

WINK

Magazine

January 2023
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Mind Matters

Zoghieb Promotes Mindful Eating In The New Year

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GETTING INKED

West End Ink offers permanent artistry

BY DEVEN SALAZAR
TRIBUNE STAFF WRITER

West End Ink has been tattooing its long list of local clientele for the past two years.

The shop located on West Andrew Johnson Highway is owned by local tattoo artist Jose Aguilar.

Aguilar started his tattooing journey in 2007 after he began his apprenticeship with the late Johnny Walker.

“I started my apprenticeship in 2007 with a tattoo artist Johnny Walker,” he said. “He was a great artist from Pennsylvania and lived the area and so I worked with him until I started tattooing in 2008. Sadly Johnny passed away in 2011.”

“After my apprenticeship I worked at Backstage Gifts in Downtown Morristown for around two years and then I decided to work with Jessica Parrish at Ink Dreams.”

Although Aguilar started tattoo-



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ing and working on my art.”

“When I came to the U.S. I noticed there was more access to art, so I started looking into more and practicing more; and

when I got married my wife told me to look into tattooing and I did and here I am now.”

Aguliar spent those year learning and growing his talents before he

decided to open his own shop in September of 2020.

“I wanted to really work on my art and grow as an artist before I opened my own shop and

finally I felt like I was ready and so I opened my shop that I’m in now,” he said.

“It was really scary at first but business has been great. I started



working in the area a long time ago so I had built relationships and had a clientele base so when I opened my shop I had a lot of regulars.”

At West End Ink Aguliar usually works with black and grey and realistic tattoos but also works with new school coloring.

“My clients usually request black and grey and kind of realistic but in my own way,” he said. “I also do a lot of color and that usually is new school coloring.”

However, Aguliar has three other tattoo artist at his shop that can seemingly complete any type of tattoo desired.

Javier Pineda, Pedro Rodriguez, and Isiah Solomon are the other artist that work at the shop

“My guys at the shop are very talented and work with different styles and we are very versatile. Anything that comes through the door we can tackle.”

Aguliar tattoos based on appointments and he is currently booked until April 2023, however he encourages the community to check out the other artists in the shop.

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“I am currently booked all the way to April 2023, but the guys in my shop are just as talented and may have availability sooner than April.”

Agulair wants the community to know that anyone is welcome to West End Ink.

“We are a friendly shop that works with many different types of people and we like to do the best work and art on our clients.”

West End Ink is located at 3763 West Andrew Johnson Highway in Morristown and is open Tuesday through Friday noon to 9 p.m. and Saturday 3 p.m. to 9 p.m.

For more information go to its Facebook page or call 423-839-0141.



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Author Susan Zoghieb joins Julie Rex of First Horizon Bank at a Health, Wealth and Humor event.

MIND MATTERS

Zoghieb promotes mindful eating in the New Year

BY G. HOWINGTON
WINK ASSISTANT EDITOR

Starting a new year is reason enough to reconsider that relationship with food. And who better to give advice than a registered

dietician and best-selling cookbook author who just happens to live in the Lakeway Area.

Susan Zoghieb, MHS, RD, who wrote “The Easy Mediterranean Diet Meal Plan,” her fifth cookbook, told a group of local women that this particular edition has a special place in her heart.

Zoghieb was born and raised in Lebanon. She moved to the U.S. in 1989.

Located in the middle East, Lebanon lies off the Mediterranean coast and “is not the easiest to find on a map,” Zoghieb joked with her audience.

She came from a small village,



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population of 300, where her grandfather was the mayor. She shared a photo with the group that showed all the family houses, and the church where the family attended.

“It’s something that’s just so beautiful and I love talking about it, because that’s what I’m most passionate about: is appreciating where you come from,” she said.

Standing in one of Morristown’s newest venues, The Vale, located in the downtown business district, Zoghieb used humor and educational information to present the topic “Mindful Eating,” at the fifth installment of the Health, Wealth and Humor

series presented by First Horizon Bank and First Horizon Advisors.

