

Fluvanna County Public Library

Spice of the Month Club

Egyptian Dukkah Spice Blend

Allergies: Tree Nuts & Sesame Seeds

Birch & Meadow (Brand) Ingredients: Almond Meal, Toasted sesame seeds, spices (including cumin, sumac, thyme, fennel), Hazelnut meal, pumpkin seeds, salt, sugar, lemon peel, dried Aleppo chile peppers, paprika, vegetable oil

Flavor Profile: Deeply savory and pleasantly salty (Nutty)

Dukkah (duqqa, du'ah, or do'a), pronounced doo-kah, is a fragrant, earthy Middle Eastern seasoning mix and lends texture, crunch, and plenty of oomph to proteins, salads, rice, and more.

Originating in ancient Egypt, dukkah mixes made use of cumin, coriander, and salt, which were readily available on the spice routes that connect the East and West – eventually becoming a Middle Eastern staple. Lately, it's been making strides stateside, turning up on restaurant menus.

Traditionally a mixture of nuts, seeds and spices, dukkah is part of myriad food traditions across cultures. The word dukkah comes from the Arabic word “to pound” or “to crush,” referring to the old-world method of using a mortar and pestle to pound or crush the ingredients.

The classic version typically contains hazelnuts, sesame seeds, and coriander seeds, but like most spice blends, it vastly varies from regions and family recipes. Middle Eastern variations are all over the map. Every recipe is different, and in traditional markets, you will find a variety of blends, depending on the family or vendor.

In the Middle East, dukkah is commonly used as a condiment; bread (like the flatbread khubz) is dunked in a small bowl of olive oil, then dipped in a small bowl of dukkah. It sometimes appears on tables during Eid al-Fitre, the three-day festival celebrating the conclusion of the Ramadan fast.

Common Uses:

- Use it as a dip with your favorite bread and a little extra virgin olive oil
- As a crusty coating for meats, chicken or fish
- Add a sprinkle as a finishing touch on dips like hummus or labneh; soup, salad, or roasted vegetables.

Easy Homemade Dukkah (Serves 8)

- ½ cup hazelnuts
- 3 Tbsp. almonds
- 4 Tbsp. white sesame seeds
- 3 Tbsp. shelled pistachios
- 1 Tbsp. fennel seeds
- 1 tsp. ground cumin
- 1 tsp. ground coriander



- ½ tsp. cayenne pepper (optional)
 - Kosher salt
1. Place the hazelnuts and almonds in a dry cast iron pan (do NOT add oil). Toast briefly over medium-high heat, tossing regularly, until the nuts gain some color (watch for nuts to turn a nice golden brown). Transfer to a side dish for now.
 2. Place the sesame seeds in the same skillet and return to the heat. Toast over medium heat, tossing regularly, until the sesame seeds turn golden brown (this will be fairly quick so watch carefully).
 3. Add the toasted nuts and sesame seeds to the bowl of a small food processor fitted with a blade. Add the pistachios, fennel seeds, spices, and a generous dash of kosher salt. Pulse for a few seconds until you reach a nice coarse mixture (Do not over process the dukkah. The mixture should not be too fine).
 4. Transfer the dukkah to a bowl to serve. Add a small bowl of extra virgin olive oil and your favorite bread for dipping (example: pita bread or even Jerusalem bagel).

<https://www.themediterraneandish.com/dukkah-recipe/>

Dukkah Bread (Appetizer)

- Dukkah
 - Olive Oil
1. Put dukkah into a bowl, place a fresh baguette or other crusty bread or pita cut into small pieces on a tray and pour some good olive oil into a separate bowl.
 2. Guests will take a piece of bread, dip the end into the oil and then dip it into the Dukkah.
 3. Only serve what you think you'll need. A lot of dipping eventually makes the Dukkah oily. You can refill Dukkah as you need it.



<https://twokooksinthekitchen.com/homemade-dukkah-appetizer/>

Dukkah Yogurt Dip (Makes 1 cup)

- 1 cup plain yogurt
 - ½ lemon, juiced
 - Drizzle of olive oil
 - 2-3 Tbsp. dukkah seasoning
1. Combine yogurt, lemon juice, and a drizzle of olive oil in a bowl, stirring to integrate.
 2. Add a few tablespoons of dukkah spice mixture on top and serve with your favorite dippers.



