

Palestinian CUISINE COOKBOOK



32 Authentic
Recipes



Tasting Palestine

Food brings people together. We have this common thread that weaves through us all, and which binds us together as one family in the end.

To put Palestinian cuisine in context, we must take into consideration the deep complexities that run through this land. Over time, it has been in the hands of many, resulting in an influx of diverse cultures and influences. Palestinians have struggled to retain their identity throughout 70 years of occupation, so cooking is an important part of preserving who they are.

Across Palestine we can find diverse terrains and associated agricultures. Some areas have more grains and legumes, while others are richer in fruits and vegetables. And then there are the coastal areas, with culinary influences that are heavily focused on fish.

Traditional Palestinian cookery is highly individual. People from different regions have their own ways of cooking the same dish, so what we suggest here intends to only start your journey of discovery of the many equally delicious variations to be found of each dish.

Some recipes may seem familiar to people who have never eaten Palestinian food before, because Palestine has such far-reaching trade routes that cross so many borders. These influences layer one on top of another to evolve a unique twist to many dishes that are familiar elsewhere.



Palestinian Appetisers

Moutabbal

Palestinian aubergine dip

Moutabbal is perhaps the most popular of all Palestinian dishes. The word Moutabbal is Arabic in origin, literally meaning ‘to add flavours and spices’. It combines two main ingredients: eggplants and tahini. This classic combination always works, but what makes a Moutabbal stand out is how the eggplant is cooked!



Ingredients

1 large eggplant (about 850 grams)
2 cloves garlic, minced
4 tablespoon tahini paste
1/4 cup lemon juice
1 teaspoon salt (or to taste)
2 tablespoon olive oil
Dried mint or parsley for garnish

Directions

Place the eggplant as is (without peeling) directly on the stove-top or griddle pan over a medium heat. Leave it roasting and keep turning from side to side until the skin is blackened and pulp is soft and tender. This process takes about 15 minutes in total.

Peel the eggplant under running cold water in order to remove the skin easily. Trim the stem off from the eggplant and remove the seeds (if any). Put the eggplant in a pot. Mash it with a fork or a potato masher. Add garlic, salt, tahini, lemon, and half cup of water. Mix all ingredients together until well blended. Taste to adjust with salt and lemon.

Present the dip in a dish, drizzled with olive oil and garnished with a pinch of crushed dried mint and sweet pomegranate seeds. warm or cold with pita or warm, local taboon bread.

Khobzeh

Mallow with olive oil

With the advent of spring, roadsides across Palestine are filled with khobeizeh (a plant also known as mallow); and it's very common to see people stopping their cars by the side of the road, and get out to gather enough khobeizeh for a lunch or two. It's has had both cooking and and medical uses since ancient times. It's packed with nutrients and has many health benefits;

Ingredients

1 bunch of khobeizeh (200 grams)
1/4 cup olive oil
1 large onion, chopped
1 clove of garlic (optional), chopped
salt to taste
juice of **1** lemon
Pinch of red chili pepper (optional)

Directions

Cut the stems off, but keep the tender part of the stems, chop the leaves into 1 cm in width, and then place them in a bowl filled of water. Rinse thoroughly twice or more until the water runs clear.

Bring good quality virgin olive oil to medium heat in a frying pan (don't overheat), saute onion for 3 to 5 minutes until softened and slightly golden. Add khobeizeh (mallow) and garlic, and salt. Cover and bring them to a gentle simmer over a low heat for a bout 15 minutes or until it's cooked.

Pour in a small serving plate, add lemon juice and red chili pepper. Serve warm with bread, fresh yogurt and green olives on the side.





Stuffed Kibbeh

Stuffed croquettes

Originated in Aleppo; Kibbeh (or Kubbeh so called in Palestine) is popular in all areas of the Levant. It is made of minced lean meat, minced onions and bulgur. There are more than fifteen types of kibbeh; the most famous type is fried balls stuffed with meat and nuts.

Ingredients

Dough Ingredients:
250 grams 100% lean beef, minced and very cold
350 grams fine bulgur, soaked and drained
1 small onion, finely chopped
1/4 teaspoon allspices
1/4 teaspoon black pepper
1/4 teaspoon chili pepper
1 teaspoon salt
4 tablespoons butter

Stuffing Ingredients:
1 tablespoon olive oil
1 medium onion, finely chopped
250 grams beef or lamb, minced
1 teaspoon salt
1/4 teaspoon cinnamon
1/4 teaspoon black pepper
1/4 teaspoon allspices
150 grams pistachio, slightly crushed
1 egg

Directions

For kibbeh dough: combine onions, bulgur, and dough spices in a food processor for two minutes until they become fine. Set the mixture aside somewhere cool.

Place the meat in the processor and run for two minutes seasoning as it runs. Add the meat to the mixture of onions and bulgur. Knead the whole mixture very well using your hands. Add some cold water while kneading in order to make a moist and well compact mixture. Keep the dough cold until you need to use it. (It's preferable to keep the dough in refrigerator for several hours).

For the stuffing: heat olive oil gently in saucepan, add the onions and stir over a medium heat until they become slightly golden. Add the meat and spices. Stir from time to time until well cooked. Place the cooked meat and onions in a bowl. Add the crushed pistachio and the egg, and mix well.

Kurat Labneh

Strained yogurt balls

Labaneh is a thick and creamy spread made from fresh yogurt milk which has been strained in order to remove the whey using cotton cloth. No Palestinian kitchen is complete without a jar of labaneh balls. It is a sort of preserved food usually made from cows' milk by Palestinian country-folk couple of times a year and it can be used and consumed for many months.

Ingredients

3 teaspoons Salt
6 cups fresh Yogurt
6 tablespoon Walnut, crushed
1 teaspoon hot red Pepper, crushed
1 small Clove Garlic, finely minced
2 cups Olive Oil

Directions

In a cooking pan, add soaked chickpeas and cover them completely with water. Cover the pan and place it over a medium heat for about an hour until they becomes tender and fully cooked.

Meanwhile, heat vegetable oil in a frying pan, add small triangles of pita bread and deeply fry them for about 5 minutes or until they become brown-golden and crunchy. Stir frequently as they cook.

Place cooked pita bread in a large and deep serving dish. Add about 5 to 6 full tablespoon of cooked chickpeas along with some chickpea broth. Add small pinches of salt and cumin to taste.



Fattet Hummus

Chickpea and Tahini Purée

Fatteh Hummus is based on fried pieces of pita bread served with different topping. This dish is commonly prepared across the Levant, and it may sometimes be served with chunks of sautéed lamb or beef on top.

