



FALL MEAL PLAN: WEEK 1



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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Fall Meal Plan: Week 1

Monday



Beef Barbacoa

Tuesday



Pasta Al Limone

Wednesday



Sumac and Onion Chicken

Thursday



Mexican Bean Salad

Friday



Med. Shrimp Rice Bowls

Salad/App



Tahini Salad

Baking



Butter Focaccia

Dessert



Peach Cobbler Buns

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Pulled Beef (Barbacoa Style for Tacos and Bowls)

Pulled Beef Barbacoa is an incredibly delicious and comforting recipe that you'll come back to time and time again. It's spicy and savory and the long braise gives it depth of flavor.

Prep Time	Cook Time	Total Time
15 mins	3 hrs 15 mins	3 hrs 30 mins

Course: Main Course Cuisine: Mexican Servings: 6 people Author: Luay Ghafari Cost: \$20

Equipment

- Dutch oven or braising pan

Ingredients

Braising Liquid

- 1 Yellow onion - Peeled and cut in half
- 6-8 Garlic cloves - Skin on
- ½ cup Dried chiles - - Use a combination of dried Mexican chiles like guajillo, pasilla, de arbol and cascabel – see note
- ¼ cup Chipotle peppers in adobo - ¼- ½ of a can – see note
- 1 tbsp Dried oregano
- 2 tsp Ground cumin
- 2 tsp Ground coriander
- ⅛ tsp Ground clove
- 2 cups Beef stock - More may be needed during the braise
- 2 tbsp Apple cider vinegar

Rest of the Ingredients

- 3 lbs Chuck roast - Cut into large 2-inch cubes
- Kosher salt and black pepper
- 1 tbsp Vegetable oil
- 3 Bay leaves

Garnish

- Lime wedges and fresh cilantro for garnish



★★★★★
5 from 2 votes

Instructions

- Toast the chiles and aromatics.** Place a cast iron pan or comal on medium heat. Toast the onion halves and garlic cloves (with peel on). They will take longer than the chiles. Using scissors, remove and discard the chile stems and seeds. Toast the chiles on the hot pan. Be careful, they will burn quickly. The chiles only need a minute or less.
- Prep braising liquid.** To a blender, add the charred onion, peeled charred garlic and chile peppers. Add the chipotles in adobo, oregano, cumin, coriander, and clove. Add the beef stock and apple cider vinegar.
- Blend on high.** Blend until you have a very smooth liquid.
- Season the beef.** Season the beef cubes on all sides generously with salt and pepper. Tip: For this amount of beef, I would start with 1 tablespoon of Kosher salt and 1 teaspoon of black pepper. You can always add more salt later.
- Sear.** Place a braising pot or Dutch oven on medium-high heat. Add vegetable oil to the pot. When the oil is hot, sear the cubed beef on all sides until golden brown, about 2-3 minutes on each side. Avoid crowding the pan. You may need to do this in batches.
- Add the liquid.** Pour the cooking liquid from the blender over the seared beef in the braising pot or Dutch oven. Add the bay leaves.
- Braise.** Preheat your oven to 325F/160C. Cover the pot with a lid and place it in the oven to slow cook for up to 3 hours. Check on the pot after 1-2 hours. If you find that the liquid is getting too thick or that the pot is scorching, add another cup of beef stock or water. The beef will be ready when it is tender and falls apart easily.

https://urbanfarmandkitchen.com/wprm_print/pulled-beef-barbacoa-style-for-tacos-and-bowls#

1/2

8. **Shred.** Let the beef rest for a few minutes before shredding it with two forks or with tongs. Taste and adjust the seasoning. Serve with fresh cilantro and lime wedges.

Notes

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

Ingredient Notes:

- **Beef:** I recommend using a tough cut of beef with good marbling. A beef chuck roast works really well here as it will have enough fat in it to keep the dish juicy.
- **Ground Spices:** This recipe uses several common spices like ground cumin, ground coriander, oregano, and cloves. Be careful with the clove! You only need a tiny bit of it.
- **Whole Spice:** I like adding a couple of bay leaves to all my braises.
- **Dry Chiles:** I am using a combination of Guajillo chiles, chile de arbol, and Pasilla Chile. The combination you use is up to you, but the goal here is to incorporate some dry Mexican chiles in the cooking liquid. Dry Mexican chiles are sold in bags at all Latin markets. You will also find them at many if not most grocery stores in the international aisle.
- **Chipotles:** For a smoky and spicy kick, I am also using chipotles in adobo. These chipotles are sold in small cans, also at your local Latin market or well-stocked grocer. They are delicious. They are a must in this recipe.
- **Vinegar:** A little apple cider vinegar helps round out the flavor profile of the braising liquid. If you don't have apple cider vinegar, you can use red wine vinegar or even distilled white vinegar.

