



SUMMER MEAL PLAN: WEEK 10



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 10

Monday



Arayes Meat Stuffed Pita

Tuesday



Chicken Pesto Pasta

Wednesday



Spiced Ground Beef and Rice

Thursday



Heirloom Tomato Galette

Friday



Prawn Shishito Skewers

Salad/App



Tomato Carpaccio

Baking



**Fig, Onion and Cheddar
Focaccia**

Dessert



Cherry Walnut Galette

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North African Grilled Lamb Loin Chops (with Chermoula Sauce)

This **North African Grilled Lamb Loin Chops** recipe is packed with bright parsley and cilantro, warm spices, garlic, and fresh lemon. Perfect for summer entertaining or a special occasion. The best part? The same **chermoula works as both a flavorful marinade and a fresh finishing sauce**.



☆☆☆☆☆
No ratings yet

Prep Time
10 mins

Cook Time
20 mins

Marinating Time
1 hr

Total Time
1 hr 30 mins

Course: Main Course Cuisine: North African Servings: 4 People Author: Luay Ghafari
Cost: \$35

Equipment

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

Ingredients

For the Chermoula

- ¾ cup Fresh flat leaf parsley - Leaves and stems
- ¾ cup Fresh cilantro (coriander) - Leaves and stems
- 2-3 Garlic cloves
- 2-3 tbsp Extra-virgin olive oil
- 1 Lemon zest - From 1 lemon
- 2 tbsp Lemon juice - From 1 lemon
- 1 tsp Ground cumin
- 1 tsp Ground coriander
- ½ tsp Smoked paprika
- ½ tsp Red pepper flakes - Optional, use more or less
- ½ tsp Kosher salt
- ¼ tsp Black pepper

For the Lamb

- 2½ lb Lamb loin chops - about 8 chops
- 2 tbsp Olive oil
- 2 tsp Kosher salt
- ½ tsp Black pepper
- Chopped cilantro and hot chili peppers for garnish

Instructions

1. **Make the Marinade/Sauce.** Add the parsley, cilantro, garlic, olive oil, lemon zest, lemon juice, cumin, coriander, smoked paprika, red pepper flakes (if using), salt, and black pepper to a food processor. Blend until mostly smooth but still slightly textured. Transfer to a bowl.
2. **Season the Meat.** Pat the lamb loin chops dry and season both sides with olive oil, kosher salt, and black pepper. Arrange them in a single layer in a glass or ceramic baking dish.
3. **Marinate.** Spoon about two-thirds of the chermoula over the lamb, making sure every chop is well coated. Reserve the remaining one-third of the sauce for serving. Cover and refrigerate for at least one hour, although overnight produces the deepest flavor.
4. **Grill and Serve.** Preheat a charcoal or gas grill. Sear the lamb over medium-high heat to develop beautiful grill marks before moving to medium heat to finish cooking. Cook until your preferred doneness is reached, checking with an instant-read thermometer. I personally love lamb cooked to medium doneness, which is **140-145°F (60-63°C)**. Allow the chops to rest for 5 to 10 minutes before serving with the reserved chermoula, chopped cilantro, and optional sliced hot peppers.

Notes

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

Ingredient Notes:

- **Lamb Loin Chops:** I am using **bone-in loin chops**. They are usually found in the meat case, pre-cut and ready to buy by weight. Many grocers will carry frozen Australian or New Zealand lamb too. Ask the butcher. If lamb loin chops are not available, you can use a rack of lamb cut the ribs into chops yourself (or ask your butcher).
- **Fresh Herbs:** Chermoula Sauce is made with both **fresh parsley** and **fresh cilantro**. You will definitely need both herbs to make this sauce that doubles as the marinade.
- **Lemon:** You will need both lemon zest and lemon juice for the sauce.
- **Spices:** There is where chermoula gets its smokiness and earthiness from. You will need **ground cumin, ground coriander, smoked paprika** and optional **chili flakes** for heat.

Tips for Success:

- **Marinate the lamb overnight whenever possible.** The herbs, garlic, and spices have more time to penetrate the meat, resulting in deeper flavor.
- Reserve part of the Chermoula Sauce before it touches the raw meat so you have a vibrant fresh sauce for serving.
- Let the lamb sit at room temperature for about 20–30 minutes before grilling so it cooks more evenly.
- **Use a two-zone fire if using a charcoal grill.** Sear over direct heat, then move the chops to a cooler section if needed to finish cooking without burning the herbs.
- An instant-read thermometer is the easiest way to avoid overcooking. Medium-rare to medium generally provides the juiciest results for loin chops.

