Sumac, fresh herbs, and an overnight brine bring a burst of flavor to this take on the rotisserie chickens found in Cairo's street markets.

(continued from page 76) to a serving platter. Arrange the zucchini, eggplant, and peppers with the feta, arugula, cilantro, pistachios, scallions, and chile over the barley to serve.

Sumac Roast Chicken with Lemon and Garlic

Serves 4
Active: 35 min.; Total: 2 hr. plus 1 day

Egyptians love tart flavors like the bracing, floral herb sumac, which is rubbed all over this juicy chicken. Zeidy cooks it in a rotisserie, although an oven yields equally delicious results.

- ½ cup kosher salt, plus more
- ½ cup sugar
- 2 Tbsp. whole black peppercorns
- 10 rosemary sprigs
- 10 thyme sprigs
- 2 whole heads of garlic plus 5 garlic cloves (4 crushed, 1 minced)
- 4 lemons, thinly sliced
- 1 whole chicken (3 to 4 lbs.)
- 2 Tbsp. sumac
- Finely grated zest of 1 lemon
- Freshly ground black pepper
- 4 Tbsp. olive oil

1 For the brine: Bring 4 cups water to a boil in a medium saucepan. Remove from the heat and stir in the salt, sugar, peppercorns, 5 rosemary sprigs, 5 thyme sprigs, the crushed garlic, and three-quarters of the lemon slices until the sugar and salt dissolve. Pour the brine into a large bowl and stir in 8 cups cold water. Submerge the chicken in the brine, cover with plastic wrap, and refrigerate for 24 hours.

2 In a small bowl, combine the sumac with the lemon zest. Drain the chicken, discard brine, and pat dry with paper towels. Using your fingers, gently separate the skin over the chicken breasts and thighs and stuff the sumac and lemon zest between the skin and meat. Season with salt and pepper.

3 Heat the oven to 400°. Drizzle the 2 heads of garlic with 1 tablespoon of the oil, and then wrap them in foil. In a medium bowl, toss the remaining rosemary and thyme sprigs with the minced garlic, remaining lemon slices, and 3 tablespoons olive oil. Rub the outside of the chicken with the oil, and stuff the cavity with the herbs and lemons. Transfer the chicken to a roasting pan with the heads of garlic, and roast until golden brown and an instant-read thermometer inserted into the thigh reads 160°, about 1 hour and 10 minutes.

4 Transfer the chicken to a cutting board and let stand for 10 minutes. Unwrap the garlic heads, cut in half crosswise, and squeeze the cloves into the roasting pan. Whisk the garlic with the pan juices, scrape into a bowl, and serve the sauce alongside the chicken.

Spiced Mango Sorbet with Pistachio Tuiles

Serves 8 to 10; ***Page 75***
Active: 30 min.; Total: 2 hr.

Look for ripe mangoes that yield easily to the touch, because they will have the most vibrant flavor to play off the warming spices in this refreshing sorbet.

- 1¾ cups sugar
- 4 whole cloves
- 3 green cardamom pods, cracked
- 2 whole star anise
- 3 mangoes, peeled and pitted
- 1 large egg white
- 2½ Tbsp. all-purpose flour
- 1 Tbsp. unsalted butter, melted
- 6 Tbsp. finely chopped pistachios

1 For the sorbet: In a small saucepan, bring 1½ cups of the sugar, the cloves, cardamom, star anise, and 2⅓ cups water to a boil. Reduce the heat to low, and cook for 10 minutes. Remove the syrup from the heat, let cool, and then chill for 1 hour.

2 Pour the syrup through a fine sieve into a blender, discarding the spices, and add the mango; blend until smooth. Pour into an ice cream maker and process according to the manufacturer's instructions. Scrape the sorbet into a container and freeze.

3 For the tuiles: Heat the oven to 400° and line 2 baking sheets with parchment paper. In a small bowl, whisk the remaining ¼ cup sugar with the egg white until frothy; stir in the flour and butter. Drop 1 teaspoon of the batter on a baking sheet and spread into a 3-inch circle. Repeat with the remaining batter, then sprinkle each circle with 1 teaspoon pistachios. Bake the tuiles until golden brown, 4 to 5 minutes. Transfer to a rack and let cool. Serve the tuiles with scoops of the sorbet.

The hostess and her guests take refuge from the hot Egyptian sun at the pool bar underneath a slatted roof.

Purslane and Herb Salad

Serves 8; *Page 72*
Total: 15 min.

Purslane, a sour-tasting green, forms the backbone of this refreshing herb salad, but watercress can be used in its place.

