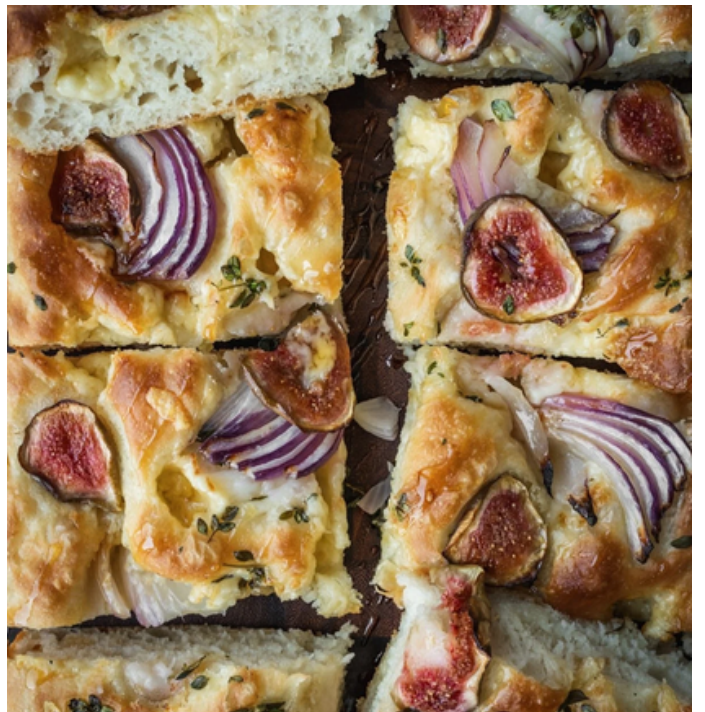




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SUMMER MEAL PLAN: WEEK 9



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.

The author disclaims any responsibility for adverse reactions, accidents, or damages that may occur as a result of following the recipes or guidance contained herein. By using this meal plan, you acknowledge and agree that you do so at your own risk. The content is provided “as is,” without warranties of any kind, express or implied. This meal plan is offered for personal, non-commercial use. Unauthorized distribution, reproduction, or modification of this material is prohibited. If you disagree with any of these conditions, delete the ebook and refrain from using it.

Summer Meal Plan: Week 9

Monday



Arayes Meat Stuffed Pita

Tuesday



Chicken Pesto Pasta

Wednesday



Spiced Ground Beef and Rice

Thursday



Heirloom Tomato Galette

Friday



Prawn Shishito Skewers

Salad



Tomato Carpaccio

Baking



**Fig, Onion and Cheddar
Focaccia**

Dessert



Cherry Walnut Galette

URBAN FARM & KITCHEN

Arayes (Authentic Middle Eastern Meat Stuffed Pitass)

Arayes is a popular MiddleEastern dish that consists of stuffedand grilled (or baked)pita bread filled with a mixture of minced meat, typically beef or lamb, along with various seasonings and spices. This **incredibly easy-to-prepare** recipe includes 2 cooking methods to suit your preferences, as well as a dipping sauce.



★★★★★
5 from 6 votes

Prep Time
15 mins

Cook Time
15 mins

Total Time
30 mins

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

Equipment

- Cast iron grill pan - Optional

Ingredients

- 1 Medium white onion - Roughly chopped
- ¼ cup Fresh parsley
- 1 ½ lbs Extra lean ground beef - You can use ground lamb or chicken too
- 1 tbsp Baharat (7-Spice) - or 1 teaspoon cumin, 1 teaspoon coriander, 1 teaspoon cinnamon
- 1 tsp Garlic powder - Use more if you like garlic
- 1 tsp Sumac
- Salt and Black pepper - start with 1 teaspoon salt and ¼ teaspoon pepper. You may need more.
- 3-4 Thin pita breads
- Olive oil for brushing

Tahini Dipping Sauce (Optional)

- 2 tbsp Tahini
- 2 tbsp Lemon juice
- Cold water to thin the sauce - as much as you need to reach desired consistency
- Salt and pepper to taste

Instructions

1. **Process:** In a small food processor, pulse the chopped onion and parsley until fine.
2. **Mix:** In a large mixing bowl, combine the ground beef, onion and parsley mixture, sumac, 7-spice, garlic powder, salt and black pepper. Mix really well. I encourage you fry up a small tablespoon of the mixture and taste for seasoning. Adjust if necessary.
3. **Prepare Pita:** Cut your pita breads in half and very carefully open them up. You can use your fingers to open them up or a butter knife. Make sure the pocket remains intact.
4. **Scoop:** Using an ice cream scoop, scoop about 2 portions of the ground beef mixture into each pita pocket.
5. **Spread:** Using a butter knife, spread the meat filling evenly and all the way around.

