



Olive Grove Club Exclusive

FALL MEAL PLAN: WEEK 11





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 11

Monday



Turkey Kofta Wraps

Tuesday



Pesto Pasta Salad

Wednesday



Greek Lamb Chops

Thursday



Roasted Veg Salad

Friday



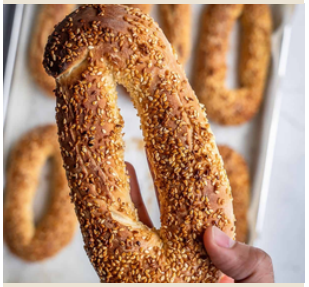
Shrimp Orzo Salad

Salad/App



Squash Soup with 3 Garnishes

Baking



Jerusalem Bread

Dessert



Pistachio Cheesecake

URBAN FARM & KITCHEN

Turkey Kofta Pita Wraps (with Salad and Sauce)

My Turkey Kofta Pita Wraps are asimpleandtastywaytobringEasternMediterranean flavors to your dinner table. The recipe is easy to prepare, customizable and delicious. Best of all, it all comes together in under 45 minutes.



★★★★★
5 from 1 vote

Prep Time	Cook Time	Total Time
25 mins	20 mins	45 mins

~~Course: Main Course~~
Author: Luay Ghafari
Cuisine: Mediterranean, Middle Eastern
Servings: 4 People
Cost: $20

Ingredients

Turkey Kofta

- 1 lb Ground turkey
- ½ Onion (grated)
- 2-3 Garlic cloves (minced)
- ¼ cup Fresh parsley (finely chopped)
- 1 tsp Ground cumin
- 1 tsp Ground coriander
- 1 tsp Smoked paprika
- ¾ tsp Kosher salt
- ¼ tsp Black pepper
- 1 tbsp Olive oil - For shaping and cooking

Salad

- 1 cup Tomatoes (chopped)
- 1 cup Cucumber (chopped)
- ¼ Red onion (thinly sliced)
- 2 tbsp Fresh parsley (chopped)
- 2 tbsp Fresh mint (chopped)
- 1 tbsp Olive oil
- 1 tbsp Lemon juice
- Kosher salt and black pepper to taste

Tahini Sauce

- ⅓ cup Tahini
- 2 tbsp Lemon juice
- 1 Garlic clove (minced)
- 3-5 tbsp Cold water - to thin the sauce
- Kosher salt to taste

To Serve

- 4 Pita breads or flatbreads
- Pickled turnips - Optional
- Sumac Onions - Optional
- Shredded lettuce - Optional

Instructions

1. **Make the Kofta Base.** In a large bowl, combine **1 lb Ground turkey**, **½ Onion (grated)**, **2-3 Garlic cloves (minced)**, **¼ cup Fresh parsley (finely chopped)**, **1 tsp Ground cumin**, **1 tsp Ground coriander**, **1 tsp Smoked paprika**, **¾ tsp Kosher salt**, and **¼ tsp Black pepper**. Mix gently with your hands until just incorporated. Avoid overmixing so the kofta stays tender. NOTE: You can fry up a small amount of meat mixture, taste and adjust the seasoning.
2. **Shape the Kofta.** Lightly oil your hands and form the mixture into small logs or oblong patties. You should get about 8–10 koftas, depending on how large you make them.

3. **Cook the Kofta.** Heat a skillet over medium heat and add a thin layer of olive oil. Cook the kofta for 3–4 minutes per side, turning until browned and cooked through (internal temperature should reach 165°F / 74°C – use an instant-read thermometer to check). Alternatively, grill them over medium heat or bake in a 400°F (200°C) oven for about 15–18 minutes, flipping halfway.
4. **Make the Salad.** In a bowl, combine **1 cup Tomatoes (chopped)**, **1 cup Cucumber (chopped)**, **¼ Red onion (thinly sliced)**, **2 tbsp Fresh parsley (chopped)**, **2 tbsp Fresh mint (chopped)**, **1 tbsp Olive oil**, **1 tbsp Lemon juice**, and **Kosher salt and black pepper to taste**. Toss to coat evenly and set aside.
5. **Make the Tahini Sauce.** Whisk together **⅓ cup Tahini**, **2 tbsp Lemon juice**, **1 Garlic clove (minced)** and **3-5 tbsp Cold water** until the sauce reaches a smooth, pourable consistency. Season with **Kosher salt to taste**.
6. **Assemble the Pitas.** Warm **4 Pita breads or flatbreads**. Fill each with a handful of the salad, add 1–2 turkey koftas, and drizzle generously with tahini sauce. Top with **Pickled turnips** or **Sumac Onions** and **Shredded lettuce** if you like.

