



A TRADITION *of* TASTE

Healthy, Exotic, and Simple to Prepare Cuisine
from the Land of the Bible



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A TRADITION OF TASTE
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All oven temperatures are based on the Fahrenheit scale.

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Foreword



Do you not know that your body is the temple of the Holy Spirit who is in you, whom you have from God?

1 CORINTHIANS 6:19

A *Tradition of Taste* is a collection of exotic recipes from the land of the Bible! Since my childhood in Jaffa, the food of that region has been an important and memorable part of my life. Throughout the land of the Bible and the entire Middle East, food has always been central to hospitality.

The Bible is filled with examples of friendly meals and family feasts, all with the robust and healthy foods prepared on hometown hearths, and those traditions continue to this day. With *A Tradition of Taste*, you can now enjoy many of the same favorite recipes from the land of my childhood! All recipes marked with a special symbol are family recipes contributed by my own mother, Clemence Hinn.

Whether you are an experienced cook or just a beginner, these exotic dishes will enable you and your family to experience the robust flavors of the Middle East, Greece, the Mediterranean, Lebanon, Egypt, and Israel—right in your own kitchen.

Throughout *A Tradition of Taste* you'll find tantalizing dishes that feature specially selected ingredients used for centuries in the Holy Land, many of which are mentioned in the Bible. Recipes such as tabbouleh, smoked salmon salad, cream of Jerusalem artichoke soup, and olive-stuffed grape leaves will soon be among your favorites, as they are mine.

You'll enjoy preparing Laban Immu, Middle Eastern platters with falafel, and baklava. You can discover the phenomenal traditional dishes of some of the Bible's richest life-giving food resources right from the recipes you now hold in your hands.

Many of these recipes, such as hamantashen, triangular-shaped Jewish pastries, are ideal for making with children. No matter whether you use these recipes to create new family traditions or to delight friends at your next church fellowship dinner, I know you'll find each wonderful recipe satisfying.

I pray that this special collection of exciting recipes, celebrating the historic cuisine of the Middle East—the land of the Bible—will help you do just that. Enjoy!

—BENNY HINN



I

APPETIZERS



- ½ cup fine-grain cracked wheat (bulgur)
- ½ cup green onions, finely chopped (4 onions)
- 3 cups parsley, finely chopped (2 bunches)
- 2 cups tomatoes, finely chopped (not too ripe)
- 1 cup cucumbers, finely chopped baby (optional)
- ½ cup fresh mint leaves, finely chopped
- ½ cup fresh lemon juice, or to taste
- ¾ cup olive oil
- 1 teaspoon salt, or to taste
- Head of romaine lettuce

Wash parsley well, drain, and shake out excess moisture. Rinse the cracked wheat in a bowl, then cover with water by ½-inch and let soak for 5 minutes. Drain well, squeezing out excess water. Set aside while preparing other ingredients. Remove stems from parsley and discard. Chop parsley very fine (2 bunches should equal about 3 cups). Add to cracked wheat. Chop green onions fine and add to mixture. Add the remaining ingredients. Toss well. Serve on romaine lettuce, torn into bite-sized pieces.



HUMMUS (CHICKPEA TAHINI DIP)

- 1 can (15-ounce) chickpeas (garbanzos)
- 3 tablespoons tahini (sesame paste)
- 2–3 cloves garlic, pressed or crushed (fresh, no substitutes!)
- 1–2 lemons, juiced and strained
- Salt, to taste
- Olive oil
- Paprika
- Olive
- Pine nuts (optional)

Drain the canned chickpeas, reserving some of the liquid. You may reserve a few whole chickpeas for garnish. Rinse away the taste of the can with fresh water. Combine chickpeas, garlic, and tahini in a food processor and blend; add lemon juice gradually. The mixture should become smooth and spreadable but thick. Add some of the reserved liquid as required. Salt sparingly if using canned, pre-salted chickpeas. Dish into a shallow bowl. Sprinkle with paprika; garnish with an olive or a few reserved whole chickpeas; drizzle with best-quality olive oil. Serve at room temperature with pita bread cut into triangles. Optional garnish: Pine nuts sautéed in butter until barely brown.

Note: To substitute dried chickpeas for canned chickpeas, soak a cup of dried chickpeas overnight, drain, then cover generously with water and simmer until tender. Depending on the age of the legume, this could take 2 hours. Reserve some of the cooking water; let cool.

A decorative horizontal border with a repeating floral and scrollwork pattern. The text 'BULGUR AND LENTIL GRUEL WITH PINE NUTS' is centered within this border.

BULGUR AND LENTIL GRUEL WITH PINE NUTS

1 package (8.8-ounce) brown lentils, washed and well drained

1 package (8.8-ounce) coarse bulgur, washed and well drained

1 small onion, chopped

2½ ounces olive oil

2 large onions, sliced into thin rings

¼ cup pine nuts, toasted

3 cloves garlic, minced

1 quart water

Salt and pepper, to taste

In a large saucepan, cover lentils with water and boil 45 minutes or until almost cooked. Drain and reserve the cooking liquid. In a heavy-bottomed pot, heat 1 tablespoon of the olive oil. Add the small chopped onion and sauté until golden brown. Add washed bulgur, lentils, salt, and 1 pint of water. Simmer 20 to 25 minutes or until all liquid has evaporated. Remove from heat; let stand 10 minutes. Heat remaining oil in a large skillet. Add sliced onion rings, toasted pine nuts, and minced garlic. Sauté until golden brown. Place bulgur and lentil gruel on serving dish; top with sautéed onion, pine nuts, and garlic mixture.

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FIGS AND HONEY WITH TOASTED ALMONDS OVER BRIE

½ cup honey

6 fresh figs, stemmed and quartered

½ cup toasted almonds

½ teaspoon vanilla extract

1 (14-ounce) round Brie cheese

Preheat oven to 325 degrees. Heat honey in a small saucepan over low heat until warm and melted. Add figs and cook until softened, about 10 minutes. Stir in almonds and vanilla. Place Brie in baking dish. Cover with fig and honey mixture. Bake in preheated oven for 10 to 15 minutes, or until softened but not melted. Serve warm with your favorite crackers.