Cooking Method 1: Grill Pan

1. **Grill:** Lightly oil the stuffed pita halves and grill them on both sides in a grill pan or cast iron skillet set on medium-high heat until the meat is cooked through and you have nice grill marks on the bread, about 4-5 minutes on each side.

Cooking Method 2: Oven or air Fryer

1. **Bake:** Preheat your oven to 375F/190C. Lightly oil the stuffed pita halves and place them on a parchment paper-lined baking sheet. Bake until cooked through, about 12-15 minutes.

Make the Tahini Sauce (Optional)

1. In a small bowl, combine the tahini and lemon juice and whisk. This will form a paste. Add cold water 1 tablespoon at a time until you reach the desired dipping sauce consistency. Don't make it too runny. Season with salt and pepper.

Notes

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

Ingredient notes:

- **Ground Meat:** I recommend that you use Extra Lean ground beef (90/10) as it will have the least amount of fat. Too much fat in your arayes kafta mixture will cause the bread to get soggy.
- **Pita Bread:** Traditionally arayes are made with a **thin Lebanese-style pita**. This type of pita is sold in bundles at most grocery stores. I recommend you use the freshest pita possible, as it will be much easier to open them up. Stale pita will crack and you'll end up having issues spreading the kofta mixture. I don't recommend using thick Greek-style pita, but if you want to, see my Expert Tips section above in the blog post for more insights.

If baking, use an optional wire rack: Though not necessary, you can bake the arayes on a wire rack to help juices drip away from the pita and reduce the chance of soggy bread.

These meat-stuffed pitas can be served as either an appetizer or in a larger portion as a main course.

Serve your Arayes with fresh salad (like my Jerusalem Chopped Salad), Batata Harra (spicy potatoes) and Vermicelli rice.

Make Ahead: This recipe in its entirety is not ideal for making ahead, but you can certainly make the meat mixture ahead of time and store it in the fridge for up to 1 day or in the freezer for 6 months.

Nutrition

Calories: 546kcal | Carbohydrates: 38g | Protein: 56g | Fat: 17g | Saturated Fat: 6g | Polyunsaturated Fat: 3g | Monounsaturated Fat: 7g | Trans Fat: 1g | Cholesterol: 141mg | Sodium: 458mg | Potassium: 1001mg | Fiber: 3g | Sugar: 2g | Vitamin A: 429IU | Vitamin C: 14mg | Calcium: 99mg | Iron: 7mg

To see the web version with photos, tips

and FAQs, scan the QR code or visit:

<https://urbanfarmandkitchen.com/arayes-authentic-levantine-meat-stuffed-pitas/>



Quick and Easy Chicken and Pesto Pasta Salad

ThisChickenand Pesto Pasta Salad is a vibrant mixoftenderpasta, juicychicken, fresh tomatoes, creamy mozzarella, and bright pesto. It comes together in under 30 minutes. Perfect for quick lunches, summer potlucks, picnics and BBQs.

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

Course: Main Course, Salad Cuisine: Mediterranean, Seasonal Servings: 4 Servings
Author: Luay Ghafari Cost: \$10



★★★★★
5 from 1 vote

Ingredients

- 12 oz Short pasta - fusilli, rotini, or orecchiette
- Kosher Salt (for the pasta water)
- 3 cups Cooked chicken (chopped or shredded) - rotisserie chicken or leftover roast chicken
- ¾ cup Store-bought pesto
- 1-2 tbsp Lemon juice
- 1 cup Cherry tomatoes (halved)
- 1 cup Mozzarella pearls
- Shaved parmesan and/or fresh basil (for garnish)

Instructions

1. **Cook the Pasta.** Bring a large pot of well-salted cold water to a boil. Cook the short pasta until just al dente according to package instructions. Drain and transfer to a large bowl. Let it cool slightly.
2. **Prepare the Chicken.** If you're using leftover rotisserie chicken, chop or shred it into bite-sized pieces and set aside.
3. **Dress the Pasta.** Add the pesto to the warm al dente pasta and toss to coat evenly. If the pesto feels too thick, loosen it with 1–2 tablespoons of fresh lemon juice until everything is glossy and well-dressed.
4. **Assemble the Salad.** Add the chicken, halved cherry tomatoes, and creamy mozzarella pearls to the pesto-coated pasta. Gently toss until all ingredients are combined.
5. **Finish and Serve.** Taste and adjust seasoning with a bit more fresh lemon juice or salt if needed. Transfer to a serving bowl or platter and finish with shaved Parmesan and optional fresh basil. Serve right away or chill.