She began working with a publisher in 2015 to create a cookbook specifically for individuals suffering from renal disease. She is employed by a pharmaceutical company that works with patients who have kidney disease. A representative from the publisher reached out to her because a relative was on dialysis and the individual could not find any cookbooks. The first was completed within six weeks and is now a best-seller on Amazon.

“One of the best things about doing what I do is that these patients from all

over the country, all over the world, reach out to me and say the books have empowered them, have helped them to change their lifestyle and so forth. I still work in Pharma, but I write the cookbooks and do speaking engagements on the side,” Zoghieb said.

Her mother was born and raised in the U.S., but was full-blooded Lebanese, as were her parents. In 1989, while the family was living in Lebanon, Civil War broke out.

“There are 26 religious sects in the country; the president is required to be Maronite Catholic – agreeing on something does not go very well. At the time, the war was between Syria

and Lebanon. I was about 9 years old. I remember the day so specifically. We had lived underground for about a year because of all the bombing.”

Her father was in jail at the time because of mistaken identity. He spent four months there.

“That’s the kind of country we were dealing with. They didn’t do background checks,” Zoghieb said.

Her parents had a conversation during which she remembers her mother saying, “there is no way we can stay.” The family, including five children, took a cargo ship from Beirut to Cypress – they fled with thousands of others. They flew out of Cypress and



PART TWO

WEEKLY MEAL PLAN
WITH RECIPES

Hurray! You are officially on your way to starting a healthier diet and lifestyle. Before you dive in, let's take a quick look at the elements of each chapter and how to use them. Each chapter includes a meal plan, which lays out what you will be eating for the week. You can rearrange the meals as needed to fit your schedule. You'll also find a couple of simple snack ideas for each week, a handy shopping list you can snap a photo of to take with you to the store, and a prep guide for preparing ingredients and dishes ahead of time. Store prepped ingredients in sealed containers in the refrigerator until ready to use. The recipes for each week are included right in the chapter for your convenience. Most are written to serve four to six people, but the meal plan is structured for two, so there will be plenty of leftovers to enjoy throughout the week.

eventually relocated to the U.S. in Pittsburgh, Pennsylvania.

The memories of her home country are strong.

“The middle east, Lebanon specifically, was referred to as the pearl of the middle East. It was beautiful. Keneau Reeves was

born in Beirut – his mother was an exotic dancer,” Zoghieb said. “It was such a booming little city in the middle East.”

Now, family members can only pull out \$100 at a time from their bank.

“I can’t even send money to my family in Lebanon

because the government is so corrupt,” Zoghieb said. “People say to me, ‘Why are you always so positive?’ This is why. It’s because I appreciate where I came from. I know what we have here.”

“What I looked forward to when I was little ... my

family was poor as dirt, but the one thing that remained constant was that they always made fresh meals at the table. It didn’t matter that it took the whole village of my aunts and uncles cooking, but I remember almost every single day being exposed

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to all the food in the world. And that's what I try to imbed now ... for me, family time at the dinner table is so significant."

A year ago, mindful came into play – her youngest child, at age two, said to her, "Put your phone down."

"We're not paying attention to what's happening around us," Zoghieb said. "The way we live and eat has changed significantly.

As a dietician, you study where we were and where we have come. Waistlines were tiny back in the 70s; doctors were encouraging pregnant women not to gain too much weight."

The term 'mindful' started in Buddhism, a centuries old practice used in many religions, according to Zoghieb.

"It's really trying to incorporate living in the mo-

ment, trying to bring back the joyfulness of food," she said. She referred to the 'popcorn study' done in 2005 – when researchers gave participants a large bucket of stale popcorn, they ate 40 percent more than those given the smaller bucket, even though the contents were literally stale.

"We don't even care what it is, we are just eating, and

eating and eating," she said. "You eat 30 to 40 percent more when you do not pay attention."

