

on the table.

Hosting tips & recipes for connection

Easy on you (and your wallet)

When you're considering food to serve, be easy on yourself and plan for something you can comfortably manage. Focus on making one dish as a centrepiece, and choose simple compliments like rice, crackers, or bread to round it out. And since we've got some of the best fresh water available straight from our tap, just add a slice of lemon or lime and you're ready to enjoy a meal with your guests in no time!

On the menu — for On The Table

For the busy bee on a budget, think less is more (eg. 'Edamame, soy sauce & documentary films', or 'Chips, dip and frisbee-golf'). The most important part is that you stepped up to bring people together - what form that takes is completely up to you.

Hear what Chef & Co-owner of Superbaba, Abdallah "Dallah" El Chami, has to say about why food is an important part of connecting with others, and his suggestion on a quick low-cost dish that is sure to impress.

Abdallah "Dallah" El Chami

Chef & Co-owner of Superbaba.



“Food can start conversations, it can give the opportunity to mend relationships, to strengthen ties. It is also a form of celebration, a bookend to a journey.

Currently, in the Middle East, it is the thing that binds us: beyond race, religion, language, or tribes, sharing meals is a moment when everyone lets down their guard and enjoys nourishment and the sounds of delightful satisfaction. Food is fleeting, made and consumed - here one minute, gone the next. But the moments created by sharing food are invaluable.”

— Abdallah "Dallah" El Chami, Chef & Co-owner of Superbaba



Loubya

The recipe is Loubya, a vegan Lebanese dish that is either shared as a meal or as part of a tapas, either hot or cold.

What you'll need

1 kg Green Beans (*String or Flat*)

575g Yellow Onion (*3 Medium Yellow Onions*)

75g Garlic Cloves (*~1.5 Heads of Garlic*)

1 28 fl oz Can of Peeled or Crushed Tomatoes

1/2 Cup Olive Oil

3/4 Tsp Ground Black Pepper

2 Tsp of Salt | To Taste

How to make it

1. Using a knife or by hand, remove the tips of the beans, cut them into 2-inch pieces, and submerge them in a bowl of cold water.

2. Peel, halve, and thinly slice the yellow onion with the tip of your knife facing the root.

3. Peel and thinly slice the garlic or mince if the texture of large pieces of garlic bothers you.

4. Using a pot, heat the olive oil on medium heat. Add the onions and saute for about 10 minutes until the onions are soft and becoming translucent. (remember, low heat yields better flavour from onions).

5. Add garlic, black pepper, salt, and continue to saute for 5 minutes.

6. Add the canned tomatoes with their juices (you can add 1/2 Tbsp of tomato paste to kick up the flavour if you like).

7. Bring the mixture to a boil and taste for salt. Lower the heat to a simmer, add the green beans and cover. Cook for 35-40 mins.

(Take care to make sure the stew is not boiling, this will turn your beans into mush, keep it low and simmering).

Serve with rice. As with all stews, the flavour will improve overnight. This dish can be eaten cold (many prefer it) and can be served as an appetizer or as tapas.