Notes

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

Key Ingredient Notes:

- **Pasta:** I recommend using **short pasta** like fusilli, rotini, or orecchiette. You can use whole wheat pasta or gluten-free pasta.
- **Cooked Chicken:** Chopped or shredded (rotisserie or leftover roast chicken works great). If you want to really make everything from scratch here, you can use my delicious and flavorful grilled Chicken Souvlaki, Chicken Shish Tawook or my Harissa Honey Chicken.
- **Store-Bought Pesto:** Using store-bought pesto saves time and adds big flavor. You can make your own fresh pesto too, if you have the ingredients. Homemade will taste better anyway. Try my Basil Walnut Pesto. This recipe can also be made with my Tomato-based Sicilian Pesto recipe.
- **Tomatoes:** I like the addition of **sliced cherry tomatoes**. They balance the richness of the pesto. Don't use large slicer tomatoes as they will just make the salad wet and messy.
- **Cheese:** I am using a combination of **fresh mozzarella pearls (baby bocconcini)** and **shaved Parmesan**. The Parmigiano Reggiano reinforces the salty umami flavor from the pesto.

Nutrition

Calories: 741kcal | Carbohydrates: 69g | Protein: 44g | Fat: 31g | Saturated Fat: 7g | Polyunsaturated Fat: 2g | Monounsaturated Fat: 3g | Cholesterol: 91mg | Sodium: 541mg | Potassium: 515mg | Fiber: 4g | Sugar: 5g | Vitamin A: 1163IU | Vitamin C: 10mg | Calcium:

199mg | Iron: 3 mg

To see the web version with photos, tips

and FAQs, scan the QR code or visit:

<https://urbanfarmandkitchen.com/chicken-and-pesto-pasta-salad/>



Hashweh (Spiced Rice with Ground Beef)

Hashweh(Spiced Rice with GroundBeef) isa one-pot dish that is comforting and delicious. It can be enjoyed on its own as a main dish or served as a side or base with roasted proteins and vegetables. It combines warm Middle Eastern spices with fragrant basmati rice and ground meat.



★★★★★
5 from 4 votes

Prep Time
15 mins

Cook Time
30 mins

Total Time
45 mins

Course: Main Course, Side Dish Cuisine: Levantine, Middle Eastern Servings: 4 people
Author: Luay Ghafari Cost: \$10

Ingredients

- 1½ cups Basmati rice
- 2 tbsp Olive oil
- 1 lb Lean ground beef
- 1 tsp Kosher salt
- ½ tsp Black pepper
- 1 Onion (finely chopped)
- 1-2 Garlic cloves (finely minced)
- 2 tsp Baharat spice blend - Substitute with ¾ teaspoon cumin, ¾ teaspoon coriander, ½ teaspoon cinnamon
- 2¼ cups Chicken broth

Garnish

- 2 tbsp Butter
- 2 tbsp Pine nuts and slivered almonds
- Fresh parsley

Instructions

1. **Rinse the Rice.** Start by rinsing **1½ cups Basmati rice** under cold water until the water runs clear. This removes excess starch and helps prevent the rice from becoming sticky. Let it drain in a sieve set over a bowl.
2. **Sautee the Beef.** Place a large pot on medium high heat and add **2 tbsp Olive oil**. When the oil heats up, add **1 lb Lean ground beef, 1 tsp Kosher salt** and **½ tsp Black pepper**. Cook until the beef is cooked through and most of the liquid has evaporated, about 7-10 minutes. Keep stirring with a wooden spoon throughout the process, scraping any bits that stick to the bottom of the pan.
3. **Add the Aromatics.** Add **1 Onion (finely chopped), 1-2 Garlic cloves (finely minced)** and **2 tsp Baharat spice blend** to the beef. Sautee to toast the spices and soften the onion, about 2-3 minutes. The onion should be slightly translucent but not fully cooked.
4. **Add the Rice.** Add the rinsed and drained rice to the seasoned meat mixture. Stir to coat.
5. **Add the broth.** Add **2¼ cups Chicken broth** to the pot, stirring well to make sure there are no clumps of rice.
6. **Cook.** Place a tight-fitting lid on the pot and bring it to boil. As soon as the pot boils, turn the heat down to the lowest setting. Simmer for 20-25 minutes.
7. **Fry the Nuts.** While the rice steams, fry **2 tbsp Pine nuts and slivered almonds** in a small pan with **2 tbsp Butter** on medium heat. Be careful, the nuts will burn quickly. This shouldn't take any longer then 1-2 minutes.
8. **Rest and Serve.** Let the rice rest off the heat for 10 5-10 minutes before serving. Garnish with chopped **Fresh parsley** and toasted pine nuts.

