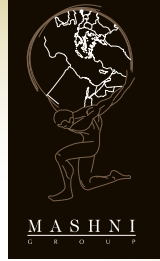




ST GERMAINS ESTATE OLIVE GROVE

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IM NASSER'S TABOULI

Ingredients

- 3 cups of finely chopped flat-leaf parsley
- 2 tbsp of finely chopped fresh mint
- 4 ripe, medium size tomatoes, chopped into very small cubes
- 1 cup of cracked wheat – burghul
- 1/4 cup lemon juice
- 1/3 cup of St Germain's Estate Extra Virgin Olive Oil
- Salt to taste
- A sprinkling of black pepper

Required: Chef's knife, chopping board, mixing bowl

1. Rinse burghul several times and then soak in cold water for five minutes.
2. Chop the tomatoes (small cubes).
3. Clean the parsley and remove the large stems, leave only the leaves and then chop finely.
4. Drain the burghul through a sieve, ensure as much of the water is squeezed out as possible.
5. Trim the spring onions, and chop them into very fine pieces.
6. Put the drained burghul and tomato in a large mixing or serving bowl. Add salt, pepper, lemon juice, olive oil, mint and parsley and toss well.
7. Taste for seasoning. If you prefer it to be more moist: you can add additional olive oil or lemon juice.



IM NASSER'S HUMMUS

Ingredients

Serves 3 – 5

- 600g chickpeas
- 100ml St Germain's Estate Extra Virgin Olive Oil
- 1 tsp ground cumin
- 1/4 tsp spoon of bicarbonate of soda
- 3 garlic cloves, crushed
- 2 tbsp Tahini paste
- Juice of 1 lemon

Preparation:

Soak the chickpeas overnight in a mixture of cold water and the bicarbonate soda in a cooking pot, remove any chickpeas you may find floating. In the morning pour out the water and pour in fresh water...just enough to cover the chickpeas. Bring this to the boil over high heat until foam forms at the surface of the water, scooping the foam away with a ladle continue to remove the foam from the surface and allow the chickpeas to simmer for 90 minutes or until they are tender.

Drain the chickpeas and puree in a blender or food processor. Now add the garlic, St Germain's Estate Extra Virgin Olive Oil, Tahini paste, cumin and lemon juice in a food processor and process until combined. Add 1/4 cup (60ml) of water and process again until quite smooth. Place in a bowl, drizzle St Germain's Estate Extra Virgin Olive Oil in a circular motion over the top of the hummus and garnish with finely chopped parsley serve with Arabic pita.

Hummus really does make a great alternative to chips and dip. Serve hummus with hot Arabic pita bread wedges, pita chips, fresh veggies.

Presentation is important when it comes to hummus because it looks bland most of the time. Sprinkle red pepper flakes or paprika on top to add a little colour. Serve hummus in brightly coloured bowls. Presentation can be almost as important as the taste.



IM NASSER'S BABA GANOUSH

Baba Ganoush, an Arabic spread and dip is similar to hummus, but is made with eggplant instead of chickpeas. This vegetarian and vegan recipe is particularly hummus-like, since it uses some chickpeas for a thicker texture.

Ingredients:

Serves 5-7

- 1 large eggplant
- 1/4 cup lemon juice
- dash sea salt
- 2 tbsp fresh chopped parsley (optional)
- 3 cloves garlic
- 3 tbsp tahini
- 1/4 cup St Germain's Estate Extra Virgin Olive Oil

Preparation:

Slice eggplant in half, and roast in 400 degree pre-heated oven for approximately 45 minutes, or until soft. Allow to cool slightly, and then scoop out inside of eggplant, leaving skin behind.

In a blender or food processor, combine eggplant and remaining ingredients (except the olive oil and parsley) until smooth. Mixture will be somewhat thick. Slowly incorporate St Germain's Estate Extra Virgin Olive Oil until well mixed. Mix in chopped parsley by hand.

Place in a bowl, drizzle some St Germain's Estate Extra Virgin Olive Oil in a circular motion over the top of the Baba Ganoush and garnish with finely chopped parsley serve with Arabic pita.

Enjoy with veggies, Arabic pita, or as a sandwich spread.

Presentation is important when it comes to Baba Ganoush because it looks bland most of the time. Sprinkle red pepper flakes or paprika on top to add a little colour. Serve Baba Ganoush in brightly coloured bowls. Presentation can be almost as important as the taste.

