

LEVANTINE



Middle Eastern cuisine

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- CRAFTSMANSHIP - LEVANTINE basics & usage ✓

Courses: Levantine recipe

Collections: PURPOSE & HISTORY

Source: OCTOPUS OCEAN - Germany



Ingredients

What Levantine cuisine is & why we should all know it

Levante is communal eating

She is Arabic, Turkish, Eastern European, Persian, but also shaped by colonialism, thus with French & British influences.

- ☐ Baba Ganoush
- ☐ Hummus
- ☐ Pita bread
- ☐ Couscous
- ☐ Tabbouleh
- ☐ Shakshuka

Directions

Small, diverse dishes are conquering our tables and giving our food culture a completely new direction:

casual, healthy, flavourful, and open to the world. What is hidden behind Levantine cuisine.

From Tel Aviv, Levantine cuisine is conquering our restaurant world. It is about many small, diverse dishes that can even replace an entire menu.

The roots lie in Arab cuisine, while the new culinary spins come from the Levant – that is, from Israel, Syria, Jordan, and Lebanon. Levant refers both to the cuisine, meaning the culinary direction, and to the historical geographical term for the countries on the eastern Mediterranean, which are also, outdatedly, known as the Orient.

A sequence of dishes according to a system?

Falafel, Shakshuka, Tabbouleh, Hummus, or even Freekeh (considered the new hype grain after quinoa). All of these are dishes from the classic Levantine cuisine, which signifies a culture of sharing, where enjoyment and relaxed togetherness during meals are central.

Thanks to Israeli chefs who handle ingredients in an innovative and non-ideological way and sparked a gourmet revolution in the 1990s.

They had the courage to ignore conventions and dedicate themselves to a cosmopolitan cuisine that primarily values quality. Today, in Tel Aviv, for example, there are few establishments that clearly present themselves as traditional; what is happening there is called fusion.

- CRAFTSMANSHIP - Tabbouleh, Cous Cous ✓

Courses: Levantine recipe

Collections: Modern culinary creation

Source: OCTOPUS OCEAN - Germany



Ingredients

- ☐ 200 gr Cous Cous
- ☐ 800 ml Water for cooking

- ☐ 800 gr Tomatoes, fresh
- ☐ 400 gr Spring onions,
washed & thinly sliced
- ☐ 150 gr Parsley, fresh
washed & spin-drained
- ☐ 150 ml Olive Oil
- ☐ 120 ml Lemon juice, fresh

ASSESSMENT

PROCESS good / fair / bad

TASTE good / fair / bad

CREW OPINION

very happy / happy / unhappy

EDUCATION

For galley crew sailing on all oceans

FACEBOOK

Craftsmanship - a culinary voyage

Directions

1. Rinse the Cous Cous in a sieve until the water runs clear.
2. Drain well, then transfer to a bowl.
3. Bring 800 ml water to a boil.
Pour over boiling water, cover with cling film & leave to soak for 30 min. or so while you prepare the rest of the ingredients.
4. Wash the parsley bunch under cold running water. Spin-dry the parsley.
5. Keeping the parsley in a bunch, chop the leaves roughly. Don't worry about the inclusion of some of the stalks; this all adds to the flavour.
6. Put the chopped herbs in a large bowl and add the tomato (deseeded & diced) and the finely sliced spring onion.
7. Thoroughly drain the Cous Cous, then add to herbs. Mix, along with lemon juice & olive oil.
8. Mix thoroughly, season and serve!

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- CRAFTSMANSHIP -

Baba Ganoush Hummus ✓

Courses: Levantine recipe

Collections: Modern culinary creation

Source: OCTOPUS OCEAN - Germany



Ingredients

- ☐ 1 Eggplant, large
- ☐ 425 gr Chickpeas, drained
- ☐ 3 Garlic cloves
- ☐ 60 ml Lemon juice
- ☐ 3 tbsp Tahini
- ☐ Salt - just a dash
- ☐ 60 ml Olive oil
- ☐ 2 tbsp Parsley, fresh,
washed & chopped

ASSESSMENT

PROCESS good / fair / bad

TASTE good / fair / bad

CREW OPINION

very happy / happy / unhappy

EDUCATION

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Directions

Gather the ingredients.

Slice the eggplant in half.

On a baking sheet, roast the eggplant in a 200° C. oven for approximately 45 min., or until soft.

Remove the eggplant from the oven and allow it to cool slightly, then scoop out inside of eggplant, leaving skin behind.

In a blender / food processor, combine eggplant, chickpeas, garlic, lemon juice, tahini, and salt until smooth. The mixture will be somewhat thick. Slowly incorporate the olive oil until well mixed. Mix in the optional fresh chopped parsley by hand.

Serve baba ghanoush hummus with veggies, pita (or any other kind of flatbread), or as a sandwich spread.

To serve, drizzle with a little bit of olive oil and sprinkle with chili powder, paprika or cumin for a bit of colour.

NOTE

Store your Baba Ganoush hummus in a sealed container in the refrigerator. It will keep 4 to 7 days in the refrigerator. Discard it if you detect an unpleasant odour / flavour or if you see any mould.