Zoghieb described mindful eating as having a balance – "You can eat chocolate cake," she said.

She passed out miniature Hershey bars as part of an exercise, instructing the audience members to close their eyes and just smell the chocolate ("Your body



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should relax, anticipation should take place,” she told them), then place a small bite in your mouth, but do not chew. Wait 30 seconds before chewing. Just enjoy it. “The whole premise is to literally bring what you eat to life,” she said.

According to Zoghieb, women are designed to eat during stress, while in the throes of menopause, while driving, while on the

phone.

“This is what society has imbedded in us,” she said. “We’re eating while multitasking, eating emotionally. We’re eating past the point of being full,” she said.

“Mindful eating is considering not just the meal, but where the food came from, how it was prepared. I feel when we sit down to eat as a family, we are sa-

voring it, we are enjoying it together. When we order fast food and eat it sitting in the car, we are eating so much more; we are trying to fill a void.”

Mindful eating is also to express gratitude for the food we have.

“If you take anything out of this presentation: just stop and enjoy your meal. Stop and enjoy the present moment that you are in

... honor the food, engage your senses, serve modest portions, (the more colorful your plate, the better), eat slowly (eating fast does not allow the body to catch up in the digestion process) do not skip meals. And by the way, bananas do not make you fat! As a society, we’re not exercising enough, we have a sedentary lifestyle.


“You only have one body to live in, make the most of



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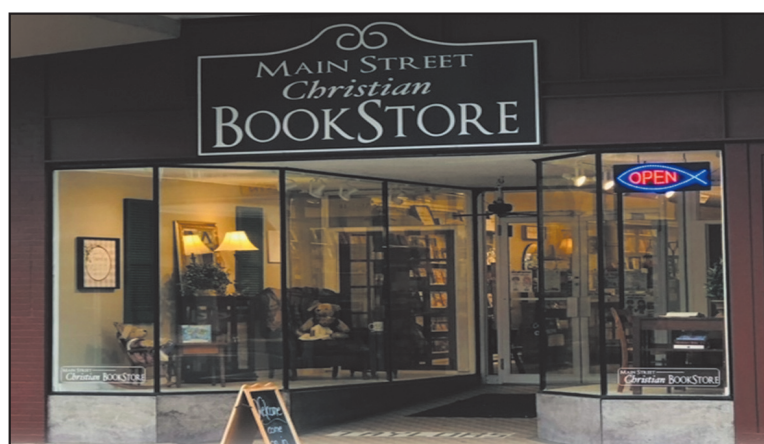
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Tamara Wilcox

it ... It's okay, eat the chocolate cake ... enjoy the moment," she said.

In answer to one of the audience questions, she described the Keto diet as a good kick-starter, but does not recommend it long-term: "If you don't try to incorporate healthier habits after you hit the plateau – the weight will come back," she said.

And Zoghieb is not a big fan of using a weight scale on a regular basis: "It plays a mind game with you. It's how we feel that is more important," she said.

The evening included food, featuring dishes inspired by the cookbook prepared by Chef Lawrence Phillips and his team at Jersey Girl Catering.

- Lemon Spinach Salad with Pears & Bleu Cheese (page 101)
- Salmon Provencal (page 144)
- Pan Fried Chicken with Roasted Squash Salsa (page 148)
- Wild & Long Grain Rice Pilaf with Grapes (page 167)
- Roasted Vegetable Melange (page 175)

Local Sommelier Jill Bruce was on hand to present a wine pairing.

"Everybody should have a glass of wine before you sit down to eat. I'm not kidding; it relaxes you and will slow you down. She added, "Wine is a fruit."



- Gruner Veltline, a dry white that grows almost only in Austria. With flavors of green pepper and lime.
- Mark West, a Pinot Noir has lovely aromas of cherry and red currant that are complimented by notes of caramel with hints of vanilla and toasted oak.
- 14 Hands, a Chardon-

nay. A bright twist of lime unfolds into a silky caramel and vanilla. Although delicate, this wine exudes expressive flavors of Gl apple, citrus and ripe pear.