Notes

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

Ingredient Notes:

- **Beef:** I am using **lean ground beef**. You can use extra lean ground beef if you prefer to cut down on the fat content. You can also use ground chicken, ground lamb or ground turkey.

- **Spices:** You will need the quintessential spice blend used in Middle Eastern cuisine, **Baharat** (also known as 7-Spice or Lebanese 7-Spice). You can purchase the spice blend from any Middle Eastern grocery store, or you can **substitute with equal parts ground cumin, ground coriander and cinnamon**.
- **Rice:** My go-to rice variety for most, if not all, of my Levantine recipes is Basmati rice. It's easy to cook, flavorful, fragrant and if cooked properly, really fluffy. But if you prefer a different type of rice, like Jasmine rice or Calrose, use that. Adjust the rice-to-broth ratio accordingly.

Nutrition

Calories: 574kcal | Carbohydrates: 60g | Protein: 31g | Fat: 23g | Saturated Fat: 8g | Polyunsaturated Fat: 3g | Monounsaturated Fat: 10g | Trans Fat: 1g | Cholesterol: 88mg | Sodium: 1487mg | Potassium: 571mg | Fiber: 2g | Sugar: 2g | Vitamin A: 180IU | Vitamin C: 2mg | Calcium: 46mg | Iron: 4mg

To see the web version with photos, tips

and FAQs, scan the QR code or visit:

<https://urbanfarmandkitchen.com/hashweh-spiced-rice-with-ground-beef/>



Heirloom Tomato Galette with Herbed Cheese and Za'atar

When summer tomatoes are at their peak, make this delicious recipe! The recipe is adaptable and customizable so make it your own!



★★★★★
4.88 from 8 votes

Prep Time

20 mins

Cook Time

25 mins

Total Time

45 mins

Course: Appetizer, Main Course, Side Dish, Snack Cuisine: French Servings: 6 people

Author: Luay Ghafari Cost: 10

Equipment

- Food Processor

Ingredients

For the galette crust

- 1 ½ cups (180g) All Purpose Flour
- 10 tbsp (140g) Cold butter, cut into small cubes
- 1 tsp (5g) Kosher salt
- Ice water

For the Assembly

- 4-5 Heirloom Tomatoes
- 5.2 oz. (150g) Herbed cream cheese - Like Boursin
- 1 Egg yolk - For brushing
- 1-2 tbsp Za'atar spice - More or less to taste
- 4-5 Thyme Sprigs
- Salt and Pepper

Garnish

- Basil leaves
- Extra Virgin Olive Oil

Instructions

Make galette crust

1. In a food processor, add flour, salt and cubed butter. Pulse until you get a crumbly texture where the butter is about the size of a pea.
2. With the processor running, stream in ice cold water slowly until your dough forms a ball.
3. Remove the dough ball from the processor and form into a disk about 1" (2cm) thick. Cover with plastic wrap and refrigerate for 30 minutes.

Prepare your ingredients

1. While your dough is resting in the fridge, cut your heirloom tomatoes into ¼" (0.5cm) slices. Place sliced tomatoes on paper towel to absorb excess liquid. This will help make sure we don't end up with a soggy galette. Allow your tomatoes to drain on the paper towel for at least 20 minutes.
2. Take your herbed cream cheese out of the fridge and allow it to come to room temperature.

Assemble your galette

1. Preheat your oven to 400F (200C).
2. Roll out your galette dough between two pieces of parchment paper using a rolling pin. The goal is to end up with a circle that is about 15" (38cm) and about ⅛" (.25cm) thick. This doesn't have to be exact. Rustic is fine!
3. Once your galette dough is rolled out, remove the top layer of parchment and transfer the dough with the lower piece of parchment to a baking sheet.

4. Spread the herbed cream cheese evenly on your dough, leaving about 1" (2cm) around the border uncovered.
5. Arrange your tomato slices as you wish and season your tomatoes with salt and pepper. Add thyme sprigs on top of tomatoes.
6. Carefully crimp or fold the edge of the galette dough over itself to create a nice border that will hold in the ingredients as they bake.
7. Brush the crimped crust with egg yolk and sprinkle with za'atar spice.

