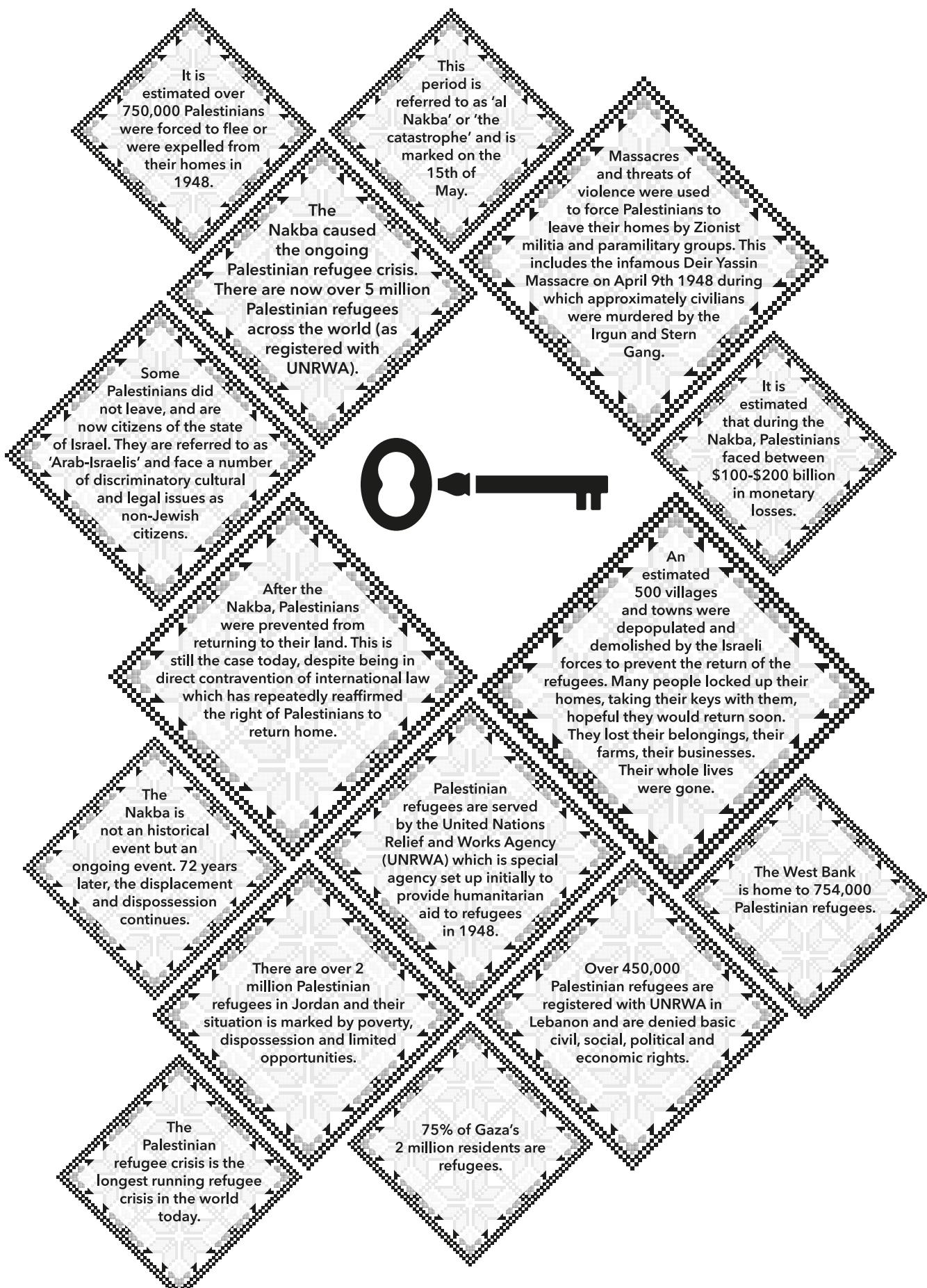


NAKBA 72





IFTAR AT A DISTANCE

FADIA'S PALESTINIAN KUBBEH RECIPE CARD ✓





ABOUT FADIA

Kubbeh is a traditional Palestinian dish that while considered difficult to prepare, is extremely worth the effort. Fadia from Ein El Helweh refugee camp in Lebanon enjoys preparing this for her family, and it's one of her favourite dishes.





