

The Lebanese believe that za'atar, a mixture of thyme, sumac and sesame seeds, gives strength and clears the mind. For this reason, before leaving home on exam days, all school children eat a slice of bread spread with a mixture of zaatar and olive oil!

*¼ cup excellent-quality dried thyme  
(savory is really nice too)*

*3 Tbsp sumac*

*½ tsp salt*

*2 Tbsp sesame seeds*

1. Grind the thyme, sumac, salt and sesame seed in a mortar and pestle or coffee grinder until you obtain a fine powder.
2. Keep in a tightly sealed jar in a cool, dark place.
3. To use: mix 1-2 Tbsp of za'atar with 1-2 Tbsp extra-virgin olive oil and spread on Lebanese bread or pita bread. Toast under the grill until the bread is crispy and the za'atar is bubbling.

