



Dirty Kitchen Secrets by
**Bethany
Kehdy; Food &
Travel Writer &
Food Photographer**

Dirty Kitchen Secrets is a Lebanese-influenced food blog that was launched in 2008 by Bethany Kehdy. The blog is a delectable space that brings together her childhood memories of traditional Lebanese cuisine while fusing it with a fresh, modern approach incorporating her well-traveled palate with wonderful adaptations to classic Lebanese dishes. It is a great resource for Lebanese cuisine with an entire section dedicated to the Lebanese pantry, with lots of information on key ingredients.

With clear guidelines, step-by-step photography and video blogging, it has never been easier (or more appealing) to cook healthy, delicious dishes from scratch. Whether you need inspiration to kick-start a healthier lifestyle, or just some new ideas to keep healthy eating fresh, Dirty Kitchen Secrets is here to help.

Bethany Kehdy is Lebanese-American with a heart-felt love for Lebanese cuisine. From her early childhood, she spent copious amounts of time and learning the art of food preparation, cooking, and preserving from her perfectionist Teta (Nan), vivacious dad and colorful aunts. She grew up during the Lebanese civil war in the mid 80's and even during those darker days of Lebanon's history, her family produced luscious food and Lebanese mezza spreads, all prepared ensemble, helping to create a nurturing environment. This definitely influenced Bethany

and inspired her desire to learn and understand more about the culture and history behind the processes driving her on to the dizzy heights of sous-chef to her easy-target siblings. She regularly used family and friends as forced test subjects too. In an effort to manage her failing memory and remember what she "just did", she documented her trials and tribulations in the domestic kitchen, and filed them into word documents with the hope of one day publishing her own cookbook.

After Representing Lebanon in Miss World 2002, Bethany ventured stateside where she met her husband Chris. They called Miami home for a couple of years before the sandy beaches of Maui, Hawaii beckoned them both. It is here that Bethany rose into the glamour of operating a five-star, award-winning restaurant; managing a staff of 70 people and catering up to 300 seated diners.

Since founding her blog, she has met thousands of people online. In October 2009, she founded HYPERLINK "<http://www.foodbloggerconnect.com/>" Food Blogger Connect. FBC is a conference bringing together most of the U.K and Europe's biggest food bloggers and food industry folks while offering workshops in photography, social media, blog monetization, and networking optimization.





Warm Lentil Salad

with Halloumi Cheese,
Oven Roasted Tomatoes &
a Za'atar Vinaigrette

Ingredients

200 g or 1¼ cups of green lentils, rinsed well
12-15 cherry tomatoes
3 sprigs of green or spring onion (more or less to taste)
100 g of Halloumi cheese, chopped into 1-cm cubes
A handful of rocket leaves (or a mix of herbs)
2 tbsps of za'atar mix
1 lemon, juiced
45 ml or 3 tbsps of extra virgin olive oil
Salt & pepper to taste

Method

1. Cover the lentils with water and bring to a boil, then simmer for 15 minutes or till they are soft but not mushy. It's best to read the directions on the carton/bag.
2. Pre-heat the oven to 325F/160C/3G and pop the tomatoes into a baking pan, drizzle with a little olive oil, sprinkle with some salt and roast till soft for about 15 minutes.
3. In the mean time, prep all the ingredients, like chopping the green onions and Halloumi cheese.
4. Lightly drizzle a chef pan with some olive oil and place on medium flame, then add Halloumi cheese and let it crisp on each side for about 3-5 minutes.
5. By now the lentils should be cooked and ready for straining. The tomatoes should be ready as well.
6. Mix the dressing; the za'atar, lemon juice & olive oil well.
7. Toss all the salad ingredients together; then at the end add the rocket and enjoy with crispy Arabic bread or a side of grilled fish or chicken.
8. Enjoy warm or cold.

Serves: 2 as a main,
4 as a side. It's a lovely side
to chicken or fish.

