

Dinner & A Book Recipes

Episode #1611 – A Man Called Over

Recipe for Za'atar Chicken (Garlicky Middle East Chicken)

Ingredients

- 6 boneless skinless chicken thighs (about 1 3/4 pounds)
- 6 garlic cloves, grated or minced, or you can use jarred garlic
- Juice and zest of 2 lemons
- 3 tablespoons extra-virgin olive oil, more for serving
- 2 tablespoons chopped fresh parsley
- 2 tablespoons chopped fresh mint
- 1 tablespoon chopped fresh thyme
- 1 tablespoon chopped fresh oregano or 1/2 T of dry
- 1 1/2 teaspoons kosher salt, more as needed
- 1 tablespoon sesame seeds, more for garnish (optional)
- 3/4 teaspoon sumac, more for garnish (optional) You can find this in middle eastern markets. You can leave out if you don't have it. Just add more lemon.
- 2/3 cup plain Greek yogurt
- 1/4 teaspoon ground black pepper

PREPARATION

1. Combine chicken with the garlic (save one teaspoon for the yogurt sauce), the zest and juice of 1 lemon, oil, parsley, mint, thyme, oregano, 1 1/2 teaspoons salt, and the sesame seeds and sumac, if using. Taste the marinade before you put in the chicken. Adjust for salt and seasoning. Cover and marinate for 15 to 30 minutes on the counter; or you can refrigerate for up to 24 hours.
2. You can cook the chicken on the grill or in the broiler. If grilling, cook chicken over high heat until charred in spots, 4 - 7 minutes on each side. Broil chicken on a pan covered in

foil, turning halfway through cooking, until charred in spots, 4 to 7 minutes per side. Keep an eye on the chicken as the time varies.

3. While chicken cooks, combine yogurt, garlic and lemon, seasoning with salt to taste. Drizzle the chicken with olive oil, lemon juice, pepper, parsley, sesame seeds and sumac. Toast some pita in the oven and serve with chicken and yogurt sauce.

“Sahlab” Winter Drink

serves 4

Ingredients:

2 tablespoons cornstarch

4 cups milk

3 tablespoons sugar

2 tablespoons pistachio nuts, chopped fine

Cinnamon to sprinkle

Mix the cornstarch with 1/2 cup of the milk.

Bring the remaining milk and sugar to a boil, then lower the heat and simmer. Stir in the cornstarch mixture.

Cook for 10 minutes over low heat, stirring constantly to keep lumps from forming.

Scatter chopped pistachios over the surface of each cup; sprinkle with cinnamon.

Sip and enjoy!