



Green Kishkeh

Kishkeh or kishk is a rustic powder very famous in Syria & Lebanon, made originally from burghul, yogurt & salt. It could be enjoyed in many ways, this appetizer is the easiest.

Nutrition Facts Per Serving: Calories 429, Protein 15g, Carbs 106g, Fat 20g

Cooking process and additional ingredients added at home will affect the total value.

Preparation Time: 75 min, **Cooking Time:** 0 min



INGREDIENTS

Kishkeh Powder

Onion

Parsley

Yogurt

Walnuts

Extra Virgin Olive Oil

Black Olive to Garnish

Pita Bread

METHOD

1. Place the Kishkeh in a mixing bowl and gradually moisten with enough warm water to form a homogeneous thick paste similar to putty in consistency. Allow to cool to room temperature.
2. Add chopped onion to the Kishkeh paste.
3. Fold in the yogurt and chopped walnuts except $\frac{1}{4}$ for garnish. Stir well to mix. Cover & refrigerate for 1hour min.
4. Check consistency and taste, if too thick or too grainy then add 1 tsp water, mix and check taste and consistency. The goal is to achieve a homogeneous mixture with a strong yet smooth flavor and a reasonable consistency for dipping or eating with pita bread.
5. Remove from fridge half an hour before serving. Make sure the parsley is finely chopped, add to the Kishkeh and stir to mix.
6. Transfer to serving dish, drizzle oil and garnish with walnuts & olives. The olives may be pitted if desired. Serve with pita bread (or crackers).



BON APPETIT