

SEEDS OF PEACE

RECIPES FOR PEACE NANCY SILVERTON

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Thank you to [Joan Nathan](#) and [Micaela Varricchio](#) for curating this project and to all the amazing chefs who took part in it. A new recipe is going to be posted every Friday for the next few months. This is a recipe from American chef, baker, and author [Nancy Silverton](#) from Los Angeles. Please help us to grow our programs in the US and around the world, and share your comments with us on Facebook and Instagram. Enjoy!



WHOLE ROASTED CARROTS

serves 4

3-4 Jumbo Carrots (each about 8 to 9 inches in length)
Olive Oil
Salt

Preheat oven to 425 degrees. Wash and scrub carrots but do not peel. Skin should be intact. Place carrots in a large bowl. Toss carrots in olive oil and salt until well coated. Place carrots on a baking sheet. Roast in 425 degree oven for about 30 minutes or until carrots are fork tender and skin is caramelized. While carrots roast, prepare the dill yogurt sauce and carrot spice.

Dill Yogurt

1 cup plain Greek yogurt
2 tablespoon finely chopped dill (set aside some whole dill leave sprigs for garnish)
Lemon juice to taste
Salt to taste

In a bowl, combine yogurt and chopped dill. Season to taste with lemon juice and salt.

Carrot Spice

1 tablespoon whole cumin seed
1 tablespoon whole coriander seed

Heat a small Sautee pan over medium heat. Place cumin seeds in the pan and toast seeds until aromatic about 2 to 3 minutes. Be careful that seeds do not burn. Remove seeds from pan and allow to cool. Repeat the toasting process with the coriander seeds. Once all seeds have cooled, place seeds in a spice grinder or use a mortar and pestle to grind seeds to a somewhat coarse dust. There should still be some discernible pieces of spice.

Plating

If carrots are cooked ahead of time, reheat carrots in a hot oven until heated through. Remove from oven and drizzle with additional lemon juice. Place carrots on serving platter and garnish with a drizzle of olive oil, a generous dusting of carrot spice, Maldon salt and reserved dill leaves. Place dill yogurt in a ramekin for dipping and garnish with an additional dill leaf.

Photo by Tom Caltabiano

“The notion that “food brings people together” might of been headline news in the *Cave Man Times*, but today it is so obvious that even saying it nearly sounds tiresome. Yet, the beauty of that very notion is so powerful, so true, so simple that it still resonates today.

Food and strangers offers a unique common ground to start a dialogue to open both sides eyes into the commonalities each cultures owns. That one might make shish kebab seasoned with cumin and another liberally dosed in pomegranate syrup is not a starting point for an argument, but rather a joyous opening for conversation and common ground.”



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RECIPES FOR PEACE MARIO BATALI

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Thank you to [Joan Nathan](#) and [Micaela Varricchio](#) for curating this project and to all the amazing chefs who took part in it. This is a recipe by Italian-American chef, author, and philanthropist [Mario Batali](#). Please help us to grow our programs in the US, and share your comments with us on Facebook and Instagram. Enjoy!



SUNDAY SUPPER GRAVY

From Mario Batali's *Big American Cookbook*

Serves 4 to 6

1 pound veal shoulder, cut into 1-inch chunks
1 pound beef chuck, cut into 1-inch chunks
Kosher salt and freshly ground black pepper
¼ cup extra-virgin olive oil
¾ cup red wine
8 cups Basic Tomato Sauce (see below)
1 pound sweet Italian sausage, cut into 1-inch pieces
1 pound pork neck bones
Pinch crushed red pepper flakes
1 pound dry spaghetti

Season the meats with lots of salt and pepper. Heat the oil in a large, heavy pot or Dutch oven over medium-high heat and brown the veal and beef, about 10 minutes. Add the wine and stir constantly until the wine evaporates, about 5 minutes.

Add the tomato sauce, stir, then add the sausage, neckbones, 1 teaspoon salt, and red pepper flakes to taste. Reduce the heat to simmer, cover halfway, and cook, stirring occasionally and skimming fat as necessary, for about 3 hours.

Cook the pasta according to package directions.

Remove the gravy from the heat and adjust the seasoning with salt and pepper. Transfer the meat to a platter. On a separate platter, pile the pasta, dress it with the gravy, and serve as your first course. Then serve the meat as a main course.