Other additions to the braising liquid: a few dashes of Worcestershire sauce, soy sauce or Maggie sauce, ancho chili powder, and tomato paste.

Serve with warm corn tortillas, Mexican pickled onions, creamy chipotle sauce, fresh cilantro, a squeeze of lime. Many more serving ideas are listed above in the blog post!

Nutrition

Calories: 528kcal | Carbohydrates: 20g | Protein: 48g | Fat: 30g | Saturated Fat: 12g | Polyunsaturated Fat: 4g | Monounsaturated Fat: 14g | Trans Fat: 2g | Cholesterol: 156mg | Sodium: 362mg | Potassium: 964mg | Fiber: 7g | Sugar: 10g | Vitamin A: 42IU | Vitamin C: 3mg | Calcium: 67mg | Iron: 6mg

To see the web version with photos, tips

and FAQs, scan the QR code or visit:

<https://urbanfarmandkitchen.com/pulled-beef-barbacoa-for-tacos-and-bowls/>



Creamy Pasta al Limone

My Creamy Pasta al Limone (lemon pasta) is a comforting and yet fresh spin on the classic recipe. Linguine is tossed in a silky lemon cream sauce with butter, Parmesan, garlic and plenty of fresh lemon zest. It's rich without feeling overly heavy. And the best part is that it comes together in 30 minutes and with some of the most basic ingredients out there.

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

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



☆☆☆☆☆
No ratings yet

Ingredients

- 12 oz Linguine - Or other long pasta
- 5 tbsp Unsalted butter
- 2-3 Garlic cloves (minced)
- 1 cup Heavy cream
- 1½ cups Parmesan (freshly grated)
- 2 tbsp Lemon zest - From 2 lemons
- 2 tbsp Lemon juice - From 1 lemon, use more or less to taste
- ½ tsp Black pepper
- ¼-½ tsp Salt - Add salt to taste
- ½-1 cup Reserved pasta water
- ¼ cup Fresh parsley (chopped)
- Extra Parmesan, lemon zest, black pepper and torn basil for serving

Instructions

1. **Cook and Drain Pasta.** Bring a large pot of salted water to a boil. Add the linguine and cook until al dente according to the package directions. Drain the pasta, **but make sure to reserve about 1 cup of the starchy pasta water.**
2. **Build the Sauce.** While the pasta cooks, melt the butter in a large skillet or large saucepan over medium-low heat. Add the grated garlic and cook for about 30 seconds, just until fragrant. Don't let the garlic brown. Pour in the heavy cream and bring it to a gentle simmer.
3. **Add the Parmesan.** Reduce the heat to the lowest setting and add the freshly grated Parmesan a handful at a time, whisking well between additions until the cheese has melted and the sauce is smooth.
4. **Add the Lemon.** Stir in the fresh lemon zest and fresh lemon juice. Season with freshly cracked black pepper. Taste and add a little more lemon juice if you prefer a brighter, tangier sauce. At this point, also adjust the salt level to your preference.
5. **Toss.** Add the drained linguine to the creamy lemon sauce along with about ½ cup of reserved hot pasta water and the chopped parsley. Toss continuously with a pair of tongs until the pasta is coated in a silky, glossy sauce. If the sauce looks too thick, add more pasta water a splash at a time. Creamy pasta sauces tighten as they cool, so it's better for the sauce to look slightly loose in the pan.
6. **Serve.** Divide the creamy Pasta al Limone between bowls and finish with torn basil, extra Parmesan, fresh lemon zest and plenty of freshly cracked black pepper. Serve right away.

Notes

Key Ingredient Notes:

- **Pasta:** My preference is to use a long dry pasta, like **Linguine**. Spaghetti, fettuccine or bucatini can all be substituted.
- **Butter:** Forms the rich base of the sauce. I do recommend using **unsalted butter** since you'll be adding quite a bit of Parmesan to the sauce, which will season it. But if you only have salted, you can use it, you'll just have to watch out and not add any extra salt without tasting the sauce and adjusting carefully.
- **Heavy Cream:** Cream is not really traditional in a pasta al Limone. However, this recipe deviates slightly from tradition. The cream gives my version of Pasta al Limone its luxurious, creamy texture. **Don't use milk or half-and-half as they**

may split when you add the lemon. I tested this recipe with half-and-half to see if a lower-fat dairy option would work, and the sauce split.

- **Parmesan Cheese:** Use the real stuff only. Make sure you grate **Parmigiano-Reggiano** yourself; it's much nicer and will meld into the sauce better this way. Don't use the shelf-stable fake Parmesan. Pecorino Romano can work as a sharper substitute.
- **Lemons:** Both fresh **lemon zest and lemon juice** are essential here for that fresh lemon flavor.

