



SUMMER MEAL PLAN: WEEK 8



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 8

Monday



Beef Kofta

Tuesday



Short Rib Ragu

Wednesday



Greek Chicken + Potatoes

Thursday



Roasted Tomato Sauce

Friday



**Mediterranean Orzo +
Shrimp**

Salad



Greek Salad

Baking



**No Knead Whole Wheat
Bread**

Dessert



Lemon Pistachio Cake

URBAN FARM & KITCHEN

Beef Kofta (Easy Kafta Kebabs)

This beefkofta recipe combines accessible ground beef with aromatic Middle Eastern spices and fresh herbs. It's a perfect recipe for a quick and easy lunch or weeknight dinner.

Prep Time

15 mins

Cook Time

15 mins

Total Time

30 mins

Course: Main Course

Cuisine: Levantine, Middle Eastern

Servings: 3 people

Author: Luay Ghafari

Cost: \$15



5 from 3 votes

Ingredients

- 1 Medium onion - Chopped
- ¼ cup Fresh parsley
- 1 lb Ground beef - Use lean or medium lean. Don't use extra lean.
- 1 tbsp Baharat spice mix - or 1 teaspoon cumin, 1 teaspoon coriander, 1 teaspoon cinnamon
- 1 tsp Garlic powder
- 1 tsp Chili flakes - Optional
- Kosher salt and black pepper - start with ½ teaspoon salt and ¼ teaspoon pepper. You may need more.

Instructions

1. **Process.** In a small food processor, pulse the chopped onion and parsley until fine.
2. **Mix.** In a large bowl, combine the ground beef, onion and parsley mixture, spices, salt and pepper. Mix really well. See the note below on how to check the seasoning level.
3. **Form.** Form the meat mixture into oblong shapes. Don't make them too thick. 1 inch (2cm) thickness works well. You can freeform them, or form them onto a skewer.
4. **Grill.** Preheat your BBQ or grill pan on medium-high heat. Spray or brush the hot grill with some neutral oil and cook the beef kebabs for 6-8 minutes on each side until cooked through. The internal temperature should be at least 165F.

Notes

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

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, Lebanese Pita Bread, Taboon (flatbread), and/or salad of choice. A drizzle of Tahini Sauce is also traditional and so is a sprinkling of sumac. A squeeze of lemon juice knocks it out of the park!

You can certainly cook these kofta patties in an oven or even an air fryer. The time will vary, but the key is to cook the patties to an internal temperature of 165F.

Nutrition

Calories: 404kcal | Carbohydrates: 4g | Protein: 27g | Fat: 30g | Saturated Fat: 12g | Polyunsaturated Fat: 1g | Monounsaturated Fat: 13g | Trans Fat: 2g | Cholesterol: 107mg | Sodium: 114mg | Potassium: 487mg | Fiber: 1g | Sugar: 2g | Vitamin A: 198IU | Vitamin C: 3mg | Calcium: 39mg | Iron: 3mg

To see the web version with photos, tips

and FAQs, scan the QR code or visit:

<https://urbanfarmandkitchen.com/beef-kofta-spiced-ground-beef-kebabs/>



Short Rib Ragu

Tender and flavourful, slow-cooked short rib ragu is perfect for serving with hearty pasta or polenta. Total comfort food and so delicious. While the recipe takes about three hours from start to finish, most of that isn't active time, and it's well worth it.

Prep Time
30 mins

Cook Time
3 hrs

Total Time
3 hrs 30 mins

Course: Main Course Cuisine: Italian, pasta Servings: 6 people Author: Luay Ghafari
Cost: \$30



★★★★★
5 from 15 votes

Ingredients

- 2 lbs Beef short ribs - De-boned, cut into 2" (5cm) cubes
- 2 tbsp Light olive oil - or use vegetable or avocado oil
- Kosher salt
- 1 cup White onion - Finely diced
- ½ cup Celery - Finely diced
- ½ cup Carrot - Finely diced
- 4 Garlic cloves - Finely minced
- 2 tbsp Tomato paste
- 1 cup Red wine
- 1 cup Broth - Beef or chicken
- 1 ¾ cup Crushed tomatoes - 14oz can
- Herb Bundle - Rosemary, thyme, parsley stems
- 2 Bay leaves
- 2 tbsp Sherry or red wine vinegar
- Kosher salt and fresh cracked pepper to taste
- 1 lbs Pasta - Tagliatelle or pappardelle
- Chopped parsley and grated parmigiano reggiano for garnish
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Instructions