Some people save the neck bones for their dogs, but I like to pick at them cold from the fridge, hot sauce in hand, late, late at night ... alone.

Basic Tomato Sauce:

¼ cup extra-virgin olive oil
1 large onion, cut into ¼-inch dice
4 cloves garlic, thinly sliced
½ medium carrot, finely shredded
3 tablespoons chopped fresh thyme leaves, or 1 tablespoon dried
2 (28-ounce) cans peeled whole tomatoes, crushed by hand, juices reserved
Kosher salt

In a 3-quart saucepan, heat the olive oil over medium heat. Add the onion and garlic and sauté until soft and light golden brown, 8 to 10 minutes. Add the carrot and thyme and cook 5 minutes more, until the carrot is quite soft. Add the tomatoes and their juice and bring to a boil, stirring often. Lower the heat and simmer for 30 minutes, until the sauce is as thick as hot cereal. Season with salt.

This sauce holds for 1 week in the refrigerator or up to 6 months in the freezer. Makes about 4 cups.

Photos by Quentin Bacon and Ken Goodman

“Perhaps the single most beautiful thing about food is how it brings us together. Seeds of Peace has been a fantastic leader in grasping the power of a meal by inspiring our youth to build bridges at mealtime no matter our backgrounds, beliefs and geographic distances.

Open up a seat at your dinner table to someone new for an experience that is equally enriching as it is delicious.”



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RECIPES FOR PEACE ALICE WATERS

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RED LENTIL SOUP

with Indian Spices

serves 8

1 onion
1 carrot
2 Tablespoons olive oil
2 teaspoons good curry powder
¼ chili powder
2 teaspoons ginger, peeled and chopped
1 ½ cup red lentils
8 cups water
1 teaspoon cumin seed
1 teaspoon coriander seed
1 teaspoon fennel seed
2 tomatoes, peeled and diced
1/3 cup plain yogurt
handful cilantro leaves
salt to taste

Peel the onion and carrot and cut into small dice. Saute them in the olive oil in a soup pot over medium heat. Season the onion mixture with salt, ginger, and chili. Cook the vegetables until tender. Meanwhile, carefully pick through the lentils, removing any small stones or debris, then rinse them thoroughly in cold water.

Add the lentils and water to the soft vegetables. Bring to a boil and simmer until the lentils have broken up, about 15 minutes.

While the soup is cooking, toast the cumin, coriander, and fennel seeds in a skillet for a minute or two, until their aroma is released. Pound them in a mortar and add them to the soup with the tomatoes.

Let the soup cook another five minutes and carefully puree in a blender. Add water and salt and adjust to taste.

Serve garnished with a dollop of yogurt and torn cilantro leaves.

Photo by Amanda Marsalis.

“Cooking together and gathering around a table is the most powerful act of peacemaking. When we share food, we are nourishing each other, we feel cared for and loved, and so many conflicts dissolve.

Taking care of our land, educating children, and feeding ourselves in nutritious and delicious ways brings communities together—this is the common language of being at the table. It creates a deep sense of belonging.

If we can give this to our children, and support the efforts of organizations like Seeds of Peace, then change on the planet is possible.”



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RECIPES FOR PEACE MASSIMO BOTTURA

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NONNA ANCELLA'S PASSATELLI

Breadcrumbs are the epitome of the "waste not, want not" food ethic. If there is an important lesson we have learned from the Italian kitchen, and one that we can pass onto future generations: never let edible food go to waste!

We share this message in the form of my grandmother Ancella's recipe for passatelli in broth.

This classic Emilian recipe, passatelli in broth, has been passed on from generation to generation in the Bottura family. Massimo's daughter Alexa learned how to make passatelli from her grandmother Luisa. Massimo learned how to make them from his grandmother Ancella. It is a rite of passage in many Modenese households.

The recipe is so easy and children friendly, we encourage teaching the whole family to get their hands messy and cook with their parents.

For the broth a classic vegetable or chicken broth is best. However, in an emergency, Massimo often prepares a Parmigiano Reggiano rind broth. He keeps all the rinds from grated cheese in the refrigerator until he has a good amount – say ½ pound. The cheese rinds can be added to big pot of cold water and simmered for a couple hours. As the rinds melt, they give off flavor and thicken the broth with the proteins and fats from the cheese. This broth is very simple but can be great to have in a pinch. Of course, the cheese rinds can also be added to classical broths to enrich the flavor as well.