Tips For Success:

- **Use freshly grated Parmesan.** Freshly grated Parmesan melts much more easily and helps give you that silky sauce. Adding it gradually rather than dumping it in all at once also helps it incorporate smoothly.
- **Don't forget the pasta water.** Before draining the linguine, scoop out more pasta water than you think you'll need. That starchy water is one of the keys to turning the butter, cream and Parmesan into a glossy sauce that actually clings to the noodles.
- **Keep the heat gentle.** High heat isn't your friend once the Parmesan goes into the sauce. Keep the skillet over low or medium-low heat and add the cheese gradually. This helps prevent the sauce from becoming grainy or separating.
- **Add the lemon juice carefully.** Lemon zest provides loads of citrus aroma without additional acidity, so use it generously. Add the juice to taste.

Storage Information: Store leftovers in an airtight container in the refrigerator for up to 3 days. The sauce will thicken considerably once chilled. Reheat it gently over low heat with a splash of milk, cream or water to loosen the sauce. Avoid overheating it, which can cause the creamy Parmesan sauce to separate.

Nutrition

Calories: 797kcal | Carbohydrates: 68g | Protein: 27g | Fat: 47g | Saturated Fat: 29g | Polyunsaturated Fat: 2g | Monounsaturated Fat: 12g | Trans Fat: 1g | Cholesterol: 130mg | Sodium: 1062mg | Potassium: 324mg | Fiber: 3g | Sugar: 5g | Vitamin A: 1923IU | Vitamin C: 13mg | Calcium: 518mg | Iron: 2mg

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and FAQs, scan the QR code or visit:

<https://urbanfarmandkitchen.com/creamy-pasta-al-limone/>



Musakhan (Palestinian Sumac Chicken with Onions)

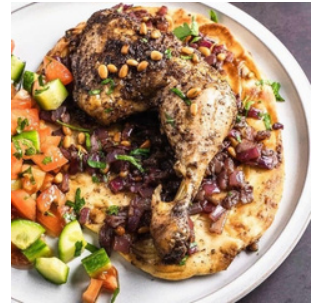
Musakhan or mussakhan is a sumac roasted chicken recipe originating from Palestine, and is commonly served all over the Levant region. Made with sumac, baharat, onions, lemon, pine nuts, and flatbread, it's a great dinner recipe.

Prep Time
15 mins

Cook Time
45 mins

Total Time
1 hr

Course: Main Course Cuisine: Levantine, Middle Eastern Servings: 6 people
Author: Luay Ghafari Cost: \$20



★★★★★
5 from 11 votes

Ingredients

- 1 Whole chicken - Cut into 6-8 pieces
- ½ cup Extra virgin olive oil - Divided
- 1 Lemon - Cut in half
- 3 tbsp Sumac - Divided
- 3 tsp 7-Spice (baharat) - Divided (see note)
- Kosher salt and fresh cracked black pepper
- ¼ cup Pine nuts
- 2 Large red onions (chopped) - or use 3 medium-sized red onions
- 3-6 Flatbread - Naan, Taboon or Greek Pita
- 2 tbsp Parsley, chopped

Instructions

1. **Prepare the chicken.** Preheat your oven to 375F. Season the chicken with 2 tbsp olive oil, 1 1/2 tbsp sumac, 2 tsp baharat, kosher salt and black pepper. Arrange the chicken pieces on a parchment-lined baking tray, baking dish or in a braiser. Add 2 lemon halves (they will bake alongside the chicken and caramelize). Bake for 30-45 minutes. Depending on how large your chicken pieces are, you may need more or less time. Chicken is ready when the internal temperature is at least 175F.
2. **Toast the pine nuts.** While the chicken is baking, toast the pine nuts. To a small pan, add 2 tbsp of olive oil and pine nuts. Toast on medium heat, swirling the pan constantly, for 2-3 minutes. The pine nuts should be golden brown. Be careful, they can burn quickly. Transfer to a paper towel-lined plate and set aside.
3. **Saute the onions.** To a large frying pan, add 2-3 tbsp of olive oil and the chopped onions. Season with a generous pinch of kosher salt. Cook on medium heat until the onions have softened, for about 15-20 minutes. We don't want the onions to caramelize too much, they should stay soft and pliable. Add 1 1/2 tbsp sumac and 1 tsp baharat to the onion mixture. Saute for another 5 minutes until fragrant. Set aside.
4. **Toast the flatbread.** Place the flatbreads on a large baking pan or sheet and broil in the oven for 3-4 minutes. You're looking to warm through and toast the flatbreads slightly, so they shouldn't take on too much color.
5. **Assemble.** Divide the onion mixture equally over the flatbreads and top with the cooked chicken pieces (you can keep the chicken pieces whole or shred them). Any leftover meat juices can also be drizzled on. Garnish with toasted pine nuts and chopped parsley.
6. **Serve.** Serve the roasted chicken over the flatbread with a side of salad. Don't forget the caramelized lemons, they will add a nice tang to the dish.

