fitting cover and refrigerate overnight at least 18 hours.
3. **Deflate and shape.** At least 2 hours before you want to bake the focaccia, take the bowl out of the fridge and uncover it. Prepare your baking pan by buttering it, and drizzling about 1-2 tablespoons of olive oil. Using your hands or a dough scraper deflate the dough slightly and transfer the dough to the prepared baking pan. Shape it loosely by grabbing each end and folding it over like you would a letter. Flip the dough over so the seams are on the bottom. Cover the tray with a towel and set aside for 1.5-2 hours.
4. **Dimple.** Preheat your oven to 425F/220C. The dough should now have spread covering the surface of the baking tray. If not, you can help it stretch to the edges by carefully easing it to the corners. Drizzle more olive oil over the dough and start dimpling with your fingers, covering the entire surface. This creates valleys and mountains in the dough and you should also see air bubbles forming.
5. **Dress.** In a small bowl, combine 3 tbsp Za'atar spice blend with 2 tablespoons olive oil to form a loose paste. Drizzle the za'atar paste all over the dough. It doesn't have to be covered evenly. Trust your gut and go with the flow. Nestle in a handful of olives. Remember, less is more.
6. **Bake.** Bake in the preheated oven for 20-25 minutes, until golden brown. Every oven is different, so your focaccia may need more time.

Notes

See the blog post above for a detailed step-by-step with photos.

Some important tips:

- **Don't Hurry the process.** Allow the dough to rise in the fridge for at least 18 hours and you'll need 2-4 hours for the second rise. The timing will depend on the temperature in your kitchen and how active the dough is. Plan ahead!
- **This recipe uses Instant yeast.** But if you only have active dry yeast, you can bloom it in warm water with the sugar for 5 minutes. Once bubbly, you can add the yeast mixture to the rest of the dough's dry ingredients.
- **This is a high-hydration recipe,** meaning the dough will be quite loose. This is why you have to bake the focaccia on a rimmed baking sheet or tray.

Short on time? Make the dough in a stand mixer with a dough hook and knead on medium speed for 6-8 minutes. Let the dough rise for 1 hour and then proceed with the preparation and baking steps (starting at step 3).

Nutrition

Calories: 238kcal | Carbohydrates: 34g | Protein: 5g | Fat: 9g | Saturated Fat: 1g | Polyunsaturated Fat: 1g | Monounsaturated Fat: 6g | Sodium: 568mg | Potassium: 77mg | Fiber: 2g | Sugar: 0.2g | Vitamin A: 82IU | Vitamin C: 1mg | Calcium: 33mg | Iron: 3mg

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<https://urbanfarmandkitchen.com/no-knead-olive-zaatar-focaccia-bread/>



Strawberry Rhubarb Muffins with Lemon Streusel Topping

Mybakery-style Strawberry Rhubarb Muffins with Lemon Streusel Topping are tender, sweet and a perfect springtime bake when both sweet strawberries and rhubarb are in season. This is a very straightforward recipe that doesn't need any special equipment. Perfect for breakfast, brunch, afternoon coffee, or even dessert.

Cook Time	Prep Time	Chill Time	Total Time
23 mins	20 mins	30 mins	1 hr 13 mins

Course: Breakfast, Brunch, Dessert, Snack Cuisine: American, Seasonal Diet: Vegetarian
 Servings: 12 Muffins Author: Luay Ghafari Cost: \$15



☆☆☆☆☆
No ratings yet

Equipment

- Muffin tin

Ingredients

For the Lemon Streusel Topping

- 3 tbsp Sugar - 38 grams
- 1 tsp Lemon zest
- ½ cup All-purpose flour - 63 grams
- 3 tbsp Unsalted butter (melted) - 42 grams

For the Muffins

- ¾ cup Sugar - 150 grams
- 1 tbsp Lemon zest - 4 grams
- 1½ cups All-purpose flour - 208 grams
- 2 tsp Baking powder
- ½ tsp Baking soda
- ½ tsp Kosher salt
- 2 Large eggs - 100 grams
- 7 tbsp Unsalted butter (melted & cooled slightly) - 99 grams
- 6 tbsp Milk - 85 grams
- 1 tbsp Lemon juice
- 1 tsp Vanilla extract
- ¾ cup Fresh rhubarb (diced)
- ¾ cup Fresh strawberries (diced)