Ingredients:

- 150 gr. breadcrumbs
- 100 gr grated Parmigiano Reggiano
- 3 eggs
- pinch of lemon zest
- pinch of ground nutmeg
- 1 litre of chicken broth

Kitchen tools:

- potato ricer with large holes
- large pot for broth
- ladle

Place the breadcrumbs, Parmigiano Reggiano, nutmeg and lemon zest in a shallow bowl. In the meantime, bring broth to a low simmer. Break the eggs and add to the dry ingredients. Mix together into a uniform ball of dough. Place the dough in a ricer and press it directly into the boiling broth. Cook the passatelli until they surface, about 1 minute. Serve hot with broth in a bowl.

“Something recovered is something gained.

If there is an important lesson we have learned from the Italian cuisine, and one that we can pass onto future generations, it is:

Never allow edible food to go to waste. Breadcrumbs are the perfect epitome of this food ethic.

My grandmother Ancella's recipe for passatelli brings the best of the past into the future. Food has the power to unite people. Buon appetito!”



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SEEDS OF PEACE RECIPES FOR PEACE

AGLAIA KREMEZI

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“NAKED” OR CRUSTLESS ZUCCHINI PIE

This rustic Greek and Balkan dish uses only two eggs and toasted bread crumbs or rolled oats as a binding agent for the raw grated zucchini, which is scented with fresh mint and dill. If you don't have zucchini, squash is a wonderful substitute. You can top it with thinly sliced tomatoes (see variation) or add sunflower seeds and pecorino to top the pie, giving it a nice crunchy crust. I usually serve it as main course, with a generous tomato salad. But it can also be an appetizer, and is an ideal picnic food, precut into bite-size pieces.

Vegetarian and gluten-free; serves 5 to 6 as a main course (or makes 8 to 10 appetizer portions)

2 pounds (910 g) zucchini, coarsely grated in a box grater or on a mandoline fitted with the julienne attachment
Salt
1 onion (about 1/2 pound / 225 g), finely chopped or grated
1 1/4 cups (100 g) ground rolled oats (quick-cooking)
3/4 pound (340 g) feta cheese, crumbled
1 teaspoon Maras pepper or freshly ground black pepper, to taste
3 tablespoons chopped dill
1/2 cup (about 50 g) packed fresh mint leaves, chopped
3 eggs
1/3 cup (80 ml) olive oil, plus more for drizzling
1 cup (140 g) sunflower seeds (or pepitas)
3 to 4 tablespoons grated pecorino or kefalotyri

Preheat the oven to 375°F (190°C).

Toss the zucchini with 1 teaspoon salt and let wilt in a colander for about 10 minutes.

Press handfuls of the zucchini over the sink to extract most of the juices and transfer to a large bowl. Add the onion, oats, feta, pepper, dill, and mint. Combine and add the eggs, one at a time, mixing well with your hands or with a large spatula. Add the olive oil and stir well.

Lay a piece of parchment paper on a baking sheet and drizzle with olive oil. Sprinkle with a few sunflower seeds, and carefully pour over the zucchini mixture. Spread and level the surface with a spatula, drizzle with olive oil, and sprinkle with the rest of the sunflower seeds and the grated cheese.

Cover loosely with aluminum foil and bake for 30 minutes. Remove the foil and bake another 10 to 15 minutes, until the mixture is set and deep golden on top. Let cool on a rack at least 20 minutes. Cut into pieces and serve warm or at room temperature.

VARIATION: Omit the sunflower seeds, and top the pie with thin tomato slices. Drizzle with olive oil and sprinkle with pecorino cheese. Bake as described above.

Text excerpted from Mediterranean Vegetarian Feasts by Aglaia Kremezi and published by Harry N. Abrams.



“Seeds of Peace reminds us about what is really important during these trying times: sharing our table and our traditional foods, eating together, exchanging ideas, and experiences, and talking about our common future.

Greek and Eastern Mediterranean foods, with ancient roots, are simple and flavorful, relying on the freshest seasonal produce. The dishes are served in the middle of the table to be shared by the family and guests, as *philoxenia*—catering to whoever happens to drop by—is a deeply rooted tradition.”