Notes

Refer tothe post above for step-by-step recipe photos, tips and advice.

Key Ingredient Notes:

- **Ground Meat:** This recipe uses **ground turkey meat**, which is both accessible and lean. But you can totally make this recipe using my Beef Kofta or Chicken Kofta base recipes.
- **Fresh Herbs:** Finely chopped **fresh parsley** is also a pretty standard kofta ingredient. I also like including **fresh mint** in the chopped salad topping.
- **Tahini:** This Middle Eastern sesame paste is a pantry staple for me. If you're out of tahini, try sunflower seed butter or cashew butter for a similar texture. But really, try to get your hands on Tahini. It's available at most grocery stores.
- **Pita Bread:** Store-bought pita is perfectly fine, of course. Try to find fresh or soft pita. They will be more pliable and easier to form wraps with. You can also make your pitas if you wish. Try my Greek-Style Pita and Lebanese-Style Pita recipes. You can also use thicker pitas and slice them open to create pita pockets.

Nutrition

Calories: 494kcal | Carbohydrates: 42g | Protein: 37g | Fat: 21g | Saturated Fat: 3g | Polyunsaturated Fat: 6g | Monounsaturated Fat: 10g | Trans Fat: 0.02g | Cholesterol: 62mg | Sodium: 955mg | Potassium: 740mg | Fiber: 4g | Sugar: 3g | Vitamin A: 1052IU | Vitamin C: 20mg | Calcium: 119mg | Iron: 4mg

To see the web version with photos, tips

and FAQs, scan the QR code or visit:

https://urbanfarmandkitchen.com/turkey-kofta-pita-wraps/

Quick and Easy Chicken and Pesto Pasta Salad

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



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

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

★★★★★
5 from 1 vote

Ingredients

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

Instructions

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

Notes

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

Key Ingredient Notes:

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

Nutrition

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

199mg |Iron: 3 mg

To see the web version with photos, tips

and FAQs, scan the QR code or visit:

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

Marinated Greek Lamb Chops (Grilled or Pan Seared)



These Greek Lamb Chops are delicious andincredibly easyto prepare. They can be served as a snack, as part of a grazing board, as an appetizer, or as a main. Marinate for only 30 minutes and grill or sear to perfection. This recipe is excellent for a special occasion or a weekend meal.

Prep Time	Cook Time	Marinating Time	Total Time
10 mins	10 mins	30 mins	50 mins

Cuisine: Greek

Course: Appetizer, Main Course Servings: 2 people Author: Luay Ghafari
Cost: $30

★★★★★
5 from 4 votes

Equipment

- Cast iron skillet, grill pan or outdoor grill

Ingredients

- 2 lbs Lamb rib chops - See note
- 1 tsp Kosher salt
- ½ tsp Black pepper
- 3 tbsp Extra virgin olive oil
- 2 tbsp Fresh lemon juice
- 1-2 Garlic cloves - Finely minced
- 1 tbsp Dried oregano
- 1 tsp Fresh rosemary - Finely chopped
- 1 tbsp Avocado or vegetable oil - For grilling
- Garnish with lemon wedges, fresh oregano and flaky sea salt

