



FALL MEAL PLAN: WEEK 3



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 3

Monday



Beer Braised Short Ribs

Tuesday



Puttanesca Pasta

Wednesday



Braised Chuck Roast

Thursday



Italian-ish Lentil Salad

Friday



Za'atar Salmon

Salad/App



Goat Cheese Bruschetta

Baking



Turkish Sesame Bread

Dessert



Lemon Curd Tart

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Beer Braised Short Ribs

Falloff the bone tender, these beer braised short ribs are slow-cooked in the oven for maximum flavour. If you've only ever made short ribs with wine, you're in for a pleasant surprise.

Prep Time

30 mins

Cook Time

3 hrs

Total Time

3 hrs 30 mins

Course: ~~Main Course~~

Cost: \$30

Cuisine: American

Servings: 4 people

Author: Luay Ghafari



5 from 8 votes

Equipment

- Braiser or Dutch oven

Ingredients

- 2 ½ lbs Beef Short Ribs - Bone in, cut into 2" cubes
- 2 tbsp Olive oil - Use light olive oil or vegetable oil
- Kosher salt
- 1 cup Onion - Diced
- 1 cup Celery - Diced
- 1 cup Carrot - Diced
- 4 Garlic cloves - Minced
- 2 tbsp Tomato paste
- 1 tsp Garlic powder
- 2 cups Crushed tomatoes
- 2 cups Dark beer
- 2 tbsp Worcestershire sauce
- Herb bundle - Parsley, thyme, rosemary
- 2-3 Bay leaves
- Kosher salt and fresh cracked pepper to taste
- Parsley for garnish
-

Instructions

1. Preheat your oven to 300°F/150°C.
2. Season short ribs with kosher salt on all sides.
3. In a large braiser or Dutch oven on medium high heat, add 2 tablespoons of light olive oil. You can also use vegetable 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.
4. To the same pot, add onion, celery, carrot and garlic. Sauté on medium high for 3-4 minutes, until onion softens.
5. Add tomato paste, garlic powder, 1 teaspoon of kosher salt and 1/2 tsp of fresh cracked pepper. Sauté for another 2-3 minutes.
6. Return seared short ribs back to the pot and add beer, crushed tomatoes and Worcestershire sauce.
7. Add herb bundle and bay leaves.
8. Bring to the pot to a simmer, cover and transfer to the preheated oven. Braise for 2 ½ to 3 hours. The meat should be tender. Cook longer if needed.
9. Garnish with fresh chopped parsley.
10. Serve tender short ribs with mashed potatoes, mushrooms or your favorite sides.
11. Optional: If you're feeling fancy, use an immersion blender to smooth out the sauce and cook it down further to thicken it. Taste and season the sauce to your liking.

Notes

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

A few ingredient notes:

- **Ribs:** chuck short ribs will be the most common cut available and work perfectly for this recipe. You can also use plate short ribs, but they're harder to find.
- **Tomatoes:** canned crushed tomatoes are great but if you have a lot of fresh tomatoes, you can also use fresh.
- **Beer:** Guinness is going to be the easiest dark beer to find in most places, and it works perfectly, but another stout beer can be substituted.
- **Herbs:** for the herb bundle, woody herbs like rosemary and thyme are ideal. Top with parsley for a bit of extra color and flavor, and include it in the herb bundle as well if you'd like.

Nutrition

Calories: 707kcal | Carbohydrates: 28g | Protein: 59g | Fat: 37g | Saturated Fat: 13g | Polyunsaturated Fat: 2g | Monounsaturated Fat: 18g | Cholesterol: 167mg | Sodium: 30584mg | Potassium: 1730mg | Fiber: 5g | Sugar: 9g | Vitamin A: 2704IU | Vitamin C: 23mg | Calcium: 126mg | Iron: 9mg

To see the web version with photos, tips

and FAQs, scan the QR code or visit:

<https://urbanfarmandkitchen.com/beer-braised-short-ribs/>



Spaghetti alla Puttanesca with Cherry Tomatoes

My Spaghetti alla Puttanesca with Cherry Tomatoes is bold, briny, spicy and incredibly satisfying. Fresh cherry tomatoes cook down into a rustic sauce with garlic, anchovies, Kalamata olives and capers, while crispy toasted breadcrumbs add the perfect finishing crunch. And it's ready in under 40 minutes!