Ingredients

500 grams chickpeas, dried (soaked in water overnight)
3 small loaves of pita bread, cut into bite-sized squares
1/4 cup vegetable oil (optional)
Salt to taste
1 tablespoon cumin, divided
3/4 cup tahini paste, divided

1.5 lemon, squeezed, divided
4 tablespoon olive oil
3 tablespoon pine nuts
2 tablespoon parsley, chopped

Directions

In a cooking pan, add soaked chickpeas and cover them completely with water. Cover the pan and place it over a medium heat for about an hour until they becomes tender and fully cooked.

Meanwhile, heat vegetable oil in a frying pan, add small triangles of pita bread and deeply fry them for about 5 minutes or until they become brown-golden and crunchy. Stir frequently as they cook.

Place cooked pita bread in a large and deep serving dish. Add about 5 to 6 full tablespoon of cooked chickpeas along with some chickpea broth. Add small pinches of salt and cumin to taste.



Falafel

Deep fried patty made from chickpeas

Falafel comes in many forms and flavours and differs from household to household with some families safeguarding their secret recipes. Within Palestine itself, Falafel is one of the most popular street-foods. It can be deep fried, shallow fried or, like this version or oven baked for a healthier alternative.

Ingredients

1 lb. dry chickpeas
1 medium yellow or red onion
1/2 a green chili
2 generous cups parsley and cilantro combined
6 cloves garlic
salt to taste
3 tsp. cumin powder
3 tsp. coriander powder
1 tsp. turmeric
3-4 cups of Oil for Frying

Directions

Pour the chickpeas into a large bowl and cover them by about 3 inches of cold water. Let them soak overnight. They will double in size as they soak – you will have between 4 and 5 cups of beans after soaking.

Drain and rinse the garbanzo beans well. Pour them into your food processor along with the chopped onion, garlic cloves, parsley, flour or chickpea flour salt, cumin, ground coriander, black pepper, cayenne pepper, and cardamom.

Blend all these ingredients together until a rough, coarse meal forms. Once processed to the point of being between the texture of couscous and a paste. You want the mixture to hold together, and a more paste-like consistency will help with that... but don't over-process, you don't want it turning into hummus!

1. Once the mixture reaches the desired consistency, pour it out into a bowl and use a fork to stir; this will make the texture more even throughout. Remove any large chickpea chunks that the processor missed.
 2. Cover the bowl with plastic wrap and refrigerate for 1-2 hours.
 3. **Note:** Some people like to add baking soda to the mix to lighten up the texture inside of the falafel balls. I don't usually add it, since the falafel is generally pretty fluffy on its own. If you would like to add it, dissolve 2 tsp of baking soda in 1 tbsp of water and mix it into the falafel mixture after it has been refrigerated.
 4. Fill a skillet with vegetable oil to a depth of 1 ½ inches. I prefer to use cooking oil with a high smoke point, like grapeseed. Heat the oil slowly over medium heat. The ideal temperature to fry falafel is between 360 and 375 degrees F; the best way to monitor the temperature is to use a deep fry or candy thermometer. After making these a few times, you will start to get a feel for when the oil temperature is "right."
 5. Meanwhile, form falafel mixture into round balls or slider-shaped patties using wet hands or a falafel scoop. I usually use about 2 tbsp of mixture per falafel. You can make them smaller or larger depending on your personal preference. The balls will stick together loosely at first, but will bind nicely once they begin to fry.
 6. If the balls won't hold together, place the mixture back in the processor again and continue processing to make it more paste-like. Keep in mind that the balls will be delicate at first; if you can get them into the hot oil, they will bind together and stick. If they still won't hold together, you can try adding 2-3 tbsp of flour or chickpea flour to the mixture. 7. If they still won't hold, add 1-2 eggs to the mix. This should fix any issues you are having.
- Before frying my first batch of falafel, I like to fry a test one in the center of the pan. If the oil is at the right temperature, it will take 2-3 minutes per side to brown (5-6 minutes total). If it browns faster than that, your oil is too hot and your falafels will not be fully cooked in the center. Cool the oil down slightly and try again.
8. When the oil is at the right temperature, fry the falafels in batches of 5-6 at a time till golden brown on both sides.

Once the falafels are fried, remove them from the oil using a slotted spoon. Let them drain on paper towels. Serve the falafels fresh and hot; they go best with a plate of hummus and topped with creamy tahini sauce. You can also stuff them into a pita.

Troubleshooting: If your falafel is too hard/too crunchy on the outside, there are two possible reasons-- 1) you didn't process the mixture enough-- return the chickpea mixture to the processor to make it more paste-like. 2) the chickpeas you used were old. Try buying a fresher batch of dried chickpeas next time.

SESAME FALAFEL VARIATION: After forming the balls or patties, dip them in sesame seeds prior to frying. This will make the falafel coating crunchier and give it a slightly nutty flavor.





Palestinian Breakfast

Shakshouka

Poached Eggs in Spicy Tomato Sauce

Shakshoukeh started as an affordable and easy to prepare meal for workers, farmers, fishermen, and poor people in general; and this (in addition to its fresh and deciduous taste) made it a very popular dish not only in Palestine but in the whole Arab region. It is the kind of food that can be prepared and made anytime, using the most basic ingredients that any kitchen would have. Its central two ingredients are tomatoes and eggs.

Ingredients

1 **teaspoon** vegetable oil
2 **tomatoes**, finely chopped
3/4 **teaspoon** salt
3/4 **teaspoon** pepper mix
1/4 **teaspoon** chili pepper
1 **green onion**, chopped
1 **tablespoon** parsley, chopped
1/2 **teaspoon** tomato paste (optional)
1 **egg**
2 **teaspoon** olive oil

Directions

Once the vegetable oil is heated in a small saucepan, add tomatoes, salt, peppers and chili pepper. Let these ingredients fry gently on a low to medium heat for about 10 minutes or until semi cooked. Stir from time to time. Add 1/4 cup of water, green onion, parsley, and tomato paste to the semi-cooked tomatoes.

Leave on a reduced heat for another 2 minutes and keep stirring. Add the egg and the olive oil and wait for only a minute until the egg is slightly cooked – they should be soft. If preferred, scramble the mixture a little for less than a minute and serve hot with pita bread or any other bread of your choice.