INGREDIENTS

- 1kg soft bulgur, washed and soaked
- 700 grams fat-free meat paste (Habra)
- White flour
- 1 big onion
- Spices ✓
 - Salt, black pepper and cumin



FILLING

- 1kg minced lamb
- 4 large onions, very finely minced
- ½ cup roasted pine nuts
- Mixed spices
- Paprika
- Salt and black pepper
- Cinnamon and cumin



METHOD

- 1** In a food processor or meat grinder, mix the dough together.
- 2** Fry the onions with oil until softened.
- 3** Add the meat and spices and leave to cool before the process of filling.
- 4** Take an egg-sized piece of dough and knead by hand while dipping it in oil until sticky.
- 5** Create a slot and work until the dough becomes thin.
- 6** Add the filling and close up the slot.
- 7** Repeat until the ingredients are finished.
- 8** Place the kibbeh in a refrigerator for half an hour, and then fry.





IFTAR AT A DISTANCE



IMAN'S PALESTINIAN AL-MOHAMMARA RECIPE CARD ✓



ABOUT IMAN

Iman is a Palestinian refugee living in Lebanon. One of her favourite meals is Al-Mohammara, a traditional Palestinian dish which is also a favourite among her children.





INGREDIENTS

- 1/2 Kg of chopped onions
- Chicken breast
- 5 pieces of circular chopped potatoes
- 1 cup of oil
- 2 tbsp ground red pepper
- 1 tsp salt
- 1 tsp ground cumin





METHOD

- 1** Start by boiling the chicken breast in water.
- 2** In a pan, add chopped onions and ground red pepper to oil and stir.
- 3** Add fried potatoes over the onions followed by the chicken and chicken broth.
- 4** Cook for a few minutes.
- 5** Add the spices to make a delicious taste





IFTAR AT A DISTANCE



MARIAM'S PALESTINIAN BISARAH RECIPE CARD



◀ ABOUT MARIAM

Mariam is a Palestinian from Syria, living in Bedawwi refugee camp in Lebanon. She enjoys preparing Bisarah for her neice and her neighbours. She told us:

“I cook this dish using my mother’s recipe, who suffered a great deal after the Nakba. She had to feed our big family nutritious and cheap food, when buying meat was very difficult for a family in exile. Time passed; I grew up, got married and cooked bisarah for my children as my mother did.”

Bisarah is a traditional, delicious Palestinian cuisine that is fast and easy to make. It consists of crushed fava beans and mulukhiyah (mallow) making it a healthy, nutritious treat for the whole family.





INGREDIENTS

- 2 cups ground fava beans soaked for 12 hours and drained
- 1 cup dried mallow
- 1 tbsp salt
- 2 cups water



FOR FRYING:

- $\frac{1}{2}$ bunch of fresh chopped coriander
- 5 cloves of garlic, pressed
- 2 tbsp olive oil



METHOD

- 1 In a saucepan, bring the crushed fava beans to boil and cook well.
- 2 Mash the fava beans while still on the hob.
- 3 Add the dry mallow and stir, bringing to a boil.
- 4 Then, I mix salt with half a cup of water and add to the pot gradually while stirring.
- 5 Fry the garlic with oil, and stir in green coriander.
- 6 Pour the fried mixture into the saucepan, stir and bring to a boil for five minutes





IFTAR AT A DISTANCE



OLA'S PALESTINIAN MAQLUBA RECIPE CARD ✓



ABOUT OLA

Ola Haj lives in Gaza City with her husband and daughter. She recently showed us how to make one of her favourite Palestinian dishes; Maqluba. Literally meaning “upside down”, Maqluba consists of fried vegetables, spiced rice and any kind of meat. It is served by carefully flipping it upside down, and is deceptively easy to make!





INGREDIENTS

- Fried vegetables ✓
 - Aubergine, Potatoes, Carrots, Onion, Cauliflower (optional).
- Meat (chicken, lamb or beef)
- Rice, fried garlic and tomatoes
- Spices ✓
 - Turmeric powder, black pepper, cinnamon, cardamom and salt.





