



# JOAN NATHAN NOSHES AND SOUPS

## INGREDIENTS

2 tablespoons black peppercorns  
10 cardamom pods, peeled  
1 tablespoon nigella seeds  
2 teaspoons ground turmeric  
1 teaspoon cumin seeds  
1 teaspoon coriander seeds  
pinch saffron, optional

## HAWAYIJ

Yield: about 5 tablespoons hawayij

Filled with warming spices like pepper, cumin, and coriander, this traditional Yemenite spice blend also contains nigella seeds, cardamom, turmeric, and saffron. I prefer to blend my hawayij as needed to ensure a deeply potent flavor that shines through the soup.

## PREPARATION

1. Either pound all ingredients in a mortar and pestle or use a coffee grinder to grind to a powder. It is okay if you have a few stray bits of whole spices.

## INGREDIENTS

3 tablespoons fenugreek powder  
Juice of 1/2 lemon  
1 generous teaspoon *zhug*  
1 teaspoon salt, or to taste

## HILBEA

Yield: about 3/4 cup hilbe

It is no wonder Yemenites eat this soup for Friday night, with a big dollop of *hilbe*, made of mostly fenugreek seeds and seasoned with garlicky *zhug*—both fenu-greek and garlic are considered aphrodisiacs!

## PREPARATION

1. Soak the fenugreek powder in 1/2 cup (120 ml) water for at least 3 hours, until the mixture is gelatinous.  
2. Add the *zhug*, lemon juice, and salt. Using an electric hand mixer or a whisk, beat until smooth. Adjust seasonings to taste. The sauce should be very spicy.

*Note* You can either make hawayij and hilbe yourself or buy them online through Pereg Gourmet at [www.pereg-spices.com](http://www.pereg-spices.com).