Zaatar breads

Villager's Pie Breakfast

For hundreds of years, Palestinians have harvested the green zaatar leaves (thyme). They are an integral part of the Palestinian cuisine. You can say that Palestinians as a Nation have a deep rooted love affair with zaatar, using it for anything and everything from bread and pastries, to natural remedies for colds and flues. Its smell is strong, its taste is peppery, sharp and it sets your taste buds on fire. Zaatar breads are also known as “fatayer fallahi” which means villagers’ pie.



Ingredients

Dough Ingredients:

3 **cups** white flour
1 **teaspoon** instant yeast
1 **teaspoon** salt
1/4 **teaspoon** sugar
1/4 **cup** olive oil

Filling Ingredients:

2 to 3 **cups** fresh zaatar leaves, washed well
1 **medium size** onion, finely chopped
1 **tablespoon** sumac
1 **teaspoon** salt
2 **tablespoon** olive oil

Directions

For the Dough: Combine flour, yeast, salt, sugar, and olive oil in a medium bowl. Rub the mixture together until oil is fully combined into the flour. Add one cup of warm water gradually while kneading with the other hand. Add more water if the dough is dry or flour if it is too sticky. Cover the bowl with a plastic bag and place it in a warm place for about 30 to 40 minutes to rise or until doubled in size.

For the Filling: Meanwhile, in another bowl, mix zaatar (thyme) leaves, chopped onions, sumac, salt, and olive oil. Combine all together and leave aside.

Take a fork and pierce the dough all over, releasing any air pockets. Spread 1 to 2 tablespoons filling over each pita dough. Place 3 to 4 pitas on the hot baking tray in the oven. Bake until golden on the bottom and a little golden on the top, about 5 minutes. Serve with tomatoes and black. The perfect Palestinian breakfast!

Makdous

Pickled Stuffed Eggplants

For many Palestinian families, the most important part of their kitchen is what is called the supply cabinet or supply pantry, which contains different foods preserved naturally to be used throughout the year. It is resupplied constantly from season to season, mostly during Spring and Fall. Fall is the season to reach for eggplants!

Ingredients

2 kilos baby eggplants
2 cups walnuts, crushed
Sweet cherry tomatoes
Sweet peppers
1 medium head of garlic, crushed
1 tablespoon spicy red-chili flakes or powder or paste
Salt
Lots of Virgin Olive Oil

Directions

Wash the eggplants thoroughly and cut off their stems using a sharp knife, keeping the base of stems as in the picture.

Put the eggplants in a large pot and add water to cover them, bring them to a boil. After boiling gently for 2-3 minutes, leave them for 10 to 15 minutes in the covered pot off the heat, flipping them from time to time. It's very important to know when to stop cooking; they should be a little bit soft but not mushy. Place the eggplants in a colander to drain.

For stuffing, mix walnuts, garlic, red chili and some salt. Make a slit in one side of each eggplant using your thumbs. Dip your index in a small plate of salt and apply it inside each eggplant. Stuff eggplants with the mixture. Serve.



Hindbe bil Zeit

Dandelions in Olive Oil

For hundreds of years, Palestinians have harvested the green hindbe (dandelion) leaves. They are an integral part of the Palestinian cuisine. You can say that Palestinians as a nation have a deep rooted love affair with hindbe using it for anything and everything! From bread and pastries, to natural remedies for colds and flues. Its smell is strong, its taste is peppery, sharp and it sets your taste buds on fire.



Ingredients

2 bunches of dandelion cut, washed well and rinsed
4 cups of tap boiled water (or enough to cover dandelion)
1 medium-size chopped onion
½ teaspoon cumin
3 tablespoons extra virgin olive oil
Salt
1-2 lemon juice.

Directions

Wash dandelions well and chop. Place it in a pot and cover with water and heat. Once it starts boiling, turn the heat on medium and let it boil for about 20 minutes or until leaves soften. Drain the water and strain dandelions until it's cooled off.

Squeeze water out of dandelion using your hands. Heat olive oil in a pot, add onions and sauté until onions turn golden brown. Separate dandelions after squeezed from water and pour over onions, mix everything together, add cumin, salt. Cover and let everything cook through for about 10-15 minutes.

Turn heat off and serve warm with a squeeze of fresh lemon.

Foul with hummus

Delicious Fava beans

Foul is a staple food not just in Palestine, but also across the Middle East, it's a cheap popular healthy dish. The fava beans of which Foul consists are known to carry the highest amount of protein within the beans family. It's also high in fibre and other nutrients. And best of all a vegan dish for all the vegan lovers.

Ingredients

1 can fava beans
½ cup of water
1 juice of a lemon or more (adjust to taste)
2 – 4 garlic cloves crushed
¼ of a jalapeno or chili pepper (optional)
Salt
Olive oil
Chickpeas
1 tables spoon of parsley to garnish
(optional)

Directions

Open fava beans can, wash and rinse well.
Place fava beans in a pot, add water and bring to boil.
In a separate bowl pour fava beans with water and mash well until all beans are softened.

Mix da'ah: fresh lemon juice, crushed garlic with pepper and salt, Pour da'ah over foul and mix well. Adjust to taste.
Pour olive oil on top and garnish with parsley and chickpeas
Serve with khubez (Arabic flat bread).



Cauliflower pickles

Pickled Pink Cauliflower

Pickling is a big thing within the Palestinian cuisine, for pretty much most vegetables. The most popular ones are cucumbers and turnips. Cauliflower gets its share as well and it's one of my absolute favourites. Pickles are a must have in the Palestinian pantry (monneh). By combining a couple of things in one jar the result is both tasty and vibrantly colourful.



Ingredients

1 small/medium cauliflower cut into florets
1-2 red beetroot cut into cubes
3 cups tap water
2 tablespoons of sea salt
3 tablespoons white distilled vinegar
3 teaspoons sugar

Directions

Wash cauliflower then cut into small to medium size florets.
Place in a large bowl and cover with boiling water for 2-3 minutes only, then drain.
Wash the beetroot well, take off the top and bottom and peel, then chop into cubes.

Fill up jars with cauliflower florets and some interspersed beetroot pieces in each jar.
Make sure to spread beets evenly throughout the cauliflower..
Mix 1 tablespoon of salt in 1 ½ cups of drinking water.
Pour mix to the top into each jar.

On top of the jar add one tablespoon of vinegar and 1 teaspoon of sugar.
Close the jar tight and keep for a minimum of 5-7 days.

A top-down view of a bowl of Palestinian lentil soup. The soup is a rich, reddish-brown color, filled with small, round lentils. It is garnished with diced orange carrots, halved cherry tomatoes, and fresh green herbs. The bowl has a white rim with a blue geometric pattern. The background is a textured, grey surface.