Instructions

1. **Season the meat.** Lay your chops in a single layer on a rimmed baking dish or plate. Season both sides of the meat with kosher salt and freshly cracked black pepper, making sure to press the seasoning in.
2. **Make the marinade.** In a small bowl, combine the extra virgin olive oil, lemon juice, minced garlic, dried oregano and chopped fresh rosemary.
3. **Marinate.** Pour the marinade over the lamb chops, making sure to get some all over the meat. At this point you can cover and marinate in the fridge overnight, or you can marinate on the counter for 30 minutes. If marinating on the counter, I recommend you flip the meat after 15 minutes so that the marinade has a chance to season both sides of the meat.
4. **Grill.** Heat a little bit of avocado oil on medium-high heat in a large cast iron skillet or grill pan. Once the pan is nice and hot, grill the chops. You might need to do this in batches depending on the size of the pan. Do not overcrowd the meat. Grill or sear for 3-4 minutes on both sides or until you reach your desired doneness. The cooking time will depend on the thickness of the meat. Serve with lemon wedges and fresh oregano.

Notes

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

Ingredient notes:

- **Fresh lamb rib chops:** For this recipe, I recommend that you purchase a rack of ribs and cut the individual chops yourself (or ask your butcher to do it for you). I like the flavor and presentation you get from using a rack of lamb. But for a more affordable option, you can use lamb loin chops.
- **Citrus:** Lemon juice and Greek cuisine… a match made in heaven. Lemons are a must in this marinade. Don't use vinegar or lime juice.
- **Herbs:** I am using a combination of dried oregano (use Greek oregano if you can) and fresh rosemary in this recipe. But you can totally just use dried oregano if that's all you have.

Other optional additions: Lemon zest, chili flakes, or fresh thyme.

For a complete meal, pair this gorgeous lamb with tzatziki, spicy roasted potatoes and chopped salad. See the blog post above for many more pairings and serving ideas!

Nutrition

Calories: 958kcal | Carbohydrates: 2g | Protein: 91g | Fat: 63g | Saturated Fat: 18g | Polyunsaturated Fat: 6g | Monounsaturated Fat: 32g | Cholesterol: 299mg | Sodium: 2072mg | Potassium: 1224mg | Fiber: 0.1g | Sugar: 0.4g | Vitamin A: 112 | Vitamin C: 6mg | Calcium: 59mg | Iron: 8mg

To see the web version with photos, tips

and FAQs, scan the QR code or visit:

https://urbanfarmandkitchen.com/marinated-greek-lamb-chops/

Roasted Fall Vegetable Salad with Tahini Yogurt

Thisroasted fall vegetable salad brings together sweetcarrotsand squash, crisp-edged Brussels sprouts, and tender cauliflower. I serve them over a lemony tahini yogurt base, then finish the platter with pita croutons, fresh dill, pistachios, and a bright pomegranate molasses dressing.



Prep Time	Cook Time	Total Time
20 mins	25 mins	45 mins

Course: Salad, Side Dish Cuisine: Mediterranean, Seasonal Diet: Vegetarian
Servings: 6 people Author: Luay Ghafari Cost: $20

☆☆☆☆☆
No ratings yet

Ingredients

For the Roasted Vegetables

- 2 Carrots (cut into small cubes)
- 1 Honeynut squash (cut into small cubes) - or half a butternut squash
- ½ head of cauliflower (cut into small florets)
- ½ lb Brussels Sprouts (halved)
- 2-4 garlic cloves - skin on
- 2 tbsp Extra virgin olive oil
- ½ tsp kosher salt
- ¼ tsp Black pepper

For the Pita Croutons

- 1 Pita bread (cut into small squares)
- 1 tsp Extra virgin olive oil
- ½ tsp Za'atar

For the Sumac Pomegranate Dressing

- 3 tbsp Extra virgin olive oil
- 1 tbsp Lemon juice
- 1 tsp Pomegranate Molasses
- ½ tsp Kosher salt
- ¼ tsp Black pepper

For the Tahini Yogurt Base

- ¾ cup Greek yogurt
- ¼ cup Tahini
- 2 tbsp Lemon juice
- ¼ tsp kosher salt
- Cold water to loosen the sauce