<https://mindovermunch.com/recipes/meals/condiments-and-dips/dukkah-spice-blend/>

Dukkah & Goat Cheese Platter

- 8 oz. Goat cheese
- Dukkah seasoning
- Almonds
- Greek Olives
- Water Crackers
- Fresh Red Grapes
- Fresh Green Apple slices



1. Divide the goat cheese into 6 equal sized portions. Roll each portion into a ball with your hands.
2. Sprinkle the dukkah on a plate and roll each ball in dukkah.
3. Arrange the cheese, crackers, nuts, olives, and fruit on your platter and serve.

<https://www.savorypantryblog.com/blog/2014/6/17/recipe-dukkah-goat-cheese-platter>

Hummus with Dukkah

- 3 ½ cup canned chickpeas, drained and rinsed
- 1 tsp. minced garlic
- ¾ cup lemon juice
- ½ cup tahini
- 2 tsp. ground cumin
- Salt
- ½ cup water
- 1 tsp. or more dukkah spice for garnish
- 1 Tbsp. Italian parsley, chopped



1. Crispy roasted chickpeas, optional
2. Bring a medium pot of water to a boil. Add the chickpeas and cook until tender (2 to 3 minutes). Once tender, drain the chickpeas, but do not cool down.
3. Place the garlic and olive oil in a blender and process until combined. Add the warm chickpeas, lemon juice, tahini, cumin, and salt and blend until smooth, about 1 minute.
4. Slowly add the water until you have a completely smooth paste.
5. Adjust the seasoning to taste. Top generously with dukkah spice. Drizzle with olive oil
6. Sprinkle with parsley. The hummus will last refrigerated for up to 5 days.
7. Optional: Top with crispy roasted chickpeas.

<https://thefeedfeed.com/seasaltwildsage/hummus-with-dukkah>

Open-Face Toast with Crispy Chickpeas & Dukkah

Mediterranean Cashew Dip

- 1 cup raw cashews
- 1 ½ cups water
- 1 tsp. salt
- ½ cup sundried tomatoes in oil



- 3 Tbsp. rice vinegar
- 1 large roasted pepper from a jar

Blend all ingredients in a high powered blender until smooth. Store in an airtight container in the fridge.

Crispy Chickpeas

- 3 cups cooked chickpeas
- 3 Tbsp. olive oil
- 1-2 tsp. paprika
- ½ - 1 tsp. garlic powder
- Salt to taste

Heat the oven to 400 degrees. Spread the chickpeas out on a flat baking tray and toss with the oil. Toast in the oven until browned and crispy, shaking the pan every 10 minutes or so, for about 20-25 minutes. Remove from the oven when done and sprinkle with spices while still hot.

- **Dukkah (Use Store Bought or make your own)**

Make your toast. Spread with Cashew Dip and sprinkle with crispy chickpeas and dukkah – to taste.

<https://inpursuitofmore.com/blogs/recipes/open-faced-toast-w-crispy-chickpeas-dukkah>

Citrus Salad with Feta and Dukkah

- 4-5 citrus fruits (pink grapefruit, clementine, orange and blood orange)
- 1/3 cup feta, crumbled
- 3 Tbsp. pomegranate seeds
- 2-3 Tbsp. dukkah
- 2 fresh basil leaves

1. Drizzle of a vinaigrette, optional
2. Peel the citrus fruits using a knife, and remove as much of the white pith as possible. Cut into slices and remove any seeds.
3. Spread the citrus slices, overlapping, on a platter and scatter with crumbled feta and pomegranate seeds. Sprinkle with dukkah and some chopped basil leaves. Serve and enjoy!

<https://thefeedfeed.com/madsvangr/citrus-salad-with-feta-and-dukkah>

Heirloom Tomato Salad with Dukkah (Serves 2)

For the Dressing

- 1 garlic clove, minced
- ½ lemon, juice of
- 2 Tbsp. + 2 tsp. olive oil



- Kosher salt and black papper
- ½ ancho or jalapeno pepper, seeded and thinly sliced (optional)
- 2-3 Tbsp. Dukkah

For the Tomato Salad

- 1-2 large heirloom tomatoes about 1 ½ pounds, sliced into rounds
 - Kosher salt (about a pinch)
 - ½ Tbsp. chopped fresh mint, optional
1. In a small bowl, combine the garlic, lemon juice, olive oil, and a pinch of kosher salt. Whisk well to combine. Add the chili peppers, if using, and give it another whisk. Set aside for now.
 2. Slice the heirloom tomatoes into ¼-inch round slices and arrange them on a large plate. Drizzle with as much of the dressing as you like and keep the rest to the side for dipping.
 3. Top with the dukkah and fresh mint. Serve.

