

January Spice Club:

Baharat



Baharat is a spice blend commonly used in Middle Eastern and Mediterranean cuisines. “Baharat” translates to “spice” in Arabic and the blend is known for its warm and aromatic flavor, with a mix of spicy and sweet notes.

Baharat is often used as a seasoning for grilled meats, such as lamb or chicken, and can also be used to flavor fish, vegetables, and rice. That said, we didn’t have luck searching for baharat on the library catalogs, and cookbooks we got our hands on only list the spice blend itself and not recipes utilizing the spice. But! We found plenty mouth-watering recipes online and on YouTube that utilize baharat and, truly, once you get a whiff of this, your imagination’s going to run wild with possibilities.

Like other blends, the ingredients and ratios of spices vary both by country and origin and personal taste; this specific blend from Frontier Co-Op includes all-organic coriander, cumin, black pepper, cinnamon, cardamom, allspice, cloves, ginger, rose petals and nutmeg. Best by Jan 2025.

Baharat Lentil Stew

Suzanne Klein, Savory Spice Test Kitchen

“Baharat delivers well rounded Middle Eastern flavors and mild heat to this easy and delicious lentil stew.”

2 tablespoons olive oil
1 large yellow onion, diced
4 cloves garlic, minced
1 tablespoon baharat
 $\frac{3}{4}$ teaspoon dried thyme
 $\frac{1}{2}$ teaspoon sea salt
4 medium carrots, finely diced
1 green bell pepper, finely diced
2 cups green or brown lentils, rinsed
1 (28 oz.) can diced tomatoes
4 cups vegetable broth (or water)

In a large pot, heat oil over medium heat. Add onion and cook for about 5 minutes, or until softened. Stir in garlic, baharat, thyme, and salt. Cook, stirring constantly, for 1 more minute. Stir in carrots, bell pepper, and lentils.

Cook for 1 more minute before adding tomatoes and broth. Bring to a boil, then reduce to a simmer. Cover and cook at a low simmer for 45 minutes, or until most of the liquid is absorbed and lentils are tender.

Season with salt and pepper to taste. Serve with plain yogurt, fresh chopped parsley, and pita or flatbread. Serves 4-8.



T'Bit: Iraqi Slow Cooked Chicken and Brown Rice

Sina Mizrahi, GatherATable.com

“Traditionally, the chicken is stuffed with rice under its skin and then cooked overnight in an abundant sprinkling of baharat. I simplified things by using chicken drumsticks since they hold up nicely when cooked overnight. [...] The only thing that’s a must is that the rice be brown; it holds up well to all the water and keeps its chew.”

- 4-5 tablespoons olive oil
- 1 large onion, diced
- 7-8 (1.5 lbs.) chicken drumsticks
- 4 medium tomatoes, diced
- 2 cups brown rice, rinsed
- 2 tablespoons tomato paste
- 2 tablespoons baharat
- 1 teaspoon hot paprika (optional)
- 3 cloves garlic
- 1 ½ teaspoons sea salt
- ½ teaspoon ground black pepper

In a Dutch oven or large braiser, heat the olive oil on medium high. Add the onions and sauté until translucent, about 3-4 minutes. Add the drumsticks, season with a sprinkle of salt and pepper and sear on each side until golden, about 2-3 minutes per side. Add the diced tomatoes and cook until they soften and release their juices, about 4 minutes. Pour the rice around the chicken. Season with tomato paste, baharat, hot paprika, salt and pepper. Add the whole garlic cloves and **4 cups of boiling water** and bring the mixture to a boil. Cook for 3-4 minutes, cover and reduce to a simmer until the rice is cooked through, about 45-60 minutes.

Once the rice is cooked, heat your oven on broil and transfer the pot to the oven to crisp the top, for 3-4 minutes. Carefully remove from oven and set aside until ready to transfer to the hot plate. Serve hot.

To serve on Shabbat day, skip the broil. Add 1-2 cups of water after all the water has been absorbed by the rice. Transfer to the hot plate for 24 hours. Serve hot.