



FALL MEAL PLAN: WEEK 6



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 6

Monday



**Corn Chowder with
Harissa Butter**

Tuesday



Mushroom Pappardelle

Wednesday



Za'atar Chicken

Thursday



Lentil Soup

Friday



Baked Cod Puttanesca

Salad/App



Cabbage Apple Slaw

Baking



Za'atar Knots

Dessert



Lemon Ricotta Cake

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Corn Chowder with Harissa Butter

This Corn Chowder with Harissa Butter is loaded with sweet corn, tender potatoes and smoky bacon. It's rich and comforting, but not overly thick, just the way I like it. The spicy harissa finishing butter takes it up a notch and adds a Mediterranean twist, slowly melting into the hot chowder. It's a small extra step that really makes this recipe stand out.



☆☆☆☆☆
No ratings yet

Prep Time 10 mins	Cook Time 40 mins	Total Time 50 mins
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Course: Appetizer, Side Dish, Soup

Cuisine: American, Mediterranean

Servings: 6 Servings

Author: Luay Ghafari Cost: \$15

Ingredients

For the Chowder

- 6 Thick-cut bacon slices (diced)
- 1 Medium white onion (finely diced)
- 2 Celery stalks (finely diced)
- 3 Garlic cloves (minced)
- 1½ lbs Yukon Gold potatoes (peeled and cut into ½-inch cubes)
- 4 cups Corn kernels
- 3½ cups Chicken broth - Have some extra on hand if you need it
- ¾ tsp Dried thyme
- 1 Bay leaf
- ¾ tsp Kosher salt
- ½ tsp Black pepper
- 1 cup Heavy cream

For the Harissa Butter

- 4 tbsp Unsalted butter (softened)
- 1½ tbsp Harissa paste - use less if you prefer it milder
- 1 tsp Honey
- ½ tsp Lemon zest
- Pinch of salt

Garnish

- Chopped parsley
- Croutons - Optional

Instructions

1. **Cook Bacon.** Add the diced bacon to a Dutch oven or soup pot set over medium heat. Cook until the bacon is crisp and the fat has rendered. Transfer the bacon to a paper towel-lined plate and set aside, leaving about 2 tablespoons of bacon fat in the pot.
2. **Build the Base.** Add the diced onion and celery to the bacon fat. Cook for about 5 minutes, stirring occasionally, until softened. Add the minced garlic and cook for another 30 seconds, just until fragrant.
3. **Simmer the Chowder.** Add the potatoes, 3 cups of the corn, chicken broth, dried thyme, bay leaf, salt and black pepper. Bring the mixture to a boil, then reduce the heat and simmer for 20-25 minutes, or until the potatoes are fork-tender.
4. **Thicken the Chowder.** Remove and discard the bay leaf. Carefully transfer about 3 cups of the soup to a blender and blend until smooth. Return the blended mixture to the Dutch oven and stir in the remaining 1 cup corn. Alternatively, you can use an immersion blender directly in the pot. Just make sure not to blend the entire chowder; you want plenty of potatoes and corn left intact.
5. **Finish with Cream and Bacon.** Stir in the heavy cream along with half of the cooked bacon. Simmer gently for another 5-10 minutes. Avoid bringing the chowder to a vigorous boil after adding the cream.

6. **Make the Harissa Butter.** In a small bowl, combine the softened butter, harissa paste, honey, lemon zest and a pinch of kosher salt. Mix until smooth and evenly combined.
7. **Serve.** Ladle the hot corn chowder into bowls. Add a small spoonful of harissa butter to each bowl and let it begin melting into the soup. Finish with the remaining crispy bacon and chopped parsley. Serve with optional croutons.