Notes

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

If shop-bought taboon bread is not available near you, use Greek pita or naan. Or even better yet, make your own flat bread using my taboon bread recipe.

Serve with Jerusalem Salad.

Spice notes:

- **Sumac:** a slightly tart and citrus-like red berry that's dried and typically sold in its ground form, sumac is commonly used in Middle Eastern cooking. Sumac isn't sour, and it's a good addition to lots of recipes, especially chicken.
- **7-Spice:** also called baharat, this is a Levantine spice blend, usually consisting of a blend of coriander, allspice, cumin, cloves, black pepper, cinnamon, and nutmeg. If you can't get it or don't have everything to make your own, substitute equal parts cumin, coriander, cinnamon in this recipe.

Nutrition

Calories: 526kcal | Carbohydrates: 12g | Protein: 26g | Fat: 41g | Saturated Fat: 8g | Polyunsaturated Fat: 8g | Monounsaturated Fat: 22g | Trans Fat: 0.1g | Cholesterol: 95mg | Sodium: 197mg | Potassium: 305mg | Fiber: 1g | Sugar: 0.3g | Vitamin A: 292IU | Vitamin C: 4mg | Calcium: 34mg | Iron: 2mg

To see the web version with photos, tips

and FAQs, scan the QR code or visit:

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Mexican-Inspired Bean Salad (aka Fiesta Salad)

This delicious and colorful **Mexican-Inspired Bean Salad** combines fresh vegetables with canned beans and tangy lime dressing. It's a great **make-ahead or meal-prep salad** recipe. I promise you'll keep coming back to it again and again.

Prep Time
15 mins

Total Time
15 mins

Course: Salad, Side Dish Cuisine: Mexican, Tex-Mex Servings: 6 people
Author: Luay Ghafari Cost: \$10



★★★★★
5 from 5 votes

Ingredients

Lime Vinaigrette

- 1/3 cup Olive oil
- 1/3 cup Lime juice
- 1 tsp Honey or agave syrup
- Kosher salt and black pepper to taste - Start with 1 tsp of salt

Salad

- 1 can Black beans - drained and rinsed
- 1 can Corn - drained and rinsed
- 1 Red bell pepper - cored, seeded and diced into 1/2 inch cubes
- 1 Tomato - seeds discarded, diced into 1/2 inch cubes
- 1/2 English cucumber (or 2 Persian cucumbers) - diced into 1/2 inch cubes
- 1/2 Red onion - diced into 1/2 inch cubes
- 1 Jalapeno or Serrano pepper - seeded and deveined, chopped finely
- 1/2 cup Cilantro leaves - roughly chopped

Garnish

- cilantro, Tajin chile lime seasoning and optional avocado for garnish

Instructions

1. **Make the dressing.** In a mason jar (or small bowl), combine olive oil, lime juice, honey, salt, and pepper. Shake (or stir) vigorously to combine.
2. **Assemble the salad.** In a large mixing bowl, add all the salad ingredients. Drizzle the dressing and toss. Transfer to a serving platter or serve in the same bowl garnished with Tajin chile lime seasoning, extra cilantro leaves and optional avocado. This salad is best served cold or cool.

Notes

Key Ingredient Notes:

- **Canned black beans:** Unless you plan to soak your beans overnight and pressure cook them, canned beans are truly the way to go. You can take some creative liberty here and use red kidney beans, pinto beans, Romano beans, or even chickpeas. Make sure to rinse and drain the beans well as the liquid will make the salad murky and unappetizing.
- **Canned corn:** Canned corn is just convenient and you probably have some in your pantry or basement right now. But if you prefer, you can use frozen or fresh corn kernels, just make sure to boil it and cool it down before adding it to the salad.
- **Red Bell pepper:** Bell peppers add a nice crunch and sweetness to this fiesta salad. You can use green, yellow, orange, or red sweet bell peppers. The choice is yours. But do think of how the colors complement each other in the final dish.
- **Red onion:** Onions add a nice bite and spiciness to the salad. If you have picky eaters, you can use milder green onions (scallions) or don't use them at all.
- **Cucumber:** No substitute for a crunchy and refreshing cucumber.

- **Jalapeno:** In keeping with the Mexican-inspired theme, jalapenos are an important addition (they are a medium heat level chili). You can use them whole or deseed them. Feel free to use other chiles like Serrano if you prefer. Or don't use any hot peppers and keep the salad mild.
- **Cilantro:** Love it or hate it, cilantro is a must in this salad. The herby flavor rounds out the entire salad. If you truly can't stand fresh cilantro, use some parsley instead.
- **Olive oil:** Extra virgin olive oil is my go-to oil base for salad dressings because it's flavorful and versatile, but you can use any oil you like.
- **Lime juice:** Another important ingredient to round out the Mexican-inspired flavors of this salad. You can use lemon juice in a pinch, but lime juice is truly the best option.
- **Tajin Seasoning:** I do love Tajin chili lime seasoning. It's a great and versatile product that will round out the flavor of this salad.

