



Olive
Grove Club
Exclusive



SUMMER MEAL PLAN: WEEK 6



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.

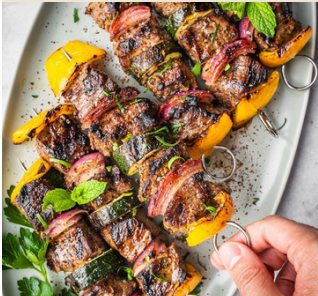
Disclaimer: The information, recipes, and tips provided in this meal plan are for general informational purposes only. While every effort has been made to ensure accuracy, completeness, and reliability, no guarantees are made regarding the results you may achieve when following these recipes or suggestions. 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 6

Monday



Beef Shish Kebabs

Tuesday



Sicilian Pesto Pasta

Wednesday



Chicken Kafta

Thursday



Asparagus Goat Cheese Tart

Friday



Mediterranean Salmon Salad

Salad



Grilled Peach Salad

Baking



Detroit Style Pizza

Dessert



Blueberry Peach Galette

URBAN FARM & KITCHEN

Middle Eastern Beef Shish Kebab (with Sides)

These Middle Eastern Beef Shish Kebabs are incredibly easy to prepare, delicious, and perfect for either a weeknight or the weekend. Whether you're hosting a backyard BBQ or just craving something deliciously easy, these kebabs are guaranteed to impress.



Prep Time	Cook Time	Marinating Time	Total Time
15 mins	15 mins	1 hr	1 hr 30 mins

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

★★★★★
5 from 1 vote

Equipment

- Meat Tenderizer Optional
- Grill pan, outdoor grill or BBQ

Ingredients

Beef Kebab Ingredients

- 1 ½ lbs Tri Tip, top sirloin steak, tenderloin or other grilling beef - See note
- 2 tbsp Olive oil
- 2 tbsp Lemon juice
- 2 Garlic cloves (minced)
- 1 tbsp Pomegranate molasses
- 1 tbsp Dried oregano
- 1 ½ tsp Kosher salt
- ½ tsp Black pepper
- 1 Red onion (cut into 1 ½ inch pieces)
- 1 Zucchini (cut into 1 ½ inch pieces)
- 1 Bell pepper (cut into 1 ½ inch pieces)
- Fresh parsley and sumac for garnish

Sides, Salads and Sauces

- Homemade Tzatziki
- Lemon Mint Yogurt Sauce
- Saffron rice
- Mediterranean Yellow Rice
- Chopped salad
- Fattoush Salad
- Sumac Onions

Instructions

1. **Tenderize the Meat (Optional).** Using a meat tenderizer, poke holes into **1 ½ lbs Tri Tip, top sirloin steak, tenderloin or other grilling beef** and then cut it into 1 to 1 ½ inch cubes. Note: Your butcher can also tenderize it for you, or you can skip the tenderizing step.
2. **Make the Marinade.** In a medium bowl, whisk together **2 tbsp Olive oil, 2 tbsp Lemon juice, 2 Garlic cloves (minced), 1 tbsp Pomegranate molasses, 1 tbsp Dried oregano, 1 ½ tsp Kosher salt,** and **½ tsp Black pepper.**
3. **Marinate the Beef.** Add the chunks of beef to the marinade, toss to coat well, cover, and refrigerate for at least 1 hour or up to overnight.
4. **Skewer.** Skewer the marinated beef chunks along with **1 Red onion (cut into 1 ½ inch pieces), 1 Zucchini (cut into 1 ½ inch pieces),** and **1 Bell pepper (cut into 1 ½ inch pieces).** Aim to keep the veggie pieces about the same size as the beef and alternate them on the skewer. Any leftover vegetables can be skewered and grilled alongside the beef 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. Use a meat thermometer if you have one. It'll help you determine the internal temperature of the beef so you don't overcook it. For best results, I recommend **Medium or Medium Well**.

6. **Serve.** Add **Fresh parsley and sumac for garnish** and serve right away.

Notes

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

Ingredient notes:

- **Beef:** I use **sirloin tri-tip or top sirloin**, a tender, flavorful cut that's perfect for skewering. It has a decent amount of marbling, which means that it'll stay tender when cooked. You can also use **rib eye or another grilling-appropriate cut of beef**. If you want to splurge, beef tenderloin (filet mignon) would also work, but could dry out quickly, so make sure not to overcook it. **Ask your butcher** if you're not sure what cut of meat to buy. Don't use tougher cuts like shoulder or stewing beef.
- **Pomegranate molasses:** This is a Middle Eastern-style recipe and for that, the sweet and tangy flavor of pomegranate molasses is key. You can buy it online or at any Middle Eastern market. These days, you can also find it at most well-stocked grocery stores. You can use soy sauce, balsamic vinegar, or Worcestershire sauce instead, but it won't be the same.
- **Vegetables:** I like using fresh veggies that cook quickly. Red or white onions, red or green bell peppers, and zucchini work well. You can also use mushrooms, cherry tomatoes, and/or scallions.