METHOD

- 1 Cook the meat in a pan of water and keep the broth.
- 2 Fry the vegetables.
- 3 Once cooked, layer the meat, tomatoes and vegetables in a large pot in your desired pattern.
- 4 Add the spices and the fried garlic with rice on top.
- 5 Pour the meat broth over the top, ensuring it covers the rice.
- 6 When the rice is fully cooked, flip the pot onto a serving plate and carefully remove the pot.





SABAH'S PALESTINIAN KUBBEH RECIPE CARD ✓



ABOUT SABAH

Sabah lives in Rafah City, in the Gaza Strip. She began selling Palestinian cuisine to support her children, but due to the ongoing siege, business has been slow. She told us;

“People here are not in a position to afford cooked food, which has affected my earnings. Most people buy my food and repay me over a long period, which affects my ability to buy raw materials.”

Musakhan is a popular and traditional Palestinian dish. It is usually prepared during the olive oil extraction season, but it stays on the menu all year round, especially during family gatherings and parties.





INGREDIENTS



- Diced Chicken
- Thinly Sliced Onions
- Spices ✓
 - Sumac, Cardamom ,Black Pepper, Salt
- Large Loaves of Arabic Bread (Taboon or Shraak Bread)
- Fresh Olive Oil
- Pine Nuts or Toasted Almonds.





METHOD

- 1** Add the thinly sliced onions to a pot, followed by the olive oil and the spices. Cook over low heat.

- 2** Boil the chicken and soak the bread in olive oil until totally immersed. Place the onions, nuts and chicken on to the bread. Place in the oven at a medium-high temperature until the chicken is slightly golden. Bon appétit!





IFTAR AT A DISTANCE

SANAA'S MUSAKHAN RECIPE CARD FROM GAZA ✓



◀ ABOUT SANAA

Sanaa, from Mia-Mia Palestinian camp, prepares this for her children, and it is one of their favorite dishes.

Musakhan is one of the most popular and traditional Palestinian dishes, a perennial favorite on menus that comes to the fore during celebrations such as the olive harvest season.





INGREDIENTS

- 1 chicken breast
- 4 large onions
- 5 tbsp. sumac
- Pine nuts (Optional)
- 2 Taboun bread or Markuk bread
- Salt & pepper
- 1 cup Olive Oil
- Black pepper, nutmeg, allspice



✓ METHOD

CHICKEN MARINATING

- 1 Wash the chicken with salt, lemon juice and vinegar.
- 2 Set aside for 10 minutes then rinse with water.
- 3 In a deep pot, add a little vegetable oil, add the whole spices and fry over medium heat for just few seconds.
- 4 add the chicken pieces, stir and leave for few minutes.
- 5 Add 3 cups of boiling water and leave to cook over a low heat for 30 minutes.

METHOD ✓

ASSEMBLING THE MUSAKHAN

- 1** Meanwhile, in a large, deep pot, heat some olive oil, add the onions with a little salt and cook for about 35 minutes, stirring occasionally.
- 2** Add the sumac.
- 3** Take out the chicken and flake into small pieces.
- 4** Add to the onion mixture, and cook for 2 minutes to mix.
- 5** Season with more salt and sumac to taste.
- 6** Then cut the bread into triangles or squares.
- 7** Add some of the chicken mixture evenly in the center of each piece of bread.
- 8** Roll bread and make sure to tuck in the edges so the filling doesn't fall out.



METHOD

BAKING

- 1** Preheat the oven to 180°C (355°F) for 10-15 minutes.
- 2** Place the rolled bread in a baking dish then brush with some olive oil over the top of each roll.
- 3** Broil until golden brown on both sides and the edges are crispy.
- 4** Serve hot with yoghurt and minced cucumber.