Prep Time 15 mins	Cook Time 25 mins	Total Time 40 mins
Course: Main Course		
Author: Luay Ghafari	Cuisine: Italian	Diet: Vegetarian
	Cost: \$15	Servings: 4 People



☆☆☆☆☆
No ratings yet

Ingredients

For the Toasted Breadcrumbs

- 2 tbsp Extra virgin olive oil
- ¾ cup Panko breadcrumbs - Or standard breadcrumb
- ¼ tsp Kosher salt

For the Pasta Sauce

- 3 tbsp Extra virgin olive oil
- 5 Garlic cloves (thinly sliced)
- 4 Anchovy fillets (finely chopped)
- 3 tbsp Tomato paste
- 1 tsp Dried oregano
- ½ tsp Chili flakes - Use more or less, to taste
- 2 pints Cherry tomatoes - about 4 cups or 1½ lb
- ½ cup Kalamata olives (pitted)
- 2 tbsp Capers (drained)
- Kosher salt and black pepper, to taste

For the Pasta and Garnish

12 oz Spaghetti
½ cup Fresh parsley (chopped)
½ cup Pecorino Romano (grated)

Instructions

1. **Toast the Breadcrumbs.** Heat **2 tbsp Extra virgin olive oil** in a small skillet over medium heat. Add **¾ cup Panko breadcrumbs** and **¼ tsp Kosher salt**. Cook, stirring frequently, until the breadcrumbs are golden brown and crisp, about 3–5 minutes. Transfer them to a bowl and set aside.
2. **Build the Flavor Base.** Heat **3 tbsp Extra virgin olive oil** in a large skillet over medium heat. Add **5 Garlic cloves (thinly sliced)** and cook until fragrant, about 30 seconds. Don't let it burn. Add **4 Anchovy fillets (finely chopped)** and cook, stirring, until they dissolve into the oil. Stir in **3 tbsp Tomato paste**. Cook for 2-3 minutes, stirring frequently, so the tomato paste can caramelize slightly and develop a deeper flavor. Add **1 tsp Dried oregano** and **½ tsp Chili flakes**. Stir to combine.
3. **Add the Cherry Tomatoes.** Add **2 pints Cherry tomatoes**. Cook for 10–12 minutes, stirring occasionally, until the tomatoes soften and begin to burst. Use the back of a wooden spoon to gently crush many of the tomatoes, while leaving some whole for texture.
4. **Add the Briny Ingredients.** Stir in **½ cup Kalamata olives (pitted)** and **2 tbsp Capers (drained)**. Cook for another 2–3 minutes, then taste the sauce before adjusting the seasoning with salt and freshly cracked black pepper.
5. **Cook the Spaghetti.** While the sauce is cooking, bring a large pot of water to a boil and salt it well. Add **12 oz Spaghetti** and cook until al dente. Before draining, reserve about 1 cup of the starchy pasta cooking water.
6. **Finish the Pasta in the Sauce.** Transfer the cooked spaghetti directly to the skillet with the sauce. Add about ½ cup of reserved pasta water and toss vigorously until the sauce becomes glossy and coats every strand. Add more pasta water as

needed.

7. **Garnish and Serve.** Divide the spaghetti puttanesca between serving bowls. Finish generously with the toasted breadcrumbs, chopped fresh parsley (or fresh basil) and finely grated Pecorino Romano. Serve immediately.

Notes

KeyIngredient Notes:

- **Panko Breadcrumbs:** Toasted until golden and crisp, these add a wonderful crunchy finish. Regular breadcrumbs can be used instead.
- **Anchovy Fillets:** Anchovies melt into the olive oil and provide savory, umami-rich depth. I don't recommend skipping them if you're after that characteristic puttanesca flavor. You could also use anchovy paste in a tube if that's more accessible or convenient.
- **Capers:** Add that unmistakable briny punch that makes puttanesca so flavorful. They can be a little salty, so use them in moderation.
- **Pasta:** Classically, you would use **spaghetti**, but honestly any long pasta will do (fettuccine, linguine or even tagliatelle). And in a pinch, I have used whatever I have in my pantry, so don't feel like you need to go to the store for a specific pasta shape.
- **Pecorino Romano:** A salty, sharp finishing cheese. Parmesan cheese can be substituted if preferred or if that's what you have.

Tips for Success:

- **Watch the salt.** Anchovies, Kalamata olives, briny capers and Pecorino Romano all contribute saltiness. Taste the finished sauce before adding more salt.
- **Let the anchovies melt into the oil.** Finely chopping the anchovies helps them dissolve quickly. Once cooked, you shouldn't have noticeable pieces of anchovy. The goal is for them to become part of the savory base of the sauce.
- **Don't burn the garlic.** Thinly sliced garlic cooks very quickly. Keep the heat moderate and move on to the next ingredients once it becomes fragrant.
- **Caramelize the tomato paste.** Giving the tomato paste a minute or two in the hot skillet before adding the cherry tomatoes helps concentrate its flavor and takes away some of its raw acidity.