Other Tips:

- Use an instant-read thermometer to check the doneness of the beef. I recommend cooking the beef to Medium (140–145°F) or Medium well (150–155°F).

Nutrition

Calories: 322kcal | Carbohydrates: 10g | Protein: 39g | Fat: 13g | Saturated Fat: 3g | Polyunsaturated Fat: 1g | Monounsaturated Fat: 8g | Cholesterol: 100mg | Sodium: 1265mg | Potassium: 868mg | Fiber: 2g | Sugar: 6g | Vitamin A: 1052IU | Vitamin C: 52mg | Calcium: 78mg | Iron: 4mg

To see the web version with photos, tips

and FAQs, scan the QR code or visit:

<https://urbanfarmandkitchen.com/middle-eastern-beef-shish-kebabs-with-sides/>



Linguine with Sicilian Pesto

This recipewillbecomeyoursummertocrowd pleaser. Fresh Sicilian pesto with lemony fried capers. Delicious.

Prep Time

30 mins

Cook Time

10 mins

Total Time

40 mins

Course: Main Course Cuisine: Italian Diet: Vegan, Vegetarian Servings: 6 people

Author: Luay Ghafari Cost: \$10



5 from 6 votes

Ingredients

- 1 lb Linguine - Dry or fresh
- 1½ cups Sicilian Pesto

Topping/Garnish

- 1 tbsp Olive Oil
- 3 tbsp Capers
- ¼ cup Breadcrumbs
- 2 tbsp Parsley (finely chopped)
- 1 tbsp Lemon zest
- Juice of lemon to taste

Instructions

1. You will need a portion of Sicilian Pesto for this recipe.
2. **Boil Pasta.** In a large pot with salted water, boil **1 lb Linguine** per package instructions.
3. **Prepare Garnish.** While your pasta is boiling, prepare the garnish. In a small frying pan on medium heat, add **1 tbsp Olive Oil** and then **3 tbsp Capers**. Fry the capers for 3-4 minutes. Add **¼ cup Breadcrumbs**, toss and continue to fry for 2-3 more minutes. You're looking for a nice and toasty mixture.
4. **Season Garnish.** Remove frying pan from heat, add **2 tbsp Parsley (finely chopped)** and **1 tbsp Lemon zest**. Stir to combine. Set aside.
5. **Toss Pasta with Prepared Pesto.** When your pasta is ready, drain it in a sieve and reserve one cup of water. Return drained pasta to the pot and add the **1½ cups Sicilian Pesto**. Toss vigorously to combine. Use the reserved pasta water to loosen up the sauce to your desired consistency.
6. **Plate and Garnish.** Plate pasta, add your fried caper and breadcrumb topping and serve with a wedge of lemon.

Notes

Refer to the blog post above for more information.

Key Ingredient Notes:

- **Pasta:** Linguine or Tagliatelle will work nicely. But you can use whatever you have on hand.
- **Pesto:** You need to prepare a portion of Sicilian Pesto for this recipe. But you know, you can also make this recipe with my Walnut Basil Pesto too.
- **Capers:** Briny and salty, they basically act like a salty finishing touch to this dish. If you're not a fan of capers, you can omit them, or try chopped green olives instead.
- **Breadcrumbs:** Use regular, unseasoned breadcrumbs. Panko breadcrumbs won't work here.

Nutrition

Calories: 421kcal | Carbohydrates: 69g | Protein: 13g | Fat: 10g | Saturated Fat: 2g | Polyunsaturated Fat: 1g | Monounsaturated Fat: 2g | Cholesterol: 5mg | Sodium: 719mg | Potassium: 191mg | Fiber: 5g | Sugar: 7g | Vitamin A: 518IU | Vitamin C: 7mg | Calcium:

89mg | Iron: 2 mg

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

<https://urbanfarmandkitchen.com/easy-and-fast-sicilian-pesto-pasta-with-fried-capers/>



Chicken Kafta Kebabs

Looking for a mouthwatering and easy-to-make recipe? My chicken kafta is a must-try! Packed with aromatic spices and fresh herbs, these grilled chicken kafta patties or kebabs are perfect for a quick weeknight dinner or a weekend barbecue.