Nutrition

Calories: 1017kcal | Carbohydrates: 3g | Protein: 47g | Fat: 90g | Saturated Fat: 35g | Polyunsaturated Fat: 7g | Monounsaturated Fat: 41g | Cholesterol: 210mg | Sodium: 2062mg | Potassium: 727mg | Fiber: 1g | Sugar: 0.4g | Vitamin A: 1355IU | Vitamin C: 21g | Calcium: 76mg | Iron: 6mg

To see the web version with photos, tips

and FAQs, scan the QR code or visit:

<https://urbanfarmandkitchen.com/north-african-grilled-lamb-loin-chops-with-hermoula-sauce/>



Mediterranean Chickpea Pasta Salad (with Lemon Sumac Dressing)

This **Mediterranean Chickpea Pasta Salad** is hearty and filling, packed with fresh veggies, protein-packed chickpeas, herbs and tender pasta. And that lemon sumac dressing? It's tangy and bold, tying everything together in the best way. Best of all, it comes together in **under 30 minutes**.



★★★★★
5 from 1 vote

Prep Time 15 mins	Cook Time 15 mins	Total Time 30 mins
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Course: Appetizer, Salad, Side Dish Cuisine: Mediterranean, Seasonal Diet: Vegan, Vegetarian
Servings: 6 Servings Author: Luay Ghafari Cost: \$10

Ingredients

- 12 oz Short pasta - Fusilli, rotini, or orecchiette
- Salt for pasta water

For the Lemon Sumac Dressing

- ¼ cup Extra virgin olive oil
- 2 tbsp Lemon juice
- 2 tsp Dijon mustard
- ½ tsp Dried oregano
- ½ tsp Sumac
- ½ tsp Kosher salt
- ¼ tsp Black pepper

For the Salad

- 1 can Chickpeas (rinsed and drained) - 14 oz can
- 2 Persian cucumbers (chopped)
- 1 cup Cherry tomatoes (halved)
- 5 Green onions (chopped)
- 2 tbsp Fresh parsley (chopped)
- 2 tbsp Fresh mint (chopped)
- Garnish with mint leaves and extra sumac

Instructions

1. **Cook the Pasta.** Bring a large pot of well-salted water to a boil. Add the pasta and cook until just al dente according to package directions. Drain well in a sieve or colander.
2. **Make the Dressing.** In a small bowl or jar, whisk together the extra virgin olive oil, fresh lemon juice, Dijon mustard, oregano, sumac, salt, and freshly ground black pepper. Whisk until the dressing is smooth and emulsified.
3. **Assemble the Salad.** Add the cooled and drained pasta to a large serving bowl. Add the chickpeas, diced crisp cucumber, halved cherry tomatoes, chopped green onions, parsley, and mint.
4. **Dress and Finish.** Pour the dressing over the salad. Toss gently until everything is evenly coated. Taste and adjust with more lemon, salt, or pepper if needed. Serve at room temperature or chilled. Finish with a garnish of mint leaves and a sprinkle of sumac.

Notes

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

Key ingredient notes:

- **Pasta:** I recommend using a **short pasta** like fusilli, rotini, or orecchiette. You can also use whole wheat pasta or gluten-free pasta.
- **Sumac:** Tangy Middle Eastern spice (sub with lemon zest + paprika if needed). But really, try to get your hands on it. It's now much easier to find at local supermarkets or Middle Eastern stores. You can also get it online.

- **Chickpeas:** Canned, rinsed, and drained. No need to make your life harder by cooking up dry chickpeas. You can also substitute with white beans or butter beans.
- **Cucumbers:** I recommend using **Persian cucumbers** here. If you only have a large English cucumber, I recommend peeling it and removing some of the seed cavity to avoid having a watery salad.
- **Tomatoes:** I like the addition of **sliced cherry or grape tomatoes**. Don't use large slicer tomatoes as they will just make the salad wet and messy.
- **Fresh Herbs:** A combination of **fresh parsley** and **fresh mint** give this salad a vibrancy that's unmistakably Eastern Mediterranean.

Nutrition

Calories: 413kcal | Carbohydrates: 64g | Protein: 14g | Fat: 12g | Saturated Fat: 2g | Polyunsaturated Fat: 2g | Monounsaturated Fat: 7g | Sodium: 323mg | Potassium: 455mg | Fiber: 8g | Sugar: 6g | Vitamin A: 446IU | Vitamin C: 13mg | Calcium: 67mg | Iron: 3mg

To see the web version with photos, tips

and FAQs, scan the QR code or visit:

<https://urbanfarmandkitchen.com/mediterranean-chickpea-pasta-salad/>



Maftoul (Palestinian Couscous)

Maftoul, sometimes written as maftool, is a Palestinian grain dish that's similar to Moroccan couscous. Cooked here with several aromatic spices, chicken, and chickpeas, it's a traditional Levantine meal that's ready in less than an hour.