Notes

KeyIngredient Notes:

- **Bacon:** Thick-cut bacon adds smoky flavor and gives us rendered fat for cooking the vegetables. Pancetta can also work here.
- **Potatoes:** I recommend using Yukon Gold potatoes. They will turn nice and creamy as they cook down, and they will also blend well and give the chowder a thick creamy consistency. Red potatoes or other waxy potatoes can be substituted; peel them if you prefer a smoother texture.
- **Corn Kernels:** Fresh sweet summer corn cut off corn cobs is wonderful when it's in season, but frozen corn makes this an easy year-round recipe. You can also use frozen fire-roasted corn for an added layer of flavor.
- **Dried Herbs:** I am using a combination of dried thyme and bay leaf to flavor the soup. You can use fresh if you have it.
- **Heavy Cream:** Gives the chowder its rich, creamy finish. Half-and-half can be used for a slightly lighter chowder.
- **Harissa Paste:** Harissa is a **North African chili paste** that is spicy, tangy, and savory. I like to make my own Harissa Paste but jarred Harissa is available in Middle Eastern, North African, and international markets. These days, you might also find it in a well-stocked grocery store (Whole Foods, Trader Joe's).

A note about thickening the chowder. I tested this recipe a couple of different ways (with roux and without). I am not a fan of overly thick soups or chowders. They end up being kind of gloopy. So this recipe relies on the potatoes and corn to thicken it (after blending). So don't skip the potatoes!

Nutrition

Calories: 538kcal | Carbohydrates: 42g | Protein: 12g | Fat: 38g | Saturated Fat: 19g | Polyunsaturated Fat: 4g | Monounsaturated Fat: 12g | Trans Fat: 0.4g | Cholesterol: 91mg | Sodium: 1502mg | Potassium: 809mg | Fiber: 5g | Sugar: 10g | Vitamin A: 922IU | Vitamin C: 27mg | Calcium: 64mg | Iron: 2mg

To see the web version with photos, tips

and FAQs, scan the QR code or visit:

<https://urbanfarmandkitchen.com/corn-chowder-with-harissa-butter/>



Mushroom Pappardelle

A hearty mushroom-based pasta dish, mushroom pappardelle is made with a mix of white wine, cream, and Parmigiano Reggiano. This dish isn't too creamy or saucy and really lets the mushroom flavor shine!

Prep Time	Cook Time	Total Time
15 mins	15 mins	30 mins
Course: Main Course		
Cuisine: Italian Servings: 4 people Author: Luay Ghafari Cost: \$20		



★★★★★

4.80 from 10 votes

Ingredients

- 1 lbs Mushrooms - Assorted (portobello, cremini and shitake)
- 1 tbsp Butter
- Kosher salt
- 5 sprigs Thyme
- 2 Shallots - Finely diced
- 2 Garlic cloves - Finely minced
- ½ cup White wine
- ½ cup Heavy cream
- Kosher salt and fresh cracked pepper to taste
- 8 oz Pasta - Pappardelle (or pasta of choice)
- Parsley and grated Parmigiano Reggiano for garnish
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Instructions

1. Slice large mushrooms into strips, about 1/2 inch wide. Small mushrooms can be quartered.
2. In a large pan or skillet set on medium-high heat, melt 2 tablespoons of butter and add the mushrooms. Sauté for a few minutes until mushrooms soften, shrink and become aromatic. Do this in batches if needed until all the mushrooms are softened.
3. Strip the leaves off 5 sprigs of thyme and add them to the mushrooms. Sauté for 2 minutes.
4. Add the shallots and garlic. Sauté for 2-3 minutes.
5. Deglaze with the white wine, scraping any bits stuck to the bottom of the pan. Add the cream, lower the heat to low and simmer for 2 minutes.
6. The sauce should be ready. Taste and adjust the seasoning to your liking.
7. Cook the pasta per package instructions, making sure to reserve some of the pasta water. Once ready, carefully transfer the cooked pasta to the pan with the mushroom sauce. Toss to combine. If you feel the sauce is a little thin, add pasta water. Note: this is not a saucy pasta dish.
8. Plate the pasta and garnish with fresh chopped parsley and freshly grated Parmigiano Reggiano.

Notes

The nutritional information provided is approximate.

This is not a saucy pasta dish. It allows the flavors of the mushrooms to shine.

Pappardelle is recommended but can use Tagliatelle or other hearty pasta cuts. This dish also works with smaller cuts like cavatelli or orecchiette. Select a high-quality pasta, such as Rummo egg pasta or Garofalo.