Prep Time
20 mins

Cook Time
10 mins

Total Time
30 mins

Course: Main Course Cuisine: Levantine, Mediterranean, Middle Eastern Servings: 3 people
Author: Luay Ghafari Cost: \$10



★★★★★
5 from 5 votes

Ingredients

- 1 lbs Ground chicken
- 1 Medium onion - very finely chopped
- ¼ cup Fresh parsley - Finly chopped
- 1 tbsp Baharat spice mix - or 1 tsp cumin, 1 tsp coriander, 1 tsp cinnamon
- 1 tsp Garlic powder
- 1 tsp Chili Flakes - Optional
- Kosher salt and black pepper - start with ½ tsp salt and ¼ tsp pepper. You may need more.
- Bread crumbs - As needed

Instructions

- Mix:** In a large mixing bowl, combine the ground chicken, chopped onion, fresh parsley, spices, garlic powder, chili flakes, salt and pepper. Combine really well. The mixture may be a little sticky and that's ok. At this point, I recommend you fry up a tablespoon of the mixture and taste it. Adjust the seasoning to your liking.
- Form:** Wet your hands with a little cold water, it will help you form the kafta without getting the mixture stuck to your hands. Form the kafta mixture into oblong shapes. If you are having difficulty forming the mix into logs, add 2-4 tablespoons of breadcrumbs to the mix.

Don't make them too thick. 1 inch (2cm) thickness is ideal. You can freeform them by hand, or form them directly onto a skewer.
- Grill:** Preheat your BBQ or grill pan on medium-high heat. Spray or brush on some neutral oil (don't use olive oil) and grill the kafta for 4-6 minutes on each side until cooked through. The internal temperature should be at least 165F.
- Serve:** Serve the grilled kafta with some rice, pita bread, salad of choice, hummus or yogurt.

Notes

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

Ingredient Notes:

- **Ground Chicken:** You can certainly use ground turkey, ground beef (Beef Kofta), ground lamb, or a combination. You can also make this recipe vegan by using a vegan minced meat substitute.
- **Baharat:** I know that most folks probably don't have Baharat (Levantine Spice Mix) in their pantries, but don't let that stop you. You can use a combination of equal parts cumin, coriander and cinnamon to achieve a similar flavor profile. If you love to prepare Middle Eastern, Lebanese or Levantine food, I suggest you pick up some Baharat from your local Middle Eastern store.

To check the seasoning level, fry up a small coin-sized portion of the mixture and taste it. Adjust the seasoning as needed.

Serve the grilled kafta with some Lebanese rice, pita bread, Taboon (flatbread), sumac onions and/or salad of choice. A drizzle of lemon tahini sauce is also traditional and so is a sprinkling of sumac. A squeeze of lemon juice is just chef's kiss!

Nutrition

Calories: 241kcal | Carbohydrates: 5g | Protein: 27g | Fat: 13g | Saturated Fat: 4g | Polyunsaturated Fat: 2g | Monounsaturated Fat: 5g | Trans Fat: 0.1g | Cholesterol: 130mg | Sodium: 107mg | Potassium: 883mg | Fiber: 1g | Sugar: 2g | Vitamin A: 620IU | Vitamin C: 9mg | Calcium: 27mg | Iron: 2mg

To see the web version with photos, tips

and FAQs, scan the QR code or visit:

<https://urbanfarmandkitchen.com/chicken-kafta/>



Asparagus Goat Cheese Puff Pastry Tart

This asparagus goatcheese puff pastry tart is spring on a plate. It's the kind of recipe you whip up when you want to impress with minimal effort. Perfect for brunch, lunch, or a light meal with a glass of wine.



★★★★★
5 from 1 vote

Prep Time
10 mins

Cook Time
20 mins

Total Time
30 mins

Course: Appetizer, Brunch, Side Dish, Snack Cuisine: Seasonal Diet: Vegetarian
Servings: 4 Servings Author: Luay Ghafari Cost: \$10

Ingredients

- 4 oz Goat cheese - 113 gram block
- 3 tbsp Heavy cream
- 1 tsp Fresh thyme leaves
- 1 tsp Fresh chives (finely chopped)
- 1 Sheet of puff pastry
- ½ lb Asparagus spears (bottoms trimmed)
- 1 Egg (beaten)
- 1 tbsp Sesame seeds - Black, white or a combination