Prep Time

15 mins

Cook Time

40 mins

Total Time

55 mins

Course: Main Course

Cuisine: Levantine, Middle Eastern

Servings: 6 people

Author: Luay Ghafari

Cost: \$20



5 from 16 votes

Ingredients

Spice Blend

- 1 tsp Cumin - ground
- 1 tsp Coriander seed - ground
- 1 tsp Fennel seed - ground
- 1 tsp Cinnamon - ground

Chicken

- 1 Chicken - Cut into quarters or eights
- 2 tbsp Olive oil
- Kosher salt and black pepper
- 2 Onions - Cut into wedges

Maftoul

- 1 ½ cups Maftoul - Pearl couscous (see substitution notes)
- 2 ¼ cups Chicken Broth
- 2 tbsp Butter
- 4 Garlic cloves - Minced
- 1 can Chickpeas - Drained and rinsed
- Parsley and Lemon wedges for garnish

Instructions

1. **Spice Mix.** Prepare the spice mix by combining all the individual spices in a small bowl.
2. **Bake Chicken.** Preheat your oven to 375F. Rub the chicken pieces with olive oil and season with 1/2 of the spice mixture, salt and pepper. Place the seasoned chicken pieces on a rimmed baking sheet or in a braiser with the onion wedges. Bake for 35-45 minutes, until the chicken is fully cooked. You can broil it for a few minutes at the end of cooking to get it to crisp up if you wish.
3. **Boil Maftoul.** While the chicken is baking, boil the maftoul per package directions. If there are no directions, in a medium-sized pot with lid, place the maftoul, 2 ¼ cups chicken broth, and a teaspoon of salt. Bring to a boil, turn the heat down to a simmer, and cook covered for 30 minutes. You'll know the maftoul is cooked when it's soft. It's ok if there's a little liquid left in the pot.
4. **Prepare Chickpeas.** In a large frying pan set on medium-low heat, add the butter and fry the garlic and the remaining 1/2 of the spice mixture, 1-2 minutes until fragrant. Add the chickpeas, a ½ tsp of salt and ½ cup of chicken broth. Stir to combine and simmer for 5 minutes to warm through.
5. **Assemble.** Combine the cooked maftoul with the chickpea mixture. Taste and adjust the seasoning. This mixture should not be soupy, nor should it be dry. If needed add a splash of water or broth to make sure it doesn't clump.
6. **Serve.** Serve the roasted chicken and charred onions over the chickpea and maftoul mixture. I like to use the same braiser I used to cook the chicken so all the wonderful bits and juices don't go to waste. Garnish with parsley and lemon wedges.

Notes

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

Ingredient Notes and Substitutions:

- **Maftoul:** it can be ordered online and found in most Middle Eastern grocers. Substitute pearl couscous, "moghrabieh" or fregola (Sardinian couscous) if you can't find it.
- **Spices:** caraway is traditionally used, but as it's uncommon in North American, it's been replaced with the more common cumin and fennel for this recipe. If you have caraway seeds, add some to the spice blend.
- **Chicken:** if you're not comfortable cutting a whole chicken yourself, either ask the butcher for help when you buy it, or use thighs instead and adjust the cooking time as needed.
- **Butter:** replace with olive oil if preferred.

Nutrition

Calories: 337kcal | Carbohydrates: 57g | Protein: 12g | Fat: 7g | Saturated Fat: 1g | Polyunsaturated Fat: 1g | Monounsaturated Fat: 4g | Trans Fat: 0.01g | Cholesterol: 4mg | Sodium: 376mg | Potassium: 328mg | Fiber: 8g | Sugar: 7g | Vitamin A: 23IU | Vitamin C: 4mg | Calcium: 76mg | Iron: 3mg

To see the web version with photos, tips

and FAQs, scan the QR code or visit:

<https://urbanfarmandkitchen.com/maftoul-palestinian-couscous/>



The Best Homemade Marinara Sauce

You must be wondering, not another homemade marinara sauce recipe! But if you grow your own tomatoes like I do, this recipe is the only one you'll need! Use it on pasta, as pizza sauce, or as a dipping sauce. It also freezes beautifully to be enjoyed all winter long!