Nutrition

Calories: 186kcal | Carbohydrates: 16g | Protein: 4g | Fat: 12g | Saturated Fat: 2g | Polyunsaturated Fat: 1g | Monounsaturated Fat: 9g | Sodium: 4mg | Potassium: 318mg | Fiber: 5g | Sugar: 3g | Vitamin A: 943IU | Vitamin C: 37mg | Calcium: 24mg | Iron: 1mg

To see the web version with photos, tips

and FAQs, scan the QR code or visit:

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Mediterranean Shrimp Rice Bowl (with Salad)

ThisMediterranean Shrimp Rice Bowlrecipe is light, bright, and hits everycraving for fresh flavors without tons of fuss. Juicy shrimp, zesty salad, and fluffy rice all come together for a bowl that's perfect for a hearty lunch, a light dinner or even meal prep.

Prep Time	Cook Time	Total Time
20 mins	20 mins	40 mins

Course: Side Dish

Cuisine: Mediterranean

Servings: 2 Bowls

Author: Luay Ghafari

Cost: \$15



★★★★★

5 from 1 vote

Ingredients

For the Shrimp

- ¾ lb Large shrimp - Peeled and deveined
- 1½ tbsp Olive oil
- 1 tbsp Lemon juice
- 2 Garlic cloves (minced)
- ½ tsp Dried oregano
- ¼ Smoked Paprika
- ½ tsp Kosher salt
- ¼ tsp Black pepper

For the Rice

- ¾ cup Rice
- ¼ tsp Kosher salt

For the Salad Topper

- 1 Persian cucumber (diced)
- 1 cup Cherry tomatoes (halved)
- ¼ cup Red onion (thinly sliced)
- ¼ cup Kalamata olives (whole or chopped)
- 2 tbsp Fresh dill (chopped)
- 2 tbsp Extra virgin olive oil
- 1 tbsp Lemon juice
- Salt and pepper to taste

Optional Sauces

- Tahini Lemon Sauce
- Lemon Yogurt Sauce
- Homemade Tzatziki

Instructions

1. **Season the Shrimp.** In a bowl, toss ¾ lb Large shrimp with 1½ tbsp Olive oil, 1 tbsp Lemon juice, 2 Garlic cloves (minced), ½ tsp Dried oregano, ¼ Smoked Paprika, ½ tsp Kosher salt, and ¼ tsp Black pepper. Set aside to let the flavors mingle while you prepare the rice.
2. **Cook the Rice.** Prepare ¾ cup Rice according to the package directions with ¼ tsp Kosher salt until tender and fluffy. Use a pot or rice cooker, it's up to you.
3. **Make the Tomato Cucumber Salad Topper.** In a small bowl, combine 1 Persian cucumber (diced), 1 cup Cherry tomatoes (halved), ¼ cup Red onion (thinly sliced), ¼ cup Kalamata olives (whole or chopped), and 2 tbsp Fresh dill (chopped). Drizzle with 2 tbsp Extra virgin olive oil and 1 tbsp Lemon juice, then season with Salt and pepper to taste. Stir and set aside.
4. **Cook the Shrimp.** Heat a large skillet over medium-high. Add the seasoned shrimp in a single layer and cook 1½–2 minutes per side until they're pink and opaque. Remove from the heat right away so they stay juicy.

5. **Assemble the Bowls.** Divide warm fluffy white rice between bowls, top with shrimp, and spoon the vibrant salad over top. Drizzle with your favorite creamy sauce if you like (tahini sauce works well).

Notes

Refer to the post above if you need more help, tips and step-by-step recipe photos.

Key Ingredient Notes:

- **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 just 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 topper.
- **Tomatoes:** I like the addition of **sliced cherry or grape tomatoes**. Don't use large slicer tomatoes; they will just make the salad topper wet and messy.
- **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!
- **Rice:** Use what you like here. I prefer **basmati or parboiled rice** for this recipe, but you can totally use pre-cooked rice and reheat it if you're short on time. Jasmine rice, brown rice, and wild rice all work here, too. You can even use cauliflower rice if you prefer it.

Nutrition

Calories: 424kcal | Carbohydrates: 17g | Protein: 25g | Fat: 29g | Saturated Fat: 4 | Polyunsaturated Fat: 3g | Monounsaturated Fat: 20g | Trans Fat: 0.01g | Cholesterol: 214mg | Sodium: 2400mg | Potassium: 480g | Fiber: 2g | Sugar: 4g | Vitamin A: 869IU | Vitamin C: 26mg | Calcium: 135mg | Iron: 2mg

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and FAQs, scan the QR code or visit:

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



Tahini Salad (Levantine Salata with Cucumber and Tomato)

This tahini salad recipe is so incredibly easy to make it comes together in under 15 minutes. Pair it with a hearty main dish or grilled and fried seafood. It's also very adaptable and you can modify it to suit your tastes.