Garnish

- Flaky salt, chopped chives, chive flowers and honey

Instructions

1. **Cheese Mixture.** Preheat your oven to 400°F (200°C). In a small bowl, mix together **4 oz Goat cheese, 3 tbsp Heavy cream, 1 tsp Fresh thyme leaves, and 1 tsp Fresh chives (finely chopped)** until smooth and well-combined.
2. **Prepare the puff.** Unroll **1 Sheet of puff pastry** onto a parchment paper-lined baking sheet or sheet pan. Using a sharp knife, score a ½ to 1-inch border around the edges. Be careful not to cut all the way through. Then, use a fork to gently prick the interior of the pastry to prevent it from puffing too much.
3. **Spread cheese.** Spread the goat cheese mixture evenly inside the border.
4. **Lay down asparagus.** Arrange about **½ lb Asparagus spears (bottoms trimmed)** tightly in a single layer over the cheese.
5. **Egg wash.** Brush the edges of the pastry with **1 Egg (beaten)** and sprinkle with **1 tbsp Sesame seeds**.
6. **Bake.** Bake for 20-25 minutes, or until the pastry is golden brown and puffed.
7. **Garnish.** Let it cool slightly, then garnish with **Flaky salt, chopped chives, chive flowers and honey** before serving.

Notes

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

Ingredient Notes:

- **Fresh Asparagus:** Asparagus is available year-round, but do try this recipe in early spring when local asparagus is in season. Choose thin stalks and make sure to trim off the tough ends.
- **Store-Bought Puff Pastry:** Frozen rolls of puff pastry are available at most grocery stores. Some places only sell blocks of puff pastry. If you only have access to those, defrost completely and then roll out to your desired shape.
- **Creamy cheese:** The goal here is to get a soft, creamy bed for your asparagus to lie in. I like goat cheese, but you can totally use a creamy feta, cream cheese, or Boursin cheese.
- **Fresh herbs.** I am using fresh chives and thyme from my garden. If you have access to chive flowers, use those as a garnish!

Nutrition

Calories: 490kcal | Carbohydrates: 31g | Protein: 13g | Fat: 35g | Saturated Fat: 13g | Polyunsaturated Fat: 4g | Monounsaturated Fat: 16g | Trans Fat: 0.01g | Cholesterol: 67mg | Sodium: 277mg | Potassium: 198mg | Fiber: 2g | Sugar: 2g | Vitamin A: 982IU | Vitamin C: 4mg | Calcium: 95mg | Iron: 4mg

To see the web version with photos, tips

and FAQs, scan the QR code or visit:

<https://urbanfarmandkitchen.com/asparagus-goat-cheese-puff-pastry-tart/>



Mediterranean Salmon Salad (with Herbs & Crispy Capers)

I'm all about taking a humble salad and making it heartier and more filling and this Mediterranean Salmon Salad does exactly that! It's packed with fresh vegetables, a vibrant lemon dressing, and topped with crispy capers. It's light but satisfying, full of fresh flavor, and perfect for lunch or a quick dinner.



★★★★★
5 from 1 vote

Prep Time
15 mins

Cook Time
15 mins

Total Time
30 mins

Course: Salad Cuisine: Mediterranean Servings: 2 Servings Author: Luay Ghafari

Ingredients

Salmon

- ¾ lbs Salmon filet
- 1 tbsp Lemon juice
- 1 tsp Olive oil
- ½ tsp Kosher salt
- ¼ tsp Black pepper

Crispy Capers

- 2 tbsp Olive oil
- 3 tbsp Capers (drained and patted dry)

Lemon Dijon Dressing

- 3 tbsp Extra virgin olive oil
- 2 tbsp Lemon juice
- 2 tsp Dijon mustard
- 1 Small garlic clove (grated)
- ½ tsp Kosher salt
- ¼ tsp Black pepper

Salad Ingredients

- 4 cups Mixed greens
- 1 Persian cucumber (diced)
- 1 cup Cherry tomatoes (halved)
- ½ Small red onion (thinly sliced)
- ¼ cup Olives (whole or chopped)
- 2 tbsp Fresh dill (chopped) - or fresh parsley

