

Arayes - Crispy Meat Stuffed Pita

6 pita breads
olive oil to coat pita

Beef filling:

1 medium or 1/2 a large onion
1-2 cloves garlic
a small bunch of fresh parsley, cleaned and thick stems removed
1 teaspoon cumin
1/4 teaspoon nutmeg
1 teaspoon paprika
1 teaspoon salt
1/2 teaspoon black pepper
500 grams/ about 1 pound ground beef

Tahini :

slightly more than 1/2 cup water (118 ml), boiling
1 cup (236 ml) sesame seed paste (pure Tahini)
1-2 cloves garlic, crushed
1-2 tablespoons fresh lemon juice
1 teaspoon salt
small bunch fresh parsley, chopped fine or 2 cubes frozen chopped parsley, defrosted

To serve:

Israeli salad (fine chopped cucumbers and tomatoes and maybe a red pepper with olive oil, salt and lemon)

Directions:

Prepare tahini in a bowl, mixing everything together till smooth and thick. Set aside. Chop your salad and set aside.

For the Arayes:

In a blender or food processor (or finely by hand) chop the onion, garlic, parsley, cumin, nutmeg, paprika, salt and pepper till chopped fine. Place in bowl and add the ground beef and mix well. Set aside. Take the pitas and cut in half. Evenly apportion the beef mixture and push into each pita half and flatten with your hands. (see pic above). Brush each half on both sides with olive oil. Take a heavy bottomed pan and bring to medium heat. Place about 4 halves in you pan and cook a few minutes and take a lid and press down on the pitas firmly to flatten them and let lid sit 2 minutes and remove and continue cooking till bottom is golden brown and you see meat beginning to cook. Flip pitas (if it looks like a bit more oil is needed, brush on pita, not on pan) and cook on other side till browned and crispy. Lastly stand pita up - open meat side face down and continue cooking till browned. When cooked through and crispy set out on platter and serve with tahini and chopped salad.