1. Season short ribs with kosher salt on all sides.
2. In a large braiser or Dutch oven on medium-high heat, add 2 tablespoons of light olive oil. You can also use vegetable or avocado oil. Add the short ribs and sear on all sides. Do not crowd your pot. Do this in batches if needed. Transfer seared short ribs to a plate. If the ribs released a lot of grease, remove some from the pot, leaving behind no more than 2 tablespoons of grease.
3. To the same pot, add onion, celery, carrot and garlic. Saute on medium high for 3-4 minutes, until onion softens.
4. Add tomato paste, 1 teaspoon of kosher salt and 1/2 tsp of fresh cracked pepper. Saute for another 2-3 minutes.
5. Deglaze the pot with the red wine, making sure to scrape all the browned bits off the bottom of the pot.
6. Return seared short ribs back to the pot and add broth and crushed tomatoes.
7. Add herb bundle and bay leaves. Bring the pot to a low simmer, cover but leave the lid slightly ajar so that the steam can escape and the sauce can reduce. Cook for 2 to 2 1/2 hours. Check on the pot every now and then and if you notice it drying out too much, add a splash of broth or water. You can also reduce the heat further if possible.
8. The ribs are ready when they are fork tender and fall apart easily. If by 2 1/2 hours the ribs are still not tender, continue simmering for another 30 minutes.
9. Remove bay leaves and herb bundle and discard. If using boneless ribs, shred them right in the pot using a pair of tongs or two forks. If using bone-in ribs, carefully pull the bones and then shred the meat. Note: The cartilage surrounding the bone isn't appetizing to everyone so you may choose to remove and discard that as well.
10. Taste and adjust the seasoning. Add vinegar. If the sauce feels too runny for your taste, continue to simmer for another 15-30 minutes.

11. Serve the ragu with your favorite pasta (cook per package instructions) and garnish with grated Parmigiano Reggiano and chopped parsley.

Notes

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

My preference is to use deboned short ribs, cut English Style in cubes for convenience. However, bone-in short ribs will also work and will give the ragu more flavor.

For a more affordable alternative, stewing beef cubes can be used.

This ragu can be eaten with pasta, with polenta, as a ravioli stuffing, layered in lasagna or even as a side with roasted vegetables. It can even be used to top hummus.

Recommended pastas are thicker, heartier cuts and shapes like pappardelle, tagliatelle, orecchiette, rigatoni and cavatelli.

Nutrition

Calories: 657kcal | Carbohydrates: 69g | Protein: 42g | Fat: 22g | Saturated Fat: 8g | Polyunsaturated Fat: 2g | Monounsaturated Fat: 10g | Cholesterol: 91mg | Sodium: 11054mg | Potassium: 1071mg | Fiber: 5g | Sugar: 7g | Vitamin A: 1115 | Vitamin C: 12mg | Calcium: 116mg | Iron: 6mg

To see the web version with photos, tips

and FAQs, scan the QR code or visit:

<https://urbanfarmandkitchen.com/short-rib-ragu/>



One Pan Greek Lemon Chicken and Potatoes Recipe

Can I just say, this one panGreek lemonchicken and potatoes recipe is mygo-to quick weeknight dinner fix! It takes me 15 minutes to prepare and then roasts away on its own for 45 minutes. It's incredibly satisfying and delicious.