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- CRAFTSMANSHIP -

Hummus with chickpea ✓

Courses: Levantine recipe

Collections: Modern culinary creation

Source: OCTOPUS OCEAN - Germany



Ingredients

- ☐ 265 g Chickpeas, tinned
- ☐ 90 ml Lemon juice
- ☐ 10 ml Olive oil
- ☐ 10 gr Garlic, fresh
- ☐ 2 tsp Coriander powder
- ☐ a dash smoked Paprika powder
- ☐ a pinch of Salt

ASSESSMENT

PROCESS good / fair / bad

TASTE good / fair / bad

CREW OPINION

very happy / happy / unhappy

EDUCATION

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Directions

Drain the chickpeas from the tin through a sieve. Collect 50 ml of chickpea water and set aside a few chickpeas for decoration.

Set everything aside.

Peel & chop the garlic.

Wash & dry spin the parsley than chop thinly.

Place the lemon juice, garlic, parsley, coriander powder, salt & paprika powder in a blender & blend until smooth. Slowly pour the chickpea water into the blender while it is running. Blend until a light, fluffy mixture is formed.

Now add the chickpeas, olive oil and blend until you have a creamy, smooth mixture.

Garnish with the reserved chickpeas.

Enjoy!

NOTE

Store your Baba Ganoush hummus in a sealed container in the refrigerator. It will keep 4 to 7 days in the refrigerator. Discard it if you detect an unpleasant odour / flavour or if you see any mould.

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- CRAFTSMANSHIP -

Pita bread skillet-cooked ✓

Courses: Levantine recipe

Collections: Modern culinary creation

Source: OCTOPUS OCEAN - Germany



Ingredients

For the Dough

- ☐ 7 tsp (3 packet) active dry yeast
- ☐ 533 ml warm water (41° Celsius)
- ☐ 178 ml warm milk
- ☐ 3 tsp white sugar
- ☐ 938 gr all-purpose flour
- ☐ 1 1/2 tsp kosher salt
- ☐ 6 tbsp olive oil

For Cooking & Garnishing

- ☐ Olive oil for brushing
- ☐ Dried oregano
- ☐ Salt (optional)

ASSESSMENT

PROCESS good / fair / bad

TASTE good / fair / bad

CREW OPINION

very happy / happy / unhappy

EDUCATION

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FACEBOOK

Craftsmanship - a culinary voyage

Directions

Activate Yeast:

In a large bowl, whisk together warm water, warm milk, sugar, and yeast. Let sit for 5–10 min. until foamy.

Make the Dough:

Stir in olive oil, salt, and sift in the flour.

Mix into a shaggy dough, then knead on a floured surface for 4–5 min. until smooth.

First Rise:

Transfer to an oiled bowl, cover, and let rise for 45–60 min., or until doubled.

Shape Pitas:

Divide dough into 24 equal pieces.

Flatten each to a 20 cm round (0,5 cm thick).

Keep covered with a towel.

Cook the Pitas:

Heat a cast-iron skillet over medium-high.

Cook each pita for about 1 min, per side, until lightly charred.

Brush with olive oil, sprinkle with Oregano & salt.

Enjoy!

NOTE

Pita bread has a neutral flavour, it is soft & flexible, so it can be used as gyros pita to wrap around grilled meat & tzatziki or other filling.

The best thing about pita bread?

It's the easiest bread ever make.

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- CRAFTSMANSHIP - Shakshuka ✓

Courses: Levantine recipe

Collections: Modern culinary creation

Source: OCTOPUS OCEAN - Germany



Ingredients

- ☐ 1200 gr Tomatoes, canned
- ☐ Olive oil as needed
- ☐ 12 Spring onions,
cleaned & sliced
- ☐ 8 Garlic cloves, sliced
- ☐ 2 tsp Cumin, level
- ☐ 2 pinches Cayenne pepper
or Chili flakes
- ☐ Salt & Pepper
- ☐ 8 Eggs
- ☐ 6 tbsp Parsley
flat-leaf, fresh
and/or Coriander leaves

ASSESSMENT

PROCESS good / fair / bad

TASTE good / fair / bad

CREW OPINION

very happy / happy / unhappy

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Directions

Although Shakshuka is a typical breakfast throughout the Middle East and North Africa, you may make it at any time of day.

Serve it for lunch, supper, or breakfast along with a warm pita to mop up the tasty red pepper and tomato sauce.

1.

Heat the olive oil in a pan and sauté the spring onions, garlic, and cumin in it. Add the tomatoes, cayenne pepper, salt, and pepper (if the tomatoes are not sweet enough, optionally add half a teaspoon of sugar). Let it simmer for about 15 min., until the tomatoes are cooked but not completely broken down.

2.

Crack 4 eggs evenly over the other ingredients in the pan. Lightly loosen the egg whites with a fork and let them set for 1-2 min. Sprinkle with parsley and coriander.

3.

Serve with white bread.

You can also optionally serve with hummus.

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