

JOUKOWSKY INSTITUTE PUBLICATION 9.5

THE JOUKOWSKY INSTITUTE COOKBOOK II



Dark and Stormy Ti' Punch Cypriot Brandy Sour The ACE Negroni Genziana Green Split-Pea Soup
English Cheddar Scones Tuna Labneh Spread with Capers I-have-too-many-butternut Squashes
Dip Waraq 'Einab / "Aate" / Dolma Batzina or Lazy Pie Strawberry Goat-Cheese Salad Jícama Salute
Dakos Patatas a la Riojana Gigantes Thai Chili Brussel Sprouts Shadia Sauce with Onion Rings
Pasta alla Gricia Pasta Puttanesca Pasta alla Norma Malloreddus alla Campidanese Tom Leppard's
Gnocheeti Sardi Insanely Good Dissertation Tomato Sauce Pizza al Taglio Tumbet Imam Bayıldı
Due's New Director Field Curry Chef Eric's Coconut Curry 'Montserratian' Black Bean, Spinach, and
Corn Ant-
Compiled by Sea Bass with Harissa Julia's (Inauthentic, but Tasty) Paella Mancarra
John F. Cherry Stew Despretre Texan Chicken Fajitas Quick Ramen Noodle Chicken Pad Thai Easy Oven Fajitas
and Müge Durusu-Tanriöver Molokhiya Mloulkhiyya Trash Cabbage Okonomiyaki Molisan funnateglie Lebanese Shawarma
Fried Kibben of Aleppo Easy All Nazik Max's Chili A Bowl of Red Cypriot Sheftalia Cochinita Pibil
Slash's Birthday Cake The Workboot-Footed Contessa's Birthday Cake Monkey Bread Extra-Special
Poundcake Customizable Bread Pudding JIAAW Seder Macaroons Tomato Soup Slow-Cooked
Broccoli Soup Sinhalese Soup Melon and Avocado Salad Buckeyes Cauliflower Cake Eggplant
and Chipotle Börek Hawaiian Style Manju Beet & Feta Galette Saag Feta Mushrooms in Red Wine

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COOKBOOK II

compiled by

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The Joukowsky Institute for Archaeology and the Ancient World
Brown University
Providence, RI
2022

Joukowsky Institute Publication 9.5

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Library of Congress Cataloging-in-Publication Data

The joukowsky institute cookbook / compiled by John F. Cherry and Müge Durusu-Tanriöver
pages cm. – (Joukowsky Institute publication : 9.5)
Includes no bibliographical references, but a couple of useful indexes.

1. Food. 2. Recipes -- tasty. 3. Cooking – social aspects. 4. Memory – places these dishes were first encountered. 5. People – members of JIAAW, 2006-2022. 6. Nostalgia -- past meals. I. Cherry, John F. and Durusu-Tanriöver, Müge

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Waraq 'Einab / “Aate” / Dolma: Edible Vines with Ancient Roots

Franck Salameh (Boston College) and Brett Kaufman (Joukowsky Postdoctoral Fellow, 2014 – 2016)

Grape leaves stuffed with rice is one of the most recognizable culinary exports from the Mediterranean. Being such a healthy, vegetarian option that can be eaten on the go (sometimes called “Lebanese sushi”), many people who have gobbled down the tasty treat may not realize that it is an ideal “East meets West” kind of food. The grape vine was first domesticated in the Levant firmly by the fourth millennium BC (Stager 1985; McGovern 2019: 66). While rice was first cultivated in the Yangtze and Ganges Valleys around 7000 BC and 3000 BC respectively (Gutaker et al. 2020), the grain did not spread to the Levant until the late first millennium BC at the earliest, but only gained in popularity in West Asia in the past few centuries (Spengler et al. 2021). We may not know when this tasty combination was first plated, but the Silk Road-style unification of staples is now popular all over the Mediterranean and beyond. In Lebanon, the dish is called Waraq 'Einab (literally “grape leaf”) in Arabic, also referred to as Mehshi Waraq 'Einab (“stuffed grape leaves”), but is further broken down into two varieties. The first, Waraq 'Einab, is traditionally served with meat. The second variety, called “Aate”, a variant of the Arabic قاطع, a root also attested in Syriac/Aramaic and Hebrew, literally meaning “cutter” or “reducer”, connotes that the meat is to be left out or “banned” making “Aate” a sought-after dish by Near Eastern Christians during Lent. It is the latter, “Aate”, that is translated to Greek with the name most familiar to Western consumers — Dolma. Indeed, Greeks in Lebanon also call it dolma, as do Syrian Christians. Whatever you call it, make sure to thank a Phoenician.

(I) “Aate” / Dolma

INGREDIENTS

1 jar of Californian grape leaves
1 C split chickpeas
1 C rice
1½ tsp salt
½ tsp pepper
½ tsp cinnamon
1 C squeezed lemon juice
1 sliced potato (to line the bottom of your Dutch oven or any other cooking pot)

DIRECTIONS

In a large container, combine the mixture of rice, salt, pepper, chickpeas, cinnamon, and a couple of tablespoons of lemon juice.
Carefully line the insides of your grape leaves with your mixture one by one, rolling carefully and tightly like a cigar (cigar rolling experience not necessary).
Line your cooking pot with the sliced potatoes. Cover them with one or two (unstuffed) grape leaves, then line your stuffed grape leaves in the pot in a circular style until filled three-quarters of the way. Put the remaining lemon juice into the cooking pot on top of the stuffed leaves.
Sprinkle with a dash of salt and a tablespoon of EVOO. Fill to just cover the grape leaves with water. Put a heat-proof plate over the leaves to weigh them down. Cover the pot, bring to a boil, adjust the flavors (adding lemon and/or salt) to taste, then simmer for about 15-20 minutes.
To serve: enjoy in pita, or dipped in Greek yogurt, and always wash down with a cold beer.

(II) Waraq 'Einab

INGREDIENTS

As for “Aate” / Dolma, but substituting 1 lb ground meat (lamb or sirloin) in place of the 1 C split chickpeas.

DIRECTIONS

Follow the same steps as in making “Aate” / Dolma.

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[*Editors' note:* For a slightly different take on the meatless version, check out Jen Thum's “Vegetarian Stuffed Grape Leaves” in JIC I, pp. 48-49.]