Nutrition

Calories: 656kcal | Carbohydrates: 87g | Protein: 21g | Fat: 26g | Saturated Fat: 5g | Polyunsaturated Fat: 3g | Monounsaturated Fat: 16g | Cholesterol: 15mg | Sodium: 891mg | Potassium: 952mg | Fiber: 7g | Sugar: 11g | Vitamin A: 2180IU | Vitamin C: 68mg | Calcium: 244mg | Iron: 5mg

To see the web version with photos, tips

and FAQs, scan the QR code or visit:

<https://urbanfarmandkitchen.com/spaghetti-alla-puttanesca-with-cherry-tomatoes/>



Braised Chuck Roast

This Braised Chuck Roast is a great recipe for a weekend meal or a special occasion. It's very hands-off, with most of the cooking time taking place unattended in the oven. The end result is a tender piece of meat and a luscious gravy that everyone will love. Serve with steamed vegetables, a refreshing and tangy salad or one of my seasoned rice recipes.

Prep Time

15 mins

Cook Time

4 hrs

Total Time

4 hrs 15 mins

Course: Main Course

Cost: \$20

Cuisine: American

Servings: 6 people

Author: Luay Ghafari



5 from 6 votes

Equipment

- Large Dutch Oven

Ingredients

- 3 lbs Chuck Roast - See note
- Kosher salt and Pepper
- 1 tbsp Olive oil - or vegetable oil
- 2 Carrots - Roughly chopped
- 2 Celery stalks - Roughly chopped
- 1 Yellow onion - Roughly chopped
- 1-2 Heads of garlic - Peeled
- 2 tbsp Tomato Paste
- 1 cup Red wine
- 2 cups Beef stock
- Fresh Herbs - Rosemary, thyme, sage, bay and parsley
- 1 lb New potatoes

Instructions

1. **Season the meat and preheat oven.** Liberally season the meat with kosher salt and cracked black pepper on all sides. Preheat your oven to 325F (160C).
2. **Prepare the vegetables.** Cut the onions, carrots and celery into large chunks. Peel the garlic cloves You can also use a whole garlic head cut in half horizontally.
3. **Sear the meat.** Place a large oven-safe pot on your burner set on medium-high heat. Add the olive oil and sear the meat on all sides until you have a lovely golden brown crust on the meat. Once seared, take the meat out and place it on a plate or tray.
4. **Fry the aromatics.** To the same pot, add the chopped carrots, celery, onions and garlic. Fry on medium heat, for 2-3 minutes, until the aromatics take on some color.
5. **Add tomato paste.** Add the tomato paste to your pot, and stir to coat. Continue to sauté for 2-3 minutes so that the tomato paste gets a little caramelized.
6. **Deglaze.** Pour the wine and deglaze by scraping all the browned bits on the bottom of the pan with a wooden spoon. This is where a lot of the flavor is!
7. **Place meat back.** Nestle the seared chuck roast back into the pot.
8. **Add stock and aromatics.** Pour the beef stock into the pot and add the herbs. Cover the pot and place it into the oven to braise for 3 hours.
9. **Add potatoes one hour before the meat is finished cooking.** Carefully remove the covered pot from the oven and take off the lid. Place the potatoes around the chuck roast, cover the pot, and place back in the oven to braise for another hour.
10. **Serve.** The chuck roast is ready when it is fork tender and the potatoes are cooked through. You should be able to easily insert a knife into the meat. Slice or shred the meat and serve it with the potatoes. You can also serve it with the carrots

which should still be intact.

Notes

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

Ingredient Notes:

- **Meat:** This recipe calls for a 3lb boneless chuck roast. Chuck roast is cooked whole and then sliced (or shredded). You can also follow this exact recipe with other tough cuts of meat like short ribs. If you only have access to bone-in chuck roast, you can follow the same recipe instructions but you may want to add an extra hour of braising time.
- **Tomato Paste:** A little tomato paste goes a very long way in adding depth of flavor to the sauce. Don't skip this!
- **Fresh Herbs:** Because the meat is going to braise for a long time, woody herbs like fresh rosemary, fresh thyme, bay leaves and fresh sage work really well here. I also like to add a small bunch of parsley to the braise for added freshness.
- **Stock:** As this is a beef recipe, beef stock or beef broth is ideal. However, you can use chicken stock if that's what you have. I like using boxed ready-to-use stock, but you can use concentrate or powdered stock. The choice is yours.
- **Potatoes:** It's not necessary to cook the potatoes in the braise, but I find they take on so much of the gorgeous flavor from the broth. I like throwing in small new potatoes about an hour before the meat is cooked. But feel free to not include the potatoes and prepare other sides to go along with your braised chuck roast.

Other Important Notes:

- **Use a good quality oven-safe braiser.** Using a good quality large Dutch oven makes all the difference. It helps keep the moisture in and keeps the temperature even.
- **Don't forget the gravy!** The braising juice is liquid gold! After 4 hours of braising, it should be thickened and ready to use as is. You can strain it out and use it as gravy. You can also let it rest and spoon away any fat that rises to the top if you prefer. If by any chance the liquid is still not thickened, you can thicken it by cooking it down further in a pot or saucepan or using a cornstarch slurry (mixture of 1 tablespoon of cornstarch with 1 tablespoon of cold water). The slurry will thicken the braising liquid right away. Make sure to bring the gravy to a boil once you add the slurry to activate the starch.