Prep Time	Total Time
15 mins	15 mins



Course: Appetizer, Salad, Side Dish Cuisine: Levantine, Middle Eastern
Diet: Vegan, Vegetarian Servings: 4 people Author: Luay Ghafari Cost: \$8

★★★★★
5 from 5 votes

Ingredients

Lemon Tahini Dressing Ingredients

- ¼ cup Tahini
- 2 tbsp Lemon juice
- 1 Garlic clove - Finely minced (use more garlic if you like)
- Salt and black pepper to taste

Salad Ingredients

- 3 Medium Tomatoes - trimmed and chopped into small ½ inch cubes
- 3 Persian cucumbers - trimmed and chopped into small ½ inch cubes
- 1 Red bell pepper - trimmed and chopped into small ½ inch cubes
- ½ Red onion - Finely chopped
- ¼ cup Flat leaf parsley - Finely chopped
- Sumac or chili flakes for garnish

Instructions

1. **Make the tahini salad dressing.** To a large bowl, add the lemon juice, tahini and garlic. Mix well. The dressing will likely turn into a paste. That's ok!
2. **Thin the dressing.** Drizzle a couple of tablespoons of cold water and whisk. The dressing should loosen up. Don't add too much water. The dressing should feel similar to ranch or Caesar dressing.
3. **Add Vegetables.** To the same bowl, add the chopped vegetables and parsley.
4. **Mix and Serve.** Stir everything well and adjust the seasoning. Garnish with extra parsley and some optional sumac if you like.

Notes

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

A few important ingredient notes:

- **Cucumbers:** Persian cucumbers are my go-to for this or any salad recipe. You can also use English cucumbers but you might want to consider scooping out the seeds first.
- **Tomatoes:** I like to use heirloom slicer tomatoes and ripe tomatoes on the vine. They are easy to chop into small cubes.
- **Onions:** For this recipe, I am using red onions. The bite and spiciness from it balance well with the tahini sauce, but do feel free to use white onion or green onions (scallions)
- **Fresh Herbs:** Fresh parsley is a must. You don't need much.
- **Acid:** Fresh lemon juice is the traditional acid used in Levantine salads.
- **Tahini:** The star of the show. Make sure to shake up or stir the tahini in the bottle especially if it has been sitting for a while. Tahini tends to split like natural peanut butter does.
- **Fresh garlic:** You can totally omit the garlic here or use garlic powder instead.

Other additions to the salad: Chili powder, Aleppo chili flakes, and sumac.

Serve this salad with fish-based recipes like sayadieh. It also works well with hearty mains like pulled lamb, chicken shish tawook, beef kebab, chicken kebab and Meat-Stuffed Pita (Arayes).

Nutrition

Calories: 129kcal | Carbohydrates: 12g | Protein: 4g | Fat: 8g | Saturated Fat: 1g | Polyunsaturated Fat: 4g | Monounsaturated Fat: 3g | Sodium: 15mg | Potassium: 464mg | Fiber: 3g | Sugar: 5g | Vitamin A: 2071IU | Vitamin C: 62mg | Calcium: 49mg | Iron: 1mg

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and FAQs, scan the QR code or visit:

<https://urbanfarmandkitchen.com/tahini-salad-levantine-salata-with-cucumber-and-tomato/>



Butter Focaccia (Croissant Focaccia)

Don't let the name confuse you, this Butter Focaccia is still a focaccia but made with a rough puff technique that gives you a delicious, crispy on the outside, soft on the inside bread. This recipe uses my no-knead overnight focaccia recipe base. Cold butter is added to the flour before mixing in the yeast and water.

I like to think of it as a croissant-focaccia hybrid of sorts. A croccia? A focissant? Whatever you wish to call it, I promise that you will love it.



★★★★★
5 from 4 votes

Prep Time 15 mins	Cook Time 25 mins	Rise time 18 hrs	Total Time 18 hrs 40 mins
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Course: Appetizer, Breakfast, Brunch, Side Dish, Snack Cuisine: Italian Servings: 12 Servings Author: Luay Ghafari
Cost: \$10

Equipment

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

Ingredients

For the Dough

- 4 cups All-purpose flour - 520 grams - Bread flour can also be used
- ½ cup Cold salted butter (grated) - 1 stick or 4 ounces or 113 grams, see note
- 2 tsp Instant yeast - 7 grams
- 1 tsp Kosher salt - 5 grams
- 2 cups Cold water - 473 grams
- 1-2 tsp Extra virgin olive oil - For lightly drizzling the top of the dough

For Baking and Garnish

- 1 tsp Butter - For greasing the pan
- 1-2 tbsp Extra virgin olive oil - for greasing the pan
- 2 tbsp Butter (Melted)
- Flaky salt