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

Course: Main Course Cuisine: American, Italian Diet: Vegan, Vegetarian
 Servings: 12 Servings Author: Luay Ghafari Cost: \$10



★★★★★
5 from 1 vote

Equipment

- Food Mill - Affiliate link

Ingredients

- 2 tbsp Extra virgin olive oil
- 1-2 Garlic bulbs - Garlic cloves separated, peeled and roughly crushed
- 5 lbs Plum tomatoes - Roma, San Marzano, or Paste tomatoes
- 4-5 Fresh basil stems
- 1 tbsp Kosher salt - Plus more depending on preference

Optional Ingredients

- Chopped onions, hot pepper flakes, dried herbs. - Optional

Instructions

- Fry the garlic.** In a large nonreactive pot, add the olive oil and crushed garlic. Fry on medium heat until fragrant, 1-2 minutes. Don't burn the garlic!
- Crush the tomatoes.** Take the pot off the heat and place a food mill over it. Halve the Roma tomatoes and pass them through the food mill and directly into the pot. Look at the notes below for alternative methods.
- Season.** Add the basil and 1 tbsp of salt to start.
- Simmer.** Place the pot back on the heat and simmer on low until thickened and reduced by about half, about 45-60 minutes. Adjust the seasoning to your liking. Remember this sauce can be used as is, or as a basis for other sauces, so don't be too heavy-handed with the salt.

Notes

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

Ingredient Notes:

- Tomatoes:** For this recipe, you must use paste tomatoes! Roma tomatoes, San Marzano tomatoes, oxheart tomatoes, or other fleshy tomatoes are the basis for this sauce. If you only have access to very juicy slicer-type tomatoes, I recommend you try my roasted tomato sauce recipe instead, as the roasting step helps some of the juice evaporate.
- Fresh herbs:** Basil is the only acceptable herb to flavor marinara! And it must be fresh!
- Garlic:** Another key ingredient, garlic adds depth of flavor.

Other additions: Chopped yellow onion, chopped shallots, or red pepper flakes.

This recipe should yield about $\frac{3}{4}$ to 1 quart of sauce.

No food mill? No problem! Start by marking a small x with a paring knife on the bottom of each tomato and then drop it in a pot with boiling water for 30 seconds. Remove the tomatoes and peel away the skins. Chop the peeled tomatoes and add them to the fried garlic and continue with the recipe. You may want to blend the peeled tomatoes in a blender or food processor if you're looking for a less chunky consistency.

Storage: Store in an airtight container in the fridge for up to 5 days, or freeze in a freezer-safe container for up to 12 months.

Nutrition

Calories: 55kcal | Carbohydrates: 7g | Protein: 2g | Fat: 3g | Saturated Fat: 0.4g | Polyunsaturated Fat: 0.4g | Monounsaturated Fat: 2g | Sodium: 591mg | Potassium: 449mg | Fiber: 2g | Sugar: 5g | Vitamin A: 1574IU | Vitamin C: 26mg | Calcium: 20mg | Iron: 1mg

To see the web version with photos, tips

and FAQs, scan the QR code or visit:

<https://urbanfarmandkitchen.com/how-to-make-the-best-homemade-marinara-sauce/>



Grilled Mediterranean Salmon Kabobs (Skewers and Sauce)

Nothing says summer quite like firing up the grill, and these Grilled Mediterranean Salmon Kabobs are one of my favorite ways to enjoy fresh salmon. The marinade is bright and herbaceous, the grill gives everything a delicious char, and a simple herby side sauce brings it all together. This recipe is easy, fast, and perfect for al fresco dining.

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

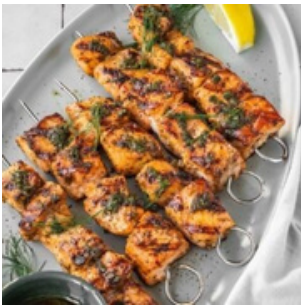
Course: Main Course

Cuisine: Mediterranean

Servings: 2 people

Author: Luay Ghafari

Cost: \$20



★★★★★

5 from 1 vote

Equipment

- Grill pan or outdoor grill

Ingredients

Marinade Ingredients

- 3 tbsp Extra virgin olive oil
- 2 tbsp Lemon juice
- 3-4 Garlic cloves (minced)
- 2 tsp Dried oregano
- ½ tsp Sumac
- ½ tsp Chili flake
- 1 tsp Kosher salt
- ¼ tsp Black pepper

Fish

- 1½ lbs Salmon fillet (cubed) - Skinless, center cut

Side Sauce

- 2 tbsp Extra virgin olive oil
- 1 tbsp Lemon juice
- 1 tbsp Fresh dill (finely chopped)
- 1 tbsp Fresh parsley (finely chopped)
- ½ tsp Sumac
- ¼ tsp Kosher salt