Instructions

1. **Cook the Salmon.** Preheat your oven to 400°F (200°C). Season ¾ lbs Salmon filet with 1 tsp Olive oil, 1 tbsp Lemon juice, ½ tsp Kosher salt, and ¼ tsp Black pepper. Roast for about 10–12 minutes, or until just cooked through. Set aside to cool slightly, then flake into large chunks.
2. **Crisp the Capers.** Heat 2 tbsp Olive oil in a small skillet over medium heat. Add 3 tbsp Capers (drained and patted dry) and fry for 2–3 minutes until they're golden and crunchy. Transfer to a paper-towel-lined plate to drain.
3. **Make the Dressing.** In a small bowl, whisk together 3 tbsp Extra virgin olive oil, 2 tbsp Lemon juice, 2 tsp Dijon mustard, 1 Small garlic clove (grated), ½ tsp Kosher salt, and ¼ tsp Black pepper until emulsified.
4. **Assemble the Salad.** In a large serving bowl or large serving platter, combine 4 cups Mixed greens, 1 Persian cucumber (diced), 1 cup Cherry tomatoes (halved), ½ Small red onion (thinly sliced), ¼ cup Olives (whole or chopped), and 2 tbsp Fresh dill (chopped). Drizzle with the lemon herb dressing and toss to coat. Taste and adjust seasoning as needed.
5. **Dress and Serve.** Top the dressed salad with flaked salmon and those irresistible crispy capers. Garnish with more fresh dill if you like. Serve right away.

Notes

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

Key Ingredient Notes:

- **Salmon filet:** 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. Could you use canned salmon in this recipe? Sure, in a pinch. But I personally wouldn't.
- **Fresh Herbs:** A salad like this really needs some added freshness from **fresh dill**. You can substitute with fresh parsley if that's what you have on hand.
- **Olives:** I like the addition of olives in this salad, as they reinforce the Mediterranean flavor profile. You can use **green olives, kalamata olives, or a combination**. It's totally up to you!
- **Capers:** I always have capers in brine on hand and use them in many of my Greek and Mediterranean recipes.
- **Dijon Mustard:** Adds a subtle sharpness to the dressing, but most importantly it helps emulsify the acid and oil. You end up with a creamy dressing instead of one that splits.

Serve it on its own, or with my Same Day Focaccia, Roasted Garlic Potatoes or Greek Spinach Rice for a complete meal.

Nutrition

Calories: 645kcal | Carbohydrates: 12g | Protein: 37g | Fat: 5g | Saturated Fat: 7g | Polyunsaturated Fat: 9g | Monounsaturated Fat: 33g | Cholesterol: 94mg | Sodium: 2501mg | Potassium: 1264mg | Fiber: 2g | Sugar: 4g | Vitamin A: 1490IU | Vitamin C: 48mg | Calcium: 70mg | Iron: 3mg

To see the web version with photos, tips

and FAQs, scan the QR code or visit:

<https://urbanfarmandkitchen.com/mediterranean-salmon-salad-with-crispy-capers/>



Grilled Peach Salad Recipe (with Basil Vinaigrette)

This **Grilled Peach Salad** is my go-to when I want something fresh, colorful, and absolutely packed with flavor. Sweet, juicy peaches, smoky from the grill, tossed with peppery arugula, creamy goat cheese, and a tangy basil vinaigrette. **It comes together really quickly** and is a showstopper. Perfect for your next dinner party in the garden.



★★★★★
5 from 1 vote

Prep Time
10 mins

Cook Time
10 mins

Total Time
20 mins

Course: Appetizer, Salad Cuisine: Seasonal Diet: Vegetarian Servings: 6 servings
Author: Luay Ghafari Cost: \$15

Equipment

- Grill pan or outdoor grill

Ingredients

Basil Vinaigrette

- 3 tbsp Extra virgin olive oil
- 2 tbsp Red wine vinegar
- ½ tsp Kosher salt
- ¼ tsp Black pepper
- ¼ cup Basil leaves (packed)

Salad Ingredients

- 3 Peaches (quartered)
- 6 cups Arugula
- 1 cup Blueberries
- 1 cup Cherry tomatoes (halved)
- ½ cup Goat cheese (crumbled)
- 2 tbsp Slivered or sliced almonds
- Basil leaves for garnish

Instructions

1. **Make the Basil Vinaigrette.** In a small food processor or blender, combine **3 tbsp Extra virgin olive oil, 2 tbsp Red wine vinegar, ½ tsp Kosher salt, ¼ tsp Black pepper,** and **¼ cup Basil leaves (packed)**. Blend until smooth and set aside.
2. **Grill the Peaches.** Grill **3 Peaches (quartered)** on a preheated and lightly oiled grill pan or BBQ until charred and tender, about 2–3 minutes per side. You want the peaches to have some grill marks on the cut side.
3. **Dress the Arugula.** In a large bowl, toss **6 cups Arugula** with half of the basil vinaigrette. Arrange it as the base on your serving platter. You can just toss the arugula directly in the serving platter. Taste the arugula and decide if you want to add more salt.
4. **Assemble the Salad.** Layer the grilled peaches, **1 cup Blueberries, 1 cup Cherry tomatoes (halved), ½ cup Goat cheese (crumbled),** and **2 tbsp Slivered or sliced almonds** over the arugula. Drizzle with the remaining vinaigrette. Top with a few **Basil leaves for garnish** and serve immediately.

