



Lebanese Menu

Welcome drink: hibiscus kombucha mocktail with lemon, anaar
(pomegranate juice)

Manakish flat breads topped with cheese and za'atar (grown and blended
by Savour)

Lebanese hummus

Labne yoghurt spread

Fattoush with garden veggies, olives, crispy flatbread

Baked diamond lamb kibbeh with cinnamon and cumin

Baklava (made in advance)



Manakish Flatbread

Ingredients:

- 1kg All-Purpose Flour
- 1 ½ Tbsp Instant Dry Yeast
- 3 Tbsp Powdered Whole Milk
- 2 Tbsp Yoghurt
- ⅓ cup Olive Oil
- 3 Tbsp Sugar
- 1 ½ cup Water
- 1 ½ tsp salt

Toppings:

- ½ cup Za'atar
- ⅓ Olive Oil
- 1 cup Akkawi Cheese (Can substitute for a mixture of Feta and Mozzarella)

Method:

1. In a large bowl mix the flour, salt, sugar, instant dry yeast.
2. Add the olive oil, powdered milk, yogurt and lukewarm water and mix well integrating all the ingredients with your hands. When the mixture starts coming together, knead it thoroughly to get a malleable dough that springs back slightly. Place the dough in a greased bowl. Cover with plastic wrap and set aside for 1 hour until it doubles in size.
3. The zaatar topping: In a bowl, mix the zaatar and olive oil or a combination of olive oil and sunflower oil to form a moderately thick paste. Cover and set aside.
4. When the dough has doubled in size, sprinkle some flour on a clean bench, flour your rolling pin and divide the dough into 4 equal portions. Roll the dough using the rolling pin into large or small circles like a pizza.
5. Spread roughly 1 to 2 tablespoons of the Za'atar topping, depending on the size of your manakish and leave a small border on the edge. Top with the cheese before placing on an oiled oven tray.
6. Bake in the oven set to 260°C for 8 minutes or until golden and crispy.

Kibbeh Bil Sanieh (Baked Kibbeh)

Ingredients-

- 500g Lamb or Mutton mince
- 1 cup Fine Bulgur Wheat
- 1 grated Onion
- 1 Tbsp salt
- ½ Tbsp Pepper
- 1 tsp Cayenne
- 1 ½ tsp Cinnamon
- 1 ½ Tbsp Cumin
- 1 bunch Fresh Mint

Filling-

- 3 Sliced Onions
- ¼ cup Pine nuts
- 1 Tbsp Olive Oil
- ½ tsp Cinnamon
- 1 Tbsp Cumin
- 1 tsp salt
- ½ tsp pepper
- Juice of 1 lemon
- 50g butter

1. Rinse the bulgur in cold water, drain, and cover with cold water. Soak for 30 minutes, or until the bulgur is soft. If there is any visible water with the bulgur after soaking, squeeze it out of the bulgur before adding the bulgur to the kibbeh.
2. Set a small bowl nearby filled with ice water, to soften the kibbeh mix and to wet your hands while you work. In a large bowl, knead the meat with the grated onion and about half of the soaked bulgur. Dip hands in the cold water as you knead, adding about ¼ cup of the water in total; be careful not to add too much water to the kibbeh or it will become mushy. Add the rest of the bulgur and mix until it's fully incorporated. Add the salt, pepper, cinnamon, cumin, and mint "kneading" the kibbeh to mix evenly.



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3. For the filling, in a pan, warm the olive oil over medium heat. Add the sliced onion and the salt and pepper, stirring occasionally. Cook until brown and translucent before adding the spices, cook for another couple of minutes. Squeeze the lemon juice over the meat mixture. Stir in the pine nuts and set aside to cool.
4. Set up a small bowl of cold water to coat your hands as you flatten and shape the kibbeh. Use half of the kibbeh to form thin, a flat layer covering the bottom of the baking dish. Smooth the layer with cold water.
5. Spread the filling evenly over the flat kibbeh layer. Using the remaining kibbeh meat, form another thin, flat layer over the stuffing and smooth with cold water.
6. Using the tip of a sharp knife, score the top of the kibbeh in squares or a traditional diamond pattern, cutting through to the center layer but not all the way to the bottom of the dish.
7. Place a dab of butter on each square or diamond. Bake in the center of the oven for about 40 minutes at 200°C, or until the kibbeh is deep golden brown on top.

Za'atar

<https://www.adeenasussman.com/recipes>

This recipe is from the cookbook 'Sababa' available at the Wellington City library. Highly recommend!

1 cup picked fresh za'atar leaves (or oregano)
3 T dried marjoram
3 T toasted sesame seeds
4 t dried thyme
1 T ground sumac
1 t fine sea salt



Method:

1. If using fresh za'atar or oregano, arrange it on a towel-lined plate and microwave in 15-second intervals, stirring between intervals, until dry and crumbly, 2 minutes.
2. Crumble the leaves by hand or in a spice grinder until almost fine, then combine in a medium bowl with the other ingredients.
3. Store in a glass jar for up to 3 months.