- Apothic Merlot is a silky, approachable red wine grown in California. Notes of blackberry and boysenberry are underscored by hints of toasted

oak and shaved chocolate.

Health, Wealth & Humor events have been held since 2018, hosted by First Horizon Bank at various locations throughout the Lakeway Area and planned by an advisory board made up of female community leaders.

The "Health, Wealth & Humor" series' purpose

is to engage, empower and enrich women in our communities,” Julie Rex, Vice President of Community Banking at First Horizon Bank, said. “What prompted us to do this was a trend identified a number of years ago regarding the role of women in the home had changed. No longer is the man the primary breadwinner and 60 percent of all Master’s degrees are earned by women, and 51 percent of personal wealth is controlled by women. So things have changed and First Horizon really wants to get out there and empower women to not only know what’s going on in your financial household, but to get together and talk about topics relevant to you.”

For more information about the Health, Wealth and Humor series, email jbrex@firsthorizon.com

The Easy Mediterranean Diet Meal Plan

The book includes 4 weeks of instruction to jump-start your journey to lifelong health.

WINK appreciates the “Tips for Eating Out” on page 119 – here’s a paraphrased version: decline the breadbasket, avoid anything fried (don’t be afraid to ask, if you’re unsure if a dish is fried), choose from poultry, fish or vegetarian options. If you can’t say no

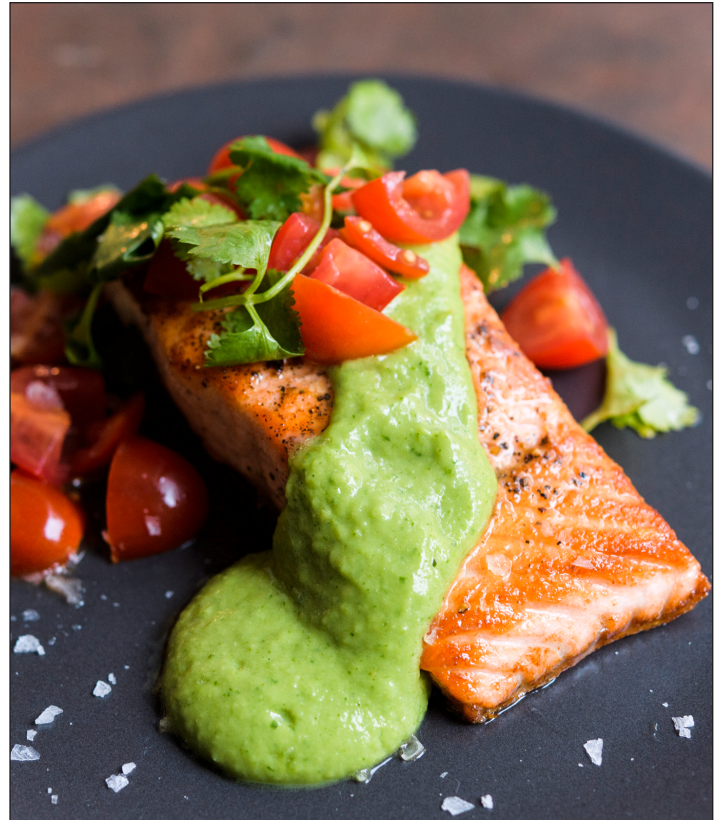
to beef, look for leaner cuts like flank or sirloin steak, tenderloin or filet mignon; ask for the sauce on the side.

Words of wisdom from “The Easy Mediterranean Diet Meal Plan”: success isn’t a straight line – and it’s certainly not black and white. When you slip up, it’s absolutely okay – it happens to all of us. Deviation from the diet doesn’t mean you’re a failure and that you can’t be successful on the Mediterranean diet. It simply means you’re human. We all mess up from time to time. So don’t be discouraged if you plateau, don’t see result immediately, or overindulge in your favorite food.

