

Exquisite...



Terra Rossa Baharat - Just like Mama used to make!

A recipe containing no herbs and spices would be very bland indeed and no self-respecting Arabian kitchen would be without its own favourite blend of Baharat – the Arabic word for a mixed blend of spices.

Used to flavour every day meals, Baharat is a staple ingredient in every Arabian spice rack and Terra Rossa is delighted to bring its own recipe to the great kitchens of the United Kingdom.

Hanan Samara, the founder of Terra Rossa explains: “Baharat is the Arab equivalent of the Indian spice mix Garam Masala and our new recipe is very close to what my own mother used to make – hence we have called it Mama’s Baharat”. It contains an infusion of flavours such as coriander, dill, galangal, cinnamon, allspice, nutmeg, cardamom, bay leaves and karawya seeds.



Mama’s Baharat transforms everyday recipes into something truly special. Use it for seasoning Freekeh, burgul, stews and curries. Add a dash to soups and sauces – or even eat it as a condiment. This versatile spice mix can also be used to marinade lamb, chicken and fish. Simply mix with olive oil, yoghurt, lemon juice and some mashed garlic and leave to infuse before cooking.

Freekeh with Chicken & Baharat

For the Freekeh:

- A generous handful of Freekeh per person
- 1 Tbsp extra virgin olive oil for each handful of Freekeh
- 2 Large garlic cloves, mashed
- Salt and pepper
- 1 tsp Baharat per handful of Freekeh
- Onions, finely chopped – ½ onion per handful
- ½ tsp per person Pomegranate Molasses
- 1 tsp crushed Cardamom (optional)
- Vegetable stock (enough to cover Freekeh)

Garnish:

Pomegranate seeds, spring onion and roasted pine nuts

For the Chicken:

- 4 Chicken Breasts
- 4 Tbsp Greek Style Yoghurt
- 1 Tbsp Tahini
- Juice of ½ a Lemon
- 1 Tbsp Baharat
- 1 Tsp Sumac
- 2 Tbsp extra virgin olive oil
- Salt & pepper

Serve with:

Greek style yoghurt with cucumber and garlic dip
A Hearty Salad such as Taboula (without the Burgul)
Baba Ghanouch topped with Garlic infused oil and Sumac

1. Soak Freekeh in cold water and wash thoroughly, taking care to remove the stones. Drain as much water as you can.
2. Fry onions in olive oil until they are translucent.
3. Add garlic, Freekeh, Baharat, pomegranate molasses, cardamom, salt and pepper to taste.
4. Stir and fry until Freekeh is well coated with olive oil.
5. Cover with vegetable stock - about 1cm above Freekeh – and boil for 3 minutes.
6. Reduce heat, cover and simmer for 30 minutes.
7. For the marinade: Combine yoghurt with tahini, lemon juice, Baharat, Sumac, extra virgin olive oil, salt and pepper.
8. Soak the chicken pieces, smother with marinade and refrigerate for at least 2 hours - preferably overnight.
9. Bake in oven for 30-45 minutes depending on size of chicken.
10. Serve by placing chicken on top of Freekeh and sprinkle topped with pomegranate seeds, fried onions, roasted pine nuts and enjoy with Greek style yoghurt with cucumber dip and a salad such as Taboula (but without the burgul) and a generous dollop of Baba Ghanouch topped with Garlic infused oil and Sumac.

Baharat - Jordanian Spice Mix



Sumac
Citrus Berry



Chilli, Basil
& Garlic
Oils, Zaatar
and Manna



Basil &
Lemon
Oils and
Nougat



Basil, Chilli
& Lemon
Oils and
Passata



Lemon Oil,
Glacé Fruits
and Manna



Evoo &
Lemon
Oils



Sinolea
Oil &
Zaatar