Bake and Garnish

1. Bake for 25-30 minutes. Keep an eye on the oven. Since every oven is different you may need to adjust the temperature or time.
2. Once finished baking, remove from oven and allow to the galette to cool for 15 minutes. Garnish with fresh basil leaves and good extra virgin olive oil.

Notes

This recipe can be adapted with different herbs. Store any uneaten slices in the fridge for up to 2 days.

Nutrition

Calories: 300kcal

To see the web version with photos, tips

and FAQs, scan the QR code or visit:

<https://urbanfarmandkitchen.com/easy-tomato-galette-with-herbed-cream-cheese-and-zaatar/>



Prawn and Shishito Skewers (With Lemon Garlic Oil Dressing)

These Prawn and Shishito Skewers are the perfect answer to summer grilling season. Juicy, spiced prawns paired with blistered shishito peppers and finished with a zesty lemon garlic oil? Yes please. They come together quickly and are guaranteed to impress at your next BBQ or weeknight dinner.

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

Course: Appetizer, Main Course

Cuisine: Mediterranean, Seasonal

Servings: 3 Servings

Author: Luay Ghafari

Cost: \$20



★★★★★

5 from 1 vote

Equipment

- Grill pan or outdoor grill

Ingredients

- 1 lb Shishito peppers
- 1 lb Jumbo shrimp or Jumbo prawns - deveined, shell off, tail on
- 1 tsp Smoked paprika
- 1 tsp Garlic powder
- 1 tsp Ground coriander
- ½ tsp Kosher salt
- ¼ tsp Black pepper

Sauce

- 2 tbsp Olive oil
- 2 tbsp Lemon juice
- 2 tbsp Chopped fresh parsley
- 1-2 Garlic cloves (minced)
- ¼ tsp Kosher salt

Instructions

- Skewer.** Thread **1 lb Shishito peppers** and **1 lb Jumbo shrimp or Jumbo prawns** onto metal or soaked bamboo skewers, alternating between each.
- Dry rub.** In a small bowl, combine **1 tsp Smoked paprika, 1 tsp Garlic powder, 1 tsp Ground coriander, ½ tsp Kosher salt,** and **¼ tsp Black pepper.** Sprinkle generously over both sides of the skewers.
- Make the lemon garlic oil.** Mix **2 tbsp Olive oil, 2 tbsp Lemon juice, 2 tbsp Chopped fresh parsley, 1-2 Garlic cloves (minced),** and **¼ tsp Kosher salt** in a small bowl. Set aside.
- Grill.** Lightly oil a grill pan or preheated outdoor grill grates with a neutral oil like vegetable or avocado oil. Place skewers on the hot grill and cook for 3-5 minutes per side on medium-high heat, or until prawns are opaque and peppers are blistered.
- Garnish.** Transfer skewers to a plate and immediately drizzle with lemon garlic oil while still hot.

Notes

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

Key Ingredient Notes:

- Shishito peppers:** Mild, sweet peppers that blister beautifully on the grill because of their thin walls. You can sub with mini bell peppers if needed, or spicy Spanish Padrón peppers if you have access to them. Shishito peppers are now available at most grocery stores year-round.
- Large Prawns or Large Shrimp.** The key here is large! I am using 10/12s. This works out to 10-12 prawns per lb. Peeled and deveined if you can find them. Make sure not to use pre-cooked prawns or shrimp.
- Spices: Smoked paprika, garlic powder, and ground coriander** for that smoky, savory kick. Feel free to change this up. Adobo powder, cumin, even Lebanese 7-Spice would work.

Nutrition

Calories: 232kcal | Carbohydrates: 11g | Protein: 22g | Fat: 11g | Saturated Fat: 2g | Polyunsaturated Fat: 1g | Monounsaturated Fat: 7g | Trans Fat: 0.01g | Cholesterol: 191mg | Sodium: 1639mg | Potassium: 500mg | Fiber: 3g | Sugar: 4g | Vitamin A: 1385IU | Vitamin C: 129mg | Calcium: 110mg | Iron: 1mg

To see the web version with photos, tips

and FAQs, scan the QR code or visit:

<https://urbanfarmandkitchen.com/prawn-and-shishito-skewers-with-lemon-garlic-oil-dressing/>



Heirloom Tomato Carpaccio (with Classic Carpaccio Toppings)

Whensummer heirloom tomatoes are bursting with flavor, I make thiseasy, showstopping Heirloom Tomato Carpaccio recipe. It comes together in under 15 minutes, and your guests will be so impressed. This recipe includes flavors and textures from a classic Beef Carpaccio: briny capers, salty Parmigiano-Reggiano, extra virgin olive oil and lemon juice.

