



Interpal



# RECIPE BOOK

# WELCOME

We all crave a good and hearty authentic dish to warm the heart and home up. What better way than to round up some of our favourite Palestinian recipes for you to try out in your very own kitchen.

We hope you enjoy our selection of Palestinian recipes.

Sahtain!

Some of the ingredients mentioned, can be ordered from

YAFFA

ZAYTOUN

(CLICK)

or picked up from one of our **twelve branches** across the UK. Show your support for fair trade Palestinian goods.

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# PALESTINIAN FLAT BREAD

Fresh bread is always amazing, and this flatbread is easy to make and can be used in a number of other recipes!

## Ingredients

- 300g of plain flour
- 1 tsp caster sugar
- 1 tsp salt
- 150ml water
- 1 egg white
- 30g of melted butter
- 2 egg whites, beaten
- 2 tps of sesame seeds (optional)

## Instructions

1. Preheat the oven to gas mark 6 (200c).
2. In a large bowl, mix together the flour, sugar and salt. Add water, 1 egg white and the melted butter and then mix well into a stiff dough.
3. Knead the dough until smooth.
4. Divide the dough evenly into 10 balls and roll each out on a lightly floured surface until paper thin.
5. Place the rolled out circles on an ungreased baking tray, brush with the remaining egg white and sprinkle with the seeds.
6. Bake in a preheated oven for 10-12 minutes until browned.



# MUSAKHAN ROLLS

Musakhan is a traditional loaded 'Palestinian pizza'. These mini musakhan rolls are a guaranteed fun addition to any dinner party. You can use soft Palestinian flat breads, naan bread or tortillas to make the rolls.

## Ingredients

- 1kg chicken breast
- 4 large onions
- 5 tablespoons of Palestinian sumac
- Thin bread (as required)
- Palestinian olive oil (for frying and a little to brush the rolls)
- 2 tablespoons of pine nuts
- Salt and pepper (to taste)
- Cardamom pods (one to two)

## Instructions

1. Boil the chicken breast with pepper, salt and the cardamom until well cooked.
2. Tear the cooked chicken into thin strips and mix with a tablespoon of sumac and a pinch of pepper.
3. Add the olive oil to a large saucepan, then add the sliced onions and cook on a medium heat until soft (approx. 8 minutes). Add a pinch of salt and pepper, 2-3 tablespoons of sumac and stir together well.
4. In a smaller pan, brown the pine nuts in olive oil.
5. Add the cooked chicken to the saucepan with the onions, a little more olive and the roasted pine nuts and mix gently together.
6. Cut the bread into 4 pieces, add the chicken mix and wrap into tight rolls. You can use a cocktail stick to hold them in place.
7. Brush with a little olive oil and bake in the oven on gas mark 6 (200c) for 15 minutes until the rolls are brown. You can also pan fry the rolls if you wish.



# NUS WA NUS MANAEESH

Manaeesh is delicious fresh out of the oven and it is a popular and delicious starter.

You can be brave and make the bread yourself - there are lots of recipes online, or you can do what we do and cheat by buying some soft naan bread and using that as the base!

## Ingredients

- 2 naan/flat breads
- 225g of white cheese (grated mozzarella is best)
- Approx. 150g zaatar
- 2 tablespoons of sumac
- Palestinian olive oil
- Black seeds (optional)
- Sesame seeds (optional)

## Instructions

1. Mix the zaatar and sumac with an equal amount of olive oil so it makes a medium consistency paste. You can add some sesame seeds or blackseeds too.
2. Cover half of the naan bread with the zaatar paste and the other half with the white cheese.
3. Bake in the oven on a medium gas mark for approx. 8 minutes or until the cheese is melted and the sides of the bread are nicely golden.



# ZESTY PALESTINIAN SALAD

It is always nice to have a refreshing salad with your meal - and this salad is a great way to increase your intake of fresh produce. You can use as much or as little of the below ingredients as you need, depending on what you like and how many people you are serving.