Time: 20-30 minutes

Freekeh Salad

with Spiced Lamb, Cucumber & Cool, Minted Yogurt Dressing



Serves: 2 as a main

Time: 40 minutes plus resting

Ingredients

350 g of lamb loin fillet
½ tsp of seven spices
3 garlic cloves, minced
150 g of whole freekeh or about 1 cup
120 g of cucumber or about 2 cucumbers, quartered and cut into 2-cm slices
8-10 cherry tomatoes (You could substitute with pomegranate seeds if in season)

For the Dressing:

125 ml of Greek yogurt or about ½ cup
30 ml of water or 2 tbsps
1 tbsp of dried mint
1 garlic clove, minced
Salt & pepper to taste

Method

1. Begin by rubbing the lamb with the seven spices and the minced garlic before letting it sit in the fridge for about 2 hours or overnight.
2. Make the dressing much in advance and even up to a day in advance so all the flavors can sit and really develop. Transfer the yogurt to a bowl, add the water, dried mint, and minced garlic, salt and mix well. Cover and set aside in the fridge till ready to serve.
3. Rinse the freekeh then transfer to a deep, heavy bottomed pot and cover with water (for every 1 cup of freekeh add 2 cups of water or read directions on bag). Add some olive oil and bring to a boil. Once boiling, reduce the heat and let it simmer. The cooking time will vary depending on the freekeh and whether it is whole or cracked. It could take about 15 minutes for the cracked variety and about 40 minutes for the whole variety. It's ready when it is soft and easily chewable.
4. Only add salt to the meat just before grilling, as it can draw out the moisture, making the meat chewy. Before roasting the lamb bring it back to room temperature as this allows it to roast evenly. Roast the meat in a pre-heated oven for about 15-20 minutes at 400F/200C/6G for medium rare or cook longer to your liking. Once cooked, remove from the oven and let it sit for five minutes or so before slicing.
5. Place the tomatoes into a baking dish, add salt and pepper to taste and drizzle with some olive oil. Pop into the oven halfway into the lamb's cooking time. Cook for about 10 minutes or till soft.
6. While the freekeh is cooking and meat is roasting, slice the cucumber into 2-cm, quartered slices.
7. When freekeh is cooked, drain any excessive water. Bring back to the pot or a serving bowl and let it cool for about 10-20 minutes if you don't want to serve it warm.
8. Add the yoghurt dressing and mix well. Top with the cucumber, tomatoes and slices of lamb. Add salt and pepper to taste.

Rosewater & Mascarpone Ice Cream

with Semsemiyeh Triangles



Serves: 6
Time: 1 hour + waiting

Ingredients

For the Rosewater & Mascarpone Sorbet (lasts in freezer about 2 months):

- 350 g or around 2 cups of mascarpone
- 30 ml or about 2 tbsps of lemon juice
- 107 g or ½ cup of sugar
- 60 ml or ¼ cup of golden or corn syrup
- 250 ml or 1 cup of water
- 15 ml or 2 tbsps of rosewater

For the Semsemiyeh Candy (they will last 2-3 weeks in a closed container):

- 125 g or 1 cup of sesame seeds
- 100 g or ½ cup of sugar
- 125 ml or ½ cup of water
- 25 ml or ½ tsp of lemon juice
- 13 x 9 inches or 33 x 23 cm thin baking tray slightly oiled with sesame oil (see below)
- 15 ml or 1 tsp of sesame seed oil for greasing

Method

1. For the sorbet:
2. Begin by adding water, sugar, syrup, rosewater and lemon juice to a heavy-bottomed saucepan. Heat on medium flame and stir occasionally till the sugar dissolves. Now, increase the heat and bring it to a boil. Remove and leave to cool.
3. Once it has cooled, add it to the mascarpone, mix well, cover well and place in the freezer or if you have an ice cream machine then use according to machine directions.
4. If you are going to churn by hand then follow this method: After 45 minutes remove from freezer and mix well, making sure to break up all the ice crystals which is important to getting a creamy end result. Return to the fridge and then after 30 minutes remove and repeat the process again, making sure to break up all the ice crystals that have developed. Repeat 2-3 more times.

For the semsemiyeh:

1. Begin by toasting the sesame seeds in a heavy-bottomed chef pan, stirring continuously. This should take no longer than five minutes so be sure not to take your eyes off them. Once toasted remove and set aside in a bowl, allowing them to cool down.
2. In the mean time, add the sugar, water and lemon juice to a heavy-bottomed sauce pan and bring to a boil and then lower to a simmer for about 20 minutes.
3. Add the syrup to the toasted sesame seeds, mix well and quickly spread thinly on a greased baking tray. You will need to use a spoon as well as your hands to help push the syrupy sesame seeds into place. Once they are spread evenly across take a sharp knife and score them. First cut a line through the center vertically or along the longest side, then continue with scoring triangles from each half. Leave out to cool about 15-30 minutes. The end result will be crispy sesame- triangle candies. Please note: the thinner you spread the sesame seed mixture the crispier the end result. The thicker you spread it the chewier. Neither is right or wrong it just depends on your preference.