Nutrition

Calories: 387kcal | Carbohydrates: 54g | Protein: 12g | Fat: 12g | Saturated Fat: 7g | Polyunsaturated Fat: 1g | Monounsaturated Fat: 3g | Trans Fat: 0.01g | Cholesterol: 34mg | Sodium: 1791mg | Potassium: 594mg | Fiber: 4g | Sugar: 8g | Vitamin A: 497IU | Vitamin C: 6mg | Calcium: 59mg | Iron: 2mg

To see the web version with photos, tips

and FAQs, scan the QR code or visit:

<https://urbanfarmandkitchen.com/mushroom-pappardelle/>



Za'atar Chicken Thighs

With za'atar, sumac, and 7-spice, these za'atar chicken thighs are a great weeknight dinner. Marinate when you get home from work, then roast for just 25 minutes.

Prep Time	Cook Time	Marinating Time	Total Time
20 mins	30 mins	1 hr	1 hr 50 mins

Servings: 4 people

Course: Main Course Cuisine: Levantine, Middle Eastern

Author: Luay Ghafari Cost: \$15



4.80 from 24 votes

Ingredients

- 8 Chicken thighs - Bone in and skin on
- 1 Red onion - Cut into wedges
- 2-3 Garlic cloves - Minced finely, use more or less as you like
- 3 tbsp Extra virgin olive oil
- 1 Lemon - Juiced
- 1 Lemon - Sliced into rings
- 2 tbsp Za'atar
- 1 tbsp Sumac
- 2 tsp 7-Spice blend - See notes
- Salt and fresh cracked pepper - See notes

Instructions

1. **Marinate chicken.** In a large bowl, add chicken thighs, onion, garlic, olive oil, juice of 1 lemon, lemon slices, zaatar, sumac, 7-spice, salt and pepper. Toss to coat chicken thighs. Marinate in the fridge for 1-2 hours.
2. **Transfer to baking dish.** Preheat your oven to 375°F/190°C. Transfer the chicken thighs and onions along with the marinade to a baking sheet, braiser or large oven-safe pan.
3. **Roast.** Cook for 25-30 minutes, or until the internal temperature of the chicken reaches 170°F/77°C. Skin should be browned and crispy. If not, broil for 5 minutes.
4. **Serve.** Garnish with chopped parsley. Serve chicken thighs with rice, potatoes or your favorite sides. See note below for serving ideas.

Notes

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

Ingredient notes:

- Salt and pepper should be added based on preference, however, a good place to start is 3/4 tsp of kosher salt per pound of meat.
- 7-Spice powder is a Levantine spice blend, also called baharat, this is commonly made up of coriander, allspice, cumin, cloves, black pepper, cinnamon, and nutmeg. If you don't have it, you can simply substitute it for some of the spices listed.

Serve with vermicelli rice, saffron rice or roasted potatoes. A fresh salad pairs well too. Try my Jerusalem salad, Fattoush or Tabbouleh.

Nutrition

Calories: 380kcal | Carbohydrates: 4g | Protein: 44g | Fat: 20g | Saturated Fat: 4g | Polyunsaturated Fat: 3g | Monounsaturated Fat: 11g | Trans Fat: 0.04g | Cholesterol: 215mg | Sodium: 204mg | Potassium: 614mg | Fiber: 1g | Sugar: 1g | Vitamin A: 131IU | Vitamin C: 3mg | Calcium: 66mg | Iron: 4mg

To see the web version with photos, tips

and FAQs, scan the QR code or visit:

<https://urbanfarmandkitchen.com/zaatar-chicken/>



One-Pot Lentil and Swiss Chard Soup (with Lots of Lemon)

This One-Pot Lentil and Swiss Chard Soup is cozy, hearty, filling and bright. It comes together in under 45 minutes with simple ingredients (lentils, stock, Chard, lemon).