Serve with:

- Steamed vegetables (example: green beans, broccoli)
- Garlic confit mashed potatoes
- Saffron rice
- Lemony and tangy Fattoush salad
- Chopped Tomato and Cucumber Salad
- Refreshing bruschetta (burrata bruschetta, goat cheese bruschetta or eggplant bruschetta)
- Tangy coleslaw

Nutrition

Calories: 526kcal | Carbohydrates: 19g | Protein: 47g | Fat: 29g | Saturated Fat: 12g | Polyunsaturated Fat: 2g | Monounsaturated Fat: 15g | Trans Fat: 2g | Cholesterol: 156mg | Sodium: 408mg | Potassium: 1386mg | Fiber: 3g | Sugar: 3g | Vitamin A: 3516IU | Vitamin C: 19mg | Calcium: 71mg | Iron: 6mg

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and FAQs, scan the QR code or visit:

<https://urbanfarmandkitchen.com/braised-chuck-roast/>

Mediterranean Lentil Salad (Italian-Inspired)

This easyMediterranean Lentil Saladhas become my go-to formealprep lunches, potlucks, and light summer dinners. It hits all the right notes: herby, zesty, satisfying, and ridiculously simple to toss together. Packed with fresh veggies, creamy bocconcini, and briny green olives, it's a high-protein vegetarian salad that doesn't skimp on flavor or texture.

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

Course: Appetizer, Salad, Side Dish Cuisine: Mediterranean Diet: Vegetarian
Servings: 6 Servings Author: Luay Ghafari Cost: \$15



★★★★★
5 from 1 vote

Ingredients

For Cooking the Lentils

1 cup Brown lentils
3 cups Water

Dressing Ingredients

- ¼ cup Extra virgin olive oil
- 2 tbsp Lemon juice
- 2 tbsp Red wine vinegar
- 1 tbsp Grainy mustard
- 1 tsp Kosher salt
- ½ tsp Black pepper

Fresh Ingredients

- 1 pint Cherry tomatoes (sliced in half)
- 2 Persian cucumbers (chopped)
- 1 cup Mozzarella cheese balls
- ½ Red onion (finely chopped)
- ¼ cup Green olives (chopped)
- 2 tbsp Fresh basil (chopped)

Instructions

1. **Boil and Drain Lentils.** Rinse and pick over **1 cup Brown lentils**, then boil in **3 cups Water** until tender but not mushy, about 20-25 minutes. Drain in a fine mesh sieve, run under cold water and let the lentil drain completely.
2. **Make the Dressing.** In your serving bowl, whisk together **¼ cup Extra virgin olive oil**, **2 tbsp Lemon juice**, **2 tbsp Red wine vinegar**, **1 tbsp Grainy mustard**, **1 tsp Kosher salt**, and **½ tsp Black pepper** until emulsified.
3. **Assemble the Salad.** To the bowl with the dressing, add the cooked and drained lentils, **1 pint Cherry tomatoes (sliced in half)**, **2 Persian cucumbers (chopped)**, **1 cup Mozzarella cheese balls**, **½ Red onion (finely chopped)**, **¼ cup Green olives (chopped)**, and **2 tbsp Fresh basil (chopped)**.
4. **Toss and Taste.** Mix everything gently until well coated in the dressing. Taste and adjust seasoning as needed.

Notes

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

Key Ingredient Information:

- **Lentils:** Green or brown hold their shape best; black beluga also works. Don't use red lentils, as they turn to mush when cooked.
- **Cucumbers:** **Persian cucumbers** are perfect here. They are thin-skinned and crunchy. You can sub in an English cucumber, but I recommend cutting out the seed cavity and peeling it if the skin is tough.
- **Onion:** I am using a small **red onion**. If raw onion is too sharp for you, soak the chopped onion in cold water to mellow it out. Or use scallions or green onions.

- **Cherry tomatoes:** Sweet and juicy. Grape tomatoes or chopped heirloom tomatoes are great substitutes. You can also use standard tomatoes, but I would recommend removing the seed cavities so you don't add too much liquid back into the salad.
- **Cheese.** I prefer a mild cheese to balance the tangy dressing, and that's why **Bocconcini/mozzarella balls** work well. Feta cheese, goat cheese or vegan cheese are good alternatives.
- **Green olives:** Briny and bold. Kalamata olives, black olives or Castelvetrano olives work too.
- **Fresh Herbs: Basil** pairs so nicely with the other ingredients so I would recommend it. But in a pinch, parsley would do too.
- **Grainy mustard:** I like adding mustard (Dijon and/or grainy) to my salad dressings. They add depth and a touch of heat.