Palestinian Soups

Shorbet Adas

Lentil soup with spinach and carrots

There are so many different combinations of lentil soups within both the Middle Eastern and the Palestinian cuisines. Two main lentils are very popular in this region: red lentils and brown lentils. These two lentils are often used in making vegan soups. Lentils are a staple ingredient in most Palestinian cuisine, as meat has traditionally been an occasional luxury.



Ingredients

1 tablespoon olive oil
1 sweet onion chopped
1 clove garlic- crushed
1 cup brown lentils
4 cups of boiled water
8 ounces of chopped carrots (about 2-3 carrots)
16 ounces of chopped spinach
1 teaspoon cumin powder
Salt
Lemon juice

Directions

Put olive oil in a frying pan on a medium heat and sauté onions and garlic until golden brown. Add carrots and sauté further for 2 minutes. Add lentils then the boiling water, stir in everything well together, cover the pot reduce the heat and let it simmer gently for 30 minutes.

Add spinach, cumin powder, and salt. Cover the pot again and continue to simmer for another 10 minutes. Once lentils and carrots are softened, the soup should be ready.

Lemon juice can be added after soup being served.

Shorbet djaj wa khudar

Chicken vegetable soup

In many cultures around the world chicken and vegetable soup is not only considered cheering on a gloomy winter's day, but also a wholesome natural treatment for a cold. Chicken soup “just like Grandma used to make” is widely believed to help a faster recovery. Palestinian chicken vegetable broth uses simple fresh vegetables with shredded tasty chicken added to build full flavour.

Ingredients

carrots
whole chicken
onions
black peppercorns
potatoes
sunflower oil
Savoy cabbage
cardamom pods

Directions

Put the oil in a sauce pan on a high heat. Add the onions, cardamom pods and peppercorns and let the cardamom sizzle slightly to release its flavour.

After a few minutes, add the whole chicken and cover with the water and salt. Leave to simmer for about 40 minutes. Then add the potatoes and carrots and cook for another 30-40 minutes, adding the sliced cabbage in the last 5 minutes. Check the meat to make sure it is cooked through before serving.

To serve, carve the meat into 6-8 pieces to serve but you could also shred the meat and remove all the bones if you prefer.



Shorbet Freekeh

Freekeh soup with chicken and herbs

Freekeh soup is great for cold winter days. It's filling and tasteful, yet light and easy to prepare. Freekeh is durum wheat that is harvested while still green and roasted on an open fire. It's then rubbed (fareek) to remove the husk and reveal an aromatic grain packed with protein and fibre. Rich in flavour and texture. Very authentic middle eastern food and still very popular.

Ingredients

1.5 litres chicken stock
1 chicken (1.5kg), at room temperature
200 gm freekeh
1½ tbsp extra-virgin olive oil
5 large golden shallots, finely chopped
2 garlic cloves, finely chopped

To serve:

Thick plain yoghurt
1 cup (loosely packed) mixed soft herbs, such as tarragon, mint, chervil and parsley
2 spring onions, thinly sliced
Lemon wedges

Directions

Bring stock and 1.5 litres water to the boil over high heat, season to taste, add chicken, return to the boil, boil for 1 minute then turn off heat, cover and stand until cooled (4-5 hours). Remove chicken from stock (and reserve the stock), coarsely shred meat (discard skin, bones and sinew) and set aside.

Set 1 litre stock aside, then bring remaining stock to the boil over medium-high heat, season to taste, add freekeh and cook until par-boiled (5 minutes). Strain, reserve freekeh and discard stock.

Meanwhile, heat olive oil in a saucepan over medium-high heat, add the shallots and garlic and stir constantly until tender (5-10 minutes). Add reserved stock, bring to the boil, then season to taste. Add freekeh and cook until tender (5 minutes), then add chicken and return to the gentle boil.

Ladle soup into bowls, stir in a spoonful of yoghurt, scatter with herbs and spring onion and serve hot with lemon.





Palestinian Salads



Fattoush Salad

A Middle-Eastern Favourite – Palestinian Style

The unique thing about this salad is that it includes pieces of toasted khubez (Arabic flatbread) which in return can make this salad a meal on its own. It's known that this salad was originated in Northern Lebanon. And, now it's very popular in Palestine as well.

Ingredients

2 large pitta breads (khubiz arabi)
1/2 head of romaine lettuce
1 head of baby gem lettuce
1 large tomato (or about 170 gr of cherry tomatoes)
1/2 large cucumber
1/2 red pepper
100gr of radishes (about 10 radishes)
2 tablespoons of chopped parsley
2 tablespoons of chopped mint
4 tablespoons of olive oil
8 teaspoons of lemon juice (about half a lemon depending on its size)
1 teaspoon of vinegar (cider or wine vinegar)
2 good pinches of salt
1 heaped teaspoon of sumac

Directions

Chop up the pitta bread into small crouton, 1cm by 1cm. Heat a generous amount of olive oil in a frying pan. Fry the bread on medium to high heat for about 2 minutes until golden. Make it one batch at a time so as not to crowd them, adding oil each to make sure all the pieces are covered in olive oil. Drain on paper towel and repeat with the rest of the bread. Wash all the vegetables and herbs, and pat dry.

Cut the lettuce, cucumber, tomato, red pepper in small even-sized piece and put in a large bowl. Thinly slice the radishes. Roughly chop the mint and parsley and add it all to the rest of the vegetables. Mix the olive oil, lemon juice, vinegar and salt in bowl and pour over the salad. Mix well. Add the bread at the end and mix again. Sprinkle 1 heaped teaspoon of sumac over the salad and serve.

Tabbouleh with Quinoa

Fresh, Light and Appetising

When spring is here, it screams for tabbouleh. One of the most fresh, light and refreshing dish, Tabbouleh is a very popular dish in Palestine and across the Arab world and in recent years has been adopted internationally.

Ingredients

4 bunches of Italian parsley
3 cucumbers finely chopped
4 tomatoes finely chopped
4-6 ounces of scallions (green onions)
½ – ¾ cup of cooked quinoa
½-1 cup of freshly squeezed lemon juice
¼ cup of olive oil
Salt

Directions

Prepare the parsley by chopping out older stems, wash well and dry, then chop finely and set aside.

Chop all other ingredients, cucumbers, tomatoes, and scallions. To cook quinoa, each cup of quinoa takes 2 cups of water. Add drinling water to quinoa, bring it to the boil, then cover and turn the heat on low for about 10 minutes.

Set aside to cool off.

Mix parsley and all other ingredients in a large bowl, including the quinoa, then pour lemon juice, salt, and olive oil. Mix well and serve.