Prep Time	Cook Time	Total Time
15 mins	30 mins	45 mins

Course: Appetizer, Soup Cuisine: Middle Eastern, Seasonal Servings: 4 Servings
Author: Luay Ghafari Cost: \$15



★★★★★
5 from 4 votes

Ingredients

- 2 tbsp Olive oil
- 1 Small onion (finely diced)
- 2-3 Garlic cloves (minced)
- 1 tsp Ground cumin
- 1 cup Brown or green lentils - Rinsed well and picked over for debris
- 6 cups Low sodium vegetable or chicken stock
- 1 Bunch Swiss Chard (roughly chopped) - You can use or discard the stems (see note)
- 1 tsp Kosher salt - Start low, you can add more later
- ½ tsp Black pepper

For Finishing

- 2-3 tbsp Lemon juice - Use more or less if you prefer
- Garnish with fresh dill and extra virgin olive oil

Instructions

1. **Build the Base.** Heat **2 tbsp Olive oil** in a large pot or Dutch oven over medium heat. Add **1 Small onion (finely diced)** and cook with a wooden spoon until soft and translucent, about 3-5 minutes. Stir **2-3 Garlic cloves (minced)** and **1 tsp Ground cumin** into the cooked onions and sauté for 1-2 minutes, just until fragrant.
2. **Cook the Lentils.** Add **1 cup Brown or green lentils** and **6 cups Low sodium vegetable or chicken stock** to the pot. Bring to a boil, then reduce the heat to low and cook for 25-30 minutes, or until the lentils are tender but not mushy.
3. **Add the Greens.** Stir in **1 Bunch Swiss Chard (roughly chopped)** and cook for about 5 minutes, until wilted and tender. Season with **1 tsp Kosher salt** and **½ tsp Black pepper** to start.
4. **Finish with Lemon.** Off the heat, add **2-3 tbsp Lemon juice** and give the soup a good stir. Taste and adjust seasoning with additional salt, pepper, or more lemon juice if you like things extra bright.
5. **Serve.** Ladle into soup bowls and **Garnish with fresh dill and extra virgin olive oil**. Serve with lemon wedges.

Notes

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

Key Ingredient Notes:

- **Brown or Green Lentils:** This is the hearty backbone of this soup. I prefer using **brown lentils**. Avoid red lentils here, as they break down too much.
- **Ground Spices:** I am using **ground cumin**, which brings an earthy flavor to the soup. You could substitute ground coriander for a slightly different flavor profile.
- **Low-Sodium Vegetable or Chicken Stock:** When I make soup, I prefer to use a **low-sodium stock**. It gives me more control over how much salt I need to add to the soup. You can totally use store-bought stock, broth or bouillon cubes.
- **Swiss Chard:** Chard is such an underrated vegetable. It is available year-round and can be used in so many ways. You can use green chard, red chard or rainbow chard. You can substitute spinach if that's what you have access to instead.
- **Lemons:** **Freshly squeezed lemon** juice brightens up the soup, contrasting the earthy flavors of chard and cumin. It's a must. Use as much or as little as you like, but traditionally, this soup should be quite lemony.

Key Tips for Success:

- **Rinse and sort your lentils.** Even packaged lentils can have debris. A quick rinse and check ensure a clean, consistent soup.
- **Taste and adjust the seasoning as you go.** You can always add salt; you can't take it out without diluting the soup. And since every stock or broth brand is different, you should taste and adjust as you go.
- **Add lemon at the end.** This is key. Cooking lemon juice too early dulls its brightness. Always finish with it.
- **Use the chard stems and greens.** You can use both the greens and stems in this soup. But do chop the stems more finely as they take longer to cook.

Enjoy it on its own for lunch, as a starter with one of my Mediterranean Main Dishes, with some lovely Homemade Same-Day Focaccia or sourdough bread.

Nutrition

Calories: 392kcal | Carbohydrates: 48g | Protein: 23g | Fat: 13g | Saturated Fat: 2g | Polyunsaturated Fat: 2g | Monounsaturated Fat: 7g | Cholesterol: 11mg | Sodium: 1552mg | Potassium: 1184mg | Fiber: 16g | Sugar: 9g | Vitamin A: 4624IU | Vitamin C: 31mg | Calcium: 91mg | Iron: 6mg

To see the web version with photos, tips

and FAQs, scan the QR code or visit:

<https://urbanfarmandkitchen.com/one-pot-lentil-and-swiss-chard-soup-with-lots-of-lemon/>



Baked Cod in Puttanesca Sauce

If you're looking for a bold, briny, and satisfying seafood dish that doesn't take much effort, this Baked Cod in Puttanesca Sauce checks all the boxes. Made with pantry staples like olives, capers and marinara, this recipe is a weeknight lifesaver that feels a little fancy, but is super easy to pull off.