Raspberry & Quark Cheese

Summer Cake

Serves: 6

Prep time: 30 minute

Baking time: 45 minute

Ingredients

For the Cake

100 g of caster sugar

1 tbsp of water

1 whole egg

2 eggs, separated

100 g self-raising flour

½ a lemon zest

A tsp of cold butter

For the Filling

2 eggs, separated

100 ml of double cream

100 g caster sugar

500 g quark cheese

170 g Raspberries (or berry of choice)

2 sachets of powdered gelatin or 8 leaves of gelatin (Follow instructions on packet)

1 lemon, juiced

Equipment

20-cm/ 8-inch loose bottom round cake tin, full height

Grease-proof paper

Kitchen scale

Metal spoon (because of its thin edge, it cuts through, and thus allowing less air to be released)

5 bowls (2 large, 3 medium)

Hand mixer

Because this recipe requires the use of the beaters in different mixtures, it's best to always begin beating the egg whites. Doing otherwise, can get some of the other ingredients into the egg whites, affecting the end result and you will not end up with a light and fluffy consistency. Please follow the steps exactly; otherwise you will get completely different results. It's important that the egg whites are always folded into the mixtures at the end using a metal spoon. Here are some main points to remember:

A soft peak will fall over itself while a stiff peak will stand straight up. Save yolks for later in the recipe.

Always be sure to use a clean, glass bowl, which has been chilled in the fridge, as this helps in obtaining the correct texture. So, basically no water or oils in sight and especially no plastic bowls because plastic attracts oils.

Use the freshest of eggs and bring the eggs to room temperature before using.

Do not tap the bowl with a spoon in an attempt to get all ingredients saved, as you'll lose the air and the beaten egg whites will deflate.

The egg whites should be beaten and used as soon as possible.

Method

- Bowl 1:** (medium size) Add egg whites and beat till you reach soft peaks, about 2 minutes. Keep the mixer moving around so all is mixed thoroughly. Sasha shows us how it's done!
- Bowl 2:** Use a large bowl because we will add other ingredients to it later.
- Add the whole egg, the 2 egg yolks, sugar and water and beat for about a minute till you reach a creamy consistency.
- Now add the lemon zest.
- Add the sifted flour and beat for about one minute.
- Add the beaten egg whites (from bowl 1)
- Begin folding, not stirring or mixing. Use a metal spoon. Make sure to remove all lumps, if any present.
- Use a round cake tin with a removable center or base. Add about a teaspoon of cold butter to the center of the parchment paper and lay over the base. The butter in the center is to help stick the parchment paper to the base. Add batter and level out mixture using a spoon.
- Bake for 45 minutes at 160C/325F/3G on the highest shelf. Once finished remove and let cool for about 20 minutes. Then remove cake tin bottom and parchment paper. Using a good serrated knife cut the sponge cake it into two layers along its diameter and sit on cooling rack while you make the filling.
- Bowl 3:** (medium size)- Separate eggs, allowing egg whites to drip into bowl. Reserve egg yolks for later.
 - Beat the egg whites till you reach soft peaks. Please refer to the directions mentioned above to reach optimum results. Set the beaten egg whites aside.
 - Bowl 4:** (medium size)- Add the double cream and whip for about 2 minutes till you reach a thick, fluffy consistency.
 - Prep gelatin according to instructions on packet
 - Bowl 5:** (large) Add sugar and egg yolks and beat quickly for a minute.
 - Then add gelatin and beat quickly
 - Now add quark cheese, whipped cream, and lemon juice and fold till all is incorporated well.
 - Add beaten egg whites and gently fold using a metal spoon.
 - Add raspberries and gently fold once
 - Place cake tin, base off, on a decorative plate. Add a layer of sponge cake to the bottom.
 - Add the filling, level it with a spoon, cover with other half of sponge cake. Let it sit in the fridge for about 1 hour, till the filling sets.
 - Sprinkle with icing sugar and top and serve chilled.