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RECIPES FOR PEACE ALON SHAYA

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SHAKSHOUKA

4 to 6 servings

Plenty of water for the Jerusalem artichokes and fava beans

1 tablespoon plus 2 teaspoons Morton kosher salt, divided

½ pound Jerusalem artichokes

Ice for an ice bath

1 pound fava beans in their shells

3 tablespoons extra-virgin olive oil

1 pint cherry tomatoes, halved

1 small red bell pepper, thinly sliced

1 small green bell pepper, thinly sliced

1 small yellow onion, thinly sliced

2 cloves garlic, minced

One 28-ounce can peeled whole tomatoes

1 egg per person

¼ cup Zhoug

1. Fill the pot with the water and 1 tablespoon salt and bring to a boil. Thoroughly scrub the Jerusalem artichokes; if they're large or unevenly sized, cut them into even chunks. Boil for 30 to 35 minutes, until they're about the consistency of a cooked potato, easily pierced with a knife but not falling apart. Drain and, when they're cool enough to handle, slice into little coins. Discard any pieces that look spongy on the inside.

2. Fill another pot with water, bring it to a boil, and prepare an ice bath. Cook the fava beans for 5 minutes, or until the outer shell puffs up and pulls away from the bean. The water in the pot will turn reddish, but don't freak out, that's normal. Shock the beans in the ice bath to stop the cooking, then shell them when they've cooled down. You should have about 1 cup beans.

3. Add the olive oil to a large enameled or stainless steel skillet that has a lid (but don't use the lid just yet). Turn the heat to high, and when the oil is shimmering, pull it off the heat and carefully add the cherry tomatoes—they'll give off a lot of smoke and may splatter. Place the pan back on the heat and don't stir; you want them to lightly char in a few places.

4. After a couple of minutes, when the tomatoes are starting to blister, stir in the bell peppers, onion, and garlic. Stir frequently for 4 minutes or so, until all the vegetables are a little golden around the edges and the cherry tomatoes are melting into everything else.

5. Decrease the heat to medium and add the Jerusalem artichokes, favas, and remaining 2 teaspoons salt. Roughly crush the canned tomatoes between your fingers or chop them and add them to the pan with their juice. Cook the sauce for a couple of minutes until it thickens slightly.

6. Decrease the heat to medium-low and use your spoon to make little divots in the sauce, one per egg. Crack an egg into each, cover the pan, and cook for 4 to 5 minutes, until the egg white is set but the center still jiggles. Dollop a spoonful of zhough over each egg before serving.

Photos by Graham Blackall & Marianna Massey.

“Good food can cross borders, build bridges, and connect lands. It has the power to dig into our souls. That should inspire us all to believe that along with the food also comes happiness and hope. A memory from your family's table can put a smile on anyone that is willing to listen.

Seeds of Peace helps to make the connections that allows food of different cultures work its magic and bring people together to experience a meal and mission for peace.”



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RECIPES FOR PEACE GIADA DE LAURENTIIS

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PEA PESTO CROSTINI

Yield: 4 to 6 servings
Prep time: 10 minutes
Cook time: 2 minutes

Pesto

1 (10-ounce) package frozen peas, defrosted
1 garlic clove
1/2 cup Parmesan cheese, grated
1 teaspoon kosher salt, plus extra for seasoning
1/2 teaspoon freshly ground black pepper, plus extra for seasoning
1/3 cup olive oil

Crostini

8 (1/2-inch thick) slices whole grain baguette or ciabatta bread, preferably day-old*
1/3 cup olive oil
8 cherry tomatoes, halved or 1 small tomato, diced

For the pea pesto, pulse together the peas, garlic, Parmesan cheese and salt and pepper in a food processor. With the machine running, slowly add in the olive oil until well-combined, about 1 to 2 minutes. Season with salt and pepper, to taste. Transfer to a small bowl and set aside.

For the crostini: Preheat a stovetop griddle or grill pan on medium-high heat.

Brush both sides of the sliced bread with olive oil and grill until golden, about 1 to 2 minutes.

Transfer the bread to a clean surface and spread 1 to 2 tablespoons of the prepared pesto on each slice. Top with tomato and serve.

**If you don't have day-old bread on hand, you can dry out fresh bread by putting the slices in the oven at 300°F until slightly crisp, about 5 minutes.*

“Food is an international language that we can all understand; it crosses borders.

When you learn about someone's food culture, you're really learning about family, celebrations and traditions, and it unites people in a way that few things can.

Growing up in Italy, everything is centered around the table and the traditions that are held there. Seeds for Peace embodies this idea, helping youth from all over the world connect.”