Instructions

- Prepare the Salmon Marinade.** In a medium bowl, whisk together **3 tbsp Extra virgin olive oil, 2 tbsp Lemon juice, 3-4 Garlic cloves (minced), 2 tsp Dried oregano, ½ tsp Sumac, ½ tsp Chili flake, 1 tsp Kosher salt,** and **¼ tsp Black pepper** to create the marinade.
- Marinate the Salmon.** Add **1½ lbs Salmon fillet (cubed)** to the marinade and toss gently to coat. Cover and refrigerate for 30-60 minutes.
- Prepare the Side Sauce.** While the salmon marinates, make the side sauce by mixing **2 tbsp Extra virgin olive oil, 1 tbsp Lemon juice, 1 tbsp Fresh dill (finely chopped), 1 tbsp Fresh parsley (finely chopped), ½ tsp Sumac,** and **¼ tsp Kosher salt** in a small bowl.
- Skewer.** Thread salmon pieces onto skewers.
- Grill.** Oil your grill generously with vegetable or avocado oil. Grill the salmon skewers over medium-high heat, about 3-4 minutes per side, until charred and just cooked through. I am using a stovetop grill pan here, but you can use an outdoor charcoal or gas grill. Try not to move them too early. The salmon should release when it's charred. Watch carefully, salmon can stick or break easily! NOTE: If you prefer, you can cook them in an air fryer or roast in the oven on a baking sheet.
- Serve.** Serve hot with a drizzle of the herby sauce or a squeeze of lemon if you prefer.

Notes

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

Key Ingredient Notes:

- **Salmon fillet:** I am using **skinless thick salmon filets**, cut into cubes. I recommend getting a nice thick piece so that you end up with sizeable cubes. Ask your fishmonger for a "center cut fillet". The center cut is taken from the center of the whole side of the fish and has a uniform thickness, making it easier to cube up and portion.
- **Dried Herbs:** I love adding **dried oregano** to my Mediterranean-inspired recipes. You can also use dried thyme here. Don't use anything too overpowering like dried rosemary.
- **Sumac:** This **Middle Eastern spice** brings a tangy, citrusy note. Optional but highly recommended.
- **Chili flakes:** For a little heat; adjust to taste. You can use chili powder or paprika instead.
- **Herbs (for the side sauce):** I am using a combination of fresh dill and fresh parsley as part of the finishing sauce. They work perfectly with fish.

Serve these skewers with my Mediterranean Yellow Rice, Chopped Cucumber and Tomato Salad and Garlic Roast Potatoes.

Nutrition

Calories: 812kcal | Carbohydrates: 5g | Protein: 68g | Fat: 57g | Saturated Fat: 8g | Polyunsaturated Fat: 12g | Monounsaturated Fat: 33g | Cholesterol: 187mg | Sodium: 1905mg | Potassium: 1756mg | Fiber: 1g | Sugar: 1g | Vitamin A: 504IU | Vitamin C: 13mg | Calcium: 89mg | Iron: 4mg

To see the web version with photos, tips

and FAQs, scan the QR code or visit:

<https://urbanfarmandkitchen.com/grilled-mediterranean-salmon-kabobs/>



Burrata Bruschetta

Burrata bruschetta is a perfect and delicious appetizer for your summer garden party, picnic or weeknight meal. It comes together quickly (in under 15 minutes) and combines creamy burrata cheese, fresh tomatoes and basil. What's not to love?!

Prep Time
15 mins

Total Time
15 mins

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



★★★★★
5 from 10 votes

Ingredients

- 1 Baguette or Italian loaf - sliced into 1/2-3/4" (1-2cm) thick slices
- 3 tbsp Olive oil - divided
- 1-2 Garlic cloves - peeled
- 2-3 cups Cherry tomatoes - cut in half
- 1/4 Red onion - very thinly sliced
- 1/2 cup Basil - Chopped or torn
- 1 tbsp Balsamic vinegar
- Kosher salt and black pepper - to taste
- 1 Large Burrata ball - Or two small ones
- Flaky salt, balsamic glaze, olive oil and more basil for garnish.

Instructions

1. **Toast bread.** Rub the sliced bread with extra virgin olive oil lightly. Toast or grill the bread and then rub a garlic clove on one side of each bread piece.
2. **Toss.** In a bowl, combine the cherry tomatoes, red onion, basil, 2 tbsp extra virgin olive oil, 1 tbsp balsamic vinegar, salt and pepper. Toss to combine and taste. Adjust seasoning.
3. **Burrata.** Break open the burrata. On a serving platter, lay out the toasted bread with the garlic side up and top each piece with some burrata.
4. **Assemble.** Add a spoonful or two of the tomato and basil mixture. Drizzle with more olive oil, balsamic glaze, flaky salt, extra basil and enjoy.

