



Egyptian BBQ - SEPT 1
 Grocery, Tool List and Prep list

Recipe Title	Grocery Fresh	Grocery Dry	Tools Needed	Prep Ahead
Tomato Salad	1 small shallot 1 clove of garlic 6 medium sized JUST RIPE tomatoes* (2 boxes Campari tomatoes) or 2 boxes cherry tomatoes. 1 lemon 1 handful of chopped herbs (parsley, chervil, oregano, or mint - or a combo) Toasted pine nuts, optional or sunflower seeds if allergy	extra virgin olive oil Coarse sea salt		n/a
Dukka Blend		½ cup hazelnuts, use sunflower seeds if nut allergic Coriander seeds (whole) Sesame seeds Cumin seeds, whole Black peppercorns, whole Fennel seeds, whole Dried mint, leaves	you can opt for buying premade dukka if you like	n/a
Burgers	Garlic 1 bunch parsley 1 egg 1 lb ground lamb (or chicken) 1 med size eggplant Sliced tomato Buns or lettuce leaves	1 can chickpeas Honey	grill or pan	n/a