



## UCCE Master Food Preservers of El Dorado County

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*"Preserve today, Relish tomorrow"*

*Za'atar (zah-TAHR) is a dried spice and herb blend used in Middle Eastern and North African cuisines. There are many versions of the blend, but at its most basic za'atar usually includes sumac, thyme, oregano, and sesame seeds. Marjoram is often used in place of or in addition to the oregano; some blends may have coriander, cumin, fennel seeds, sage, or other dried herbs and spices.*

*Za'atar pairs well with chickpeas (and hummus), eggs, vegetables such as cauliflower, cucumber, eggplant, and potatoes (or any kind of grilled veggie), olives, feta cheese, yogurt dips and yogurt cheese (labna), lentils, meat kebabs, and much more.*

*While you can purchase commercially prepared za'atar, it's easy to make at home. Making a basic za'atar blend gives you the option of adding any other spices or herbs you like to complement the specific meal you're making at the time. You can also add salt to the blend to make a seasoned salt (up to a 50/50 mix of the spices and salt), or leave it out so that you can salt each dish to taste.*

## Za'atar Spice Blend

*Yield: about 4-5 tbsp+*

- 2 tbsp ground sumac
- 1 tbsp dried crumbled thyme
- 1 tbsp dried crumbled oregano (or marjoram, or a mix of the two)
- 1 tbsp toasted white sesame seeds\*
- optional: 1 tsp to 5 tbsp sea salt or coarse salt*

1. Mix all ingredients together. If desired, whirl the mixture briefly in a spice grinder, or grind lightly in a mortar & pestle.
2. Place in an airtight container, label and date the container, and store in a cool, dry place.



*\*To toast sesame seeds, place them in a small heavy skillet over medium heat. Shake the pan gently or stir with a spoon until the seeds turn golden brown. It doesn't take long – just a few minutes – so watch carefully to make sure the seeds don't burn. Once the seeds are toasted, immediately transfer to a plate to cool.*

*Recipe from the kitchen of MFP Laura Crowley*

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