interpal.org/together



Ramadan 2020

Ramadan Activity Pack

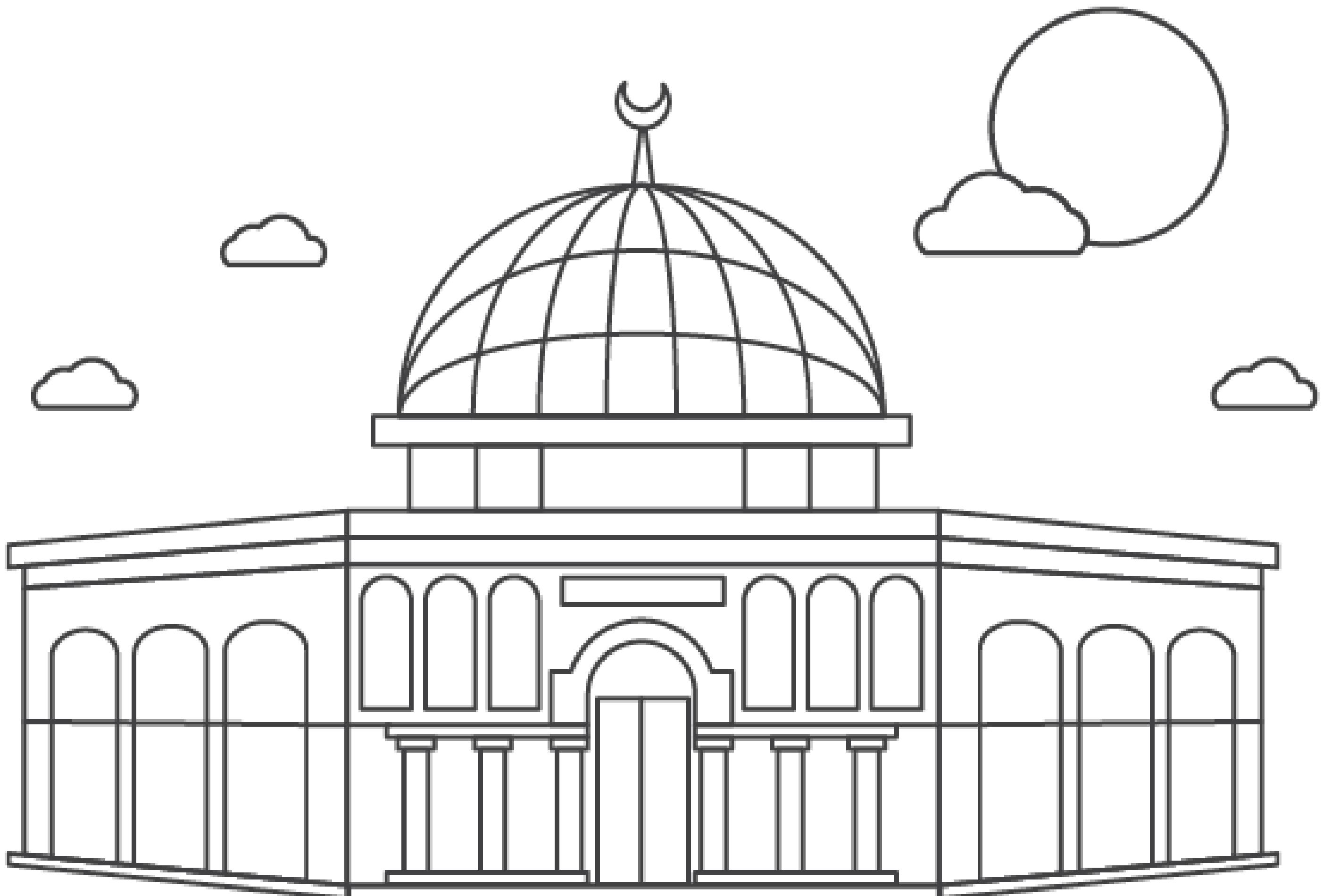
Ramadan 2020
**TOGETHER IN FAITH
TOGETHER IN CRISIS**



It's Colouring Time!

DOME OF THE ROCK

IN JERUSALEM'S OLD CITY LIES THE DOME OF THE ROCK, WHERE THE PROPHET MOHAMMED (PBUH) ASCENDED TO HEAVEN DURING THE ISRAA AND MIRAJ (THE NIGHT JOURNEY).