A large, ornate blue and white platter filled with a vibrant yellow rice dish. The rice is topped with several pieces of golden-brown, fried meat, likely lamb or chicken. The dish is garnished with fresh green herbs, small orange slices, and a few fried onions. Three lemon slices are arranged in a fan shape at the top of the platter. The platter is set on a rustic wooden table, with a pink cloth visible in the background and a silver fork and knife resting on the table in the foreground.

Palestinian Non- Vegetarian Main Dishes

Lamb Kebab Platter

Succulent meat with distinctive seasoning

The aroma of Lamb Kebabs on the grill coming from the kitchen is a call to table for any Palestinian family. The use of delicate seasoning in the mix makes for a distinctive twist on this most popular of all dishes across the Mediterranean. Simply delicious.



Ingredients

1 medium onion, quartered
1 peeled garlic clove
4 flat-leaf parsley sprigs
1/2 teaspoon finely grated lemon zest
3 tablespoons fresh lemon juice
1 teaspoon ground allspice
1 tablespoon kosher salt
Pinch of saffron threads
1 1/4 pounds trimmed lamb loin, cut into **1-inch** cubes
2 tablespoons vegetable oil
Warm pita and Greek-style plain yogurt for serving

Directions

Combine the onion, garlic, parsley sprigs, lemon zest, lemon juice, allspice, salt and saffron and puree in a blender until smooth. Turn the cubed lamb in a plastic food bag with the seasoning mix, then press out the air and re-seal the bag. Refrigerate the lamb in its marinade for at least 6 hours or preferably overnight.

Light a grill or preheat a grill pan. Drain the lamb, shaking off the excess marinade. Thread the lamb onto 4 long skewers, leaving a bit of room between the cubes. Brush the lamb with the oil and grill over high heat, turning occasionally, until lightly charred, about 5 minutes for medium-rare meat. Serve the lamb skewers with warm pita and yogurt.

Shish Tawook

Chicken skewers

Shish Tawook is popular with young and old. The chicken should be juicy and the accompaniments fresh and hand-picked. The marinade provides the Palestinian flavour to this international favourite.

Ingredients

2 lb skinned, chicken breast, cut into **1-1 1/2 inch** pieces

For the Marinade

1 lemon, juiced
5 garlic cloves, minced
1/4 c plain yogurt or Greek yogurt
2 Tb olive oil
1 tsp ground thyme
1 tsp paprika
1 tsp salt
3 tsp tomato paste
1/4 tsp ground black pepper
8 wooden skewers, soaked in water

Directions

Mix the chicken pieces and all the marinade ingredients in a sealable container until all the pieces are thoroughly coated and then refrigerate for at least 4 hours, preferably 12.

Preheat your grill to a medium heat, roughly 350F. Avoid it being too hot which will dry the meat out too much before being cooked through.

Thread the chicken pieces onto the soaked skewers, interspersed with slices of pepper and cherry tomatoes. Grill the chicken skewers for 8-10 minutes per side, until the chicken is firm and golden.

Serve the shish tawook with pita bread and sliced tomatoes or with rice and grilled vegetables.





Musakhan

Sumac chicken and caramelized onion flatbreads

Musakhan was a dish used by the Palestinians to gauge the quality of the olive oil pressed on their farms that season. It was believed that good olive oil will not change colour or turn bitter when it is heated to brown the chicken and caramelize the onions. This is also why the name of the dish is derived from the word 'sakhan,' - to heat

Ingredients

For The Chicken

8 whole chicken legs
3 tbsp. olive oil
1 tsp seven spices
1 tsp sumac
½ tsp salt
¾ Cup olive oil
8 Onions chopped

For The Bread

1 tbsp. salt
2 tbsp. sumac
1 tbsp. cumin
2 tsp seven spices
8 taboon bread large
¼ cup pine nuts roasted

Directions

For The Chicken

Preheat the oven to 400°F (200°C).
Mix the olive oil, seven spices, sumac, and salt in a small bowl.
Place chicken in a baking tray, rub the spice mixture into the chicken skin.
Bake for 40 minutes or until done

For The Bread

Place the chopped onions with the olive oil in a pan over medium heat. Cook, stirring occasionally, until onions are soft and translucent, but do not brown. Once cooked, mix in the salt, sumac, cumin and seven spices. Distribute the onion mixture between the taboon bread loaves, spreading on the bread and leaving a rim around the edge. Place one chicken leg on each loaf of bread. Sprinkle equally with a few pine nuts. Grill the bread to toast each loaf slightly and then serve while hot.

Maqluba

Upside-down chicken with rice

Maqluba is a traditional Palestinian dish served throughout the Levant. It consists of meat, rice, and fried vegetables placed in a pot which is flipped upside down when served, hence the name maqluba, which translates literally as “upside-down.” The dish goes back centuries and is found in the Kitab al-Tabikh, a collection of 13th century recipes.

Ingredients

1 kg of chicken (1 whole chicken cut up in pieces or **6 to 8 large** pieces on the bone - legs, thighs and/or breasts)
450 gr of rice (medium grain rice is best but long grain is fine too)
1.5 teaspoon (tsp) of ground turmeric
1 tsp of ground ginger
1 tsp of ground cinnamon
1 tsp of ground allspice
1 tsp of ground cumin
1 tsp of ground coriander
½ tsp of cardamom
½ tsp of ground cloves
½ tsp of black pepper & **2.5 tsp** of salt
1 medium sized onion
Vegetable oil (corn or sunflower)
3 to 4 bay leaves
1 cauliflower
2 large carrots
1 large potato

Directions

First mix all the ground spices (bar the salt) in a bowl and set aside.

The next step is to prepare the chicken broth. Roughly chop the onion, heat two tablespoons of vegetable oil in a large saucepan or casserole dish and fry the onion on medium heat for about 5 minutes.

Add the chicken to the saucepan and fry evenly on each side for about 5 minutes. When the chicken has some colour, pour about 1.3 litre of water in the pan, ensuring the chicken is completely covered. Throw in 3 to 4 bay leaves, 1 heaped teaspoon of salt and 1 heaped tablespoon of the spice mix, bring to boil then cover with the lid and let it simmer on medium heat for 45 minutes.

While the chicken is cooking, get the vegetables ready. Peel the carrots and the potato and cut into slices of about 1cm. Chop the cauliflower into big chunks and wash. In a frying pan, heat a generous quantity of vegetable oil - about 0.5cm to 1cm deep. Fry all the vegetables in small batches until golden brown on each side.