<https://www.themediterraneanandish.com/heirloom-tomato-salad/>

Chicken Dukkah

- 1 (3 lb.) package of chicken thighs
- 1 tsp. sea salt
- ¼ tsp. freshly ground black pepper
- 1 large lime, from which you will grate all the zest (this should give you at least a tsp. of zest), and squeeze all the juice (about ¼ cup of lime juice)
- 4 cloves of garlic, minced (or to taste)
- 2 Tbsp. Dukkah
- 1 Tbsp. extra virgin olive oil
- For garnish: chopped cilantro (or parsley), or green onions, or any combination thereof



1. Preheat oven to 450F.
2. Pat the chicken thighs dry, and season them first with the sea salt and pepper.
3. In a bowl, combine the Dukkah, lime zest, lime juice, minced garlic, and the olive oil. It will be a kind of liquidy paste/rub.
4. Place the chicken into a cast iron skillet, and evenly distribute the Dukkah blend over the top of each piece.
5. Roast in oven for about 30 minutes, or until the chicken thighs have reached a temperature of 165F.
6. Garnish with chopped cilantro, or parsley, or green onions, or any combination thereof. If you're serving the chicken with rice, the juice/drippings in the pan are nice to spoon ovetop of the rice.

<https://www.thatsusanwilliams.com/2018/05/7342/>

Turkish Eggs (Cilbir) with Dukkah (2 portions)

A traditional Turkish breakfast recipe, Cilbir, includes poached eggs served on a bed of thick yogurt (sometimes flavored with garlic), and typically drizzled with chili-infused oil or butter.

- 1 ¼ cup Greek yogurt
- 4 eggs

- ¼ cup parsley roughly chopped
- 4 Tbsp. olive oil
- 1 garlic clove peeled
- ¼ tsp. chili flakes
- ¼ tsp. pink Himalayan salt
- 2 tsp. Dukkah
- 2 slices sourdough bread

Heat olive oil in a small saucepan until hot but not smoking. Then take off the heat. Add a whole clove of garlic, chili flakes and salt. Leave the oil to infuse with the flavors and cool down for 15 minutes.



Divide the Greek yogurt between two bowls. Poach the eggs for 3-4 minutes in boiling water with a splash of vinegar. Using a slotted spoon, place the eggs on top of the yogurt.

Drizzle the eggs with flavored oil and sprinkle with Dukkah. Garnish with chopped parsley and serve with crusty sourdough bread slices.

<https://somebodyfeedseb.com/turkish-eggs-with-dukkah/>

Labneh with Garlicky Cherry Tomatoes and Dukkah

- 2 cups cherry tomatoes, halved
- A pinch of salt
- 2 cups labneh (substitutes: plain yogurt, cream cheese, sour cream, or mascarpone)
- A handful of fresh mint leaves
- ¼ cup olive oil
- 2 garlic cloves
- 2 Tbsp. dukkah

1. A small drizzle of olive oil for serving
2. 2 pita breads, cut into squares and toasted to a golden color (or 1 large Arabic loaf of bread)
3. More mint leaves to garnish
4. Start by toasting the Arabic or pita bread: with a sharp knife, cut the bread into equal cracker portions. Place them in a single layer on a sheet pan. Toast in a preheated oven to 400F about 7 minutes until crisp.
5. With a mortar and pestle, crush together the fresh mint leaves and the garlic cloves to a paste. Set aside.
6. In a medium skillet over medium heat add the garlic-mint paste, cherry tomatoes, pinch of salt and drizzle the olive oil, saute together until the tomatoes soften a bit and start to burst. Remove from heat and set aside.
7. Spoon the labneh onto a plate and spread it with the back of a spoon, scatter the tomatoes and the juices all over the labneh.
8. Add a small drizzle of olive oil and scatter the dukkah evenly on top. Garnish with mint leaves and serve with the toasted pita bread/Arabic bread.

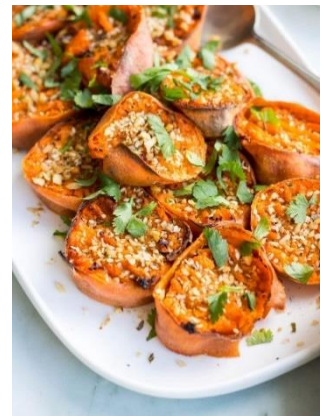


<https://hadaslebanesecuisine.com/newsite/recipe-items/labneh-with-garlicky-cherry-tomatoes-and-dukka/>

Smashed Sweet Potatoes with Dukkah (4 side servings)