Prep Time	Total Time
15 mins	15 mins

Course: Appetizer, Side Dish, Snack Cuisine: Mediterranean, Seasonal Diet: Vegetarian
Servings: 4 people Author: Luay Ghafari Cost: \$20



☆☆☆☆☆
No ratings yet

Ingredients

- 4-6 Heirloom Tomatoes
- ½ tsp Sea salt or Kosher salt
- ¼ tsp Black pepper
- 2 tbsp Capers
- 2 tbsp Caper berries
- ¼ cup Arugula
- ¼ cup Parmigiano Reggiano (Shaved)
- 2-3 tbsp Extra virgin olive oil
- 1-2 tbsp Fresh lemon juice

Instructions

1. **Slice.** Slice **4-6 Heirloom Tomatoes** really thin, about 1/8 of an inch thick.
2. **Arrange.** Lay the sliced tomatoes out on a large serving platter, overlapping just slightly to get good coverage on the platter.
3. **Season and Garish.** Season with ½ **tsp Sea salt or Kosher salt** and ¼ **tsp Black pepper**. Sprinkle over **2 tbsp Capers** and **2 tbsp Caper berries**, distributing so you get pops of flavour in each bite. Add ¼ **cup Arugula** on top or tucked around for freshness. Add ¼ **cup Parmigiano Reggiano (Shaved)** over the top. Drizzle **2-3 tbsp Extra virgin olive oil** and **1-2 tbsp Fresh lemon juice** over everything.

Notes

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

Key Ingredient Notes:

- **Heirloom tomatoes:** Use ripe, colorful varieties from your garden or farmers market. I really encourage you to make this recipe with local heirlooms at the height of summer and fall when they are in season.
- **Capers.** A classic carpaccio ingredient, capers add a salty punch.
- **Caper berries.** Larger, meatier than regular capers; optional, but adds texture. If you only have regular capers, just use those.
- **Cheese:** I am using **Parmigiano-Reggiano**. The real stuff! Get yourself a block of Parmesan and **shave it with a vegetable peeler** to get those almost paper-thin pieces of salty, umami-packed Parm. You can swap for Pecorino or aged Manchego if needed.
- **Arugula leaves:** For peppery, green freshness. You don't need many, just a few scattered over the top. Arugula is classic, but you can use fresh herbs like Basil leaves.

Nutrition

Calories: 111_{kcal} | Carbohydrates: 6g | Protein: 4g | Fat: 9g | Saturated Fat: 2g | Polyunsaturated Fat: 1g | Monounsaturated Fat: 6g
| Cholesterol: 4_{mg} | Sodium: 764_{mg} | Potassium: 309_{mg} | Fiber: 2g | Sugar: 3g | Vitamin A: 1114_{IU} | Vitamin C: 19_{mg} | Calcium:
92_{mg} | Iron: 1_{mg}

To see the web version with photos, tips

and FAQs, scan the QR code or visit:

<https://urbanfarmandkitchen.com/heirloom-tomato-carpaccio/>



Fig Onion Cheddar Focaccia (Easy No Knead Bread Recipe)

Aspin on the classic, this Fig Onion Cheddar Focaccia bread recipe is delicious and adaptable. This no-knead dough requires overnight proofing, which makes it tastier and easier to digest. The base recipe needs just 5 ingredients that you probably have in your pantry right now!

Prep Time	Cook Time	Proofing Time	Total Time
15 mins	25 mins	18 hrs	18 hrs 40 mins

Course: Appetizer, Breakfast, Brunch, Side Dish, Snack Cuisine: American, Italian
Diet: Vegetarian Servings: 12 Slices Author: Luay Ghafari Cost: \$10



★★★★★
5 from 3 votes

Equipment

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

Ingredients

For the Dough

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

For Baking and Dressing

- 1 tbsp Butter - For greasing the pan
- ¼ cup Extra virgin olive oil
- 1 cup Aged Cheddar (cubed) - 150 grams
- 2-3 Figs (sliced)
- ½ Red onion (sliced)
- 1-2 tsp Fresh thyme