“Put yourself back on track by reminding yourself of your goals, finding inspiration in motivational images and words, or talking to a family member, friend or another supportive member of your community for a boost of confidence.

“Remember that the Mediterranean diet isn’t a crash diet; it’s a lifestyle change for achieving enduring health. And in order to succeed, you have to practice self-compassion – be kind to yourself.”

“The Easy Mediterranean Diet Meal Plan” is available on Amazon for \$16.99 (as of WINK publication date, 12-14-2022).





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THINKING PINK

Pink Pig celebrates success with move to new location

BY CHELSEA CARRIER
WINK CONTRIBUTOR

It was the 1980s in Indiana when a woman named Dawn painted a piggy bank for her five-year-old niece.

Little did she know the stories that little girl would grow up to tell or the pottery studio she would start to create a space of creativity and community.

Melanie McKinney was that five-year-old little girl, and in 2012, she opened the Pink Pig Pottery Studio in downtown Morristown.

Inspired by her Aunt Dawn, Melanie's main goal has been to provide a place for the community to hang out with friends and family.

"Art—pottery—was just the canvas to use," she explains. "Everybody always asks me, 'Have you always loved the ceramic world?'"

She smiles a bit as she confesses, "No."

So why pottery?

The answer lies in the slightly-cracked but still perfectly pink piggy bank Melanie displays above the paint bar.

She remembers her Aunt Dawn as "the person in my life as a kid that showed me what it looked like to feel special and to make other people feel special."

While Melanie and her two sisters grew up in Indiana, Aunt Dawn "poured into us girls more than anyone other than our parents.

"She always had goodie bags for us, the cutest put-together goodie bags with candies that we were not allowed to have. She would also do crafts with us.

"She was a crafter, so that's what

got me to see that that was fun. We would paint sunflowers, and she would go to her shows and craft and sell her stuff. She would play games with us, and I'm not talking about a game of Uno a couple of times. I'm talking hours of playing board games with five, seven, and nine year olds. And she did this for years.

"Press-on nails were our favorite. She would put press-on nails on us. It was the best. She was snazzy. She was fun."

Aunt Dawn also painted a pig for each kid, plus a tea set, and she let them paint pottery on their own.

"I still have the Mickey Mouse I painted," Melanie remembers.

When the studio first opened, Melanie offered pottery painting only, slowly incorporating glass



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art, canvas paintings, and wood boards.

“It looked different than it looks today,” she says.

Now in addition to pottery, people sign-up for classes to paint door hangers and canvases, and fairly recently, try their hands at wheel throwing.

But the growth hasn’t just included various crafts and art forms.

It means kids growing up celebrating birthdays at the Pink Pig and businesses treating employees for Christmas through fellowship and hands-on creativity.

People come to commemorate anniversaries and even remember lost loved ones. And the community impact and involvement has remained the same.

Each year Melanie and the team visit schools and nursing homes to do projects with children and seniors, and they also partner with local high schools so that students in the special education program can volunteer weekly at the studio and learn job skills.

After nearly eleven years of growing the business, creating memories, and nurturing the community around her, Melanie decided it was time for change.

During the pandemic, she taught herself wheel throwing and fell in love



with the process. She knew she had to share this with her customers, whom she regularly greets as friends.

A new location on one level could provide more open space and better accessibility for pottery wheels.

In the original location, wheel throwing had to be

done upstairs in a rather small room that was sweltering in summer and freezing in winter.

The lack of visibility meant that many customers were unaware of the opportunity to learn how to throw their own pottery.

She didn’t have to look far for a new studio

home—just right across the street. Not only did the new location next to East Tennessee Diamond provide the much-needed space for wheels (incentive No. 1, as Melanie would say), but it also boasted a back door leading to downtown parking, making accessibility easier for customers, many

of whom have multiple small children or limited mobility. It also provides a perfect pick-up location located near the bagging station and kiln room—which now has a window so that customers can watch the magic that happens when they leave their freshly painted pieces behind for glazing and firing.