Prep Time
15 mins

Cook Time
45 mins

Total Time
1 hr

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



★★★★★
5 from 4 votes

Ingredients

Marinade Ingredients

- ¼ cup Extra virgin olive oil
- ¼ cup Lemon juice - Juice of 2 lemons
- 4-6 Garlic cloves - Finely minced
- 2 tsp Dried oregano
- 1 tsp Dried thyme
- 1 ½ tsp Kosher salt
- ¼ tsp Black pepper

Rest of the Ingredients

- 3 lbs Chicken thighs
- 4-5 Yukon gold potatoes - Cut into large wedges
- 1 Lemon - Cut into rings
- Garnish with fresh parsley

Instructions

1. **Make the marinade.** To a large bowl, add the olive oil, lemon juice, minced garlic, dried oregano, dried thyme, kosher salt, and black pepper. Mix well to combine.
2. **Marinate the chicken.** Add the chicken thighs to the bowl and toss to coat. Set aside while you prepare the baking sheet.
3. **Arrange the chicken and potatoes.** Preheat your oven to 400F/205C. Line a large-rimmed baking sheet with parchment paper. Transfer the marinated chicken pieces and marinade to the prepared baking sheet. Add the potato wedges. Toss everything together so that the potato wedges are seasoned with the marinade. Arrange the potato wedges and chicken thighs in a single layer. They can touch slightly but don't overlap. Nestle in the sliced lemons and extra garlic if you like.
4. **Roast.** Roast in the preheated oven for 40-50 minutes, or until the chicken thighs and potatoes are cooked through and the chicken is golden brown. To get some more color on your chicken, broil for 5-8 minutes at the very end of the cooking process. Garnish with fresh parsley or fresh oregano.

Notes

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

Ingredient Notes:

- **Chicken:** You can use whichever cut of chicken you have on hand for this recipe. I like using **skin-on and bone-in chicken thighs**, but you can use chicken quarters, chicken breasts or even a whole spatchcocked chicken. You can also use boneless chicken breasts or thighs. The cooking time will of course vary if you use a whole chicken.
- **Potatoes:** My preference is to use **yellow or Yukon Gold potatoes**. However, you can use fingerling potatoes, new potatoes (baby potatoes), or chunks of baking potatoes (Russet potatoes).
- **Dried herbs:** I recommend a combination of dried oregano and dried thyme for that Mediterranean/Greek flavor profile.
- **Garlic:** I am using fresh garlic cloves in this recipe, but granulated garlic powder will work just fine.
- **Lemon:** Fresh lemons and fresh lemon juice are the way to go. I also like to slice one whole lemon and include it in the bake. The lemon slices caramelize and release their juices. They also look lovely on a serving platter.

Pair it with Maroulosalata (Greek lettuce salad), Traditional Greek salad, chopped salad, vermicelli rice, and tzatziki sauce.

Nutrition

Calories: 664kcal | Carbohydrates: 32g | Protein: 69g | Fat: 28g | Saturated Fat: 5g | Polyunsaturated Fat: 5g | Monounsaturated Fat: 15g | Trans Fat: 0.1g | Cholesterol: 323mg | Sodium: 1331mg | Potassium: 1579g | Fiber: 4g | Sugar: 2g | Vitamin A: 96IU | Vitamin C: 40mg | Calcium: 63mg | Iron: 5mg

To see the web version with photos, tips

and FAQs, scan the QR code or visit:

<https://urbanfarmandkitchen.com/one-pan-greek-lemon-chicken-and-potatoes-recipe/>



Roasted Tomato Sauce

Easy, quick and Delicious. This Roasted Tomato Sauce recipe is meant to be enjoyed right away or frozen for future use.

Prep Time

30 mins

Cook Time

45 mins

Total Time

1 hr 15 mins

Course: Main Course Cuisine: Italian, pasta Servings: 4 pint jars Author: Luay Ghafari

Equipment

- Baking sheets
- Blender

Ingredients

- 3-4 lbs Fresh tomatoes - can be any variety, shape or color but paste/plum tomatoes perform best
- 5 Cloves of garlic - Peeled
- 2-4 tbsp Extra Virgin Olive Oil
- Fresh Thyme Sprigs - As many or as little as you like/have on hand. You can also use sage, rosemary or other woody herb of your choice.
- Kosher salt and pepper to taste