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

Course: Side Dish Cuisine: Mediterranean Servings: 4 Servings Author: Luay Ghafari
Cost: \$25



☆☆☆☆☆
No ratings yet

Ingredients

- 1½ lbs Cod filets
- 1 tbsp Olive oil
- 1 ¼ tsp Kosher salt
- ½ tsp Black pepper
- 1 cup Marinara or tomato sauce
- 1 cup Fresh cherry tomatoes
- ½ cup Kalamata olives (pitted)
- 2 tbsp Capers
- 1-2 Garlic cloves (minced)
- 1 tbsp Dried oregano
- Chili flakes (optional)
- Lemon wedges and fresh chopped parsley

Instructions

1. **Preheat and Prep.** Preheat your oven to 375°F (190°C). Season **1½ lbs Cod filets** with **1 tbsp Olive oil**, **1 ¼ tsp Kosher salt**, and **½ tsp Black pepper**.
2. **Build the Sauce Base.** In a baking dish, combine **1 cup Marinara or tomato sauce**, **1 cup Fresh cherry tomatoes**, **½ cup Kalamata olives (pitted)**, **2 tbsp Capers**, **1-2 Garlic cloves (minced)**, **1 tbsp Dried oregano**, and a pinch of **Chili flakes (optional)**.
3. **Add the Fish.** Nestle the seasoned cod filets into the sauce, making sure they're partially submerged.
4. **Bake.** Place the baking dish in the oven and bake for 18–25 minutes, until the fish flakes easily and the sauce is bubbling. Cooking time will vary depending on filet thickness. Garnish with **Lemon wedges and fresh chopped parsley**.

Notes

Refer to the post above for step by step recipe photos, helpful tips and more information.

Key Ingredient Notes:

- **Fish Filets:** Fresh **cod filets** are perfect here. They are mild and will absorb so much of that salty and briny puttanesca flavor profile. You can, of course, use haddock or halibut here. Fresh or frozen/thawed will work. I wouldn't use an oily fish like salmon or trout in this recipe.
- **Marinara Sauce:** Use your favorite jarred or homemade version.
- **Olives:** Kalamata or green olives add salty, briny depth. I personally prefer kalamata olives in this recipe. I use whole, pitted olives because they will stay whole and add texture to the dish.
- **Capers.** A must for that classic puttanesca punch. I always have capers in brine on hand. But you can omit them if you don't like them or don't have them.

Nutrition

Calories: 222kcal | Carbohydrates: 7g | Protein: 32g | Fat: 8 | Saturated Fat: 1g | Polyunsaturated Fat: 1g | Monounsaturated Fat: 5g | Cholesterol: 73mg | Sodium: 1778mg | Potassium: 992mg | Fiber: 2g | Sugar: 3g | Vitamin A: 609IU | Vitamin C: 15mg | Calcium:

72mg | Iron: 2 mg

To see the web version with photos, tips
and FAQs, scan the QR code or visit:

<https://urbanfarmandkitchen.com/baked-cod-in-puttanesca-sauce/>



Purple Cabbage Slaw with Apples and Walnuts

MyPurple Cabbage Slaw is fresh, crunchy, colorful and has just the right amount of tang. It's vinaigrette-based and does not use any mayonnaise, making it lighter than a standard creamy coleslaw. The crisp apple, toasted walnuts, fresh herbs, and apple cider vinaigrette make it feel special without making it fussy.

Prep Time	Rest Time	Total Time
20 mins	10 mins	30 mins

Course: Appetizer, Salad, Side Dish

Cuisine: Seasonal

Diet: Vegetarian

Servings: 6 Servings

Author: Luay Ghafari

Cost: \$10



☆☆☆☆☆

No ratings yet

Ingredients

- 6 cup Purple cabbage (finely shredded)
- 3 tbsp Extra virgin olive oil
- 2 tbsp Apple cider vinegar
- 1 tbsp Lemon juice
- 2 tsp Honey
- 1 tsp Dijon mustard
- ¾ tsp Kosher salt
- ¼ tsp Black pepper
- 1 Apple (julienned) - cut into thin strips
- ½ Small red onion (thinly sliced)
- 2 tbsp Fresh dill (chopped)
- 2 tbsp Fresh parsley (chopped)
- ¼ cup Toasted walnuts (roughly chopped)