Garnish

- Garnish with fresh dill and pistachios

Instructions

1. **Step 1. Roast the Vegetables.** Preheat your oven to 400F. Place the carrots, squash, cauliflower, Brussels sprouts and garlic on a roasting tray. Drizzle with olive oil and season with salt and pepper. Toss and arrange in a single layer. Roast for 25-30 minutes until softened and charred. You want the vegetables to still have some bite to them, so don't overcook them.
2. **Step 2. Make Pita Chips.** On a baking tray, combine the pita chips with oil and za'atar. Bake in the same oven as the vegetable for 8-10 minutes, or until the pita chips are toasted. Keep an eye on them; they will burn quickly.
3. **Step 3. Make Dressing.** In a large bowl, combine the olive oil, lemon juice, pomegranate molasses, salt and pepper. Set aside.

4. **Step 4. Toss.** When the roasted vegetables are ready, let them cool slightly. Remove the garlic cloves and set aside (you'll need them for the yogurt sauce). Add the slightly cooled vegetables to the dressing bowl. Toss to combine. Taste and adjust the seasoning to your liking.
5. **Step 5. Make Yogurt Sauce.** Squeeze the roasted garlic from its skins into a bowl. Add the Greek yogurt, tahini, lemon juice, and salt. Stir until smooth, then add cold water a little at a time until the sauce is spreadable.
6. **Step 6. Assemble.** Spread the tahini yogurt over a serving platter. Arrange the dressed vegetables on top, then finish with pita croutons, fresh dill, and pistachios.

Notes

Tips for Success:

- **Give the vegetables room to roast.** Spread them in a single layer, using two pans if they feel crowded. Crowding can trap steam and make it harder for the vegetables to brown.
- **Cut the vegetables into similar-sized pieces.** Carrots and squash take longer to cook when cut into large chunks, so keep the pieces fairly even.
- **Keep the pita croutons separate until serving.** They'll stay crisp instead of absorbing moisture from the vegetables and dressing.
- **Adjust the yogurt sauce gradually.** Tahini thickens the mixture, so add cold water a spoonful at a time until it spreads easily.
- **Let the vegetables cool slightly before tossing.** This keeps the salad warm without making the yogurt base runny when you assemble the platter.

Nutrition

Calories: 307kcal | Carbohydrates: 32g | Protein: 9g | Fat: 18g | Saturated Fat: 3g | Polyunsaturated Fat: 4g | Monounsaturated Fat: 11g | Trans Fat: 0.002g | Cholesterol: 1mg | Sodium: 784mg | Potassium: 900mg | Fiber: 6g | Sugar: 7g | Vitamin A: 16981IU | Vitamin C: 86mg | Calcium: 147mg | Iron: 2mg

To see the web version with photos, tips

and FAQs, scan the QR code or visit:

https://urbanfarmandkitchen.com/roasted-fall-vegetable-salad-olive-grove-club-exclusive/

Mediterranean Orzo Salad with Shrimp

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



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

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

★★★★★
5 from 2 votes

Ingredients

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

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

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

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

Instructions

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

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

Notes

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

Key Ingredient Notes:

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

Nutrition

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

To see the web version with photos, tips

and FAQs, scan the QR code or visit:

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

Roasted Squash Soup with all the trimmings

Squash andpumpkinsoups canbe quiteboring.Whatmakes them special is how we dress them up. This recipe will outline 3 perfect topping combinations to level up your pumpkin soup game!