Instructions

1. Preheat your oven to 350F/175C and line baking sheets or roasting pans with parchment paper. Arrange tomatoes in an even layer. Large tomatoes can be cut up into rounds or chunks. Add peeled garlic cloves to roasting pans. No need to chop them up. Place sprigs of thyme over the tomatoes evenly. No need to strip the thyme leaves. Drizzle with Extra Virgin Olive Oil and season with salt and pepper. Roast in preheated oven for 45 minutes.
2. Remove from oven and let cool. Discard thyme sprigs. They did their job.
3. Transfer tomatoes, garlic and all the juices to a blender and blend on Med-high until smooth.
4. Optional - Sieve the mixture to remove seeds and skins
5. Optional – If your sauce is too thin, transfer to a pot and cook down to desired consistency.
6. Adjust seasoning and transfer to storage containers.

Notes

Nutritional information is approximate.

This sauce can be stored in the fridge for up to a week or frozen for up to a year. It makes an excellent base for pasta sauces, soups and can even be eaten as is slathered on sourdough.

Nutrition

Calories: 129kcal | Carbohydrates: 14g | Protein: 3g | Fat: 8g | Saturated Fat: 1g | Polyunsaturated Fat: 1g | Monounsaturated Fat: 5g | Sodium: 18mg | Potassium: 821mg | Fiber: 4g | Sugar: 9g | Vitamin A: 2834IU | Vitamin C: 48mg | Calcium: 41mg | Iron: 1mg



4.93 from 27 votes

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and FAQs, scan the QR code or visit:

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



Mediterranean Orzo Salad with Shrimp

This Mediterranean Orzo Salad with Shrimp is bright, lemony, packed with herbs, and incredibly hearty and filling. It comes together in under 40 minutes and with simple ingredients like orzo, shrimp, fresh herbs and vegetables.



Prep Time
20 mins

Cook Time
20 mins

Total Time
40 mins

Course: Appetizer, Salad, Side Dish Cuisine: Greek, Mediterranean Servings: 4 People
Author: Luay Ghafari Cost: \$20

★★★★★
5 from 2 votes

Ingredients

For the Orzo

- 1 cup Dry Orzo
- Salt for the pasta water
- 1 tbsp Olive oil

For the Shrimp

- 1 lb Large shrimp - Peeled and deveined
- 1½ tbsp Olive oil
- 2 tbsp Lemon juice
- 1 tbsp Lemon zest
- 2 Garlic cloves (minced)
- ½ tsp Dry oregano
- ½ tsp Smoked paprika
- ½ tsp Kosher salt
- ¼ tsp Black pepper

For the Lemon Vinaigrette

- 3 tbsp Extra virgin olive oil
- 2-3 tbsp Lemon juice
- 1 tsp Dijon mustard
- 1 Garlic clove (grated)
- Salt and freshly ground black pepper, to taste

For the Salad

- 1 cup Cucumber (diced)
- 1 cup Cherry tomatoes (halved)
- ¼ Small red onion (thinly sliced)
- 2 tbsp Fresh parsley (chopped)
- 2 tbsp Fresh dill (chopped)
- ¼ cup Kalamata olives (sliced)
- ¼ cup Feta cheese (crumbled) - Optional

Instructions

1. **Cook the Orzo.** Bring a large pot of well-salted water to a boil. Add the orzo and cook until just al dente according to package directions. Drain well and transfer to a large serving bowl. Toss with olive oil to prevent sticking and let cool slightly.
2. **Season the Shrimp.** In a bowl, toss the shrimp with olive oil, lemon zest, lemon juice, garlic, oregano, paprika, salt, and pepper until evenly coated.
3. **Cook the Shrimp.** Heat a large skillet over medium-high heat. Add the shrimp in a single layer and cook for 1½–2 minutes per side, until pink, opaque, and just cooked through. Remove from heat immediately to avoid overcooking.
4. **Make the Vinaigrette.** In a small bowl or jar, whisk together the olive oil, lemon juice, Dijon mustard, grated garlic, salt, and pepper until emulsified.