“It’s like a museum,” Melanie says. “I’m so excited because it is like a fresh start, clean slate, bigger space, and it’s honestly like my dream store.”

After months of planning, weeks of remodeling, and several days of moving pottery, wheels, kilns, furniture and much more across the street, the Pink Pig hosted its grand reopening with an evening party the first of November.

Bing Crosby played in the background as over 65 customers painted Christmas trees, ornaments, and stoneware. Jersey Girl catered along with Beth Amos-Wisecarver (Bumble and Brie), who provided a beautiful and delicious charcuterie board.

Names were drawn semi-white elephant style for door prizes ranging from cleaning supplies to long-time orphaned pottery.

Longtime customer and friend Shannon Key demonstrated on the pottery wheel.

Her own journey with wheel-throwing began with a mini class after years of wanting to learn the art but never being able to find a place that offered the opportunity. “I loved it so much that I came back and started the four week class with Stan.”

“She then took another four week class and continued to practice her new and beloved craft. “It’s a stress reliever, and it makes you slow down. You can’t go fast, or you mess it up. You have to focus on what you’re doing.”

Such a stress reliever and reminder to slow down and focus on creating something beautiful might just be what’s needed in people’s lives year-round, but especially during the holidays.

Christmas is usually a busy time as people plan parties, sign up for door hanger classes, and create clay ornaments featuring feet and handprints turned into angels, gingerbread boys and girls, Santa Clauses, and more, so the timing of the grand opening couldn’t have been better for celebrating nearly eleven years of making memories in community.

The past several week-



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ends the studio has been packed with families and friends celebrating birthdays, visiting for the holidays from out-of-town, and creating Christmas presents in a beautifully lit room with the classic exposed brick and hardwood floors, bursts of color, and much laughter and peace amidst the bustle.

And yes, even more are trying out the pottery

wheels.

Opportunities to try the wheels are posted regularly on the Pink Pig website and social media pages, where customers may sign up for mini classes (one session lasting an hour and a half) or book several sessions.

Recently, available hours have been posted for Sundays and Wednesdays where people can

walk in and take a quick teaser course for \$10 to see if they would be interested in one of the longer, more involved classes.

Customers and friends aren't the only ones influenced by Aunt Dawn's legacy through Melanie.

For example, Kendyl Kowalksi started working at the Pink Pig at fifteen, left for college, and then came back in February

2022.

Her primary job is in the kiln room, where a lot of behind-the-scenes magic happens.

She spends many hours a week glazing, loading and unloading the kilns, making sure items are bagged, as well as finishing custom orders.

Her focus, she says, is to ensure that people's pottery "comes out nice and

pretty and safe for people to use.”

Her roots at the Pink Pig are deep, not only for the business, but for her personally.

“When I started here,” Kendyl says, “I wasn’t a painter. My handwriting in fact looked like chicken scratch. Over the course of all of high school and coming back for holidays, I just really fell in love with painting and the process of painting. And I really love Melanie.

“She has basically helped raise me, gave me my first job, and so she was the reason I wanted to come back. I love this studio, I’ve always loved this studio, and I always will. It’s like a home away from home in my kiln room, so I was more than happy to come back and especially now that we’re in the new space.”

Fellow employee Isabella Abdullayeva echoes the positive community fostered at the pottery studio, “I love the atmosphere of the Pink Pig. It just makes me happy. I love that it is so family oriented, and it’s geared towards being creative... It’s like a very positive atmosphere, and I love Melanie. She’s amazing. I love working with all of my coworkers. Everyone’s great.”

Although Isabella has only been employed for a little over six months, the

Pink Pig has been part of her life since the opening when she was a little girl and started attending birthday parties and stopping by for walk-in projects.