Notes

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

Fun additions: Feel free to add red peppers, roasted garlic, lemon zest, red pepper flakes, olives, artichoke hearts, or capers.

Ingredient Notes and Substitutions:

- **Bread:** A classic bruschetta is made with toasted or grilled sliced ciabatta, Italian bread or baguette but do feel free to experiment. You can even use my Rosemary Parmesan Bread as a base here. Gluten free bread, sourdough bread or crackers can also be used. You want to use a crusty bread to counterbalance the softness from the rest of the ingredients.
- **Burrata:** Burrata cheese is the star of the show, with its gooey and rich center. If you can't get your hands on burrata, you can make this recipe with ricotta, buffalo mozzarella cheese or even cottage cheese for a lighter option.
- **Tomatoes:** I love using sweet cherry tomatoes here (grape tomatoes work too), especially since I have so many growing in the garden. However, feel free to use organic heirloom tomatoes or Roma tomatoes.
- **Red onions:** The red onions add a nice counterbalance, crunch and spiciness to the toast. But feel free to omit them if you have picky eaters.
- **Fresh Basil:** There's really no substitution for basil in my opinion. You can play around with the herb combinations to suit your tastes. Fresh parsley is also a good option.
- **Olive Oil:** Choose good quality extra-virgin olive oil. If you can find unfiltered olive oil, even better. This is the time to use that beautiful bottle of EVOO you got for your birthday!

- **Balsamic Vinegar:** This is an important sweet and tangy touch, but feel free to use lemon juice, lime juice or another vinegar of your choice. Make sure to taste and adjust as needed.
- **Flaky salt:** I like the crunch and texture you get from flaky salt, but use what you have on hand. Kosher salt or sea salt work just fine.

Nutrition

Calories: 185kcal | Carbohydrates: 23g | Protein: 5g | Fat: 8 | Saturated Fat: 1g | Polyunsaturated Fat: 1g | Monounsaturated Fat: 5g | Cholesterol: 0.1mg | Sodium: 264mg | Potassium: 178mg | Fiber: 1g | Sugar: 4g | Vitamin A: 350IU | Vitamin C: 12mg | Calcium: 56mg | Iron: 2mg

To see the web version with photos, tips

and FAQs, scan the QR code or visit:

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



Mushroom Cheddar Focaccia (Same-Day Recipe)

I've never met a focaccia that I didn't love, and let me tell you, this Mushroom Cheddar Focaccia may just be the best one I have ever made! If you are a fan of mushrooms and cheese, this one is for you! This is a same-day recipe, so there's no overnight proofing necessary. It comes together in under 5 hours, which is mostly hands-off time.



☆☆☆☆☆
No ratings yet

Prep Time
20 mins

Cook Time
20 mins

Rise Time
4 hrs

Total Time
4 hrs 40 mins

Course: Appetizer, Breakfast, Brunch, Side Dish Cuisine: Italian Diet: Vegetarian

Servings: 12 Slices Author: Luay Ghafari Cost: \$5

Equipment

- 9x13 Baking pan or large rimmed baking sheet - [Affiliate Link](#)
- Kitchen Scale - [Affiliate Link](#)

Ingredients

For the Base Dough

- 3¾ cups All purpose flour - 500 grams
- 2 tsp Kosher salt - 10 grams
- 2 tsp Instant yeast - 7 grams
- 2 tbsp Extra virgin olive oil - 28 grams
- 1¾ cups Lukewarm water - 415 grams

For Greasing the Pan

- 1 tsp Butter
- 2 tbsp Extra virgin olive oil

Mushroom Mix

- 1½ lbs Fresh mushrooms (roughly chopped)
- 1 tbsp Olive oil
- 1-2 Garlic cloves (minced)
- 1 tbsp Fresh thyme leaves
- Salt and pepper - To taste

Remaining Toppings

- 2 tbsp Extra virgin olive oil
- 1 cup Shredded aged cheddar

Instructions

1. **Mix the Focaccia Dough.** In a large bowl, combine **3¾ cups All purpose flour, 2 tsp Kosher salt, 2 tsp Instant yeast, 2 tbsp Extra virgin olive oil** and **1¾ cups 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.** If the dough hasn't spread fully, lightly oil your hands and stretch it gently into the corners of the baking pan. Grease your hands with a little olive oil so they don't stick to the dough.
7. **Cook the Toppings.** Sauté **1½ lbs Fresh mushrooms (roughly chopped)** with **1 tbsp Olive oil, 1-2 Garlic cloves (minced)**, and **1 tbsp Fresh thyme leaves** until golden and fragrant, about 7-9 minutes. Season with **Salt and pepper** to taste. Remember, the cheese will be salty, so don't go overboard with seasoning the mushrooms.
8. **Dimple and Dress.** Drizzle **2 tbsp Extra virgin olive oil** over the dough and use your fingers to create dimples. Top with sautéed mushrooms and scatter **1 cup Shredded aged cheddar** over everything. Dimple again, pressing down the cheese and mushrooms.
9. **Bake.** Bake for 20-25 minutes until golden brown. Let cool for at least 30 minutes before slicing.