- **4 cups packed purslane**
- **4 cups packed arugula**
- **2 cups packed cilantro**
- **2 cups packed flat-leaf parsley**
- **1 cup packed salad sprouts**
- **¼ cup extra-virgin olive oil**
- **¼ cup walnut oil**
- **⅔ cup white balsamic vinegar**
- **2 tsp. freshly grated horseradish**
- **2 tsp. whole grain mustard**
- **Kosher salt and freshly ground black pepper**
- **6 oz. goat cheese, crumbled**
- **1½ cups walnuts, roughly chopped**
- **Edible flowers, to garnish (optional)**

In a large bowl, toss the purslane with the arugula, cilantro, parsley, and sprouts. In a small bowl, whisk both oils with the vinegar, horseradish, and mustard until smooth. Pour the dressing over the salad, season with salt and pepper, and toss to combine. Crumble the goat cheese over the salad and sprinkle with walnuts and edible flowers, if using, before serving.

Veal and Pearl Onion B'stilla

Serves 8; *Page 72*
Active: 30 min.; Total: 3 hr.

B'stilla, a North African meat pie, is traditionally made with poultry. Suzanne Zeidy's take includes veal and caramelized pearl onions. When ordering the veal for this recipe, have your butcher remove the bone.

- **10 Tbsp. unsalted butter, melted**
- **3 Tbsp. olive oil**
- **1 lb. pearl onions, peeled**
- **One 2¾-lb. veal shank, deboned and cut into 2-inch cubes**
- **Kosher salt and freshly ground black pepper**
- **1 tsp. ground allspice**
- **1 tsp. freshly grated nutmeg**
- **1 serrano chile, stemmed, seeded, and finely chopped**
- **4 cups veal or chicken stock**
- **16 sheets phyllo dough (8 oz.)**

1 In a large heavy-bottomed saucepan, heat 2 tablespoons of the butter and the olive oil over medium. Add the onions and cook, stirring, until caramelized, 10 minutes. Using a slotted spoon, transfer the onions to a bowl and increase the heat to medium-high. Season the veal with salt and pepper and then add to the pot. Cook, turning, until browned on all sides, 12 minutes.

2 Stir in the allspice, nutmeg, and chile, and cook, stirring, until fragrant, 1 minute. Return the onions to the pot along with the stock and bring to a boil. Reduce the heat to low and cook, stirring occasionally, until the veal is tender, about 1 hour, 15 minutes. Remove from the heat and let cool. Roughly shred meat.

3 Heat the oven to 350°. Brush the inside of a 9-inch springform pan with some of the remaining 8 tablespoons butter. Line the bottom of the pan with 1 phyllo sheet, letting the excess hang over the sides, and then brush with melted butter. Repeat layering with 7 more phyllo sheets, brushing butter in between each layer and rotating the sheets one-quarter turn with each layer so they overlap in the pan.

4 Scrape the veal and onions into the pan and spread into an even layer. Fold the overhanging phyllo dough back over the veal and brush with more butter. Repeat layering the remaining 8 phyllo sheets on top of the filling, brushing butter in between each, and rotating the sheets 90 degrees with each layer so they overlap. Tuck the edges of the phyllo into the sides of the pan, and brush the top of the pie with butter.

5 Bake the b'stilla until golden brown, about 40 minutes. Transfer the b'stilla to a rack and let cool before serving.

Grilled Vegetable and Barley Salad

Serves 8; *Page 72*
Active: 40 min.; Total: 2½ hr.

Barley is typically eaten in a pudding for breakfast or dessert in Egypt, but here it's turned into a hearty salad, seasoned with cumin and chiles, and tossed with grilled vegetables, feta, and pistachios.

- **2¼ cups pearl barley**
- **2 large zucchini, cut lengthwise into ½-inch-thick slices**
- **1 medium eggplant, cut crosswise into ½-inch-thick slices**
- **2 red bell peppers, stemmed, seeded, and halved**
- **½ cup extra-virgin olive oil**
- **Kosher salt and freshly ground black pepper**
- **¼ cup fresh lemon juice**
- **1 tsp. ground cumin**
- **½ tsp. ground coriander**
- **1 garlic clove, minced**
- **2 oz. feta cheese, cut into ½-inch cubes**
- **1 cup loosely packed arugula**
- **1 cup loosely packed cilantro, roughly chopped**
- **1 cup loosely packed flat-leaf parsley, roughly chopped**
- **¼ cup pistachios**
- **4 scallions, thinly sliced**
- **1 long red chile, stemmed, seeded, and finely chopped**

1 In a large bowl, soak the barley in water for 1 hour and then drain. Meanwhile, light a grill. Brush the zucchini, eggplant, and peppers with ¼ cup of the olive oil and season with salt and pepper. Grill the vegetables, turning, until tender and charred, 10 minutes. Transfer to a board and cut into ½-inch pieces.

2 Bring a medium saucepan of salted water to a boil and add the barley. Reduce the heat to medium and cook until tender, 45 minutes. Drain the barley and let cool.

3 In a large bowl, whisk the remaining ¼ cup olive oil with the lemon juice, cumin, coriander, and garlic, and then stir in the cooked barley, season with salt and pepper, and transfer *(continued on page 78)*