Nutrition

Calories: 267kcal | Carbohydrates: 25g | Protein: 12g | Fat: 14g | Saturated Fat: 3g | Polyunsaturated Fat: 1g | Monounsaturated Fat: 7g | Cholesterol: 6mg | Sodium: 726mg | Potassium: 532mg | Fiber: 11g | Sugar: 4g | Vitamin A: 442IU | Vitamin C: 23mg | Calcium: 100mg | Iron: 3mg

To see the web version with photos, tips

and FAQs, scan the QR code or visit:

<https://urbanfarmandkitchen.com/mediterranean-lentil-salad-recipe-italian-inspired/>



One-Pan Baked Za'atar Salmon (with Vegetables)

My Baked Za'atar Salmon with Vegetables is an easy, delicious and quick one-pan dinner that is perfect for weeknights, but also special occasions. Salmon fillets are seasoned simply with olive oil and za'atar, then baked over a colorful mixture of cherry tomatoes, squash and red onion.

Prep Time

10 mins

Cook Time

20 mins

Total Time

30 mins

Course: Main Course

Author: Luay Ghafari

Cuisine: Levantine, Mediterranean, Middle Eastern

Cost: \$25

Servings: 4 Servings



No ratings yet

Ingredients

For the Pan

- 1 cup Cherry tomatoes
- 1 Summer squash or zucchini (cut into rings)
- 1 Red onion (cut into wedges)
- 1 tsp Extra virgin olive oil
- 1 tsp Za'atar spice
- ½ tsp Kosher salt

For the Fish

- 1½ lbs Salmon - About 4 fillets
- 1 tsp Extra virgin olive oil
- 1 tsp Za'atar spice
- ½ tsp Kosher salt
- ¼ tsp Black pepper
- Garnish with fresh dill and lemon wedges

Instructions

1. **Preheat Oven.** Preheat your oven to 425°F (220°C).
2. **Prepare Baking Dish.** Add the cherry tomatoes, sliced squash and red onion wedges to a roasting dish, rimmed baking sheet or sheet pan. Drizzle with olive oil and sprinkle with za'atar and salt. Toss everything together until evenly coated.
3. **Add Salmon.** Place salmon fillets over the vegetables, skin side down. Brush the salmon with olive oil, then season with za'atar, salt and black pepper.
4. **Bake.** Bake for 18-22 minutes, depending on the thickness of your salmon fillets. The vegetables should be tender, the tomatoes should begin to burst and the edges of the red onion should start to char. Check the salmon for doneness. It should flake easily with a fork. For medium salmon, aim for an internal temperature of 125-130°F (52-54°C). For fully cooked salmon, cook to 140-145°F (60-63°C).
5. **Garnish and Serve.** Remove the pan from the oven, garnish generously with fresh dill and serve right away with lemon wedges.

Notes

Key Ingredient Notes:

- **Salmon Fillets:** Fresh salmon is the star of the recipe. Atlantic or sockeye salmon both work well. Skin-on or skinless both work well. I like to purchase a large fillet from Costco or the fishmonger and cut the portions out myself. But you can totally just buy pre-portioned filets.
- **Vegetables:** I am using a combination of **cherry tomatoes, fresh summer squash (zucchini) and red onion**. But you can really use whatever you want here. The key is to choose vegetables that will cook in about 15-20 minutes, so avoid potatoes. Some other options you can use: broccoli, asparagus, green beans.
- **Za'atar Spice Blend:** If you've made some of my recipes before, then you've likely come across za'atar. This is a Middle Eastern spice blend that typically includes herbs, sumac and sesame seeds. Za'atar blends vary quite a bit, so use one you enjoy. You can make your own za'atar or buy it from a local Middle Eastern grocery store or online.

Tips for Success:

- **Pat the salmon dry.** Before brushing the fillets with oil, pat them dry with a paper towel. This helps the olive oil and za'atar adhere to the surface rather than sliding off.
- **Pay attention to thickness, not just the clock.** Salmon fillets can vary considerably in thickness, which means cooking time will vary too. Start checking thinner pieces early to avoid dry salmon.
- **Use an instant-read thermometer.** It takes the guesswork out of cooking salmon, especially if you prefer the center medium rather than fully cooked.