Finish

- Hot honey or regular honey - Optional

Instructions

1. **Mix.** To a large bowl, add **4 cups All-purpose flour, 2 tsp Kosher salt, 2 tsp Instant yeast, 2 tbsp Extra virgin olive oil** and **2 cups Lukewarm water**. Mix with a wooden spoon until all the flour is hydrated. The mix should be shaggy but not sloppy.
2. **Rise.** Drizzle some olive oil over the top of the dough, cover the bowl with plastic wrap or a tight-fitting cover and refrigerate overnight for at least 18 hours.
3. **Deflate.** 2 hours before you want to bake the focaccia, take the bowl out of the fridge and uncover it. Using your hands deflate the dough slightly and transfer the dough to a buttered and oiled baking tray (9x13) or sheet pan.
4. **Shape.** Shape it loosely by grabbing each end and folding it over like you would a letter. Flip the dough over so the seams are on the bottom. Cover the tray with a tea towel and set aside for 1.5-2 hours.
5. **Dimple.** Preheat your oven to 425F/220C. The dough should now have spread covering the surface of the baking tray. If not, you can help it stretch to the edges by carefully easing it to the corners. Drizzle more olive oil over the dough and start dimpling with your fingers, covering the entire surface. This creates valleys and mountains in the dough and you should also see air bubbles forming.
6. **Dress.** Nestle **1 cup Aged Cheddar (cubed), 2-3 Figs (sliced), ½ Red onion (sliced)** and **1-2 tsp Fresh thyme** in the dough. Press the ingredients down.
7. **Bake.** Bake in the preheated oven for 20-25 minutes, until golden brown. Feel free to sprinkle some sea salt at the end and drizzle with hot honey!

Notes

Seetheblog post above for detailed step-by-step recipe photos.

Ingredient notes:

- **Flour:** This recipe uses 100% white all-purpose flour (unbleached preferred). However, feel free to sub in some whole wheat flour (up to 25% of the total flour amount).
- **Yeast:** I like to use Instant yeast when making no knead bread, but dry active yeast will work just fine too. Just make sure to bloom it in the water for a few minutes before making the dough.
- **Olive Oil:** It wouldn't be a focaccia without olive oil. This recipe uses quite a bit of oil. You can reduce the amount slightly but keep in mind a traditional focaccia is supposed to be slightly oily. Good quality olive oil is a must.
- **Cheese:** For me, aged cheddar is a must here, but you can use a lighter cheddar cheese or even mozzarella.
- **Herbs:** Thyme works well here. Fresh is best, but dry works too.
- **Figs:** This recipe features figs, so I would suggest you use them. But this will work with other fruit too. Get creative!
- **Onion:** Slice the onions on the thick side so they don't burn in the oven.

Some important tips:

- **Don't Hurry the process.** Allow the dough to rise in the fridge for at least 18 hours and you'll need 2-4 hours for the second rise. The timing will depend on the temperature in your kitchen and how active the dough is. That being said, plan ahead!

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

Nutrition

Calories: 270kcal | Carbohydrates: 36g | Protein: 7g | Fat: 11g | Saturated Fat: 3g | Polyunsaturated Fat: 1g | Monounsaturated Fat: 6g | Trans Fat: 0.003g | Cholesterol: 9mg | Sodium: 462mg | Potassium: 98mg | Fiber: 2g | Sugar: 2g | Vitamin A: 110IU | Vitamin C: 1mg | Calcium: 82mg | Iron: 2mg

To see the web version with photos, tips

and FAQs, scan the QR code or visit:

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Cherry Galette Recipe with Honey Walnut Frangipane

MyCherryGalette Recipe with Honey Walnut Frangipane is a sweet, easy-to-prepare mid-summer treat. It's rustic yet impressive, sweet yet earthy. It's inspired by the flavor profile of baklava with walnuts, honey, cinnamon and cardamom. As it bakes, the filling becomes jammy and the crust turns beautifully golden and crisp.

Prep Time	Cook Time	Chill Time
1 hr	45 mins	2 hrs

Course: Dessert

Cuisine: Mediterranean, Middle Eastern, Seasonal

Diet: Vegetarian

Servings: 8 Slices

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Cost: \$20



☆☆☆☆☆

No ratings yet

Equipment

- Small food processor

Ingredients

For the Dough

- 1½ cups All-purpose flour - 186 grams
- 1 tbsp Sugar - 13 grams
- ½ tsp Kosher salt
- ½ cup Unsalted butter, cold and cut into small cubes - 113 grams
- 5 tbsp Cold water - 71 grams
- 1 tsp Apple cider vinegar

For the Walnut Frangipane

- ½ cup Walnuts, chopped and divided - 56 grams
- 3 tbsp All-purpose flour
- 2 tbsp Unsalted butter, room temperature - 28 grams
- ¼ cup Honey - 82 grams
- 1 Large egg - 50 grams
- ½ tsp Vanilla extract
- ¼ tsp Almond extract
- 1 tsp Cinnamon
- ½ tsp Cardamom
- ¼ tsp Kosher salt