When the liquid has absorbed, have a large round tray ready. Uncover the pot, and place the tray over the top. Invert so that the pan is upside down on top of the tray. Let stand for 5 minutes like this, then slowly remove the pot to let the food fall onto the tray.

Use paper towel to soak up the oil. Thoroughly rinse the rice under running water to remove the starch. Some types of rice might need to soak in water in advance so check the instructions on the pack.

Once your chicken is cooked, take the pieces out of the broth and put aside. Pour the broth through a sieve into a separate bowl so

you keep only the liquid, which you'll use to cook the maqluba.

You can now assemble the maqluba. In the same saucepan used to make the broth, lay down the chicken, then the vegetables and finally spread the rice over the vegetables to make three even layers. Sprinkle some more of the spice mix over the rice (a small tablespoon) plus 1.5 heaped teaspoon of salt. Now pour the broth in the pan until it reaches the same level as the rice or 0.5 cm above it (you'll need about 700/800ml of broth). Place a small plate on the rice - this will keep it all in place as it cooks. Don't mix the ingredients. Bring to boil, then cover and let it simmer on medium heat for

about 20 minutes or until there is absolutely no liquid left. Keep an eye on it to make sure it doesn't burn - once there is no water left, take it off the heat and leave to rest for 10/15 minutes with the lid on.

The final step is to flip the dish upside down. Open the pan and remove the small plate. Put a large tray or plate over the pan, hold it tight and flip it over so the maqluba transfers to the tray or plate. Your maqluba is ready!

Note that many people tend to sprinkle a handful of pinenuts (which you can quickly roast in a small frying pan) and parsley over the maqluba when it's ready.

Mansaf

The Taste of Bedouin cuisine

This is a very old favourite Jordanian and Palestinian dish, made of lamb cooked in a sauce of fermented dried yogurt and served with rice or bulgur. It is a popular dish, eaten throughout the Levant in one form or another. The name of the dish comes from the term “large tray” or “large dish”.



Ingredients

2 whole chicken without skin, cleaned and cut into halves
2 kg rice
1 medium onions
2 tablespoons vegetable oil
1/4 teaspoon black pepper, whole
6 bay leaves
6 ground cardamom, pods
1 garlic, crushed
1 juice of 1 lemon
3 markouk bread, or shrak
salt to taste
1/4 cup almonds
1/4 cup raw pine nuts

Directions

Cook the rice as instructed on package.

Heat the vegetable oil in a pan. Add in the pine nuts and almonds and cook over medium heat until nuts are roasted. Remove nuts from heat and set aside.

Meanwhile, place the chicken in a deep saucepan and cover it with water. Then add in the bay leaves, cardamom pods, onion and salt. Cook until the chicken is done making sure to remove the foam as it forms in the surface of water.

When the chicken is cooked, remove from the broth and reserve the broth, then cut chicken into big pieces and place in a baking dish. Cook it in the oven until it gets roasted.

Place the markouk bread in a serving plate and pour over enough chicken broth so that the bread is soaked.

To serve, spread crushed garlic and lemon juice over the markouk bread. Then spread the cooked rice and finally place the chicken on top. Garnish with the roasted almonds and pines.
Serve hot.

Sayadieh Samak

Baked fish with onion rice and spiced lemon sauce

Sadayieh Samak is a seasonal fish fillet casserole with spring onions, garlic, green bell peppers, parsley, chopped tomato & lemon and rice.

Ingredients

1 kilo fish fillets
3 cups short grain rice, soaked in water
4 1/2 cups boiling water
2 large onions, thinly sliced
1 tablespoon turmeric
3 teaspoons salt
1 teaspoon pepper
1/4 cup flour for dusting the fillets
Vegetable oil for frying
Garnish: fried pine seeds

Directions

Put 2 cm depth of oil into a frying pan and heat.
In a large plate, place the flour. Dust the fish fillet in the flour then fry until golden. Repeat until all the fish pieces are crunchy and golden.

Prepare a mixture of the boiling water, salt, pepper and turmeric.
In a pan, heat 2-3 teaspoons oil and fry the onions until starts to become golden. Spread the onion evenly in the bottom of the pan. Distribute the pieces of fish fillets on top of the onion.
Drain the rice then place on top of the fish pieces. Carefully add the water mixture trying not to change the order of the placed ingredients. Make sure the rice is entirely covered, add a bit of water if needed.

Let the ingredients lightly simmer in order to make sure they don't mix.
Reduce heat, place the lid firmly and leave to cook for 30-35 mins until well done.
Carefully flip the pot in the serving plate.
Garnish with pine seeds.





Fish Platter

A Taste of the Sea: Palestinian-Style

Palestinian cuisine boasts the best seafood in the region due to its location on the rich fishing waters of the Mediterranean. The fish are often grilled, stuffed or fried and adapt flavors from Levant cuisine with common components such as garlic, lemon, chilli, dill seeds and lentils.

Ingredients

800g Grey Mullet Cleaned, Gutted and De-scaled
1 Red Onion
1 Lemon
3 Cloves of Garlic
1 Medium Chilli
1 Medium Handful of Coriander
2 Tbsp of Olive Oil

Directions

Pre heat the oven to 200 degrees celsius. Whilst the oven is heating up, finely slice the red onion and add to a mixing bowl. Roughly chop the garlic, chilli and coriander and mix with the onion. Add the lemon juice, olive oil, salt and pepper and combine well.

Lay the fish on a good sized griddle tray and lightly score both sides every inch along the fish. Coat the fish with the mixture making sure to fill the main cavity and rub thoroughly onto the skin.

Put into the oven and reduce the heat down to 170 degrees celsius for 20 minutes. Check that the meat can be pulled off the bone easily and serve with rice, fresh steamed vegetables or salad and a yogurt dressing.

TIP: If working with different sized fish, it is recommended to give about 5 minutes for every 200g – 250g. of fish.



Palestinian Vegetarian Main Dishes

Mfaraket batata

Potatoes and eggs

This is a quick dish for one of those lazy days or when there is no time for cooking. Scrambled eggs with potatoes, it's good and filling and you can never go wrong with eggs.



Ingredients

2 medium-size potatoes peeled and chopped into small cubes
3-4 eggs
1 tablespoon oil (any)
A pinch of allspice
Salt and pepper

Directions

Heat oil in a skillet then add potatoes, continue with occasional sautéing and until potatoes turn more golden brown. This will take up to 15 minutes.

Crack eggs and add over potatoes, stir and mix well integrating the potatoes with the eggs. Turn the heat off once eggs look fully cooked, simply as you do scrambled eggs.