Instructions

1. **Prepare the Cabbage.** Add the shredded purple cabbage to a large bowl and sprinkle lightly with salt. Massage it with your hands for about 1 minute to soften the texture.
2. **Make the Tangy Dressing.** In a small bowl, whisk together the extra virgin olive oil, apple cider vinegar, lemon juice, honey, Dijon mustard, salt, and black pepper.
3. **Assemble the Slaw.** Add the julienned apple, sliced red onion, dill, parsley, and toasted walnuts to the cabbage.
4. **Toss and Rest.** Pour the dressing over the slaw and toss well. Let it sit for 10 to 15 minutes before serving so the cabbage softens slightly and the flavors come together. Serve chilled or at room temperature.

Notes

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

Key Ingredient Notes:

- **Cabbage:** You will need a **small or medium head of purple cabbage (red cabbage)**. Green cabbage or napa cabbage can work in a pinch, but purple cabbage gives the best color.
- **Apple:** I like using a sweet and tart apple here. **Granny Smith** works perfectly, but honestly, any apple will do.
- **Red Onion:** Adds sharpness and bite. Shallots, white onion or yellow onion are decent substitutes. But I think red onion is best.
- **Fresh Herbs:** I am using a combination of **fresh dill** and **fresh parsley**. They are a bright, herbaceous touch to the coleslaw. I think fresh cilantro or green onions would also work nicely if that's what you have.
- **Walnuts:** **Toasted walnuts** add crunch and richness. Pecans or almonds are good swaps. Even pumpkin seeds would be a nice swap.
- **Apple Cider Vinegar:** Adds tang and works beautifully with cabbage and apple. But any light colored vinegar can work here, like white wine vinegar or red wine vinegar. I would avoid balsamic or other dark vinegars.

Nutrition

Calories: 151kcal | Carbohydrates: 15g | Protein: 2g | Fat: 10g | Saturated Fat: 1g | Polyunsaturated Fat: 3g | Monounsaturated Fat: 6g | Sodium: 423mg | Potassium: 301mg | Fiber: 3g | Sugar: 9g | Vitamin A: 1134IU | Vitamin C: 56mg | Calcium: 52mg | Iron: 1mg

To see the web version with photos, tips

and FAQs, scan the QR code or visit:

<https://urbanfarmandkitchen.com/purple-cabbage-slaw-with-apples-and-walnuts/>



Za'atar Garlic Knots

A Levantine spin on the classic, these Za'atar Garlic Knots hit the spot. They are soft on the inside, crunchy on the outside, garlicky and herby. The za'atar spice blend takes them to the next level! These knots can be served as a side, as a snack, or even enjoyed for breakfast.

Prep Time	Cook Time	Rise Time	Total Time
15 mins	15 mins	1 hr	1 hr 30 mins

Course: Appetizer, Breakfast, Side Dish, Snack Cuisine: Levantine, Middle Eastern

Diet: Vegetarian Servings: 12 Knots Author: Luay Ghafari Cost: \$5



5 from 2 votes

Equipment

- Stand Mixer - Optional

Ingredients

Dough Ingredients

- 2 ½ cups All purpose flour - 350 grams
- 2 tsp White sugar - 8 grams
- 2 ¼ tsp Instant yeast - 7 grams (or one packet)
- 1 tsp Kosher salt - 5 grams
- 2 tbsp Olive oil - 28 grams
- ¾ cup Warm water - 178 grams

Topping

- 3 tbsp Za'atar spice blend
- 3 tbsp Olive oil
- 1 tsp Garlic powder - Use more if you like garlic
- 2-3 tbsp Parmesan cheese - Optional