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

Course: Appetizer, Soup Cuisine: American Servings: 4 people Author: Luay Ghafari
Cost: 10

★★★★★
5 from 4 votes

Ingredients

Soup

- 1 Large Butternut, Koginut or other sweet squash or pumpkin
- 1 tbsp Olive oil
- 1 Onion, chopped roughly - Yellow or White
- 3 cloves Garlic, diced
- 2 tbsp Ginger, diced
- 1 tsb Ground cumin
- 1 tbsp Ground coriander
- 1 cup White wine - Optional
- 2-3 cups Stock - Chicken or Vegetable
- 3 tbsp Butter
- Salt and Pepper to taste

Garnish Option 1

- Fried mushrooms
- Sage leaves fried in brown butter
- Parmigiano Reggiano shavings

Garnish Option 2

- Croutons
- Crispy Bacon
- Diced apples

Garnish Option 3

- Sambal or spicy chili oil
- Pepitas (pumpkin seeds)
- Cilantro leaves

Instructions

Make soup

1. Preheat oven to 375F (190C)
2. Carefully slice squash or pumpkin down the middle and scoop out seeds. Place squash cut side down on a baking sheet lined with parchment paper. Poke a few holes in the squash so steam can escape. Roast for 30-45 minutes, depending on size. You'll know the squash is ready when it is soft to the touch and almost collapses on itself.
3. While squash is roasting, in a frying pan, add olive oil and cook onion on low/medium heat. Add garlic and ginger. Continue to cook for a few minutes. You're looking for the onions and garlic to go translucent, not brown.
4. Add cumin and coriander to frying pan and continue to cook for a few more minutes to release the flavor.
5. Optional - Deglaze the pan with white wine. Continue to cook for a few more minutes so alcohol can burn off. Don't let all the wine evaporate. A little liquid should remain in the pan. Push the frying pan to the side and let it cool.
6. After letting the squash cool slightly, scoop the soft and unctuous flesh and place it into a blender. Add the frying pan mixture to the blender, along with 2 cups of stock. Blend on high. If the soup is too thick, add more stock to desired

consistency.

7. Transfer soup to a clean pot, season with salt and pepper to taste. Add butter and bring to gentle simmer. Stir to melt butter. Soup is now ready.

Garnish and serve

1. Ladle soup into serving bowls. Garnish with your favorite toppings. For inspiration, check out the attached blog post or take a look at the garnish combinations in the ingredients list.

Nutrition

Calories: 300kcal

To see the web version with photos, tips

and FAQs, scan the QR code or visit:

https://urbanfarmandkitchen.com/roasted-squash-soup-with-3-garnish-ideas/

Easy Jerusalem Bagels (Kaak Al Quds Recipe)

Steeped in history,JerusalemBagels areactually quite easy tomakeusing standard pantry staples. Delicious and comforting, bake up a batch and enjoy them with za'atar, labneh, hummus, cream cheese, or with butter and jam.



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

Course: Appetizer, Breakfast, Brunch Cuisine: Levantine, Middle Eastern Servings: 6 Bagels
Author: Luay Ghafari Cost: $5

★★★★★
4.94 from 15 votes

Ingredients

- 4 cups All Purpose Flour - 500 grams
- 2 tbsp Sugar
- 2 tsp Kosher salt
- 1 tbsp Instant Yeast
- 1 tsp Baking powder
- 1 ½ cups Milk (slightly warm)
- Olive Oil for brushing

Topping

- ½ cup Sesame seeds - Use untoasted if possible
- 2 tbsp Honey
- 1 tbsp Hot water

Instructions

1. **Mix.** In the bowl of a freestanding mixer fitted with the dough hook attachment, or in a large bowl if mixing by hand, combine **4 cups All Purpose Flour**, **2 tbsp Sugar**, **2 tsp Kosher salt**, **1 tbsp Instant Yeast** , **1 tsp Baking powder**, and **1 ½ cups Milk (slightly warm)**. Mix on medium speed for about 5-6 minutes until you have a smooth pliable ball.
2. **Rise.** Rub a little olive oil over the top of the smooth dough ball, cover the bowl with a tea towel or plastic wrap, and let it rise until doubled in size, about 1 hour (2 hours if your kitchen is cold).
3. **Topping.** In a shallow baking dish or baking sheet, mix **½ cup Sesame seeds**, **2 tbsp Honey**, and **1 tbsp Hot water** until the seeds are damp and sticky, but not clumpy.
4. **Shape.** After the dough has risen, punch it down and turn it out onto a lightly floured surface. Divide the dough into 6 equal pieces. Roll and stretch each piece into a 12" (30cm) log. If the dough is too stiff, you will need to let it relax for 5 minutes while you stretch. This will help relax the gluten. Attach the ends together to form a ring.
5. **Dress.** Preheat the oven to 425ºF (220ºC) and line a baking sheet with parchment paper. Dip the top and bottom of each bagel into the sesame mixture, making sure to press down gently so that the sesame seeds adhere, then place them on the prepared baking sheet.
6. **Bake.** Bake the bagels in the preheated oven, rotating the baking sheets halfway through baking, until they're deep golden brown, about 15 to 18 minutes. Remove the bagels from the oven and let them cool for a bit before enjoying.