Notes

Refer to the post above for step by step recipe photos, helpful tips and menu suggestions.

Key Ingredient Notes:

- **Fresh Peaches:** Fresh, ripe peaches are key. Nectarines work in a pinch. If you buy peaches and they still feel firm, let them ripen on the counter for a day or two before making this recipe. It'll be easier to quarter them when they are ripe.
- **Fresh Blueberries:** Adds a sweet pop of color and flavor. I have also made a variation of this recipe with blackberries.

- **Baby Arugula:** For that peppery bite. Baby spinach or mixed greens can be subbed.
- **Goat cheese:** Creamy and tangy. I think the flavor of goat cheese works really well with the sweet peaches and peppery arugula. But Greek Feta cheese is a great alternative. Creamy burrata or fresh mozzarella also works. I
- **Almonds:** Toasted for crunch. Walnuts or crunchy pecans are also lovely here. I have made a variation of this recipe with pepitas (pumpkin seeds).
- **Fresh Herbs:** Fresh basil leaves are key, both in the vinaigrette and as garnish. I recommend using basil; there isn't really a good substitute here.

Nutrition

Calories: 187kcal | Carbohydrates: 14g | Protein: 6g | Fat: 13g | Saturated Fat: 4g | Polyunsaturated Fat: 1g | Monounsaturated Fat: 7g | Cholesterol: 9mg | Sodium: 379mg | Potassium: 273mg | Fiber: 3g | Sugar: 10g | Vitamin A: 1102IU | Vitamin C: 14mg | Calcium: 77mg | Iron: 1mg

To see the web version with photos, tips

and FAQs, scan the QR code or visit:

<https://urbanfarmandkitchen.com/grilled-peach-salad-recipe-with-basil-vinaigrette/>



Detroit-Style Pizza Recipe

If you're a fan of cheesy, crispy and delicious pizza, then you MUST try this **Detroit Style Pizza Recipe**. What makes Detroit-style so unique is that it is baked in a metal pan, with cheese pressed up against the edges. The cheese melts, forming a **crispy, lacy crust**. It's so good!



Prep Time	Cook Time	Rise Time	Total Time
20 mins	20 mins	4 hrs	4 hrs 40 mins

Course: Main Course Cuisine: American Servings: 6 Slices Author: Luay Ghafari Cost: \$20



5 from 4 votes

Equipment

- Nonstick 9x13 Baking pan - [Affiliate Link](#)
- Kitchen Scale - [Affiliate Link](#)

Ingredients

For the Base Dough

- 2¼ cups All purpose flour - 300 grams
- 1¼ tsp Kosher salt - 7 grams
- 1¼ tsp Instant yeast - 4 grams
- 1½ tbsp Extra virgin olive oil - 18 grams
- 1 cup Lukewarm water - 250 grams

For Greasing the Pan

- 1 tsp Butter
- 2 tbsp Extra virgin olive oil

Toppings

- 2 cups Cheese (cubed) - Use Wisconsin Brick Cheese or Low-Moisture Mozzarella (See Note)
- 1 cup Pepperoni
- 1½ cups Pizza or Marinara Sauce - See note

Basil Garlic Oil

- ¼ cup Basil leaves
- 1-2 Garlic cloves
- 3 tbsp Olive oil
- Salt and pepper to taste