For the Filling

- 4 cups Fresh cherries, pitted - 680 grams
- ¼ cup Sugar - 50 grams
- 3 tbsp Cornstarch - 24 grams
- 1 tsp Vanilla extract
- ¼ tsp Almond extract
- ¼ tsp Kosher salt

For the Crust

- Egg wash (1 large egg with 1 tbsp water)
- Turbinado Sugar

Instructions

1. **Prepare the Dough.** Prepare the pastry dough by combining the flour, sugar, and salt. Cut in the cold butter (using a pastry cutter) until the mixture resembles coarse crumbs. Stir the apple cider vinegar into the cold water, then gradually add the liquid to the flour mixture until a shaggy dough forms. Shape into a disc, cover well with plastic wrap, and refrigerate for at least 2 hours.

2. **Grind Walnuts.** While the dough chills, prepare the walnut frangipane. Finely grind half of the walnuts in a food processor with the flour until the mixture resembles almond meal.
3. **Make Frangipane.** Beat together the butter, honey, egg, vanilla, almond extract, cinnamon, cardamom, salt, and the walnut-flour mixture until smooth. Fold in the remaining chopped walnuts and refrigerate until needed.
4. **Roll Dough.** Roll the chilled dough into an 11 to 12-inch circle on lightly floured parchment paper. Transfer to a rimmed baking sheet or sheet pan and refrigerate while preparing the filling.
5. **Prepare Cherry Mixture.** Toss the pitted cherries with sugar, cornstarch, vanilla, almond extract, and salt until evenly coated.
6. **Spread Frangipane.** Spread the chilled frangipane over the center of the dough, leaving a 2-inch border around the edge.
7. **Dress and Crimp.** Spoon the cherry filling over the frangipane, leaving about 1½ inches around the outside. Fold the edges of the dough over the filling, pleating as needed.
8. **Chill and Preheat Oven.** Chill the assembled galette while preheating the oven to 400°F (200°C).
9. **Bake.** Brush the crust with egg wash, sprinkle generously with turbinado sugar, and bake on the lower oven rack for 45 to 50 minutes until the crust is deeply golden brown and the filling is bubbling. Rotate the baking sheet halfway through baking for even browning.
10. **Cool.** Allow the galette to cool for at least 30 minutes before slicing and serving. Serve with a scoop of vanilla ice cream and a drizzle of honey.

Notes

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

Key Ingredient Notes:

- **Fresh Cherries:** Fresh sweet cherries work best. **Bing cherries** work best. Sour Cherries can also be used, but you will need to add more sweetener. Rainier cherries will also work, but they tend to be juicier and sweeter, so you will need to cut the sugar and drain them before adding them to the galette. You will need a cherry pitter. Frozen, pitted cherries can also be used if thoroughly thawed and drained, and even patted dry with paper towel.
- **Walnuts:** I was going for a baklava feel with this dessert, so walnuts were a natural choice. But you can also use pecans or almonds. Almonds would give you a more traditional frangipane flavor.
- **Honey:** Keeping with the baklava theme, honey adds both sweetness and flavor. You could use brown sugar if you prefer, but I recommend honey.
- **Ground Spices:** I am using **ground cinnamon** and **ground cardamom**. More baklava flavor.

Tips for Success:

- **Keep every ingredient for the crust as cold as possible.** Cold butter creates steam during baking, resulting in flaky layers.
- Chill the assembled galette before baking to help the crust maintain its shape.
- **Don't skip the cornstarch.** It thickens the cherry juices and helps prevent a soggy crust.
- Bake the galette on the bottom oven rack to ensure the bottom crust cooks through and becomes crisp.

Nutrition

Calories: 399kcal | Carbohydrates: 52g | Protein: 5g | Fat: 20g | Saturated Fat: 10g | Polyunsaturated Fat: 4g | Monounsaturated Fat: 5g | Trans Fat: 1g | Cholesterol: 58mg | Sodium: 303mg | Potassium: 236mg | Fiber: 3g | Sugar: 26g | Vitamin A: 518IU | Vitamin C: 5mg | Calcium: 32mg | Iron: 2mg

To see the web version with photos, tips

and FAQs, scan the QR code or visit:

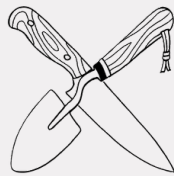
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Thank you

I hope you enjoy these recipes. If you make them and love them, please go back to the recipe post and leave a review. It's such a help to others who may want to try the recipes.

– Luay –



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