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RECIPES FOR PEACE BOBBY FLAY

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SPICED PAN-ROASTED CARROTS

With Harissa Yogurt

4 servings

2 lb small carrots, tops trimmed to ½ inch
Kosher salt, freshly ground pepper
4 tablespoons vegetable oil, divided
1 tablespoon granulate sugar
1 teaspoon Spanish paprika
1 teaspoon ground cumin
1 teaspoon ground dry mustard
½ teaspoon ground fennel or coriander
½ cup 2% Greek yogurt
1 tablespoon harissa
2 teaspoons chopped fresh thyme leaves, divided
½ teaspoon finely grated lemon zest, plus more
2 tablespoons coarsely chopped fresh flat-leaf parsley
Lemon wedges, for serving

1. Cook the carrots in a large pot of boiling salted water until carrots are crisp-tender and skin easily peels away, about 5 minutes. Transfer to an ice bath to cool. Using a paper towel, rub carrots gently to remove skin; pat carrots dry on paper towels.
2. Combine sugar, paprika, cumin, mustard, and fennel in a small bowl. Toss carrots in oil and season with spice mixture, salt and pepper.
3. Heat remaining 3 tablespoons of oil in a large skillet, preferably cast-iron. Add carrots, working in batches if necessary, and cook, turning carrots occasionally, until deeply caramelized on all sides, 6-8 minutes; season with salt and pepper.
4. Place the yogurt in a small bowl; season with salt and pepper. Add harissa, thyme, and lemon zest and use a spoon to very gently swirl ingredients together (don't over mix or yogurt will turn pink).
5. Top the carrots with yogurt mixture, parsley, more thyme, and more lemon zest. Serve with lemon wedges.

“The sharing of food has been part of the human story since the beginning of time.

Sharing a meal is one of the best ways to bury anger, forge relationships and to engage in a comfortable, friendly interaction. Food makes people happy. Food makes people smile.

If only we could spend more time around the table talking and eating and less time trying to destroy each other. What a beautiful thought ...

I have a feeling that Seeds of Peace may one day make this a reality.”



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RECIPES FOR PEACE PATI JINICH

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CHICKEN TINGA

Serves 6

Ingredients

- 8 ripe Roma tomatoes (about 2 pounds)
- 2-3 tomatillos (about 4 ounces) husks removed, rinsed
- 3 tablespoons vegetable oil
- 1 cup chopped white onion
- 2 garlic cloves, minced or pressed
- ½ teaspoon dried oregano, preferably Mexican
- ¼ teaspoon dried marjoram
- ¼ teaspoon dried thyme
- 1 ½ teaspoons kosher or coarse sea salt, or to taste
- ¼ teaspoon freshly ground black pepper
- 1 whole canned chipotle chile in adobo sauce (optional), plus 2 tablespoons adobo sauce, or to taste
- 5 cups shredded cooked chicken or rotisserie chicken
- 1 ½ cups chicken or vegetable broth

To Prepare

Place the tomatoes and tomatillos in a medium saucepan, cover with water, bring to a simmer over medium-high heat, and cook for 8 to 10 minutes, or until the tomatoes and tomatillos are soft and mushy but not falling apart. With a slotted spoon, transfer to a blender or food processor. Cool slightly, then blend until smooth.

Heat the oil in a 12-inch skillet over medium heat. Add the onion and cook until soft and translucent, 4 to 5 minutes. Add the garlic and cook just until it is fragrant and lightly browned, about 1 minute. Carefully pour the tomato-tomatillo puree into the skillet; it will steam and bubble. Stir in the oregano, marjoram, thyme, salt, and pepper. Add the chipotle chile (if using) and adobo sauce, partially cover the skillet (the sauce will spatter), and simmer, stirring occasionally, until the sauce deepens in color, becomes a darker and earthier red, and is no longer soupy, 10 to 12 minutes; add more adobo sauce and chiles near the end if you want more heat.

Add the chicken and broth to the sauce and stir until well mixed. Cook, stirring occasionally, until the chicken has absorbed most of the sauce, 6 to 8 minutes more. Serve hot.

Text excerpted from Pati's Mexican Table by Pati Jinich. Reproduced by permission of Rux Martin Books/HoughtonMifflin Harcourt. Photography by Penny De Los Santos. ISBN 978-0-547-63647-4

“Food has the power to build bridges between people, communities, and countries, as few things bond us more than gathering around the table to enjoy and linger over a meal.