Instructions

1. **Mix the Dough.** In a large bowl, combine **2¼ cups All purpose flour**, **1¼ tsp Kosher salt**, **1¼ tsp Instant yeast**, **1½ tbsp Extra virgin olive oil** and **1 cup Lukewarm water**. Mix using a fork, wooden spoon or Danish whisk until well combined and a shaggy dough forms. The flour should be fully hydrated. Cover with a tea towel or plastic wrap and set aside for 30 minutes.
2. **Stretch and Fold.** Wet your hands and perform a stretch and fold. Grab the dough from one side, gently pull up and fold it over. Rotate the bowl 90 degrees and repeat. Repeat 2 more times. As you do this, try to scrape down any dough stuck to the sides of the bowl. Cover and let rest for 30 minutes.
3. **Repeat Stretch and Fold.** Repeat the stretch and fold process every 30 minutes, for a total of 3 to 4 rounds over 2 hours. At this point, the dough should be much smoother.
4. **Transfer.** Grease a baking tray with **1 tsp Butter** and **2 tbsp Extra virgin olive oil**. Transfer the dough to the prepared pan, fold it gently like a letter, then flip it so the seam is on the bottom. Cover and rest for 1.5 to 2 hours.
5. Preheat the oven to 450°F/230°C.
6. **Stretch the Dough in the Pan.** If the dough hasn't spread fully, lightly oil your hands and stretch it gently into the corners of the baking pan. Punch out most of the air from the dough with your fingers. You want an even layer of dough that touches all edges.

7. **Add Cheese.** Add **2 cups Cheese (cubed)** all over the dough, making sure to place pieces of cheese right up against the edges of the pan. The idea is that the cheese will melt along the edge of the pan, forming a crispy crust.
8. **Add Pepperoni Cups.** Layer **1 cup Pepperoni** on top of the cheese.
9. **First Bake.** Bake in the hot oven for about 15 minutes. Use the bottom rack of the oven.
10. **Add Sauce.** Pull the pizza out at around 15 minutes. Spoon over **1½ cups Pizza or Marinara Sauce**. Don't cover the whole pizza completely. Spoon in parallel lines or dollop so you still have cheese and pepperoni exposed. This helps avoid sogginess.
11. **Finish Baking.** Return the pan to the oven and bake another 5-8 minutes, or until the edges are golden-crisp and the cheese is bubbly and blistered.
12. **Make Garlic Basil Oil (can be made while pizza bakes).** In a small food processor, process **¼ cup Basil leaves, 1-2 Garlic cloves, 3 tbsp Olive oil, and Salt and pepper to taste.**
13. **Remove from Pan & Dress.** Using a butter knife or small spatula, go around all edges of the pan to release the pizza. If you're using a nonstick or well-oiled pan, the pizza should slide out clean. Transfer to a cooling rack so the bottom stays crisp. Drizzle the garlic basil oil over top. Slice and enjoy right away.

Notes

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

Use a kitchen scale. I have provided US customary measurements, but for accuracy, I recommend that you weigh out your dough ingredients.

Key Ingredient Notes:

- **Flour:** I am using **all-purpose** flour. It's easy, it's readily available, and everyone has it. Bread flour gives a chewier texture, but both work great. If you want to use some whole wheat flour in this recipe, sub out a quarter to a half of the white flour for whole wheat, just like how I do it in my Whole Wheat No Knead Focaccia recipe.
- **Yeast:** I like to use **Instant yeast** in most of my Baking Recipes, but active dry yeast will work just fine too. Just make sure to bloom it in the water for a few minutes before adding the flour.
- **Cheese:** Okay, so here's the catch. Detroit-style pizza is made with **Wisconsin Brick Cheese**. Now, this kind of cheese is not available everywhere. I adapted the traditional recipe to use more common cheese: **Low-Moisture Mozzarella Cheese (the kind you buy in a ball or slab) and Emmental (adds flavor)**. You can also use a combination of Mozzarella and Cheddar cheese, or Mozzarella and Monterey Jack. The key is to cut it into small cubes.
- **Marinara or Pizza Sauce:** I am using store-bought marinara here. I recommend **straining the sauce in a fine-mesh sieve for 15 minutes** so that some of the excess water can drain out of the sauce. You aren't cooking the sauce for long, so you want it to be thick when you put it in the pizza.

Nutrition

Calories: 545kcal | Carbohydrates: 42g | Protein: 19g | Fat: 33g | Saturated Fat: 10g | Polyunsaturated Fat: 3g | Monounsaturated Fat: 17g | Trans Fat: 0.3g | Cholesterol: 45mg | Sodium: 1346mg | Potassium: 360mg | Fiber: 3g | Sugar: 3g | Vitamin A: 619IU | Vitamin C: 5mg | Calcium: 287mg | Iron: 3mg

To see the web version with photos, tips

and FAQs, scan the QR code or visit:

<https://urbanfarmandkitchen.com/detroit-style-pizza-recipe/>



Blueberry Peach Galette Recipe (with Lime and Brown Sugar)

This Blueberry Peach Galette (with Lime and Brown Sugar) is peak summer indessert form. Juicy peaches and blueberries are tucked into a rustic, flaky crust, with a hint of lime to brighten things up. It's simple, seasonal, and perfect for making the most of fresh summer fruit on hot summer days.