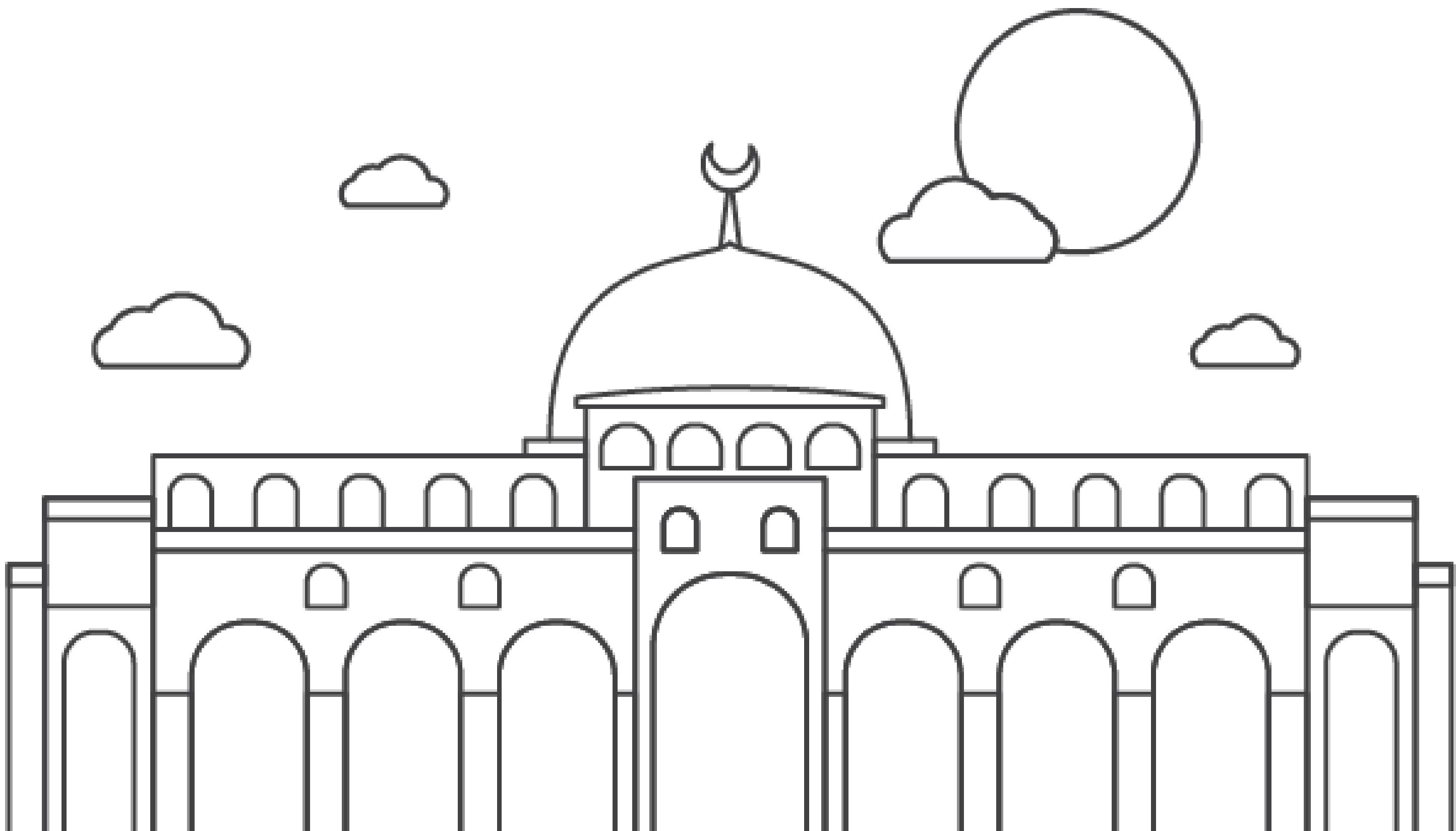


THE DOME WAS BUILT IN THE 7TH CENTURY BY THE 5TH UMMAYAD CALIPH AROUND THE ROCK FROM WHICH THE PROPHET (PBUH) ASCENDED TO HEAVEN.

It's Colouring Time!

