

# to downtown Granville



**4** Helen Farah, of ABFM.



**5** Deek Duke falafel.



**6** El Sweetie temptations.



Norma Dakhoul and Jennifer Lam.

Pictures: SAMANTHA DAY

"The quality of the meat here has never changed and that's why he's got such a great reputation with the Lebanese community."

Mr Francis has been a butcher in Granville for most of his life and said he had customers who travelled from all over NSW to visit his store and buy in bulk.

**STOP 4: ABFM**

Your everyday shopping list has no place in ABFM. This is the kind of store that encourages shoppers to experiment with their food, and add a little colour and flavour with traditional Lebanese ingredients like turnip pickles, tahini, toum (garlic paste), parsley, cucumber, labne, shankleesh and

baba ghanouj. "Growing up, my job used to be to pound the garlic for the garlic paste," Mrs Dakhoul said. "It was really hard work so now I always buy a tub or two of garlic paste and keep it in the fridge because we go through it really quickly."

It's ingredients like toum which characterise the collaborative nature of Lebanese food. Mrs Dakhoul said the focus of traditional cuisine was generally on vegetables, with meat and accompaniments on the side.

**STOP 5: Deek Duke**

It's only appropriate that those on the tour will have worked up an appetite by the time

they reach Deek Duke. The restaurant, which specialises in classic Lebanese charcoal chicken, side dishes, falafel and specialties like lamb brains and bone marrow, is a favourite with Granville locals.

An eye-catching mixed mural of pictures transports diners to destinations across Lebanon. "The menu here is fantastic for lunch because you can savour some Lebanese classic dishes while taking in some beautiful pictures of the cities and countryside," Mrs Dakhoul said.

**STOP 6: El Sweetie**

It's easy to overindulge with Lebanese food

but those on the tour should remember to leave space for the luscious layered desserts at El Sweetie. The palace of palate-pleasing sweets has been a staple for locals and out-towners hoping to treat themselves to a plate of baklava, knefe, mmmoull or nammoura.

Mrs Dakhoul said just when most patrons were ready to doze off into a sugar-lined haze, a stiff cup of Lebanese coffee did the trick to wake them from their sweet slumber.

Sugar syrup bottles line the tables at El Sweetie so sweet tooths can manage their own sugar intake. "The food in Lebanon is healthy but the thing that gets us is our desserts and sweets," Mrs Dakhoul said.

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