5. **Assemble the Salad.** To the bowl with the cooked orzo, add cucumber, tomatoes, red onion, parsley, dill, olives, and feta (if using). Top with the cooked shrimp.
6. **Toss and Serve.** Drizzle with the lemon vinaigrette and gently toss until everything is evenly coated. Taste and adjust seasoning with more lemon, salt, or pepper as needed. Serve slightly warm, at room temperature, or chilled.

Notes

Refer to the post above if you need step-by-step photos, tips or more information.

Key Ingredient Notes:

- **Orzo:** A rice-shaped pasta that gives this salad body; you can substitute with small pasta like ditalini or even pearl couscous.
- **Large Shrimp:** I prefer use larger shrimp in this recipe, just because they are meatier and more satisfying. **Frozen, uncooked shrimp** are ideal. Don't use pre-cooked shrimp here, as maintaining and cooking them a second time will turn them tough.
- **Cucumbers:** I recommend using **Persian cucumbers** here. If you only have a large English cucumber, I suggest peeling it and removing some of the seed cavity to avoid having a watery salad.
- **Cherry Tomatoes:** I like the addition of **sliced cherry or grape tomatoes**. Don't use large slicer tomatoes; they will just make the salad wet and messy.
- **Fresh Herbs:** A combination of **fresh parsley** and **fresh dill** give this salad a vibrancy that's unmistakably Eastern Mediterranean.
- **Olives:** I almost always reach for **Kalamata Olives**. You can use pitted olives. Or use whole olives and remove the pits yourself. I find whole olives taste better than pitted olives, but that's just a personal preference, and you do what works best for you!
- **Feta Cheese:** **Greek feta cheese** is the way to go! It's creamy and the sourness really plays nicely with the sweetness from the other ingredients. You can certainly use goat cheese here too, but creamy and salty Feta just makes sense.

Nutrition

Calories: 449kcal | Carbohydrates: 35g | Protein: 23g | Fat: 25g | Saturated Fat: 4g | Polyunsaturated Fat: 3g | Monounsaturated Fat: 16g | Trans Fat: 0.01g | Cholesterol: 151mg | Sodium: 1340mg | Potassium: 402g | Fiber: 3g | Sugar: 3g | Vitamin A: 793IU | Vitamin C: 21mg | Calcium: 141mg | Iron: 2mg

To see the web version with photos, tips

and FAQs, scan the QR code or visit:

<https://urbanfarmandkitchen.com/mediterranean-orzo-salad-with-shrimp/>



Traditional Greek Salad Recipe (Horiatiki Salata)

If summer had an official salad, it would be this vibrant and refreshing Traditional Greek Salad Recipe (Horiatiki Salata). Fresh tomatoes, crisp cucumber, briny olives, and creamy feta come together in one glorious bowl. My go-to salad recipe for dinners in the garden.

Prep Time
15 mins

Total Time
15 mins

Course: Appetizer, Salad, Side Dish Cuisine: Greek Diet: Vegetarian Servings: 4 people
Author: Luay Ghafari Cost: \$10



★★★★★
5 from 1 vote

Ingredients

Salad Dressing

- 3 tbsp Extra virgin olive oil
- 2 tbsp Lemon juice
- 1 tsp Dried oregano
- ¼ tsp Kosher salt - remember the feta and olives are salty, so don't add too much salt right away
- ¼ tsp Black pepper

Salad Ingredients

- 3 Large tomatoes (cut into chunks) - about 3 cups
- 2 Persian cucumbers (cut into chunks)
- ½ Green bell pepper (cut into strips)
- ½ Red onion (cut into thin strips)
- ¼ cup Kalamata olives
- ½ cup Feta cheese (block)
- Drizzle with olive oil and a sprinkle of dried oregano for garnish

Instructions

1. **Prepare Dressing.** Make the dressing by whisking together **3 tbsp Extra virgin olive oil, 2 tbsp Lemon juice, 1 tsp Dried oregano, ¼ tsp Kosher salt,** and **¼ tsp Black pepper** in a small bowl.
2. **Assemble.** In a serving bowl, add **3 Large tomatoes (cut into chunks), 2 Persian cucumbers (cut into chunks), ½ Green bell pepper (cut into strips), ½ Red onion (cut into thin strips),** and **¼ cup Kalamata olives.**
3. **Toss.** Pour the dressing over the vegetables and toss gently to combine. Taste the salad, it should be just salty enough. Adjust the seasoning to your liking.
4. **Add Cheese and Serve.** Place **½ cup Feta cheese (block)** on top of the salad. **Drizzle with olive oil and a sprinkle of dried oregano for garnish.** Serve immediately or at room temperature.