★★★★★
5 from 1 vote

Prep Time
30 mins

Cook Time
30 mins

Total Time
1 hr

Course: Dessert Cuisine: French, Seasonal Diet: Vegetarian Servings: 8 Servings
Author: Luay Ghafari Cost: \$15

Equipment

- Food Processor

Ingredients

Galette Dough

- 1½ cups All purpose flour
- 2 tbsp White sugar
- ¼ tsp Kosher salt
- ⅔ cup Unsalted butter (cubed) - Should be really cold
- ¼-½ cup Ice cold water

Fruit Filling

- 4-6 Peaches (sliced into wedges)
- 1 cup Fresh blueberries
- ½ cup Brown sugar
- 2 tbsp Cornstarch
- 1 tsp Lime zest - From 1 lime
- 1 tbsp Lime juice

For the Crust

- 1 Egg (beaten)
- 1-2 tbsp Turbinado Sugar - Optional

Instructions

1. **Make the Galette Dough.** In a food processor, combine **1½ cups All purpose flour, 2 tbsp White sugar, ¼ tsp Kosher salt, and ⅔ cup Unsalted butter (cubed)**. Pulse until the mixture reaches a rough crumb consistency.
2. **Add Cold Water.** With the processor running, slowly add **¼-½ cup Ice cold water** until a ball of dough forms. Remove it, wrap it tightly in plastic, flatten it to a 1-inch thick disc, and refrigerate for at least 30 minutes.
3. **Prep the Filling.** While the dough chills, prepare the filling. In a large bowl, mix together **4-6 Peaches (sliced into wedges), 1 cup Fresh blueberries, ½ cup Brown sugar, 2 tbsp Cornstarch, 1 tsp Lime zest, and 1 tbsp Lime juice**. Toss well to coat.
4. **Roll the Dough.** Preheat your oven to 400°F (200°C). Lightly flour your surface and roll the dough into an 18-inch-wide circle using a floured rolling pin. Transfer the dough disk to a parchment-lined baking sheet.
5. **Add Fruit.** Arrange the fruit mixture in the center of the dough circle (pile it or try to make a design if you like), leaving a 1.5 to 2-inch border.
6. **Fold.** Gently lift one edge of the dough and fold it up and over the filling, letting it naturally pleat as you go. Continue working your way around the galette, overlapping the dough slightly with each fold to create a crimped, circular border that holds in the fruit. The center remains exposed, giving the galette its signature rustic look.
7. **Egg Wash.** Brush the exposed dough edge with **1 Egg (beaten)** and, if you like, sprinkle with **1-2 tbsp Turbinado Sugar** for a little sparkle and crunch. This is optional but recommended.

8. **Bake Galette.** Bake until the crust is golden brown and the fruit is bubbly, about 35-40 minutes. Let it cool slightly at room temperature for at least 20 minutes before serving with a scoop of vanilla ice cream or whipped cream.

Notes

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

Key Ingredients Notes:

- **Peaches:** Firm but ripe peaches are best; you can use other stone fruit like nectarines as a substitute.
- **Blueberries:** Fresh or frozen both work; no need to thaw if using frozen. Just mix them into the peach and sugar mixture. You can use another berry if you prefer. Blackberries or Raspberries would be nice too.
- **Citrus:** Lemon juice and lemon zest are traditionally used, but I prefer the flavor of limes. Use both the juice and the zest in this recipe.
- **Cornstarch.** Helps thicken the fruit juices so your galette isn't soggy. You can also use all-purpose flour, but to be honest, I think cornstarch works best and doesn't have that raw flour taste you can get from using flour as a thickener.

Nutrition

Calories: 345kcal | Carbohydrates: 47g | Protein: 4g | Fat: 16g | Saturated Fat: 10g | Polyunsaturated Fat: 1g | Monounsaturated Fat: 4g | Trans Fat: 1g | Cholesterol: 61mg | Sodium: 194mg | Potassium: 164mg | Fiber: 2g | Sugar: 23g | Vitamin A: 758IU | Vitamin C: 6mg | Calcium: 27mg | Iron: 2mg

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

<https://urbanfarmandkitchen.com/blueberry-peach-galette-recipe-with-lime-and-brown-sugar/>

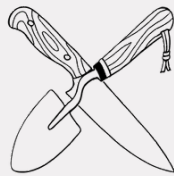




Thank you

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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