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.
- **Mushrooms:** I am using a mix of cremini, shiitake and portobello. You can choose your own mix, or just go with plain white mushrooms if that's what you have access to.
- **Fresh Herbs: Thyme** just goes so perfectly with mushrooms. It's aromatic and earthy; rosemary, sage or oregano would work in a pinch.
- **Cheese.** I love **aged cheddar**. It's bold, sharp, and melty. It caramelizes nicely, too as the focaccia bakes. You could use a mild cheddar or even a pizza mix. Or use Gruyere, Emmental, or even a little crumbled blue cheese for a funky twist.

Nutrition

Calories: 276kcal | Carbohydrates: 33g | Protein: 9g | Fat: 12g | Saturated Fat: 3g | Polyunsaturated Fat: 1g | Monounsaturated Fat: 7g | Trans Fat: 0.01g | Cholesterol: 10mg | Sodium: 458mg | Potassium: 253mg | Fiber: 2g | Sugar: 1g | Vitamin A: 133IU | Vitamin C: 2mg | Calcium: 79mg | Iron: 2mg

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Strawberry Cinnamon Rolls (Soft and Fluffy)

My Strawberry Cinnamon Rolls are soft, fluffy, buttery and packed with fresh strawberry flavor and topped with a lemony cream cheese frosting. I love them for dessert, a sweet treat or even an indulgent breakfast.



Prep Time	Cook Time	Proofing Time	Total Time
1 hr 5 mins	1 hr	2 hrs 30 mins	4 hrs 35 mins

Course: Breakfast, Dessert, Snack Cuisine: American, Seasonal Diet: Vegetarian
 Servings: 12 Rolls Author: Luay Ghafari Cost: \$20

☆☆☆☆☆
 No ratings yet

Ingredients

For the Tangzhong

- 4 tbsp Bread flour - 30 grams
- 1/3 cup Water - 75 grams
- 1/3 cup Milk - 75 grams

For the Dough

- 7 tbsp Milk (warm) - 100 grams
- 2 1/2 tsp Instant yeast
- 2 Large eggs (room temperature, lightly beaten)
- 1 tsp Vanilla extract
- 4 1/4 cups Bread flour - 510 grams
- 1/2 cup Sugar - 100 grams
- 1 1/4 tsp Kosher salt
- 6 tbsp Unsalted butter (softened) - 85 grams

For the Filling

- 2 cups Strawberries (stems removed and mashed) - 228 grams
- 1/2 cup Sugar - 100 grams
- 2 tsp Lemon juice
- 1 tbsp Cornstarch
- 1 tbsp Water
- 1 tsp Cinnamon

For the Frosting and Garnish

- 3 oz Cream cheese (room temperature) - 85 grams
- 3 tbsp Unsalted butter (room temperature) - 42 grams
- 1 1/2 cup Powdered sugar (sifted) - 180 grams
- 2 tsp Lemon juice
- 1/2 tsp Lemon zest
- 1/2 tsp Vanilla extract
- 1/8 tsp Kosher salt
- Additional diced strawberries & lemon zest for garnish

Instructions

Prepare the Dough

1. **Prepare the Tangzhong.** Whisk together the bread flour, milk, and water in a small saucepan. Cook over medium heat, stirring constantly, until a thick paste forms. Transfer to a heat-proof bowl and allow it to cool completely to room temperature.
2. **Mix the Dough.** Warm the milk to about 110°F and combine it with the cooled tangzhong, yeast, eggs, vanilla, bread flour, sugar, and salt in the bowl of a stand mixer. Mix with the dough hook attachment on low speed until a shaggy dough forms.

3. **Knead.** Knead the dough for 7 to 10 minutes until smooth and elastic. Add the softened unsalted butter one tablespoon at a time, allowing each addition to fully incorporate before adding the next. Continue mixing until the dough becomes soft, smooth, and slightly tacky. This should take about 5 minutes.
4. **Rise.** Transfer the dough to a lightly greased bowl, cover with a towel or plastic wrap, and let it rise until nearly doubled in size, about 60 to 90 minutes.

