

Recipes



Sumac, *Rhus coriaria*

Tips for Using Sumac:

- The flavor is earthy, citrus and a bit sour
- Make a marinade or salad dressing
- Add to yogurt or sprinkle on hummus or even sweet potato fries
- Add to your favorite meatloaf recipe
- Use in making your own blend such as one of the many Za'atar recipes, which vary in different regions and from family to family.
- Use Za'atar or other blends on chicken, lamb, fish or vegetables
- Mix blends with olive oil for dipping bread
- Pop popcorn with sumac and salt for a salt and tart flavor.

Sumac Lemonade

handful of sumac berries

sweetener to taste, agave nectar, honey or sugar

Sumac berries (or “drupes” botanically) are a wild treat that can be found in wooded areas all over North America. If you have harvested a bunch of these beautiful red berries, you can dry them to blend up and use as a lemony-earthy flavored spice, or use them immediately to make a tangy and refreshing beverage.

Rinse your sumac in cool water to remove any of the “outdoor elements” that might be clinging to them. Place sumac berries in cool/room temperature water. One large cluster of sumac will flavor a minimum of 2 cups of water. The more sumac you use, the quicker and more flavorful your sumac-ade will be!

Crush the berry clusters in the water using a sturdy spoon (or even a potato masher if it will fit in your vessel). Allow the sumac to soak for at least a few hours or overnight, depending on how much sumac you used. The longer it soaks, the stronger the flavor, but with enough berries, an overnight soak will produce a very flavorful result.

Strain your Sumac-ade through cheesecloth, coffee filter, or similar fine mesh fabric. Use a French press to strain sumac-ade, in batches. It is perfectly suited to the task! Once your sumac-ade is strained, you can sweeten to taste with the sweetener of your choice. I prefer to stir in agave nectar or a good local honey, but most any sweetener will complement the tart flavor of the sumac. Serve chilled or over ice to toast the end of summer and arrival of autumn!

HSA Note: Staghorn sumac or Sicilian sumac can be used.

Nico Albert

PBS <https://www.pbs.org/food/recipes/sumac-lemonade#recipeBody>

Chicken Fattoush

This healthy Middle Eastern salad topped with sumac-sprinkled pita is a quick and easy lunch or supper.

2 lemons, juiced	½ cucumber, chopped into chunks
2 tablespoons olive oil	1 cup chicken pieces, cooked
1 bunch romaine lettuce, chopped	2 spring onions, sliced
2 tomatoes, chopped into chunks	2 pita breads
Small bunch flat-leafed parsley, chopped	1-2 teaspoons ground sumac

Pour the lemon juice into a large bowl and whisk while you slowly add the oil. When all the oil has been added and the mixture starts to thicken, season.

Add the lettuce, tomatoes, parsley, cucumber, chicken pieces and spring onions, and stir well to coat the salad in the dressing.

Put the pita bread in the toaster until crisp and golden, then chop into chunks. Scatter the toasted pita pieces over the salad and sprinkle over the sumac. Serve straight away. Serves: 4; Prep: 15 minutes.

Miriam Nice

BBC <https://www.bbcgoodfood.com/recipes/chicken-fattoush>

Jicama, Radish, and Pickled Plum Salad

Inspired by chile salt-sprinkled mangos, this salad is so deftly seasoned, you won't even notice there's not a drop of oil in the whole dish.

Sour Plum Sauce

3 red plums, each cut into 8 wedges	¼ cup fresh orange juice
1 teaspoon sugar	2 tablespoons apple cider vinegar
1 teaspoon kosher salt	1 teaspoon juniper berries
1 1-inch piece ginger, peeled	¼ teaspoon crushed red pepper flakes
2 cardamom pods, lightly crushed	2 tablespoons fresh lime juice

Salad

1 red plum, sliced into thin wedges	⅓ cup unsalted, roasted peanuts, coarsely chopped, divided
¼ cup unseasoned rice vinegar	¼ cup mint leaves, thinly sliced, divided
¼ teaspoon kosher salt, plus more	1 teaspoon Aleppo pepper, plus more for serving
1 medium jicama, peeled, cut into matchsticks	1 teaspoon sumac, plus more
2 medium watermelon radishes, cut into matchsticks	Pinch Flaky sea salt
½ English hothouse cucumber, halved lengthwise, seeded, thinly sliced into half-moons, divided	

Toss plums, sugar, and salt in a medium saucepan. Cover and let sit, tossing occasionally, until plums have released their juices, at least 2 hours.

Add ginger, cardamom, orange juice, vinegar, juniper berries, and pepper flakes to plums. Bring to a boil, then reduce heat and simmer, stirring often, until plums break down and become jammy, 20–25 minutes. Stir in lime juice; let cool.

Strain sour plum sauce through a fine-mesh sieve into a small bowl; discard solids. Set aside.

Do Ahead: Plums can be macerated 12 hours ahead; chill. Sauce can be made 3 days ahead; cover and chill.

Toss plum, vinegar, and ¼ tsp. kosher salt in a small bowl. Let sit, tossing occasionally, until plum is lightly pickled, 10–15 minutes; drain.

Toss pickled plum, jicama, radishes, half of cucumber, half of peanuts, half of mint, 1 tsp. Aleppo pepper, and 1 tsp. sumac in a large bowl. Add 2 Tbsp. sour plum sauce and toss to coat; season with kosher salt. Top salad with remaining cucumber, peanuts, and mint. Taste and drizzle with more sauce as desired. Serve sprinkled with sea salt, plus more Aleppo and sumac. Serves 4.

Gerado Gonzalez

Bon Appetite <https://www.bonappetit.com/recipe/jicama-radish-pickled-plum-salad>

Za'atar

Za'atar recipes vary from region to region and family to family. Below are two examples. The za'atar blends can be used to make many dishes. The blends can also be mixed with olive oil for bread dipping or spread on bread or pita and toasted. The blends can also be sprinkled on chicken, lamb or vegetables and roasted, or used on grilled fish.

1 tablespoon chopped fresh oregano
1 tablespoon sumac
1 tablespoon ground cumin

1 tablespoon sesame seeds
1 teaspoon kosher salt
1 teaspoon freshly ground black pepper

Combine chopped fresh oregano, sumac, ground cumin and sesame seeds. Stir in kosher salt and freshly ground black pepper. Can be made 2 weeks ahead. Store airtight at room temperature.

Silvena Rowe

Bon appetite, www.bonappetit.com

Za'atar Recipe: Middle Eastern Spice Mixture

¼ cup sumac
2 tablespoons thyme
1 tablespoon roasted sesame seeds
2 tablespoons marjoram

2 tablespoons oregano
1 teaspoon coarse salt

Grind the sesame seeds in a food processor or with a mortar and pestle. Add remaining ingredients and mix well.

Store za'atar in a cool, dark place in a plastic zip bag or in an airtight container. When stored properly, za'atar can be used from 3-6 months.

Saad Fayed
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**Do you have a recipe using Sumac to share?
Please send it to educator@herbsociety.org**