Instructions

1. **Make Crunchy Streusel Topping.** Make the lemon streusel by rubbing **1 tsp Lemon zest** into **3 tbsp Sugar** with your fingertips in a small bowl. Using a wooden spoon, stir in **½ cup All-purpose flour**, then **3 tbsp Unsalted butter (melted)** until you have coarse crumbs. Refrigerate while you prepare the muffin batter.
2. **Prepare the Dry Ingredients.** In a large bowl, rub **1 tbsp Lemon zest** into **¾ cup Sugar** until fragrant. Add **1½ cups All-purpose flour**, **2 tsp Baking powder**, **½ tsp Baking soda**, and **½ tsp Kosher salt**, then whisk to combine.
3. **Prepare the Wet Mixture.** In a medium bowl, whisk **2 Large eggs** until frothy. Add **7 tbsp Unsalted butter (melted & cooled slightly)**, **6 tbsp Milk**, **1 tbsp Lemon juice**, and **1 tsp Vanilla extract**, then whisk until smooth.
4. **Mix.** Pour the wet ingredients into the dry ingredients and gently fold together about 10 times. The batter should still look slightly streaky.
5. **Add Fruit.** Fold in **¾ cup Fresh rhubarb (diced)** and **¾ cup Fresh strawberries (diced)** with just a few additional folds until evenly distributed. Be careful not to overmix.
6. **Chill.** Cover the bowl and refrigerate the batter for 15 to 30 minutes. This short rest helps hydrate the flour and encourages taller muffin tops.
7. **Preheat the Oven.** While the batter chills, preheat the oven to 400°F (205°C).

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8. **Prep the Muffin Tin.** Line a 12-cup muffin pan with paper liners. Scoop the batter into the muffin cups, filling them almost to the top. Sprinkle the top of each muffin generously with the chilled lemon streusel.
9. **Bake.** Bake for 10 minutes, then reduce the oven temperature to 350°F (175°C) without opening the oven door. Continue baking for another 13 minutes, or until the tops spring back lightly when touched.
10. **Cool.** Let the baked muffins cool in the pan for 5 to 10 minutes before transferring them to a wire rack to cool completely.

Notes

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

Key Ingredient Notes:

- **Fresh Rhubarb:** I recommend using **in-season fresh rhubarb** for this recipe. But you can also use frozen. Just make sure to drain it as it thaws to remove excess moisture, which could make the muffins soggy.
- **Fresh Strawberries:** Strawberries and rhubarb are a match made in springtime heaven. They are both in season at the same time, so it kind of makes sense. In a pinch, frozen berries can be substituted but may slightly increase baking time.
- **Butter:** I'm using **unsalted butter** in this recipe, but you can use salted if that's what you have. I would just omit any additional salt from the recipe if using salted butter.
- **Sugar:** I recommend using standard **white sugar** here. It's easier to rub the lemon zest into it. Streusel topping is usually made with brown sugar, but I think the flavor of brown sugar will not work well with the tartness of the rhubarb.

Tips for Success:

- Refrigerating the batter before baking helps produce taller, bakery-style muffin tops.
- Rub the lemon zest directly into the sugar instead of simply stirring it in. This releases the essential oils and gives the muffins much more lemon flavor.
- **Beat the eggs until frothy before mixing in the remaining wet ingredients.** This incorporates extra air for a lighter crumb.
- Fold the batter gently and stop mixing as soon as no large streaks of flour remain. Overmixing develops gluten and can lead to dense muffins.
- Dice both the strawberries and rhubarb into small, even pieces so they distribute evenly throughout each muffin and bake consistently.

Nutrition

Calories: 247kcal | Carbohydrates: 35g | Protein: 4g | Fat: 11g | Saturated Fat: 6g | Polyunsaturated Fat: 1g | Monounsaturated Fat: 3g | Trans Fat: 0.4g | Cholesterol: 53mg | Sodium: 229mg | Potassium: 87mg | Fiber: 1g | Sugar: 17g | Vitamin A: 353IU | Vitamin C: 7mg | Calcium: 68mg | Iron: 1mg

To see the web version with photos, tips

and FAQs, scan the QR code or visit:

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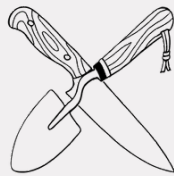




Thank you

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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