Nutrition

Calories: 287kcal | Carbohydrates: 6g | Protein: 35g | Fat: 13g | Saturated Fat: 2g | Polyunsaturated Fat: 5g | Monounsaturated Fat: 5g | Cholesterol: 94mg | Sodium: 811mg | Potassium: 1087mg | Fiber: 1g | Sugar: 3g | Vitamin A: 368IU | Vitamin C: 20mg | Calcium: 49mg | Iron: 2mg

To see the web version with photos, tips

and FAQs, scan the QR code or visit:

<https://urbanfarmandkitchen.com/one-pan-baked-zaatar-salmon-with-vegetables/>



Goat Cheese Bruschetta Recipe (with Tomato and Basil)

This Goat cheese Bruschetta recipe with tomatoes and basil is crowd pleaser and perfect appetizer for when you want to get something on the table quickly. It comes together in about 20 minutes and it's ready to serve! It can also be served as a light lunch.

Prep Time
20 mins

Total Time
20 mins

Course: Appetizer, Snack Cuisine: Italian Diet: Vegetarian Servings: 8 people
Author: Luay Ghafari Cost: \$10



★★★★★
5 from 2 votes

Ingredients

- 1 Baguette - Sliced into ½ inch thick pieces on the diagonal
- 2-3 tbsp Extra virgin olive oil - Divided
- 1-2 Garlic cloves
- 1 Pint Cherry tomatoes - Cut into quarters
- 2-3 tbsp Basil leaves - chopped into ribbons
- 1 Small shallot - Finely minced
- Kosher salt and black pepper to taste
- 4 ounces Mild goat cheese
- Balsamic vinegar glaze

Instructions

1. **Grill the bread.** Oil both sides of the baguette slices and grill on high heat until charred slightly and you have beautiful grill marks, about 1-2 minutes on each side. While still warm, rub a clove of garlic on one side of the grilled baguette slices. This will add a subtle garlic flavor to the bruschetta.
2. **Prepare the bruschetta mix.** To a bowl, add the sliced cherry tomatoes, minced shallot, chopped basil, 1 tablespoon olive oil salt and pepper. Taste the mix and adjust the seasoning.
3. **Spread goat cheese.** Spread 1-2 tablespoons of softened goat cheese on the garlic side of each grilled baguette slice.
4. **Top and serve.** Top with the tomato mixture, drizzle with balsamic glaze and serve.

Notes

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

Ingredient notes:

- **Bread:** A classic bruschetta is made with toasted or grilled sliced ciabatta, Italian bread, crusty bread, or baguette but do feel free to experiment.
- **Goat Cheese:** Use mild goat cheese in case you're new to the flavor profile. You can substitute for cream cheese or herbed soft cheese like Boursin.
- **Tomatoes:** I love using sweet cherry tomatoes here (grape tomatoes work too), especially when I have so many growing in the garden.
- **Shallot:** The flavor of shallot is quite mild and not too overpowering, which balances the rest of the flavors well.
- **Fresh Basil:** There's really no substitution for basil in my opinion.
- **Olive Oil:** Choose good quality extra-virgin olive oil. If you can find unfiltered olive oil, even better.

Other additions: red pepper flakes, parmesan cheese,

Serve this delicious appetizer recipe as part of a spread with other sharables like blistered shishito peppers, bread dipping oil, and cheese hand pies.

Nutrition

Calories: 163kcal | Carbohydrates: 18g | Protein: 6g | Fat: 7g | Saturated Fat: 3g | Polyunsaturated Fat: 1g | Monounsaturated Fat: 3g | Cholesterol: 7mg | Sodium: 254mg | Potassium: 185mg | Fiber: 1g | Sugar: 3g | Vitamin A: 462IU | Vitamin C: 14mg | Calcium: 62mg | Iron: 2mg

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and FAQs, scan the QR code or visit:

<https://urbanfarmandkitchen.com/goat-cheese-bruschetta-recipe-with-tomato-and-basil/>



Simit (Turkish Sesame Bread Recipe)

Simit (also known as Turkish sesame bread) is a staple baked good and popular Turkish street food. Also sometimes referred to as Turkish Bagels, they are delicious, comforting, crispy on the outside and chewy on the inside. This recipe includes detailed instructions on how to get the perfect twisted shape. Make sure to also watch the step-by-step video.

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

Course: Breakfast, Brunch, Snack Cuisine: Turkish Diet: Vegan, Vegetarian
Servings: 8 Portions Author: Luay Ghafari Cost: \$5



★★★★★
5 from 1 vote

Equipment

- Stand Mixer - Optional

Ingredients

Dough Ingredients

- 1 ½ cups Lukewarm water - 355 grams
- 1 tbsp sugar - 12 grams
- 2 ¼ tsp Dry active yeast - 7 grams (or 1 packet)
- 3 ½ cups All purpose flour - 525 grams
- 2 tsp Salt - 10 grams
- Olive oil for brushing

Dressing

- ¼ cup Grape molasses - See note
- ¼ cup Water
- ½ cup Sesame seeds - Use untoasted sesame seeds if possible