In Mexico, we have a term in Spanish, *sobremesa*, for the time after the food is finished when everyone is in such good spirits they continue to talk and revel in one another's company to prolong the meal.

Seeds of Peace is championing this spirit by giving young people from different backgrounds the opportunity to break bread together.”



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RECIPES FOR PEACE YOTAM OTTOLENGHI

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Thank you to [Joan Nathan](#) and [Micaela Varricchio](#) for curating this project and to all the amazing chefs who took part in it. A new recipe is going to be posted every Friday for the next few months. This is a recipe by Yotam Ottolenghi. Originally from Jerusalem, Yotam is a London-based chef, restaurateur, and food writer. Please help us to grow our programs in the US and around the world, and share your comments with us on Facebook and Instagram. Enjoy!



STUFFED AUBERGINE WITH LAMB & PINE NUTS

Elran Shrefler is the youngest of Ezra and Rachela Shrefler's nine children, who run Azura, a restaurant in the heart of Machne Yehuda market that serves Jerusalemites traditional Kurdish recipes with a Turkish influence, the area from which Ezra hails. A member of the Slow Food movement, Elran starts work at four every morning and cooks all his food in massive pots on small oil-burning stoves, just as his family has done for generations.

His food, long-cooked stews and hearty soups, is ready for the first customers who arrive at around 8 a.m.(!). It is essentially real fast food—after the long hours of slow cooking, it takes seconds to plate and serve. Elran showed us how to make his stuffed aubergine, Turkish-style, which is our favourite dish at Azura. This is our interpretation. Serves four generously.

4 medium aubergines (about 1.2kg), halved lengthways	50 g pine nuts
6 tbsp olive oil	20 g flat-leaf parsley, chopped
1 tsp ground cumin	2 tsp tomato purée
1 tbsp sweet paprika	3 tsp caster sugar
1 tbsp ground cinnamon	150 ml water
2 medium onions (340g in total), finely chopped	1 tbsp lemon juice
500 g minced lamb	1 tsp tamarind paste
	4 cinnamon sticks
	salt and black pepper

These are deliciously hearty and best served with some bread or simple rice (basmati rice and orzo) and some pickles on the side.

Preheat the oven to 220°C/200°C Fan/Gas Mark 7.

Place the aubergine halves, skin-side down, in a roasting tin large enough to accommodate them snugly. Brush the flesh with 4 tablespoons of the olive oil and season with 1 teaspoon of salt and plenty of black pepper. Roast for about 20 minutes, until golden brown. Remove from the oven and allow to cool slightly.

While the aubergines are cooking, you can start making the stuffing by heating up the remaining olive oil in a large frying pan. Mix together the cumin, paprika and ground cinnamon and add half of this spice mix to the pan, along with the onion. Cook on a medium-high heat for about 8 minutes, stirring often, before adding the lamb, pine nuts, parsley, tomato purée, 1 teaspoon of the sugar, 1 teaspoon of salt and some black pepper. Continue to cook and stir for another 8 minutes, until the meat is cooked.

Place the remaining spice mix in a bowl and add the water, lemon juice, tamarind, remaining sugar, cinnamon sticks and ½ teaspoon of salt; mix well.

Reduce the oven temperature to 195°C/175°C fan/gas mark 5 and a half. Pour the spice mix into the bottom of the aubergine roasting tin. Spoon the lamb mixture on top of each aubergine. Cover the tin tightly with foil, return to the oven and roast for 90 minutes, by which point the aubergines should be completely soft and the sauce thick; twice through the cooking, remove the foil and baste the aubergines with the sauce, adding some water if the sauce dries out. Serve warm, not hot, or at room temperature.

“Our best hope at changing things is to keep sowing the seeds of peace. Individual acts of kindness, reaching out with a meal to share, listening to what someone has got to say. Bit by bit and seed by seed: these are how good things grow. Cook a meal, invite others to share in it and keep sowing the seeds of peace.”



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SEEDS OF PEACE

RECIPES FOR PEACE MOURAD LAHLOU

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KEFTA TAGINE

Serves six.