- 2-3 sweet potatoes
- 2 Tbsp. extra virgin olive oil
- 2 Tbsp. Dukkah
- Salt and pepper
- Fresh coriander (optional)

1. Preheat oven to 400F and bring a large pot of water to boil
2. Wash the sweet potatoes and then slice into discs about ½-inch thick. Cook in the boiling water for about 15 minutes, or until fork tender but not falling apart. Strain from the water and allow to cool slightly.
3. Arrange potato discs on a lined baking tray. Drizzle with olive oil and use your fingers to rub the olive oil over the potatoes a little. Then, take a fork and “smash” the sweet potatoes.
4. Bake in the oven for 15-25 minutes, or until the sweet potatoes are starting to brown and crisp in places. About 5-10 minutes before the potatoes are done, carefully remove the tray from the oven, sprinkle with the Dukkah and then return to the oven so the Dukkah has time to toast as well.
5. Serve the sweet potatoes hot, with a garnish of fresh coriander if desired. NOTE: These are also delicious served with a few dollops of unsweetened Greek or coconut yogurt.



<https://nourisheveryday.com/smashed-sweet-potatoes-dukka/>

Green Beans with Tomatoes and Dukkah

- 1 (24 oz). bag frozen green beans (you can also use fresh)
- 30 grape tomatoes, cut in half length wise
- 4 Tbsp. extra-virgin olive oil
- 1 tsp. salt, divided
- ¼ tsp. ground black pepper, divided
- 2-3 Tbsp. Dukkah (or to taste)

1. Preheat oven to 375F. Line two large baking sheets with parchment paper.
2. Place green beans on one baking sheet. Add 3 Tbsp. olive oil, ½ tsp. salt and 1/8 tsp. pepper and mix until well coated.
3. Place cut tomatoes on the other baking sheet, add 1 Tbsp. olive oil, ½ tsp. salt and 1/8 tsp. pepper. Mix until well coated.
4. Place both trays in the oven (green beans on the top rack and tomatoes underneath).
5. Bake at 375F; the tomatoes for 30 minutes and the green beans for 40 minutes.
6. Combine both in a large serving platter and sprinkle over the dukkah right before serving.



<https://www.myjewishlearning.com/the-nosher/green-beans-with-tomatoes-and-dukka/>

Dukkah Crusted Eggs with Hummus and Flatbread (Serves 4)

- 8 eggs, hard boiled - peeled
- Hummus for serving
- Flatbread for serving
- Radishes for serving
- Dukkah

1. Place Dukkah on a plate and roll the eggs in the spice mixture until coated.
2. Serve the dukkah crusted eggs with hummus and flatbread.



<https://beyondsweetandsavory.com/dukkah-crusted-eggs-with-hummus-and-flatbread/>

Deviled Eggs with Dukkah (Serves 4-6)

- 6 large eggs
- 2 Tbsp. mayonnaise
- 2 Tbsp. plain Greek yogurt
- 2 Tbsp. Dukkah (plus more for garnish)
- 1 ½ tsp. Dijon mustard

1. Fine sea salt and freshly ground black pepper
2. Aleppo pepper, for garnish
3. Boil eggs. When cool to touch, peel the eggs.
4. Halve the eggs lengthwise and scoop the yolks into a bowl. Add the mayonnaise, yogurt, dukkah, mustard, salt & pepper to taste, and mash with a fork until smooth. Fill the egg whites, mounding slightly. Garnish with extra dukkah and a sprinkle of Aleppo pepper. Refrigerate until ready to serve.



<https://sahadis.com/blogs/recipes-and-stories/deviled-eggs-with-dukkah>

Flatbread Pizza with Dukkah, Carrots and Yogurt

For the Roasted Carrots

- 4 large carrots, peeled and sliced
- 2 Tbsp. olive oil
- 2 tsp. Dukkah
- Salt to taste

For the Pizza

- 1 raw pizza dough ball
- ¼ cup tomato sauce
- ¼ red onion, thinly sliced
- 2 oz. yogurt (vegan or regular)
- 2 Tbsp. chopped cilantro
- 1 Tbsp. slivered almonds or pine nuts



1. Pre-heat the oven to 400F. Toss the peeled and sliced carrots in the olive oil, dukkah and salt. Roast for 15-20 minutes or until the carrots are tender and browned.
2. Allow the dough to sit at room temperature for about an hour until the dough is warm and pliable. When the dough is warm turn it out onto a floured surface. Using the pads of your fingers, press the dough out into a circle. When the pizza crust is the desired size, place it onto a sheet pan and top with tomato sauce, red onion, and roasted carrot.
3. Place in the oven and bake for 5-7 minutes or until the pizza crust is crispy at the edges and firm on the bottom.
4. Remove from the oven and slice into 4-6 slices. Top with yogurt, chopped cilantro and pine nuts. Sprinkle more of the Dukkah seasoning. Serve immediately.
5. NOTE: Don't want to mess around with raw dough? Try using fresh pita or other flatbread as a base for the pizza! You will need to reduce the cooking time so as to not overcook the bread.