Prepare the Filling and Rolls

1. **While the Dough Rises, Prepare the Strawberry Filling.** Use a potato masher to mash up the strawberries. Then add them to a saucepan over medium-low heat. Stir in the sugar and lemon juice. Allow the strawberry mixture to simmer, while stirring frequently, for about 20 minutes. The mixture should darken in color and reduce. Cook until the mixture is thick enough that you can see a streak when you run your spatula on the bottom of the pan.
2. **Add Cornstarch Slurry.** Combine the cornstarch and water to create a slurry. Stir it into the strawberry mixture. Continue to cook while stirring constantly until it becomes a thick jam.
3. **Add Cinnamon.** Remove from heat and stir in the cinnamon. Transfer to a wide shallow dish, like a pie plate, or small baking pan to cool. Spreading it onto a wide surface will allow the filling to cool quicker.
4. **Roll and Spread.** Grease a 9x13-inch baking dish with about 1 tablespoon of butter or cooking spray. After the dough has risen, remove the plastic wrap and punch down the dough. Then turn the dough out onto a lightly floured surface and roll it out into a rectangle measuring 12 inches by 18 inches. Spread the cooled strawberry filling over the dough using an offset spatula. Leave an edge of about ½ inch on one long edge.
5. **Cut and Roll.** Trim the edges for clean rolls if desired, then cut the dough into 12 equal strips using a sharp knife or preferably a pizza cutter, about 1.5 inches wide. Roll each strip of dough up individually to create the cinnamon rolls. Place rolls in the prepared baking dish.
6. **Let the Rolls Rise.** Cover with plastic wrap and let rise again until quite puffy, at least 60 minutes. Meanwhile, preheat your oven to 350°F.
7. **Bake.** Bake for 23 to 26 minutes, or until golden brown and the centers reach an internal temperature of 185 to 190°F. Allow the rolls to cool for about 10 to 15 minutes.

Prepare the Cream Cheese Icing and Garnish

1. **Make Cream Cheese Frosting.** Combine the cream cheese and butter in the bowl of an electric mixer. Beat on medium speed until smooth. Add in the vanilla extract, lemon juice, lemon zest, and salt and mix again until combined. Finally, add the powdered sugar and stir on the lowest speed until it is creamy and all dry ingredients have been incorporated.
2. **Spread Frosting.** Spread the cream cheese frosting over the warm rolls.
3. **Garnish.** Garnish with fresh diced strawberries and lemon zest before serving.

Notes

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

Key Ingredient Notes:

- **Fresh Strawberries:** When strawberry season rolls around, it's time to take advantage. You can also use frozen strawberries but they need to be thawed and drained well. But do try to use fresh berries if you can.
- **Bread Flour:** Bread flour creates the chewy yet incredibly soft texture that makes these rolls so fluffy. All-purpose flour can work, though the rolls will be slightly less fluffy.
- **Milk:** You will need to use milk in both the tangzhong and the final dough. I recommend using whole milk, but 2% also works.
- **Cream Cheese:** I love cream cheese icing and I think it goes perfectly with these fluffy strawberry cinnamon rolls. Use **full-fat cream cheese** if you can, but if you prefer the low-fat option, the recipe will work just as well.
- **Sugar:** You will need both **regular white sugar** as well as **powdered or confectioners' sugar** (for the icing).

Tips for Success:

- Let the tangzhong cool completely before mixing your dough so it doesn't affect the yeast activity.
- **Don't add too much extra flour.** This dough should feel soft and slightly sticky, which helps produce incredibly fluffy rolls.
- **Cook the strawberry filling until it becomes thick and spreadable.** If it's too loose, it may leak out during baking.

- **Always cool the filling before spreading it onto the dough.** Warm filling can soften the dough and make rolling difficult.
- **Allow both rises to finish naturally.** Under-proofed rolls won't have the same light texture.

Nutrition

Calories: 373kcal | Carbohydrates: 71g | Protein: 9g | Fat: 13g | Saturated Fat: 7g | Polyunsaturated Fat: 1g | Monounsaturated Fat: 3g | Trans Fat: 0.3g | Cholesterol: 59mg | Sodium: 309mg | Potassium: 156mg | Fiber: 2g | Sugar: 19g | Vitamin A: 427IU | Vitamin C: 15mg | Calcium: 47mg | Iron: 1mg

To see the web version with photos, tips

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<https://urbanfarmandkitchen.com/strawberry-cinnamon-rolls/>

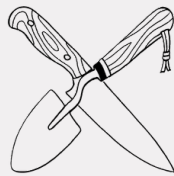




Thank you

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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