Over the years, she and a friend would meet at the Timeless Elegance Tea Room, and afterwards, they would walk over to the studio and paint for hours. Isabella fondly remembers that whenever Melanie would come in she would talk with them, and then one day she gave them a little tour of the kiln room.

The old Pink Pig has a lot of memories attached to it, “But it’s not like it’s gone, there are still memories, we can make new ones here,” Isabella says with the same bright, genuine smile that she is known for by both customers and coworkers.

Despite the joy and peace that often form the atmosphere of the studio, growing a business and moving after eleven years doesn’t come without challenges.

The biggest challenge was logistically getting it all put together. “It has been a whirlwind. But we’re here, and we survived it, and we birthed something beautiful,” Melanie reflects. Her husband, John, who spent many hours alongside his wife helping remodel

the new location, says, “I’m just proud of her. I’m proud to be her husband, proud to be a part of what she does as an entrepreneur, and I’m just excited to be along for the ride.”

The beauty Melanie mentioned is couched in a proper sense of place. Her vision for the business and the community was the kind of care her Aunt Dawn demonstrated each time she opened her home and shared life with Melanie and her sisters. She wanted to create a place where people could experience “that kind of feeling that you’re wanted, needed with your friends and family, not just from

the staff, but from everyone around you.”

Perhaps her vision and its ongoing fulfillment could be summarized by the words of poet and farmer Wendell Berry:

IV

Good work finds the way between pride and despair. It graces with health. It heals with grace. It preserves the given so that it remains a gift. By it, we lose loneliness: we clasp the hands of those who go before us, and the hands of those who come after us; we enter the little circle of each other’s arms, and the larger circle of lovers who hands are joined in dance and the larger circle of all creatures, passing in and out of life, who move also in a dance, to a music so subtle and vast that no ear hears it except in fragments.

(from “Healing” in *What Are People For?* Berkeley: Counterpoint, 2010, p. 10)

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Fast hoisin stir-fry solves the issue of dry chicken breast

BY CHRISTOPHER KIMBALL
MILK STREET

Boneless, skinless chicken breast is the most-purchased cut of poultry in the U.S., but it's easy to overcook and generally bland. Thankfully, the solution to both problems happens to be both simple and fast — a boldly flavored stir-fry.

For this recipe from our book “Cook What You Have,” which draws on pantry staples to assemble easy, weeknight meals, we rely on hoisin. Thick, sweet and rich with umami, the fermented soy-based sauce hits several flavor notes at once.

By mixing it with a bit of soy sauce and dry sherry or sake for acidity, we balance its richness so it's not cloying.

To ensure the chicken remains tender, we slice it crosswise against the grain, which shortens the muscle fibers so the meat contracts less when exposed to the high heat of a stir-fry. And making the slices only ¼-inch thick means it needs only a few minutes to cook before the sauce is added to the pan.

Freshly grated ginger and crushed red pepper brighten the dish, and snappy bell pepper adds a welcome contrast to the tender chicken.

The cooking goes quickly, so be sure the ingredients are prepped and at the ready before you head to the stove. Serve with steamed rice.

Stir-Fried Hoisin Chicken and Bell Peppers

Start to finish: 25 minutes

Servings: 4 to 6

¼ cup hoisin sauce

2 tablespoons dry sherry OR sake

1 tablespoon soy sauce, plus more



if needed

3 tablespoons grapeseed or other neutral oil

2 medium green OR red OR orange OR yellow bell peppers OR a combination, stemmed, seeded and sliced about ¼ inch thick

2 medium garlic cloves, minced

1 tablespoon finely grated fresh ginger

½ teaspoon red pepper flakes

1½ pounds boneless, skinless chicken breasts, sliced crosswise ¼ inch thick

In a small bowl, stir together the hoisin, sherry and soy sauce; set aside. In a 12-inch skillet over medi-

um-high, heat the oil until shimmering. Add the bell peppers and cook, stirring occasionally, until softened and beginning to brown, 4 to 5 minutes. Add the garlic, ginger and pepper flakes, then cook, stirring, until fragrant, 30 to 60 seconds.