Sprinkle, salt, pepper, and allspice.

Mujadara with bulgur

Bulgur, lentils and onions

Mujaddara also known as a poor man's dish among Palestinians. It is one of those dishes you can make even when your kitchen appears to be empty! All what you need to have is probably kept in your household.

Ingredients

3 tablespoon olive oil
3 onions (divided, 1 finely chopped and 2 thinly sliced)
1 cup green or brown lentils, rinsed
1 cup coarse bulgur, rinsed (substitute: 1 cup rice, rinsed)
1/2 tablespoon salt
1/2 tablespoon cumin powder (optional)
1/2 cup vegetable oil

Directions

Sauté 1 finely chopped onion with olive oil in a large pan for 2 minutes until softened. Add the rinsed lentils and stir with onion for a minute. Add 4 cups of water and cover the pot. Leave it over medium heat for about 30-35 minutes until cooked.

Add either rinsed bulgur or rice, salt, and cumin to the cooked lentils. Make sure that bulgur or rice is completely covered with water (add more water if needed). Stir and then leave for 15 to 20 minutes on a low heat until completely cooked.

Meanwhile, bring vegetable oil to high heat in another frying pan. Add the rest of the onion and stir frequently until they become crispy and golden brown. Pour bulgur and lentils in serving plate. Add fried onions on the top. Serve hot with fresh yogurt or salad on the side.





Palestinian Desserts

Kunafa

Syrup-soaked cheese pastry

Quite simply this is perhaps the most iconic Palestinian deserts. The combination of sticky sweet syrup and rich cheese flavours is unforgettable.



Ingredients

1 package of shredded fillo/phylo dough
1 pound of Mozzarella cheese
1 pound of Ricotta cheese*
2 tsp Kunafa pastry colouring
3 tablespoons of butter
¼ cup pistachios
3 cups of sugar
2 cups of water
2tbs lemon juice

Directions

Break up the phyllo dough into thin pieces. Melt the butter and then rub it into the phyllo dough and making sure that it coats all the dough. Add the Kunafa pastry covering the phyllo dough and make sure to rub it in so that it reaches all parts of the dough.

Shred the Mozzarella cheese and mix it together with the Ricotta cheese. Spread half onto the phyllo dough on the bottom of the tray, making sure the tray is covered. Spread the cheese over the dough and cover the entire tray; the easiest method is to make patties out of the cheese and cover the tray completely. Then spread the rest of the phyllo dough over the cheese, making sure the cheese is entirely covered. Pre-heat the oven to 375° F.

Place the kunafa tray on the middle rack and bake for 30 minutes. In a medium sized saucepan on high heat, combine the sugar and water. Continue stirring until the syrup boils.

Once it boils, turn down the heat to low and add 2tbs of lemon juice. Keep stirring until the sugar completely dissolves. The syrup should be transparent. After the Kunafa is done baking, remove pan from oven. Pour the hot syrup over the Kunafa while it's hot, making sure to evenly coat the dessert. Garnish with pistachios. Let it cool and enjoy!

Helbeh

Semolina syrup-soaked seed-cake

Helbeh is a traditional Palestinian cake loved there by children. It's a semolina cake flavoured with exotic and aromatic fenugreek seeds soaked in syrup. Helbeh is the Arabic name for fenugreek seeds, which is what gives the cake a distinctive strong nutty taste. People who enjoy intense sweetness, exotic spices and rose water, are likely to enjoy Helbeh, especially with a cup of strong black Arabic coffee.

Ingredients

3 cups semolina flour (smeed)
3 tbsp fenugreek seeds
1½ cup flour
1 tbsp anise (powder or crushed seeds)
½ cup sugar
½ cup coconut flakes
2 tsp cinnamon powder
4 tsp baking powder

Directions

Wash fenugreek seed, put in sauce pan (you may toast them a little bit in the pan before adding the water), add 1 cup hot water and bring to boil over high heat. Reduce and simmer for 10minte.

Prepare the yeast mixture (as mentioned in ingredients list). Meanwhile, mix semolina flour, all purpose flour, sugar, coconut flakes, baking powder, cinnamon, and anise. Add oil and olive oil to the flours mixture. Mix well to combine by rubbing the mixture with your hands.

Add yeast mixture. Important point to make sure the water you're mixing the yeast with is not hot, just warm. Drain fenugreek seeds. Don't throw the water away. Add the seeds to the flours mixture and mix then add some of the reserved water to the dough and work it out till it's not dry and not very sticky. Add more water if needed.

Transfer dough to a greased round 15inch baking tray. Press to fill the tray. Level with palm of your hand. Cut into diamond shaped pieces. Cover and leave to rest in warm place for at least 1 hour.

Meanwhile, prepare sugar syrup by mixing ingredients together. Bring to boil. Reduce heat and simmer for 10 minutes. Set aside to cool. Bake Helba in medium 400F (200°C) preheated oven for about 25-30 minutes or till golden.



Mutabbaq

Walnut swirls

Mutabbaq “walnut swirls” is a traditional Palestinian dessert famous in the city of Hebron. A crispy dough filled with fragrant crushed walnuts mostly prepared at homes during the winter season to help overcome the extremely low temperatures.

Ingredients

For the Dough

- 1 kg flour
- 1 cup olive oil
- Pinch of salt
- 55 g melted butter
- 1/2 cup of sugar
- 2 - 2 1/2 cups lukewarm water

For the Filling

- 1 kg walnuts (crushed and toasted in the oven until golden)
- 2 tsp ground cinnamon
- 1/2 tsp ground ginger
- 1 tsp ground nutmeg
- Pinch of all spice

For the Sugar syrup “qater”

- 2 cups of sugar
- 1 1/4 water
- Squeeze of a lemon
- Orange blossom water (optional)

Directions

Mix all dough ingredients together then add the water gradually until a soft and consistent dough is achieved that is no longer too sticky. Rub the dough's surface with some oil and set aside for half an hour to rest. Divide the dough into small balls and put them in a bowl already coated with some oil. Spread each ball on an oil covered surface using corn starch to spread the dough instead of flour to get an almost transparent sheet of dough. Rub it with some oil before adding the filling. Spread the dough into a rectangle as if making a cinnamon roll.

