

Lebanon

Middle East/Eastern Europe

Menu

1. *Burghul mfalfal* (bulgur pilaf)

Ingredients:

- 1/4 cup olive oil
- 1 cup medium bulgur
- Salt and pepper to taste
- 2 cups water

Directions:

Place the olive oil and bulgur in a saucepan and sauté over medium-low heat for 4 minutes. Add the salt and pepper and stir. Add the water and bring to a boil. Turn the heat to low, cover, and simmer for 20 minutes. Stir gently, serve warm.

2. *Shorbat sbanegh bi-adas* (spinach lentil soup)

Ingredients:

- 1 cup whole lentils
- 4 cups water
- 2 tsp. salt
- 3/4 cup finely diced red potatoes
- 2 cups finely chopped fresh spinach
- 1 cup finely chopped onion
- 1/2 cup olive oil
- 6 large cloves garlic, minced
- 1/4 cup lemon juice

Directions:

Rinse the lentils and drain. Cook lentils in water, in a medium pot for 20 minutes, until tender. Add salt, potatoes and spinach. Sauté the onions in the olive oil in a separate pan until limp. Add half the garlic to the onion and stir well. Sauté until golden brown. Add the onion to the lentils and bring to a boil while stirring well. Lower the heat and cook for 20 more minutes. Add the rest of the lemon juice and garlic before serving, and stir well. Serve hot or cold.

Life in Lebanon

Lebanon is a melting pot of Middle Eastern peoples and a variety of subcultures. Lebanon's official language is Arabic, but French and English are widely spoken and taught in schools. Many Lebanese people work in industries such as wood and furniture production, mineral and chemical processing, and cement factories. Tourism is also a primary source of national income. But in the poorest communities, employment is scarce and families struggle to provide food, clothing, and education for their children.

Typical meal

A typical meal consists of salad and a few *mezze* (appetizer) dishes, such as spinach pies, dips, dried cheese and stuffed vine leaves. The main dish is usually meat stuffed with rice, and nuts.

Christelle's craft project



Christelle Hayek, 7, shows off one of her funny faces fashioned with dough. Christelle impressed 18 grown women, and especially the trainer, in a course in creating handicrafts out of items most women toss out with the garbage.

References:

Holmin, Dalal A and Maher A. Abbas, M.D. From the Tables of Lebanon. 1997. Book Publishing Company: Tennessee.