Notes

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

Ingredient notes and Substitutions:

- **All Purpose flour:** Who doesn't have AP Flour in their pantry? This recipe is written in an accessible way using ingredients that every baker has. However, if you want to change the flour, you can use bread flour instead. Replace up to 50% of the AP flour with whole wheat for a healthier spin.
- **Yeast:** This recipe will work with active dry yeast or instant yeast.

- **Honey:** You can use pomegranate molasses, grape molasses, agave syrup or other sweet syrup of your choice. Or you can simply omit and just wet the bagels before sprinkling over some sesame seeds.
- **Toppings:** Sesame seeds are traditional, but if you want to try something different you can use poppy seeds or everything bagel mix. But in that case, I would suggest you try out my Montreal Bagel Recipe instead, which yields more regular bagels.

Also try my Simit (Turkish Sesame Bread Recipe)!

Nutrition

Calories: 489kcal | Carbohydrates: 88g | Protein: 14g | Fat: 9g | Saturated Fat: 2g | Polyunsaturated Fat: 3g | Monounsaturated Fat: 3g | Cholesterol: 7mg | Sodium: 873mg | Potassium: 261mg | Fiber: 4g | Sugar: 13g | Vitamin A: 100IU | Vitamin C: 0.04mg | Calcium: 251mg | Iron: 6mg

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Pistachio Cheesecake with Graham Cracker Pistachio Crust



My Pistachio Cheesecakehas abuttery graham cracker and pistachio crust, a creamy pistachio filling, and a silky pistachio topping. I bake it in a water bath and let it cool gradually for a smooth, rich cheesecake that's worth planning ahead for. Excellent for a special dinner, brunch or special occasion, and honestly not that hard to make.

Prep Time	Cook Time	Chill Time	Total Time
35 mins	1 hr 20 mins	9 hrs	10 hrs 55 mins

☆☆☆☆☆
No ratings yet

Course: Dessert Cuisine: Mediterranean Diet: Vegetarian Servings: 12 Servings
Author: Luay Ghafari Cost: $35

Equipment

- Stand Mixer - Or bowl and hand mixer
- Silicone Liner - Optional

Ingredients

For the Crust

- 1 ¾ cups Graham crackers (or store bought crumbs) - 210 grams
- ½ cup Pistachios (unsalted and shelled) - 70 grams
- 3 tbsp Sugar - 38 grams
- 6 tbsp Unsalted butter (melted) - 85 grams

For the Cheesecake

- 2 lbs Cream cheese (room temperature) - 904 grams
- 1 ¼ cup Sugar - 250 grams
- 1 cup Pistachio cream - 240 grams
- ½ cup Sour cream (room temperature) - 120 grams
- 2 tbsp All-Purpose Flour - 16 grams
- 1 tsp Vanilla Extract
- 4 large eggs (room temperature) - about 200 grams
- ½ cup Heavy cream (room temperature) - 112 grams