Hummus

Ingredients:

- 1 500g tin of Chickpeas with reserved tin liquid (can use dried)
 - 80g Tahini
 - 6-12 Garlic cloves
 - 2 Tbsp Olive Oil
 - Salt
 - 2-3 lemons juiced
 - 1 Tbsp Cumin
1. In a blender, Blitz the garlic with the lemon juice and leave for 5-10 minutes. Pour in the tahini and blend until it forms a thick paste.
 2. Add the chickpeas, cumin, chickpea liquid and olive oil and blend till smooth. Add more liquid or olive oil if it is too thick. Season to finish.

Fattoush

Dressing ingredients:

- 1 lemon
- 1/3 cup extra virgin olive oil
- 1 tablespoon pomegranate molasse
- 1 teaspoon sumac
- 1/4 teaspoon ground cinnamon
- 1/8 teaspoon ground allspice



Salad ingredients:

- 1 250-500g cherry Tomatoes
- 1-2 Cucumbers
- 10 Radishes
- 1 whole Lettuce
- 50g Pomegranate Seeds
- 3 whole Flatbreads or Pita
- 50g Mint
- 50g Parsley

Method:

1. Whisk all the dressing ingredients in a small bowl until combined well.
2. Slice the flatbreads up and spread them out on a large baking tray, toss with some olive oil and toast in the oven till golden and very crispy. Once cooked, allow it to fully cool.
3. Slice the vegetables in bite sized pieces and add into a large bowl, season lightly. Roughly chop the herbs into the bowl. Toss together with the salad dressing and toasted flatbread, serve immediately.

Labne

Ingredients

- 4 cups (32 ounces) whole milk yogurt
- 3/4 teaspoon kosher salt

To Serve (optional)

Extra virgin olive oil

Za'atar or chopped fresh herbs

Warm pita bread

Sliced vegetables



Method:

1. Season the yogurt. Pour the yogurt into a large bowl. Stir in the salt.
2. Drain the yogurt. Line another large bowl with a linen or muslin towel (or several layers of cheesecloth.) Pour the yogurt mixture into the towel. Pick up the edges of the towel and tie at the top. Hang from a kitchen sink faucet to drain for 24 to 48 hours. (Alternatively, set a large sieve, lined with linen towel over a deep bowl. Add the yogurt mixture. Cover gently with the overhang of the linen towel, or another linen towel. Set aside on the counter, or in the fridge, to drain for 24-48 hours.)
3. Serve. Spread the labneh in a bowl and top with extra virgin olive oil, za'atar spice (or chopped fresh herbs like mint or parsley). Add warm pita and fresh veggies for dipping.

Message Body

Wendy Nolan Joyce
Chef & Cooking School Director
Savour Cuisine Limited
Wellington

<https://www.savour.org.nz>

<https://m.facebook.com/SavourCookingSchool>

Instagram @savourcookingschool

----- Forwarded Message -----

From "Wendy Joyce" <wendy@savour.org.nz>
To "Seamus Fawkner" <sfawkner56@gmail.com>
Date 13/09/2026 8:26:35 pm
Subject Re: Picked onion recipe

Thanks Seamus! Such a great class!!

Pickled onion

Ingredients

8-10 Red onions
500ml Red Wine Vinegar
250g Sugar
Cinnamon stick
6 whole cloves
Pinch of Chilli Flakes
Tbsp whole peppercorns
Tbsp Salt

Method:

Slice onions and toss in a bowl with the salt, leave for 20-30mins. Drain any liquid that comes off the onion and place into a container. Boil the Vinegar and Sugar with the whole spices and chilli, immediately pour over the onions. Cover and submerge all the onion. Allow to cool to room temp, store in the fridge. Can be used within a few hours but will last weeks.

Baklava

- 150g shelled pistachios, coarsely chopped
- 150g walnuts, coarsely chopped
- 150g hazelnuts, coarsely chopped
- 1/4 cup sugar
- 1 to 2 tbsp ground cinnamon
- 1 package Filo dough, thawed
- 250g melted butter

Honey Syrup:

- 3/4 cup sugar
- 1 cup cold water
- 1 cup honey
- 1 lemon, juiced
- 1 orange, juiced



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1. Place the sugar & water in a saucepan and heat on a stove-top, stirring occasionally, until sugar dissolves. Add the honey, bring to a boil, then lower heat. Let simmer for about 25 minutes. Remove syrup from heat and let cool to lukewarm. Add lemon & orange juice. Remove the whole cloves.
2. In the food processor, add the pistachios, walnuts, and hazelnuts. Pulse a few times to chop. Transfer to a large mixing bowl, add sugar & cinnamon. Mix well to combine
3. Brush the interior of the baking pan with some melted butter. To assemble the baklava, take one sheet of Filo and place it in the pan. Brush the top of the Filo sheet with the melted butter. Repeat this process a few more times until you have used up about 1/3 of the Filo pastry, each layer being brushed with the melted butter. Now, distribute about 1/2 of the nut mixture evenly over the top layer of phyllo. Continue assembling the baklava with filo then the nuts and finish with pastry. Brush the top with more butter then slice into diamond shapes or bite sized pieces. Bake for 35-45 minutes at 180°C. Once baked pour the syrup directly over the baklava while it's still hot. Then leave to cool, overnight is best.