Notes

Refer to the post above for step-by-step photos, menu planning ideas, expert tips and more.

Key Ingredient Notes:

- **Cucumbers:** I recommend using crisp Persian-style cucumbers. Their seed cavities are small and the skin is tender. But English cucumbers work too, but I would recommend peeling and cutting out the seed cavity so the salad doesn't end up being too wet.
- **Green Peppers:** I don't always make this salad with sweet pepper, but if you have it, add it. Red bell pepper could be substituted in.
- **Red Onion:** Soak slices in cold water for a milder flavor. The key is to slice them thinly. If you are sensitive to the flavor of onion, you could use a milder sweet onion or even green onion, but it won't be traditional.
- **Kalamata Olives:** Briny and rich; substitute with other Greek olives if desired. I personally prefer to include olives with the pit, as I find them juicier and tastier than pitted olives. But if you are serving this for a crowd, or maybe to younger children, pitted olives are a safer bet.

- **Greek Feta:** Look for block feta in brine for the best flavor and texture. A traditional Greek salad is served with a block of Greek feta cheese, which you would then break apart at the table.
- **Dried Oregano:** I like to include it in the dressing and then sprinkle some more over the cheese in the end.

Nutrition

Calories: 187kcal | Carbohydrates: 8g | Protein: 4g | Fat: 16g | Saturated Fat: 4g | Polyunsaturated Fat: 1g | Monounsaturated Fat: 10g | Cholesterol: 17mg | Sodium: 643mg | Potassium: 335mg | Fiber: 2g | Sugar: 4g | Vitamin A: 974IU | Vitamin C: 29mg | Calcium: 124mg | Iron: 1mg

To see the web version with photos, tips

and FAQs, scan the QR code or visit:

<https://urbanfarmandkitchen.com/traditional-greek-salad-recipe-horiatiki-salata/>



No Knead Whole Wheat Bread Recipe

This beginner-level no knead whole wheat bread recipe is an excellent starting point for a beginner home baker. It has a crusty exterior and tender crumb. The recipe does take some time to prepare (mostly hands-off) but the final baked loaf will be worth the wait. Enjoy this crusty bread with butter, jam, bread dipping oil, or slather with homemade hummus.



★★★★★
5 from 11 votes

Prep Time 15 mins	Cook Time 40 mins	Rise time 18 hrs	Total Time 18 hrs 55 mins
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Course: Appetizer, Breakfast, Brunch, Side Dish Cuisine: American Diet: Vegetarian

Servings: 10 Slices Author: Luay Ghafari Cost: \$5

Equipment

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

Ingredients

- 2 cups All-purpose flour - 265 grams
- 1 ⅓ cups Whole wheat flour - 175 grams
- ¼ tsp Instant yeast - 1 gram
- 2 tsp Kosher salt - 10 grams
- 1 ½ cups Lukewarm water - 350 grams

