

Urog or Shiftaya Recipe

Ingredients:

200 gm minced meat
1 large onion
1 large tomato
1 zucchini
1 cup cabbage, finely shredded
1 shredded carrot
1 green bell pepper
½ cup chives
½ cup parsley
½ cup fresh coriander, optional
1 ½ - 2 cup whole wheat flour
2 tsp curry powder
1 tsp trimeric
1 tsp black pepper
1 tsp cinnamon
Salt

Directions:

Chop all of the vegetables in the food processor.

Put all of the ingredients in a relatively large mixing bowl. To that, add your seasonings and gradually add whole wheat flour just to the point when it no longer sticks to your hands. If it's still sticking, go ahead and add more flour.

Let it cool in the fridge for about 1 hour then take it out.

Heat vegetable oil in a skilled on medium-high heat. You can use sunflower or canola oil as an alternative.

Take some of the dough and begin to flatten in using your hands. Make sure it's not too thick to burn and not too thick in order to allow the meat inside to cook.

Add the dough to the pan (you can add five at a time). When they float to the surface, flip and cook on the other side.

Helpful Tips:

You can skip adding the minced meat if you want to have the vegetarian version of Urog.

Served with a traditional Iraqi bread (Samoon) from the local Iraqi bakery stores.

Serving Sizes:

Typically, the Shiftaya is served with a set of additives (garden cress herb, grilled or fried eggplants, pickles, and tomato).

Banana Bread Recipe

Ingredients:

4 overly ripe, mashed bananas
3 eggs
 $\frac{3}{4}$ cup (180 ml) canola oil
 $\frac{1}{4}$ cup (60 ml) water
 $\frac{1}{2}$ cup (100g) sugar (If you have a sweet tooth increase it to $\frac{3}{4}$ cup)
1 tbsp (15 ml) vanilla
2 $\frac{1}{2}$ cups (300 g) flour
 $\frac{1}{2}$ tsp (5 ml) salt
2 tsp (10 ml) baking soda
 $\frac{1}{2}$ cup (75 g) bittersweet chocolate, chopped
 $\frac{1}{2}$ cup (75 g) pecans or walnuts

Directions:

Preheat oven to 350F (176C) degrees.

Grease and flour a 9" x 5" loaf pan.

In a medium bowl mix dry ingredients and set aside.

In a large bowl mix wet ingredients until combined.
Combine the dry into the wet, $\frac{1}{3}$ at a time, being careful not to over mix! (Or you will have tough bread!)

Fold in the chocolate chips and nuts. Pour into a loaf pan that has been sprayed with baking spray, or grease and flour.

Bake for 55 mins or until a toothpick comes out clean. If bread starts to brown too much on the top, cover with foil and continue to bake until cooked through.

Slice into thick slices and serve. Enjoy!