Instructions

- 1. Prepare the Dough.** In the bowl of a stand mixer, add **1 ½ cups Lukewarm water**, **1 tbsp sugar** and **2 ¼ tsp Dry active yeast**. Mix and let stand until frothy, about 5-10 minutes. Add **3 ½ cups All purpose flour** and **2 tsp Salt**. Knead on medium-low speed with the dough hook attachment for 6-8 minutes until a dough ball forms. You can also use a large bowl to make the dough by hand and knead it on the counter. NOTE: If the dough is not coming together, add more flour one tablespoon at a time until a supple dough ball forms.
- 2. Cover and Rise.** Lightly oil the dough ball and place it in a bowl to rise. You can let it rise in the same mixing bowl. Cover the dough with a damp cloth or plastic bag. Let it rise for 1 hour or until it doubles in size.
- 3. Portion and Shape.** At this point preheat your oven to 425F (220C). Line a large baking sheet with parchment paper. Divide the dough into 8 equal portions. Take one piece and roll it out into a long rope about 24 inches long. Fold the rope in half and start to twist. Join both ends of the twisted rope together to form a twisted ring. NOTE: If you meet some resistance as you roll, let the dough rest for a few minutes and then continue.
- 4. Repeat the Process.** Repeat with the remaining dough portions.
- 5. Dress.** In a shallow bowl, combine **¼ cup Grape molasses** with **¼ cup Water** to loosen it up. In another shallow bowl, add **½ cup Sesame seeds**. Dip each ring into the molasses mixture and coat evenly then dip into the sesame seeds. Press gently so the seeds stick. Transfer the dressed simit rings to the parchment paper-lined baking tray.
- 6. Bake.** Bake for 20-25 minutes in the preheated oven or until golden brown and crisp. NOTE: Simit has a tendency to get a little tough and chewy after it cools down. I like to warm them up in a toaster oven or air fryer for a few minutes to soften them up.

Notes

Refer to the post above for step-by-step recipe photos. Especially important for the rolling technique. Or you can watch the short video.

Ingredient Notes:

- **Flour:** I recommend using **All-purpose flour**. But if you want to use whole wheat flour, I would recommend that you only sub about ¼ of the amount.
- **Grape Molasses (üzüm pekmezi):** Essential for that signature simit flavor. You can find it at your local Turkish store or online. It's not always easy to find, so you can definitely use pomegranate molasses or honey as alternatives.
- **Sesame seeds:** Coats the simit and adds a nutty, toasted flavor. White sesame seeds are traditional, but black sesame or a mix can also be used. I would use untoasted sesame seeds as they will toast when baking. If you were to use pre-toasted sesame seeds, they may burn during the bake.

Top Tips:

- **Dough Consistency:** If your dough feels too sticky, add a tablespoon of flour at a time until it's pliable and soft. If it's too dry, add a teaspoon of water and continue to knead.
- **Even Coating:** Make sure to coat both sides of the dough rings in sesame seeds!
- **Twisting Technique:** The twist in the dough isn't just decorative; it helps the simit bake evenly. Practice makes perfect so don't worry too much if you don't get it right the first time. Make sure to watch the video.
- **Eat them warm!** Simit has a tendency to toughen up after it gets baked and cools down. I like to warm them up in a toaster oven or air fryer for a few minutes to soften them up.

Nutrition

Calories: 292kcal | Carbohydrates: 54g | Protein: 8g | Fat: 5g | Saturated Fat: 1g | Polyunsaturated Fat: 2g | Monounsaturated Fat: 2g | Sodium: 590mg | Potassium: 265mg | Fiber: 3g | Sugar: 10g | Vitamin A: 1IU | Vitamin C: 0.003mg | Calcium: 123mg | Iron: 4mg

To see the web version with photos, tips

and FAQs, scan the QR code or visit:

<https://urbanfarmandkitchen.com/simit-turkish-sesame-bread-recipe/>



Lemon Curd Tart with Pistachios

My LemonCurdTart withPistachioslooks bakery-level fancy but is honestly very doable at home. It has a buttery graham cracker and pistachio crust, a silky lemon filling and a whipped cream topping.



Prep Time	Cook Time	Chilling Time	Total Time
30 mins	33 mins	4 hrs	5 hrs 3 mins

Course: Dessert Cuisine: Mediterranean Diet: Vegetarian Servings: 8 Servings
 Author: Luay Ghafari Cost: \$25

☆☆☆☆☆
 No ratings yet

Equipment

- 9-Inch tart pan with a removable bottom - [Affiliate link](#)

Ingredients

For the Crust

- 1¾ cups Graham crackers - 210 grams
- ½ cup Unsalted pistachios - 70 grams
- 3 tbsp Sugar - 38 grams
- 6 tbsp Butter (melted) - 85 grams