Instructions

1. **Mix in butter.** To a large bowl, add **4 cups All-purpose flour** and **½ cup Cold salted butter (grated)**. Using a fork or your hands, stir well. You are looking for a crumbly texture (the butter should be distributed throughout the flour).
2. **Mix in yeast, salt and water.** Add **2 tsp Instant yeast**, **1 tsp Kosher salt** and **2 cups Cold water**. Mix with a wooden spoon until all the flour is hydrated. The mix should be shaggy and there should be no dry flour streaks.
3. **Rise.** Drizzle **1-2 tsp Extra virgin 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.
4. **Deflate and shape.** 2 hours before you want to bake the focaccia, take the bowl out of the fridge and uncover it. Using your hands or a dough scraper deflate the dough slightly and transfer the dough to a generously buttered and oiled baking tray (9x13) or sheet pan. Shape it loosely by grabbing each end and folding it over like you would a letter. Flip the dough over so the seams are on the bottom. Cover the tray with a towel and set aside for 1.5-2 hours.
5. **Dimple.** Preheat your oven to 450F/230C. 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 **2 tbsp Butter (Melted)** 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. Add a big pinch of **Flaky salt**.
6. **Bake.** Bake in the preheated oven for 20-22 minutes, until golden brown. Every oven is different, so your focaccia may need more time. Let the focaccia cool for 30 minutes before cutting into it.

Notes

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

Some important tips:

- **Don't Hurry the process.** Allow the dough to rise in the fridge for at least 18 hours and you'll need 2-3 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!
- **This recipe uses Instant yeast.** But if you only have active dry yeast, you can bloom it in lukewarm water for 5 minutes before adding it to the dry ingredients.
- **Use really cold butter!** Cold butter will be easier to grate before adding to the flour. Freeze your stick of butter for 15 minutes before grating it.
- **Use salted butter.** If you can, use salted butter. If you only have unsalted, add an extra teaspoon of kosher salt to the mix.

Check out my other Focaccia recipes:

- Tomato Focaccia
- Jalapeno Cheddar Focaccia
- Za'atar Olive Focaccia
- Fig and Cheddar Focaccia
- French Onion Focaccia

Nutrition

Calories: 259kcal | Carbohydrates: 33g | Protein: 5g | Fat: 12g | Saturated Fat: 7g | Polyunsaturated Fat: 1g | Monounsaturated Fat: 4g | Trans Fat: 0.4g | Cholesterol: 26mg | Sodium: 276mg | Potassium: 67mg | Fiber: 2g | Sugar: 0.1g | Vitamin A: 305IU | Vitamin C: 0.01mg | Calcium: 11mg | Iron: 2mg

To see the web version with photos, tips

and FAQs, scan the QR code or visit:

<https://urbanfarmandkitchen.com/butter-focaccia-croissant-focaccia-recipe/>



Peach Cobbler Cinnamon Rolls

These Peach Cobbler Cinnamon Rollscombine two of my favorite things: soft, pillowy cinnamon rolls and a classic summer peach cobbler. The rolls are filled with a homemade cinnamon-spiced peach filling, topped with a buttery streusel, and finished with a simple powdered sugar glaze. I love them for dessert, a sweet treat or even an indulgent breakfast.

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

Course: Breakfast, Dessert, Snack

Cuisine: American

Diet: Vegetarian

Servings: 12 Rolls

Author: Luay Ghafari

Cost: \$20



☆☆☆☆☆

No ratings yet

Ingredients

For the Tangzhong

- 4 tbsp Bread flour - 30 grams
- ⅓ cup Water - 75 grams
- ⅓ cup Milk - 75 grams

For the Dough

- 7 tbsp Milk (warm) - 100 grams
- 2½ tsp Instant yeast
- 2 Large eggs (lightly beaten, at room temperature) - 100 grams
- 1 tsp Vanilla extract
- 4¼ cups Bread flour - 510 grams
- ½ cup Sugar - 100 grams
- 1¼ tsp Kosher salt
- 6 tbsp Unsalted butter (softened) - 85 grams

For the Filling

2 cups Peaches (mashed - see note) - 340 grams
½ cup Sugar - 100 grams
2 tsp Lemon juice
1-1½ tbsp Cornstarch (see note)
1 tsp Water
1 tsp Cinnamon
¼ tsp Nutmeg

For the Streusel Topping

- ¼ cup All-purpose flour - 31 grams
- 2 tbsp Light brown sugar - 26 grams
- 2 tbsp Sugar - 25 grams
- ¼ tsp Cinnamon
- 2 tbsp Unsalted butter (softened) - 28 grams

For the Drizzle

- 1 cup Powdered sugar - 120 grams
- 2 tbsp Water - 28 grams

Instructions

Prepare the Tangzhong

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.