After Baking

- Garnish with more olive oil and za'atar - Optional

Instructions

1. **Mix the dough.** Using a stand mixer with a dough hook attachment or a large mixing bowl and your hands, knead together **2 ½ cups All purpose flour, 2 tsp White sugar, 2 ¼ tsp Instant yeast, 1 tsp Kosher salt, 2 tbsp Olive oil** and **¾ cup Warm water**. You are looking for a firm yet souple dough without any streaks or tears.
2. **First rise.** Place the dough ball in an oiled bowl and cover with a towel. Let the dough rise in a warm place for 1 hour, or until doubled in size.
3. **Make the za'atar garlic dressing.** In a small bowl, combine **3 tbsp Olive oil, 3 tbsp Za'atar spice blend** and **1 tsp Garlic powder**. Set aside for now.
4. **Divide.** When the dough ball has doubled in size, remove it from the bowl and place it on your countertop. Flatten it slightly so it is easier to cut. Using a bench scraper, pizza cutter or a sharp knife, divide the dough ball in half down the middle. Then divide each half into 6 long pieces. You want to cut 12 equal pieces. Try to be as even as possible.
5. **Roll and knot.** Take a piece of dough and roll it to about 6 inches in length. Repeat the process with the remaining 11 pieces. Take one long piece of dough and tie it into a loose knot in the middle. Tuck the edges under the knot, pressing firmly so that the two ends are joined. Place on a parchment paper lined baking sheet. Repeat the process with the remaining dough pieces.
6. **Preheat the oven and rest the dough.** Preheat your oven to 400F/205C. Cover the knots with a clean towel and let them rest and rise slightly again while the oven preheats.
7. **Brush dressing.** Using a pastry brush, brush on the za'atar and garlic dressing on each knot. Sprinkle on **2-3 tbsp Parmesan cheese**, if using.

8. **Bake.** Bake the knots in a preheated oven on middle rack for 12-15 minutes, or until golden brown. After the knots come out of the oven drizzle them lightly with olive oil and sprinkle on some more za'atar. Enjoy while still warm.

Notes

Refer to the post above for step-by-step recipe photos. I show you exactly how to tie these knots!

Ingredient Notes:

- **Flour:** I like making this recipe using **all-purpose flour**. Bread flour also works. But depending on your taste and preference, you can use some whole wheat flour in this recipe. A good starting point is to sub out ¼ of the white flour for whole wheat. As long as you maintain the total quantity listed in the recipe, you can play around with the proportions.
- **Yeast:** I use and recommend **instant yeast**, but you can use dry active yeast. If you use dry active yeast, keep the quantity the same and bloom it in warm water before adding it to the dry ingredients.
- **Za'atar:** These wouldn't be za'atar garlic knots without the za'atar. I encourage you to purchase some good quality Palestinian za'atar spice blend from your local Middle Eastern market.
- **Garlic:** Garlic powder is easy to work with and won't burn, so I am recommending that you use it instead of fresh. But if you want to use fresh, I would encourage you to keep an eye on the oven and reduce the heat if you start to see the garlic burning.
- **Cheese:** This is an optional ingredient, but I like adding a touch of grated parmesan cheese to the knots before baking.
- Cheese and Za'atar work well together. Omit this to keep the recipe fully vegan.

You can sprinkle them with some fresh chopped parsley before serving if you like, but it's not necessary.

Check out some of my other baking recipes featuring za'atar: Za'atar Manakish and Olive and Za'atar Focaccia.

Nutrition

Calories: 163kcal | Carbohydrates: 22g | Protein: 4g | Fat: 7g | Saturated Fat: 1g | Polyunsaturated Fat: 1g | Monounsaturated Fat: 4g | Cholesterol: 1mg | Sodium: 242mg | Potassium: 61mg | Fiber: 2g | Sugar: 0.1g | Vitamin A: 45IU | Vitamin C: 1mg | Calcium: 34mg | Iron: 3mg

To see the web version with photos, tips

and FAQs, scan the QR code or visit:

<https://urbanfarmandkitchen.com/zaatar-garlic-knots/>



Lemon Ricotta Cake (with Icing)

This Lemon Ricotta Cake is soft, buttery and full of fresh lemon flavor. Ricotta gives the crumb tenderness, while a simple lemon icing adds a bright finish. I'd serve this light dessert with afternoon coffee, but it's just as good for a spring brunch or after a heavy meal.