For the Filling

- 1 cup Sugar - 200 grams
- 2 tbsp Lemon zest (finely grated, from 2-3 lemons) - 12 grams
- 3 Large eggs - 150 grams
- 3 Egg yolks - 42 grams
- ½ cup Lemon juice (from 2-3 lemons) - 118 grams
- Pinch of salt
- ½ cup Butter (cut into cubes) - 113 grams
- ¼ cup Unsalted pistachios (roughly chopped) - 35 grams

For the Decoration

- 1 cup Heavy whipping cream - 227 grams
- 2 tbsp Powdered sugar - 15 grams
- ½ tsp Vanilla extract
- ¼ tsp Cream of tartar - Optional but recommended

Instructions

1. **Preheat Oven.** Preheat your oven to 350°F / 175°C.
2. **Process the Crackers and Pistachios.** Add the graham crackers and pistachios to a food processor and pulse until the crumbs look sandy, with a few small pistachio pieces still visible.
3. **Make the Tart Crust.** Transfer the crumb mixture to a medium bowl. Add the sugar and melted butter, then stir until everything is evenly combined.
4. **Press and Bake.** Press the crust mixture into a 9-inch tart pan with a removable bottom. Press it firmly across the bottom and up the sides of the pan using the bottom of a measuring cup or glass. Bake the crust for about 10 minutes, or until lightly golden and fragrant. Set aside.
5. **Make Lemon Sugar.** In a small bowl, combine the sugar and lemon zest. Rub them together with your fingers until the sugar smells intensely lemony.
6. **Prepare the Curd.** Transfer the lemon sugar to a medium saucepan. Add the eggs, egg yolks, lemon juice and salt. Whisk until smooth.
7. **Cook the Curd.** Cook over medium heat, stirring gently but constantly, until the mixture thickens and starts to bubble. Let it bubble for 15 to 20 seconds. It should coat the back of a wooden spoon, and if you're checking the temperature, it

should be around 175°F / 80°C.

8. **Add Butter.** Off the heat, add the cold butter a little at a time, stirring until fully melted and incorporated.
9. **Strain.** Strain the curd through a fine mesh sieve. This extra step helps catch any bits of zest or cooked egg.
10. **Pour into Shell.** Pour the lemon curd into the baked tart shell. Sprinkle the top with the chopped pistachios.
11. **Bake Tart.** Return the tart to the oven and bake for about 15 minutes. The center should still have a slight jiggle. Let the tart cool to room temperature, then cover and refrigerate for at least 4 hours, though overnight is even better for clean slices and the best texture.
12. **Make Whipped Cream.** Add the cold heavy cream, powdered sugar, vanilla extract, and cream of tartar to a large mixing bowl. Beat until stiff peaks form.
13. **Decorate.** Decorate the chilled tart with whipped cream however you like, then slice and serve.

Notes

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

Key Ingredient Notes:

- **Graham Crackers:** The base of the crust. You can use whole graham crackers or store-bought graham cracker crumbs.
- **Pistachio Nuts:** I recommend using **unsalted toasted shelled pistachios** in this recipe. They are added to the crust and sprinkled into the curd before baking.
- **Lemons:** You're going to need a lot of **lemon juice** and **lemon zest** in this recipe. Lemon and pistachios work really well together, but you can also use limes, too! If you have access to Meyer lemons, definitely use those!
- **Eggs:** You will need both whole eggs and egg yolks in this recipe.
- **Sugar:** This recipe calls for both **granulated sugar** (used in the crust and curd) and **powdered sugar** (used in the whipped cream topping).
- **Cream of Tartar (Optional):** Stabilizes the whipped cream for longer storage. If you don't have it, don't worry about it.

Tips for Success:

- **Use fresh lemons only.** Bottled juice won't give you the same bright, clean flavor. Fresh juice and zest are one of the biggest keys to a great lemon tart.
- **Don't skip rubbing the zest into the sugar.** It sounds small, but it makes a huge difference in aroma and lemon intensity.
- **Stir the curd constantly and don't crank the heat.** Gentle cooking helps prevent scrambled eggs and keeps the filling smooth.
- **Chill the tart long enough.** Four hours is the minimum, but overnight is ideal if you want neat slices.
- **Strain the filling before adding it to the crust.** This is the easiest way to guarantee a silky tart.

Nutrition

Calories: 590kcal | Carbohydrates: 52g | Protein: 8g | Fat: 41g | Saturated Fat: 22g | Polyunsaturated Fat: 3g | Monounsaturated Fat: 13g | Trans Fat: 1g | Cholesterol: 221mg | Sodium: 324mg | Potassium: 248mg | Fiber: 2g | Sugar: 36g | Vitamin A: 1277IU | Vitamin C: 7mg | Calcium: 73mg | Iron: 2mg

To see the web version with photos, tips

and FAQs, scan the QR code or visit:

<https://urbanfarmandkitchen.com/lemon-curd-tart-with-pistachios/>



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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