Topping

- ½ cup Pistachio cream - 120 grams
- 3 tbsp Chopped pistachios - 26 grams

Instructions

1. **Prepare the Pan and Set the Oven Temperature.** Preheat the oven to 325°F (165°C). Set out a 9-inch springform pan. Bring about 8 cups of water to a boil for the water bath.
2. **Make the Graham Cracker Crust.** Add the graham crackers and pistachios to a food processor. Pulse until the crackers resemble sand, leaving some small pieces of pistachio visible. Transfer the mixture to a medium bowl and stir in the sugar and melted butter.
3. **Press and Bake the Crust.** Transfer the crumb mixture to the springform pan. Press it into an even layer on the bottom and up the sides, using the bottom of a flat glass or measuring cup. Bake for 10 minutes, then set aside.
4. **Mix the Filling.** Beat the cream cheese in the bowl of a stand mixer fitted with the paddle attachment for 3 to 4 minutes, until smooth. Scrape down the sides of the bowl. Add the sugar, pistachio cream, sour cream, flour, and vanilla extract. Beat on medium speed for about 3 minutes, until combined.
5. **Add the Eggs and Cream.** Turn the mixer to low speed and add the eggs one at a time (Image 6). Mix just until each egg is incorporated. Slowly pour in the heavy cream and mix just until combined.
6. **Prepare the Water Bath.** Wrap the outside of the springform pan in 2 to 3 layers of heavy-duty aluminum foil, or use a silicone springform pan cover. Pour in the cheesecake filling on the cooled crust. Place the pan in a roasting dish. Then set

the roasting dish on the middle rack of the oven. Carefully pour boiling water into the roasting dish until it's about 1 inch deep.

7. **Bake.** Bake for 70 to 75 minutes. The outer 2 to 3 inches should look set, while the center should still jiggle when the pan is gently shaken.
8. **Cool the Cheesecake Gradually.** Turn off the oven and prop the door open with a wooden spoon. Leave the cheesecake in the oven for 1 hour. Remove the cheesecake from the oven and water bath. Carefully run a knife around the outside to release it from the pan, then cool it to room temperature on a wire rack.
9. **Chill.** Refrigerate the cooled cheesecake for 8 hours or overnight before removing it from the pan.
10. **Add the Topping.** Remove the cheesecake from the pan and transfer it to a serving plate. Microwave the pistachio cream in a microwave-safe bowl for about 20 seconds, until it's pourable. Spread it over the top of the cheesecake with an offset spatula and decorate with chopped pistachios, if using. Refrigerate until ready to serve.

Notes

KeyIngredient Notes:

- **Pistachios:** I highly recommend that you pulse them with the crackers for extra texture and a nutty flavor in the crust. Use unsalted, shelled pistachios.
- **Pistachio Cream:** Sometimes called **Pistachio Butter, Pistachio Paste** or **Pistachio Spread**. Adds the signature nutty sweetness. You will find this spreadable product at most Italian or specialty stores these days, even at Costco. Usually, by the Nutella, jams, and other spreads.

Tips for Success:

- **Bring the cold ingredients to room temperature.** Softened cream cheese and room-temperature eggs, sour cream, and heavy cream blend more evenly, which helps prevent lumps.
- **Don't overmix after adding the eggs.** Mixing on low and stopping as soon as they're incorporated helps avoid adding too much air to the batter.
- **Wrap the pan carefully.** A snug foil wrap or silicone liner helps keep water from seeping into the springform pan during baking. Testing Note: I've made cheesecakes with both methods, and I've started to exclusively use the silicone liner (affiliate link). It's easier to clean and less wasteful. I highly recommend it.
- **Use the jiggle test.** The edges should look set, while the center should wobble gently. It will continue to set as it cools and chills.
- **Cool it slowly.** Leaving the cheesecake in the turned-off oven for an hour helps it cool more gradually.

Nutrition

Calories: 783kcal | Carbohydrates: 65g | Protein: 12g | Fat: 54g | Saturated Fat: 34g | Polyunsaturated Fat: 3g | Monounsaturated Fat: 12g | Trans Fat: 0.2g | Cholesterol: 163mg | Sodium: 367mg | Potassium: 393mg | Fiber: 3g | Sugar: 51g | Vitamin A: 1505IU | Vitamin C: 1mg | Calcium: 158mg | Iron: 3mg

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EST. 2019

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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