Prep Time	Cook Time	Total Time
30 mins	45 mins	1 hr 15 mins

Course: Brunch, Dessert Cuisine: Mediterranean Diet: Vegetarian Servings: 12 Slices

Author: Luay Ghafari Cost: \$20



No ratings yet

Equipment

- Springform pan
- Stand Mixer

Ingredients

For the Cake

- 15 ounces Ricotta cheese (drained) - 425 grams
- $\frac{3}{4}$ cup Unsalted butter (room temperature) - 170 grams
- $1\frac{1}{2}$ cups Sugar - 300 grams
- 1 tsp Vanilla extract
- 1 tbsp Lemon zest - From 1 Lemon
- 2 tbsp Lemon juice - From 1 Lemon
- 3 Large eggs (room temperature)
- $1\frac{3}{4}$ cups All-purpose flour - 219 grams
- 2 tsp Baking powder
- $\frac{1}{2}$ tsp Kosher salt

For the Icing

- $1\frac{1}{2}$ cups Powdered Sugar sifted - 180 grams
- $2\frac{1}{2}$ tbsp Lemon Juice - 37 grams

Instructions

1. **Prepare the pan and mix the ricotta and butter.** Preheat the oven to 350°F (175°C). Butter a 9-inch springform pan and line its base with a circle of parchment paper. In a stand mixer fitted with the paddle attachment, beat the drained creamy ricotta and room-temperature butter on medium speed until combined. The mixture won't look completely smooth at this stage.
2. **Make lemon sugar.** In a small bowl, rub the lemon zest into the granulated sugar with your fingers.
3. **Add sugar to the butter-ricotta mixture.** Add it to the mixer bowl and beat for 3 minutes, then scrape down the sides. Make sure the sugar is well incorporated.
4. **Add the flavorings.** Mix in the vanilla extract and fresh lemon juice for about 30 seconds.
5. **Add eggs.** Add the eggs one at a time, mixing for about 60 seconds after each addition until they are incorporated. You will still see small pieces of ricotta cheese in the batter, and that's completely fine and expected.
6. **Add the dry ingredients.** Whisk the all-purpose flour, baking powder and salt together in a separate bowl. With the mixer on low, add them gradually and mix just until combined. Scrape the sides and bottom of the bowl with a spatula to catch any unmixed batter.
7. **Bake.** Transfer the cake batter to the prepared pan and smooth the top. Bake for 45–48 minutes, until the top springs back when gently pressed and a tester inserted near the center comes out without wet batter. Let the cake cool in the pan for 15 minutes, then remove it and transfer it to a wire rack to cool completely.
8. **Ice the cake.** Stir the sifted powdered sugar and lemon juice together until smooth. Drizzle the lemon glaze over the cooled cake and let it set for at least 15 minutes before slicing.

Notes

Key Ingredient Notes:

- **Ricotta Cheese:** Gives the cake its tender texture. Drain off excess liquid before mixing; whole milk ricotta is a good choice.
- **Butter:** I prefer using unsalted butter in desserts, personally. Let it soften to room temperature so it mixes readily with the ricotta. If you only have salted, that's fine. Just omit the salt from the dry ingredients.

Tips for Success:

- **Drain the ricotta if it's watery.** Different ricotta brands will have varying levels of moisture. I prefer a drier ricotta in this recipe. Excess liquid can make the batter too loose. If the ricotta you purchased is very loose and wet, drain it in a fine-mesh sieve; there's no need to press out every bit of moisture.
- **Zest before you juice.** It's much easier to zest a whole lemon. Rub the zest into the sugar before it goes into the mixer so its oils get distributed through the cake.
- **No stand mixer?** No problem. Use a large mixing bowl and an electric hand mixer.
- **Stop mixing once the flour is incorporated.** Give the bowl a final scrape with a spatula, but avoid beating the finished batter longer than necessary. Working the flour too much will develop gluten and could change the texture of the finished cake.
- **Check the centre before taking the cake out.** The springy top is a useful cue, but a tester gives you a better look at whether the middle has finished baking.

Nutrition

Calories: 403kcal | Carbohydrates: 56g | Protein: 7g | Fat: 17g | Saturated Fat: 11g | Polyunsaturated Fat: 1g | Monounsaturated Fat: 5g | Trans Fat: 0.5g | Cholesterol: 89mg | Sodium: 216mg | Potassium: 83mg | Fiber: 1g | Sugar: 40g | Vitamin A: 572IU | Vitamin C: 3mg | Calcium: 126mg | Iron: 1mg

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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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