Spread some filling on the dough in a thin strip starting from one side of the dough. Start folding the dough on the filling until it is completely covered. Cut a straight line where the folding finished before rolling them carefully to make a spiral shape out of each filled dough by rolling it inwards on itself. Transfer each mutabbaq roll onto an oil rubbed baking sheet. Repeat for the rest of the dough. Brush each roll with olive oil. Bake in a preheated oven on 200C until golden from the bottom, then broil the top as well. After baking, take out of the oven and pour a generous amount of lukewarm sugar syrup on each roll and serve. The aim is crispy texture due to the thin layered dough used.

Stuffing Preparation: Crush the walnuts into fine pieces. Place walnuts on a baking sheet and roast in the oven. Keep mixing until golden and fragrant. Mix roasted walnuts with the cinnamon and the rest of spices.

Sugar Syrup Preparation “qater”: In a deep pan, add sugar and hot water and bring them to boil. Once it does, start stirring using a whisk. Stir gently and then add a squeeze of lemon juice. Let it simmer for another 7 minutes. Add some orange blossom water according to taste. Prepare the sugar syrup ahead of time as it must be lukewarm to room temperature when poured on the mutabbaq.



Asabe'e Zainab

Deep fried aromatic sweetness

Asabe'e Zainab (means Fingers of Zainab) is a middle eastern dessert made by sweet dough, and then fried in hot oil, and dipped in cold sugar syrup.

Ingredients

For the Pastry

30 Rectangle Sheets of Filo or Samosa Pastry

125g Mozzarella Cheese

125g Ricotta Cheese

1litre of Vegetable Oil for Frying

Water (for sealing)

For the Sugar Syrop

2 Cups of Caster Sugar

1 Cup of Water

Good Pinch of Saffron Strands

Half of a Fresh Lemon (Optional)

3 Cardamom Pods

Directions

Begin by making the sugar syrup so that it can be cold by the time it comes to frying the pastry.

In a saucepan combine all the ingredients and place it on a high heat.

Keep stirring until the syrup starts boiling and then reduce the temperature to a medium to low heat for a further 10 minutes and until all the sugar has dissolved and the syrup has become slightly golden and thicker. The ideal temperature is 110°C. Remove from the heat and allow to cool to room temperature.

Shred the mozzarella into tiny pieces and then combine with the ricotta. Mix it altogether and place to the side.

Separate all the pastry sheets and cut them into rectangles wrapped in a damp cloth, to ensure they don't dry out.

To roll the fingers, take one sheet of pastry and place roughly a teaspoon of the cheese mixture at the bottom, leaving a slight edge to grab the pastry.

Place the cheese in the centre, to avoid leakage during cooking.

To begin the roll, first turn both corners into the middle to form a triangle, covering the cheese. At this point carefully take the bottom corner of the triangle and fold it over tightly, to begin the roll.

Continue to roll all the way to the top, then leave a slight edge and dip a finger into the water and rub it across the end part of the pastry to seal it. This will help ensure the fingers don't unravel when frying.

Repeat for the rest of the mixture



Zalabya Balls

Sweet fritters

A Palestinian dessert from Nablus based on an age-old Arabic recipe.

Ingredients

3 cups (360g/ 12 3/4oz) all purpose flour

1 tablespoon (7g/ 1/4oz/) corn-starch

1 tablespoon (13g/ 1/2oz) granulated sugar

2 teaspoons (7g) instant yeast

Pinch of salt

1 packet vanilla sugar powder or **1/4**

teaspoon vanilla extract (could be substituted with **1/4 ground** cardamom or **1/2 teaspoon** ground cinnamon)

2 cups (454g/ 1lb) room temperature full fat plain yogurt for the crunchiest outsides (or **2 1/2 cups** for a medium crunchy outside & squishier centre)

Oil, for frying

Coating Variations:

Classic Dipping Simple Syrup, ingredients below

Warmed Nutella

Powdered Sugar with optional cinnamon

For the Classic Dipping Simple Syrup:

(cool to room temperature before dipping)

2 cups (14oz/ 400g) granulated sugar

1 cup (237ml) water

Squeeze of fresh lemon juice, about **1** teaspoon

Rose and orange blossom water, to taste (if desired)

Directions

In the bowl of a stand mixer fitted with the paddle attachment (or large bowl and a wooden spoon) whisk together the flour, cornstarch, sugar, yeast, vanilla powder (or preferred spice) and pinch of salt to combine.

Add the yogurt and beat on medium speed until well blended and a wet sticky dough comes together. The consistency should be between a very thick cake batter and a loose, sticky dough.

Cover with plastic wrap and let rest in a warm place for 1 hour (or in the fridge overnight) until doubled in size.

In a frying pan, pour enough oil to fill 2 inches/ 5 cm high and heat over medium-high until very hot (350°F to 375°C/ 175°C to 190°C). Keep your coating of choice nearby.

If using the piping bag method: Transfer the dough to a piping bag. Using scissors, snip the end off to make an opening that is about 1 1/2 cm wide. Lower the piping bag near the oil. Using one hand, squeeze the top of the piping bag to release about 1 1/2 cm of dough from the tip, then using the other hand, press on the tip with oiled fingers to cut off the dough into the hot oil.

If using the mini ice cream scoop method: Dip a tablespoon size ice cream scoop in cool oil. Keep a small bowl of oil nearby for continuous dipping; this will make for easy release.

Fill the scoop with a leveled amount of dough, then use the release mechanism of the scoop to release dough balls into the oil. Dip the scoop into the cooled oil as needed to avoid sticking.

Fry the dough balls, stirring and flipping continuously and applying pressure over their tops to sink with a slotted spoon, until they are evenly golden in color.

Use the slotted spoon to take the zalabya out of the oil, allow excess oil to drip back in the pan.

TO COAT IN THE CLASSIC DIPPING SIMPLE SYRUP: (RECIPE BELOW)

Immediately drop the piping hot zalabya into the cooled syrup bowl. Toss and turn them to coat, then transfer to a large sieve to drain off excess syrup. Arrange on platter and garnish with chopped pistachios if desired. Serve warm or at room temperature; they are best eaten within the first couple of hours of frying.



Fruit salad

Seasonal Celebration

Some dishes should be included in the mix to balance the other flavours on the table, to cleanse the palette and celebrate the seasonal bounty of fresh fruits

Ingredients

1 plum (any type)
1 pear
1 peach
½ a mango
3-4 strawberries
¼ of blueberry
1/2 of grapes
1 juice of a lime
2-3 tablespoons of nuts (walnut or almonds)
1 teaspoon honey (optional)
1 teaspoon rose water

Directions

Chop all fruits and mix well in a suitable bowl. Pour lime juice, honey, rose water. Keep refrigerated until service to the table as soon as possible after preparation. Sprinkle nuts on arrival at table.



