

Awesome Lebanese Flavours - Salt Free



A cuisine dating back thousands of years with the last five hundred years showing the influence of the Ottoman Turkey culture.

The use of garlic, spices, nuts, olive oil, vegetables, red meat and lemon are in many ways central to Lebanese cooking with the spices adapted from Morocco, France, North Africa, Persia and Syria.

Notable dishes include Lebanese stews and sauces using Pomegranate Molasses and Rose Water to great effect. Two flavour additions very much worth following in your own recipes, especially those that are salt free or salt reduced.

Lebanese Salad Dressing (adjust to taste)

- 1 x Teaspoon Pomegranate Molasses
- 1/2 x Cup Mild Olive Oil
- 1 x Tablespoon Apple Cider Vinegar
- 1 x Tablespoon Lemon juice
- 1 x Teaspoon Sumac
- 1 x Teaspoon dried Thyme
- 2 x Garlic cloves - minced



Lebanese Seven Spice Seasoning

- 1 x Tablespoon coriander seeds - ground
- 1 x Tablespoon allspice - ground
- 1 x Tablespoon sumac
- 2 x Teaspoons cumin - ground
- 1 x Teaspoon grated nutmeg
- 2 x Teaspoons cinnamon
- 1 x Teaspoon black peppercorn - ground.



Corriander



Peppercorn



Allspice



Sumac



Ginger Powder



Grated
Nutmeg



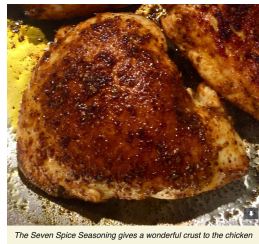
Cinnamon

Note:

- This seasoning is totally salt free.
- A pinch of crushed chilli flakes is a wonderful addition to this seasoning
- (3) There are endless variations for Lebanese Seasoning. This is our version with the sumac allowing reduced salt in the recipe.
- (4) Many Lebanese families use Fenugreek rather than Coriander. It is worth experimenting. The Fenugreek gives a lovely maple syrup - burnt sugar flavour.
- (5) White Pepper is often used instead of black pepper for a less aggressive note

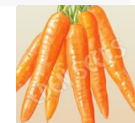
Lebanese Pan Fried Chicken with a Chunky Tomato Sauce and Seven Spice Seasoning

A perfect example of pan fried Lebanese chicken showing the unique flavours of Lebanese Seven Spiced Seasoning and partnering with a lovely chunky tomato sauce.



Ingredients

- 400g x Chicken Thighs. Skin on, bone in
- Olive oil
- 2 tablespoons Lebanese 7-spice (See recipe below to make seasoning)
- For the Chunky Tomato Sauce
- 4 x Medium whole tomatoes, peeled and seeded or 1 x Tin diced tomatoes-salt reduced
- 1 x Large red onion – sliced into wedges
- 3 x Garlic cloves – diced
- 1 x Tablespoon finely grated carrot
- 1/2 x Teaspoon black pepper or white pepper even better
- 2 x Teaspoons pomegranate molasses - see below
- 1/4 x Teaspoon crushed chilli flakes - or more if you prefer
- 2 x Tablespoons roasted slivered almonds or pine nuts
- 1 x Tablespoon lemon juice
- Salt For everyone on a salt free diet this recipe works beautifully, If you wish to reduce salt a little, just add the salt to your preferred diet and taste. See note.



Preparation

Pat dry the chicken thighs then lightly cover with olive oil and rubbing with your hands, work the Lebanese Seasoning onto to the skin. Then refrigerate for at least one hour.

Next allow the chicken to return to room temperature and in a thick bottomed pan with a little olive oil, carefully brown on all sides then set aside.

For the tomato sauce. In the same pan, add the onions, carrots and garlic and allow to caramelise – about 10 minutes.

Next add the tomatoes, pomegranate molasses, chilli flakes and allow to reduce a little so you have slightly thick sauce, then return the chicken to the pan, add the slivered almonds and lemon juice and cook until firm.

To make up your own Lebanese Seven Spice Seasoning you will need:

2 x Tablespoons coriander seeds – ground
2 x Tablespoon black peppercorns – ground
2 x Tablespoons allspice – ground
2 x Tablespoons sumac
1 x Tablespoon ginger powder
1 x Tablespoon grated nutmeg
2 x Teaspoons cinnamon.

Important Note:

Pomegranate molasses and chilli flakes

The pomegranate molasses and chilli flakes give a lovely rich flavour touch and importantly, reduce the need for salt flavour.

Fenugreek

Many Lebanese families use Fenugreek rather than Coriander. It is worth experimenting.

The Fenugreek gives a lovely maple syrup - burnt sugar flavour. White Pepper is often used instead of black pepper for a less aggressive note.

Readers Comments and Kitchen Tips

- A Readers suggestion for the **French Steak Bites and Parsley Persillade Recipe**
Hello spice people. As a lover of French food, I liked your article on French Steak Bites and French Parsley Persillade sauce. (See Epicurean Recipe)
Your recipe for the steak bites was perfect and the idea of matching the steak with the persillade sauce picked up on a long standing French tradition. Well done.
I would like to add, however, a couple of ideas for the persillade. I think the recipe you suggested needs a more powerful flavour.
<https://www.spiceroadspices.com.au/recipes/french-steak-bites-with-a-parsley-persillade-sauce>
- **Wonderful Lebanese Recipe and Seven Spice 5/9/2023, 1:58 pm**
Firstly, I would add capers, rinsed so as not to be too salty and second, anchovies in olive oil.
The anchovies would disappear into the sauce, leaving a wonderfully rich umami taste to blend with the capers and the other ingredients.
This is just my view. I would be interested if anyone has any other thoughts on this?
Daniel D. Glebe NSW.
The recipe we suggested was adapted for the salt reduced or no salt readers.
Non the less, this is a good suggestion for Readers without diet restraints. Anchovies and Capers are wonderful things - go for it !
<https://www.spiceroadspices.com.au/recipes/lebanese-pan-fried-chicken-with-a-chunky-tomato-sauce-and-seven-spice-seasoning>

All Readers comments and suggestions welcome to: info@spiceroadspices.com.au
www.spiceroadspices.com.au