<https://piquantpost.com/blogs/recipes/roasted-carrot-pizza-with-dukka-and-yogurt>

Delicata Squash with Feta, Red Onion and Dukkah (4 servings)

- 1 delicata squash
- ¼ red onion
- ¼ cup crumbled feta
- 1 tsp. grainy mustard
- ½ tsp. honey
- 6 tsp. olive oil
- 3 tsp. white wine vinegar
- 2 Tbsp. dukkah
- Salt and pepper
- Fresh cilantro chopped finely (optional)

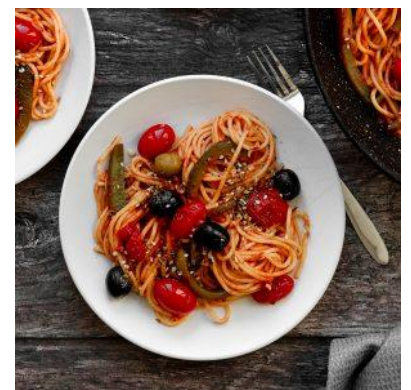


1. Preheat oven to 325F.
2. Slice onion into crescent moon shapes. Soak in a bowl with cold water for at least 30 minutes. Drain and set aside.
3. Slice squash into crescent moons. Arrange squash on baking sheet, topped with 2 tsp. of oil and salt and pepper to taste. Bake for 30 minutes.
4. To prepare dressing, in a jar combine mustard, honey, olive oil, white wine vinegar, salt and pepper to taste. Close jar and shake well to emulsify.
5. Arrange squash on a large serving platter. Top with onions, feta and dressing. Sprinkle dukkah mixture and minced fresh cilantro on top.

<https://immigrantstable.com/delicata-squash-with-feta-red-onions-dukka-sabatier-clever-review-giveaway/#.X4CSLJNKj-Z>

Olive and Dukkah Pasta (Egyptian/Italian Fusion – 2 servings)

- 180 g. pasta (just over 6 oz.)
- 1 Tbsp. olive oil
- 1 green pepper sliced
- 15 baby plum tomatoes some of them whole and some cut in half



- 1 clove garlic thinly sliced
- 60 g. olives (about ¼ cup)
- 2 Tbsp. tomato puree
- 2 Tbsp. dukkah

1. Put the pasta on to boil.
2. In another large pan heat the oil and then add the green pepper. Keep giving it a stir. Then add the garlic and cook for another minute.
3. Then stir in the tomatoes and cook for just a short time. You don't want them to break down to much.
4. Then add the tomato puree and some of the cooking water from the pasta to make a tomato sauce.
5. Then stir in the olives and most of the dukkah, followed by the pasta.
6. Serve the pasta topped with the reserved dukkah.

<https://searchingforspice.com/olive-dukka-pasta-fusion-recipe/>

Homemade Chocolate Dukkah Spice Blend

- ¼ cup macadamias
- ¼ cup pistachios
- 1/8 cup hazelnuts
- 1/8 cup shredded coconut (optional)
- 1/8 cup cacao nuts
- 2 tsp. coconut sugar
- ¼ tsp. cinnamon



1. Toast the nuts and coconut (if used)
2. Let the nuts cool down and grind nuts, coconut and cacao nibs in a food processor or coffee grinder for a finer texture or bash in a pestle and mortar for a rougher texture.
3. Mix in the sugar and cinnamon.
4. NOTE: This is a great addition to yogurt, ice cream and other desserts.

<https://heinstirred.com/chocolate-dukka/>

Library Resources

5 Ingredients Mediterranean by Jamie Oliver – 641.5918 OLI

Essential Spices and Herbs by Christina Nichol – 641.6383 NIC

Flavors of the Sun by Christine Sahadi Whelan – 641.5956 SAH

Herbs & Spices by Jillian Norman – 641.6383 NOR

Mastering Spice by Lior Lev Sercarz – 641.6383 SER

Milk Street Tuesday Nights Mediterranean by Christopher Kimball – 641.5918 KIM

Vegetable by Nik Sharma – 641.65 SHA

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