## Ingredients

- Large tomatoes, chopped into medium chunks
- Onion, finely chopped
- Cucumber, diced
- Parsley, roughly chopped
- Pomegranate (approx. 1)
- Large, crispy lettuce leaves

## Instructions

1. Mix all the chopped vegetables and pomegranate into a bowl.
2. Mix the olive oil, lemon juice and sumac together and then add to the raw ingredients.
3. Spoon the salad into the lettuce leaves, and use them as the serving dish, or you can also chop up the lettuce leaves in the main salad.



# FALAFEL BURGERS

You can't have a Palestinian themed meal without falafel, and this recipe is a simple way to make delicious, fresh falafel at home. You can also try a more ambitious traditional falafel recipe, and there are plenty of great ones online!

You can stuff them in pitta bread, burger buns and serve with a zesty salad!

## Ingredients

- 400g of canned chickpeas (rinsed and drained)
- 1 garlic clove (finely chopped)
- A handful of chopped parsley
- 1 teaspoon of cumin
- 1 teaspoon of ground coriander
- ½ teaspoon of chilli powder
- 2 tablespoons of plain flour
- 2 tablespoons of sunflower oil
- 1 small roughly chopped onion

## Instructions

1. Rinse and dry the chickpeas with kitchen paper and then add the onion, garlic, parsley, spices and flour (plus salt to taste). Blend these together using a food processor until they reach a smooth malleable consistency.
2. Form the mixture into burgers with your hands, 4 or 6, depending on how big you want them.
3. Heat the oil in a pan, add the falafel burgers and fry on each side until golden brown.
4. Serve in pitta or burger buns with salad, Palestinian pickles and hummous.





# CHOCOLATE COVERED DATES

Medjoul dates are sweet and luxurious, and you can give yourself a well deserved treat by covering them in chocolate!

## Ingredients

- 20-25 medium or jumbo Palestinian Medjoul dates
- 150g dark, milk or white chocolate
- Pistachios or almonds (optional)

## Instructions

1. Slice across the dates and remove the pits. You can add an almond or pistachio in its place, and then seal up the cut by pressing both sides of the date together.
2. Melt the chocolate by breaking it up and putting it in a glass bowl, over boiling water. Stir frequently.
3. Line a baking tray with greaseproof paper, and then dip each date into the melted chocolate and place it on the tray to dry.
4. Once the chocolate has dried, you can place the dates in the refrigerator to chill for about 30 minutes before serving.



# DATE CAKE

Cake is great and Medjoul dates are great - so why not add them together? This is a simple recipe for a sweet treat and you can eat it with ice cream or whipped cream too!

## Ingredients

- 180g dates, stones removed and chopped
- 200g dark brown soft sugar
- 55g butter or margarine
- 250ml boiling water
- 220g self-raising flour
- 1 teaspoon bicarbonate of soda
- 2 teaspoons vanilla extract

## Instructions

1. Preheat the oven to 200c (gas mark 6). Grease and flour a 23x13cm loaf tin.
2. In a large bowl, combine dates, brown sugar, margarine and boiling water. Let it stand for 15 minutes. Stir in flour, bicarbonate of soda and vanilla. Pour batter into prepared tin.
3. Bake in the preheated oven for 45 minutes. Allow to cool.



# TEA WITH MERAMIYEH

For all the tea lovers out there, this refreshing and soothing sage tea will be a great way to get your tea fix after a delicious meal.

## Ingredients

- 240ml water
- Tea bag
- 1 tablespoon of dried Palestinian meramiyeh
- Lemon wedge
- Honey or sugar to taste

## Instructions

1. Bring your water to the boil and add your tea bag.
2. Remove from the boil and add the meramiyeh to the tea and let it steep for a couple of minutes.
3. Drain the tea and add the lemon or honey to taste.



A man asked the Messenger of Allah ﷺ "Which act in Islam is the best?" He ﷺ replied, "To feed people, and to greet everyone, whether you know or you do not."

[Al-Bukhari and Muslim]



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