Add the chicken and cook, stirring occasionally, until lightly browned and opaque throughout, 7 to 8 minutes. Add the hoisin mixture and cook, stirring, until the sauce slightly thickens, 1 to 2 minutes. Off heat, taste and season with additional soy sauce, if needed.

Optional garnish: Thinly sliced scallions.

Broiler gives open-fire feel to spiced ground beef kebabs

BY CHRISTOPHER KIMBALL
MILK STREET

Making kebabs from ground beef presents an opportunity and a problem. They can be boldly flavored from within by mixing spices and herbs into the meat. But getting them to stay put on skewers is tricky.

So, what if we got rid of the skewers altogether? In this recipe from our book “Tuesday Nights Mediterranean,” which features weeknight-friendly meals from the region, we instead cook patties of spiced ground beef under the broiler. One side browns deeply as they cook, giving just enough open-fire flavor without worry that the meat will tumble off.

For the flavorings, we took inspiration from kebab hindi, which, despite its name, is a Levantine, not Indian, dish. Red onion, fresh cilantro, pine nuts, cinnamon, allspice and paprika are mixed into the beef.

Traditionally, the meat is baked in a tomato sauce, but we opted to cook them without the sauce to get more flavorful browning.

We then use the same baking sheet to broil tomatoes and onion to form a chunky, relish-like sauce.

The sauce is seasoned with tangy ground sumac, which is sold in well-stocked supermarkets, spice shops and Middle Eastern grocery stores. If it’s not available, simply squeeze a little lemon juice into the sauce while stirring in water after broiling.

Remember to keep the foil lining from the baking sheet in place after transferring the patties to a serving platter. That helps make cleanup a breeze after broiling the tomato-on-



ion mixture.

These kebabs are delicious served with rice or flatbread.

Spicy Ground Beef Kebabs with Tomato-Sumac Sauce

Start to finish: 40 minutes

Servings: 4 to 6

1 ½ pounds 80 percent lean ground beef

1 large red onion, ½ finely chopped, ½ thinly sliced, reserved separately

¼ cup finely chopped fresh cilantro stems, plus ½ cup loosely packed fresh cilantro leaves, roughly chopped, reserved separately

¼ cup pine nuts, chopped

1 ½ teaspoons ground cinnamon

1 ½ teaspoons ground allspice

4 teaspoons hot paprika or 3 ½ teaspoons sweet paprika plus ½ teaspoon cayenne pepper

Kosher salt and ground black pepper

2 pints cherry or grape tomatoes

2 tablespoons extra-virgin olive oil

1 tablespoon ground sumac (see headnote)

Heat the broiler with a rack about 6 inches from the element. Line a rimmed baking sheet with foil. In a large bowl, combine the beef,

chopped onion, cilantro stems, pine nuts, cinnamon, allspice, paprika, 1 teaspoon salt and 1 ½ teaspoons pepper. Using your hands, mix well, then divide into 12 portions and shape each into a patty 2 ½ to 3 inches in diameter; arrange in a single layer on the prepared baking sheet.

Broil the patties until well browned on top and the centers hit 160°F, 7 to 9 minutes.

Using a wide metal spatula, transfer to a serving platter and cover with foil. Discard any residual liquid on the baking sheet; set the baking sheet, with foil lining, aside.

In a medium bowl, toss together the sliced onion, tomatoes, oil, sumac, and ¼ teaspoon each salt and pepper. Distribute in a single layer on the baking sheet and broil until the tomatoes burst and the onions char, 5 to 6 minutes.

Using the back of a fork, crush the tomatoes to form a chunky sauce. Add 2 tablespoons water to the baking sheet and stir gently to combine, then taste and season with salt and pepper. Spoon the sauce over the patties.

Sprinkle with cilantro leaves and drizzle with additional oil.

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