Kefta

1 ½ teaspoons (4.5 grams) kosher salt
1 ½ teaspoons (4 grams) sweet paprika
1 ½ teaspoons (3.8 grams) ground cumin
½ teaspoon (1.3 grams) ground white pepper
1/8 teaspoon (0.3 gram) cayenne
3 tablespoons (34 grams) finely minced onion
1 ½ teaspoons (2 grams) finely chopped flat-leaf parsley
1 ½ teaspoons (2 grams) finely chopped cilantro
1 ½ teaspoons (2 grams) finely chopped tarragon
½ teaspoon (2 grams) minced garlic
8 ounces (226 grams) ground beef,
preferably with 20% fat
6 ounces (170 grams) ground lamb
1 large egg yolk

Tomato Sauce (makes about 4 cups/1 kilogram)

Grapeseed or canola oil
2 cups (270 grams) diced (¼ inch) onions
2 tablespoons (19 grams) finely chopped garlic
4 cups (1.1 kilograms) tomato puree,
preferably San Marzano
1 cup (234 grams) water
1 cup (255 grams) carrot juice
½ teaspoon (1.3 grams) sweet paprika
½ teaspoon (1.3 grams) ground cumin
¼ teaspoon (0.5 gram) ground black pepper
1/16 teaspoon (0.1 gram) cayenne
1 ½ teaspoons (4.5 grams) kosher salt
1 ½ teaspoons (2 grams) finely chopped thyme
1 ½ tablespoons (18 grams) diced (1/8 inch)
preserved lemon rind
1 ½ teaspoons (2 grams) finely chopped flat-leaf parsley
1 ½ teaspoons (2 grams) finely chopped cilantro
½ recipe (about ½ pound/234 grams) Kefta
Grapeseed or canola oil
6 large egg yolks, at room temperature
2 quarters preserved lemon rind, cut into 9 strips each
Urfa pepper
Fennel fronds (optional)
Extra virgin olive oil for finishing

For the tomato sauce:

Heat a film of oil in a large saucepan or stockpot over medium-high heat.

Add the onions and sauté, lowering the heat as needed, for 12 to 14 minutes, until golden and just beginning to caramelize around the edges. Add the garlic and sauté for another 2 minutes to soften. Add the tomato puree and bring to a simmer.

Stir in the water, carrot juice, paprika, cumin, pepper, cayenne, salt, and thyme, and simmer gently for about 40 minutes, until the sauce is reduced by about one third. Stir in the diced preserved lemon, parsley, and cilantro and remove from the heat.

For the kefta:

Combine the salt and spices in a small bowl.

If necessary, dry the onion, parsley, cilantro and tarragon on paper towels; do not squeeze them. Combine them in a large bowl, add the garlic, and then gently mix in the beef, lamb, spice mixture and egg yolk; do not overwork the mixture.

To check the seasoning, cook a small patty of the mixture in a small frying pan, taste it, and adjust the seasoning if necessary.

To cook the kefta, divide the mixture into 20 portions and shape into balls. Flatten them slightly to form 1 ½ inch patties. Heat a film of oil in a large nonstick frying pan over medium-high heat. Add the lamb patties in batches and cook for 1 to 1 ½ minutes on each side or until browned and cooked to medium. Drain on paper towels.

Pour a half inch layer of the tomato sauce into a tagine or a round wide flameproof baking dish with a lid (any remaining sauce can be refrigerated or frozen for another use). Bring to a simmer over medium heat.

Arrange the egg yolks in a circle in the pan. Cover the pan and cook for 1 ½ to 2 minutes to warm the yolks. Remove the lid and arrange the kefta around the egg yolk. Garnish the dish with the strips of preserved lemon, a sprinkling of urfa and a scattering of fennel fronds if using. Drizzle with olive oil.



“Cooking is always serious business in Morocco, and for a real sit-down meal, there aren’t a lot of shortcuts. This is a classic dish and I remember eating it whenever there was a lot going on in the house and people needed something satisfying that anyone could make.

The act of eating from the same vessel is extremely powerful. It’s unifying; you just feel this togetherness.”



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SEEDS OF PEACE RECIPES FOR PEACE

JOSÉ ANDRÉS

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GARBANZOS CON ESPINACAS

Moorish-style chickpea and spinach stew

From *Tapas: A Taste of Spain in America*

9 ounces dried garbanzos
1 pinch of baking soda
¼ cup Spanish extra virgin olive oil
6 garlic cloves, peeled
2 ounces sliced white bread, crusts removed
2 tablespoons pimentón (Spanish sweet paprika)
1 pinch Spanish saffron threads
2 tablespoons Spanish sherry vinegar
½ pound spinach, washed
1 teaspoon ground cumin
Salt to taste
White pepper to taste

The day before you plan to cook the stew, place the chickpeas in a bowl and cover with cold water. Add the baking soda, stir, and set aside to soak to soak overnight. The next day, drain and rinse the chickpeas.

