



# Kousa (translation – Zucchini)

This dish is a traditional stuffed zucchini in soup dish served hot  
Recipe by Layla Sukkar Joseph

## INGREDIENTS

16 white (Lebanese zucchinis  
2 cups of regular rice (*I use basmati, but my mum always used short grain*)  
500g lamb mince  
2 tbsp butter  
4 large knobs of garlic crushed  
Handful of finely chopped parsley  
Jar of tomato paste  
2 regular cans of chopped tomatoes  
Salt, pepper and some Lebanese 7 spice

## DIRECTIONS

- Hollow out the zucchinis with a tool called a ma-ewra (translates to picker)
  - Can be purchased at any Lebanese grocer (try Mawson)
  - Can also use any kind of zucchini/cucumber corer tool or hollow out the zucchini with a spoon
- Pop the cored zucchinis in a large pot full of cold water to stay firm
- In a separate bowl mix your washed rice, mince, crushed garlic, butter, salt/pepper and spice
- In a kneading motion mix the ingredients until consistent.
- Then fill the zucchinis, being extra careful not to over fill and crack the zucchinis.



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## DIRECTIONS (CONT.)

- Put the filled zucchini in a large pot and fill until the zucchinis are bobbing around in the water
- Add 1 tbsp of salt and 2 tsp of white pepper (any pepper will do)
- Cook on high heat until boiling and then simmer to cook
- After about 30 minutes of simmering on a moderate heat, you should then add the contents of 2 cans of crushed or diced tomato, and the tomato paste to the pot and allow to continue cooking
- After about 1 hour of cooking, you can check if the dish is cooked by gently pricking a zucchini or by pulling a grain of rice from a zucchini to see if it is cooked
- Serve the zucchinis up in a deep soup bowl. 2 or 3 is usually enough, however that will depend on how many you have made and how many people you need to feed

## NOTE

Instead of using tomato paste etc, you can remove 2 cups of water and add 1kg of Greek yogurt and 2 tbsp of dried mint to the mix with (same salt etc)  
This is a very refreshing summer version.



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# Tabouli

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## INGREDIENTS

3 cups of finely chopped flat leaf parsley  
2 cups fine diced tomatoes  
1 lg white onion, finely chopped  
1 cucumber (remove pulp), very finely diced  
Handful of round leaf mint (readily available in the Lebanese grocer in Mawson)  
½ Cup of burgul (also known as bulgur)  
½ cup lemon juice  
¼ cup olive oil  
Salt and a tiny bit of black pepper

## DIRECTIONS

- In a large mixing bowl, put the burgul on the bottom and put the diced tomatoes on top
- Sprinkle with a bit of salt, allowing the burgul to soak up the juice from the tomatoes
- Add all your dry ingredients on top
- Separately, make your dressing by combining the lemon, oil and salt/pepper in a jar with a lid and give it a big shake until combined and smooth
- When you are ready to serve up, pour the dressing on top and give a very good mix Sometimes if not tangy enough, you might like to juice another lemon or add a bit more salt
- This is a great salad in the centre of the table to share. Alternatively, if serving up at a dinner party, you can serve like a san-choy-bow in a lettuce cup!



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