Instructions

1. **Mix the dough.** Add **2 cups All-purpose flour**, **1 ⅓ cups Whole wheat flour**, **¼ tsp Instant yeast**, and **2 tsp Kosher salt** to a large bowl and mix well to combine. Add **1 ½ cups Lukewarm water** and stir using a fork, wooden spoon or dough mixer until shaggy. Don't overmix, just make sure all the flour is hydrated.
2. **Rise.** Cover with plastic wrap and let the dough rise at room temperature for 12-18 hours, until the surface is dotted all over with bubbles.
3. **Form the dough.** Turn the dough over onto a lightly floured surface. It will be shaggy and feel wet. That's ok. Carefully fold the dough like you would an envelope, turn 90 degrees and repeat. The goal is to form a tight ball, with a seam on the bottom touching the work surface. It doesn't have to be perfect.
4. **Transfer to the basket.** Carefully lift the dough ball and place it in a well-floured banneton basket (or bowl lined with a towel), ensuring that the seam is facing up. If the seam begins to undo itself, carefully pinch the dough. Cover with a towel and let it rise for 1-2 hours.
5. **Preheat and Prepare.** 30 minutes before the dough is ready, place an oven-safe Dutch oven pot in your oven and preheat to 475F/240C. When the oven is preheated and the bread has risen, carefully take out the Dutch oven and remove the lid. Flip the dough ball onto a sheet of parchment paper or silicone bread liner. You can score the bread with a lame or knife if you wish.
6. **Bake.** Pick up the edges of the parchment paper or silicone liner and carefully lower the dough ball into the uncovered Dutch oven. Place the lid back on and place the Dutch oven back into the oven and bake for 30 minutes.
7. **Brown.** After 30 minutes, remove the lid and continue to bake for another 15-20 minutes, until a golden brown crust forms. Remove the whole wheat loaf from the oven and allow it to cool completely on a wire rack before slicing.

Notes

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

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

Important ingredient notes:

- **Flour:** This recipe is a whole wheat recipe, so naturally, it has whole wheat flour. Baking with 100% whole wheat flour can be challenging, so I recommend working with both all-purpose white flour and whole wheat. As you get more comfortable making bread, you can experiment with the ratios, include other flours like spelt or rye, and play with the hydration level.
- **Yeast:** I use instant yeast, but you can also use dry active yeast. The truth is, when it comes to no-knead recipes, it doesn't matter if you use instant or active dry yeast.
- **Salt:** Salt is an essential ingredient in breadmaking. Don't reduce the recommended amount.

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

Nutrition

Calories: 146kcal | Carbohydrates: 31g | Protein: 5g | Fat: 1g | Saturated Fat: 0.1g | Polyunsaturated Fat: 0.3g | Monounsaturated Fat: 0.1g | Sodium: 468mg | Potassium: 88mg | Fiber: 2g | Sugar: 0.1g | Vitamin A: 1IU | Vitamin C: 0.001mg | Calcium: 11mg | Iron: 2mg

To see the web version with photos, tips

and FAQs, scan the QR code or visit:

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



Lemon Pistachio Pound Cake (with Lemon Glaze)

This Lemon Pistachio Pound Cake is tender, buttery and topped with a simple lemon glaze that drips down the sides for that perfect finishing touch. Perfect as a dessert, snack or even for breakfast.

Prep Time	Cook Time	Total Time
25 mins	1 hr 15 mins	1 hr 40 mins

Course: Dessert, Snack Cuisine: Mediterranean, Seasonal Diet: Vegetarian
Servings: 10 Slices Author: Luay Ghafari Cost: \$20



★★★★★
5 from 1 vote

Equipment

- 8.5" x 4.5" Loaf Pan or 9" x 4 " Loaf Pan - See note

Ingredients

- 1¾ cup All purpose flour - 219 grams
- ¼ tsp Baking powder
- ½ tsp Salt
- 1¼ cups Sugar - 250 grams
- 2 tbsp Lemon zest - 13 grams
- ½ cup Butter (room temperature) - 113 grams
- 2 tbsp Olive oil - 28 grams
- 1 tsp Vanilla extract
- 3 Large eggs (room temperature) - 150 grams
- 2 tbsp Lemon juice - 30 grams
- ⅓ cup Plain Greek yogurt or sour cream (room temperature) - 75 grams
- ½ cup Unsalted pistachios (chopped) - 66 grams

Icing and Garnish

- 1½ cup Powdered sugar (sifted) - 180 grams
- 3 tbsp Lemon juice - 45 grams
- ¼ cup Unsalted pistachios (chopped) - For garnish