In a big saucepan, combine the chickpeas with 2 ½ quarts of water. Bring to a boil. Then reduce the heat to low and simmer until the chickpeas are tender, about 2 hours. Every 10 minutes or so, add ¼ cup of cold water to slow down the simmering. By the end, the water should have reduced so it is barely covering the chickpeas. Turn off the heat and let the chickpeas sit in the water. You can also use 3 cups of high-quality chickpeas from a can or jar.

Heat the olive oil in a small sauté pan over a medium-low flame. Add the garlic and cook until it is browned, about 3 minutes. Remove the garlic from the pan and set it aside. Add the bread to the pan and brown it on both sides, about 1 minute each side. Remove the bread and set it aside.

Remove the pan from the heat and allow it to cool for a few minutes. Add the pimentón and saffron to the pan, and then immediately add the sherry vinegar to prevent the pimentón from burning. Leave the pan off the heat. In a mortar, smash the reserved garlic and the toasted bread to make a very thick paste.

Bring the chickpeas back to a low boil and add the spinach. Simmer for 5 minutes. Add the pimentón mixture along with the garlic paste. You should have a thick, stewy sauce. Simmer for another 5 minutes. Season with salt and white pepper to taste, and serve immediately.

“Food, to me, is the ultimate bridge between people. We sit around the table to gather, to celebrate, to talk, to debate. It is this dialogue that is so important for bringing people together, overcoming divides, tearing down walls.

I truly believe that peace can be achieved through the simple humble act of sharing a piece of bread or a beautiful stew.”



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SEEDS OF PEACE

RECIPES FOR PEACE JOAN NATHAN

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DOUBLE-LEMON ROASTED CHICKEN

From *King Solomon's Table: a Culinary Exploration of Jewish Cooking from Around the World* (Alfred A. Knopf)

Yield: 6 to 8 servings

1 whole 4-pound chicken
Salt and freshly ground pepper to taste
1 to 2 tablespoons za'atar (optional)
1 teaspoon sumac
2 tablespoons olive oil
1 preserved lemon, divided
1 handful of fresh thyme sprigs, divided
1 handful of rosemary sprigs, divided
1 handful of sage leaves, divided
1 onion, cut into roughly 8 pieces
2 lemons, cut widthwise in thin circles
¾ cup (180 ml) white wine
1 celery, 1 carrot, peeled, 1 fennel, and/or 1 zucchini, all chopped into 2-inch pieces, or a handful of Brussels sprouts, black olives, and sundried tomatoes or a fresh tomato, cut up

1. Season the chicken with salt and pepper, za'atar if you like, and sumac. Then rub the outside with the olive oil.
2. Put the chicken in a 9-by-13-inch baking pan. Fill the cavity with half the preserved lemon and a sprig each of the thyme, rosemary, and sage. Cut up the remaining preserved lemon and scatter it and the onion, the rest of the thyme, rosemary, and sage, as well as the regular lemon slices around the chicken. Add enough wine just to let the chicken sit in the liquid. You can do this the night before and cover with tin foil in your refrigerator.
3. When ready to cook, remove the chicken from the refrigerator for about a half hour to return to room temperature. Here is where you can be creative. Add cut up celery, carrots, and/or fennel, Brussels sprouts, black olives, and sundried or fresh tomatoes, or leave as is.
4. Preheat the oven to 375 degrees, then roast the chicken until it is golden brown and crispy, about an hour and 15 minutes, or until the internal temperature says 160.
5. Cut the chicken into roughly 8 pieces, place them on a platter, spoon the vegetables and juices with the preserved lemon and lemon slices over and around the chicken, and serve.

“Seeds of Peace is a marvelous organization that helps young leaders from different backgrounds talk and break bread together. I’ve always felt that breaking bread leads to conversation and to a discovery of our common humanity.

Jewish food is a journey during which local traditions and our own heritage merged time and again. In many ways, we invited “the other” into our own traditions. The key to a good meal is hospitality, a vivid conversation—and a taste for the unknown.”



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