Prepare the Cinnamon Roll Dough

1. **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.
2. **Knead.** Knead the dough for 7 to 10 minutes on medium-low speed until smooth and elastic. Add the softened 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, and the dough should be pulling away from the sides of the bowl.
3. **Dough Rise (First 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.

Make the Peach Filling

1. **Mash and Cook.** Mash the peaches with a potato masher and transfer them to a saucepan over medium-low heat. If using canned peaches, add the reserved peach juice. Stir in the sugar and lemon juice. Simmer for about 20 minutes, stirring frequently, until the peaches have reduced. When you drag a spatula across the bottom of the saucepan, you should briefly be able to see the bottom of the pan.
2. **Add Cornstarch Slurry.** Combine the cornstarch and water to make a slurry. Stir it into the peach mixture and continue cooking, stirring constantly, until the filling becomes thick and jammy.
3. **Add Warm Spices.** Remove the filling from the heat and stir in the cinnamon and nutmeg. Transfer it to a wide, shallow dish and cool completely. Using a wider dish helps the peach filling cool more quickly.

Assemble the Peach Cinnamon Rolls

1. **Roll and Spread.** Grease a 9×13-inch baking dish or baking pan 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 using a rolling pin into a large rectangle measuring 12 inches by 18 inches. Spread the completely cooled peach filling evenly over the dough with an offset spatula, leaving about a ½-inch border along one long edge.
2. **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. Cover with plastic wrap and let rise again until quite puffy, at least 60 minutes.
3. Meanwhile, preheat your oven to 350°F.

Make the Streusel and Bake

1. **Make Streusel.** Combine the all-purpose flour, brown sugar, sugar, cinnamon, and melted butter in a small bowl. Mix until crumbly and refrigerate while the rolls finish proofing.
2. **Dress.** Just before baking, sprinkle the cold streusel evenly over the proofed rolls.
3. **Bake.** Bake for 25-28 minutes, or until golden brown and the center of the rolls reaches an internal temperature of 185-190°F (85-88°C). Remove the baking dish from the oven and let the rolls cool for 10-15 minutes.

Glaze the Rolls

1. **Make Glaze.** Combine the powdered sugar and water in a small bowl and stir until smooth. The glaze should be fluid enough to drip easily from a spoon.
2. **Glaze.** Drizzle the glaze generously over the still-warm Peach Cobbler Cinnamon Rolls and serve.

Notes

Depending on what you have access to or the time of year, the preparation of the peach filling will vary slightly.

- **For fresh peaches:** Use 2 cups of ripe peaches, peeled and sliced. You may only need 1 tablespoon of cornstarch to thicken, depending on how ripe your peaches are.
- **For frozen peaches:** Use 2 cups of frozen peaches. Thaw completely and pour off any liquid before mashing the peaches. You will likely need 1 ½ tablespoons of cornstarch due to the extra moisture.
- **For canned peaches:** You will need one 15-ounce can of peaches packed in juice (not syrup). Drain the peaches but save the liquid. Use all of the peaches, about 1 ¾ cups and ½ cup of the reserved juice. You will need 1 ½ tablespoons of cornstarch to thicken.

Tips for Success:

- **Cool the tangzhong before making the dough.** Don't rush this part. Adding a hot tangzhong to the remaining ingredients can affect the yeast and eggs.
- **Get that peach filling thick.** This is probably the most important tip in the entire recipe, so I mentioned it a few times throughout this article. Peaches contain a lot of moisture, and a runny filling will make the rolls messy and can interfere with baking. Cooking the peaches down and thickening them with cornstarch creates a jammy filling that's much easier to roll into the dough.
- **Cool the peach filling completely.** Warm filling can soften the dough and make shaping much more difficult. Spreading the filling into a shallow dish will speed up the cooling process.
- **Roll individual strips instead of rolling and slicing a log.** With a fruit filling, I believe strongly that this method is much easier to manage and helps keep more of that delicious peach mixture inside each roll.
- **Watch the rolls, not just the clock.** Proofing time depends heavily on room temperature. Your dough may need a little more or less time than stated. During the second proof, look for rolls that have expanded and become noticeably soft and puffy.

Nutrition

Calories: 367kcal | Carbohydrates: 72g | Protein: 9g | Fat: 10g | Saturated Fat: 5g | Polyunsaturated Fat: 1g | Monounsaturated Fat: 3g | Trans Fat: 0.3g | Cholesterol: 49mg | Sodium: 266mg | Potassium: 143mg | Fiber: 2g | Sugar: 24g | Vitamin A: 381IU | Vitamin C: 1mg | Calcium: 37mg | Iron: 1mg

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<https://urbanfarmandkitchen.com/peach-cobbler-cinnamon-rolls/>

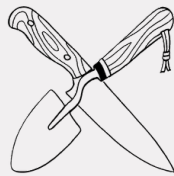




Thank you

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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