Instructions

1. **Preheat the Oven.** Preheat the oven to 325°F. Spray a 1-pound loaf pan (8.5 x 4.5 inches) with nonstick spray and line it with parchment paper.
2. **Whisk the Dry Ingredients.** In a small bowl, whisk together the all-purpose flour, baking powder, and salt. Set aside.
3. **Make Lemon Sugar.** Add the lemon zest to the sugar and rub it between your fingers to release the lemon oils into the sugar.
4. **Beat Sugar and Fats.** In the bowl of a stand mixer, beat the butter, olive oil, and lemon sugar on medium speed for about 5 minutes until light and fluffy. Scrape down the sides of the bowl.
5. **Add Vanilla and Eggs.** Add the vanilla extract, then mix in the eggs one at a time, beating for 30–60 seconds between each addition. Scrape down the bowl as needed.
6. **Add Lemon Juice.** Mix in the lemon juice until incorporated.
7. **Mix in Dry Ingredients.** Reduce the mixer to low speed and add half of the dry ingredients, followed by half of the Greek yogurt. Repeat with the remaining dry ingredients and yogurt, mixing just until combined.
8. **Add Pistachios.** Remove the bowl from the mixer and gently fold in ½ cup of the chopped pistachios using a rubber spatula.
9. **Transfer.** Spread the batter evenly into the prepared loaf pan.
10. **Bake.** Bake for 75–85 minutes, until the top springs back when lightly pressed and the internal temperature reaches about 200°F. Let the cake cool in the pan for 15 minutes, then remove and transfer to a wire rack to cool completely.

11. **Make Icing.** Whisk together the powdered sugar and lemon juice to form a thick icing.
12. **Drizzle.** Spread the icing over the top of the cake, letting it naturally drip down the sides.
13. **Garnish.** Sprinkle the remaining chopped pistachios over the icing. Allow the icing to set for at least 30 minutes before slicing and serving.

Notes

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

Key Ingredient Notes:

- **Sugar:** You will need both **white sugar** and **powdered sugar** for this recipe. The white sugar is used for the pound cake base while the powdered sugar is used to make the icing glaze.
- **Citrus:** You will need both **freshly squeezed lemon juice** and **freshly zested lemons** for this recipe. Try not to use bottled, but if you have to, it'll work just fine.
- **Fats:** I am using a combination of **butter** and **olive oil** here. The butter provides richness and a classic pound cake texture, while the olive oil adds moisture. Use a light olive here, not extra virgin olive oil.
- **Raw Pistachio Nuts:** I recommend using **raw shelled pistachios** in this recipe. You will need them for both the base batter and for garnish. If you can only find toasted pistachios, you can use them instead, but make sure they are unsalted.

A Note on the Pan Size: This recipe was prepared and photographed using an 8.5" x 4.5" loaf pan. The result is a shorter, wider cake. You can also use a 9" x 4" pan which will result in a taller, narrower cake. You may need to cook the cake for a short time longer if using a 9"x4" pan. Use an instant-read thermometer to make sure the center of the pound cake reaches 200F.

Other Key Tips:

- **Use room temperature ingredients.** Butter, eggs, and yogurt mix more evenly and help create a smooth batter.
- **Cream the butter and sugar long enough.** Beating for a full 5 minutes incorporates air and helps produce a lighter crumb.
- **Let the cake cool before glazing.** If the cake is warm, the icing will melt and run off instead of forming that beautiful drip.

Nutrition

Calories: 361kcal | Carbohydrates: 64g | Protein: 7g | Fat: 18g | Saturated Fat: 7g | Polyunsaturated Fat: 2g | Monounsaturated Fat: 7g | Trans Fat: 0.4g | Cholesterol: 74mg | Sodium: 222mg | Potassium: 158mg | Fiber: 2g | Sugar: 26g | Vitamin A: 380IU | Vitamin C: 5mg | Calcium: 39mg | Iron: 2mg

To see the web version with photos, tips

and FAQs, scan the QR code or visit:

<https://urbanfarmandkitchen.com/lemon-pistachio-pound-cake-with-lemon-glaze/>

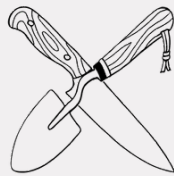




Thank you

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 –



urbanfarmandkitchen.com

luay@urbanfarmandkitchen.com

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