AL AQSA MOSQUE

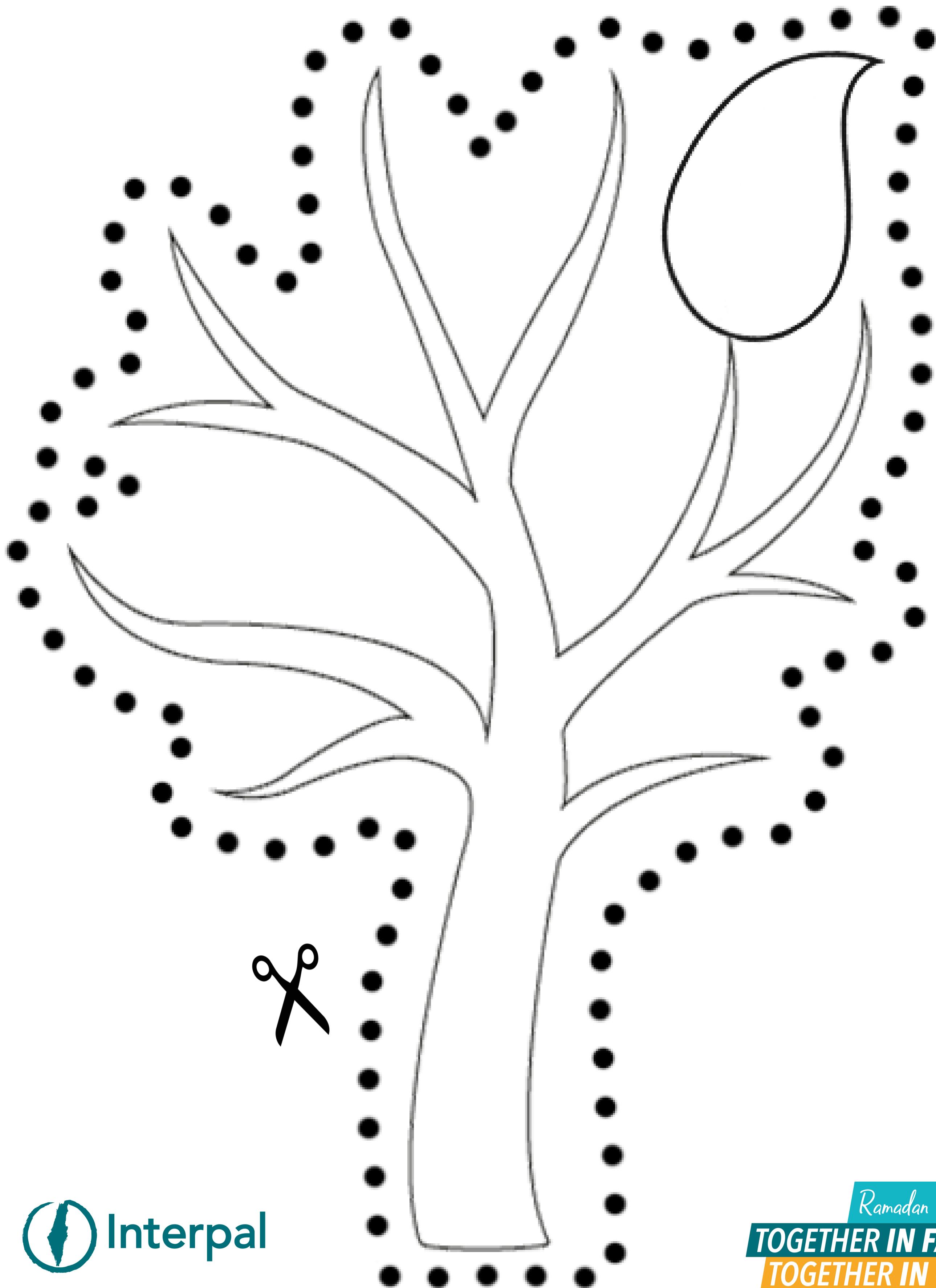
INSIDE THE OLD CITY OF JERUSALEM LIES AL-HARAM AL-SHARIF, OR THE NOBLE SANCTUARY. THIS 35-ACRE COMPOUND COMPRISES ISLAM'S THIRD HOLIEST SITE, AFTER MECCA AND MEDINA IN SAUDI ARABIA, KNOWN AS AL-AQSA MOSQUE.



Ramadan Good Deed Tree

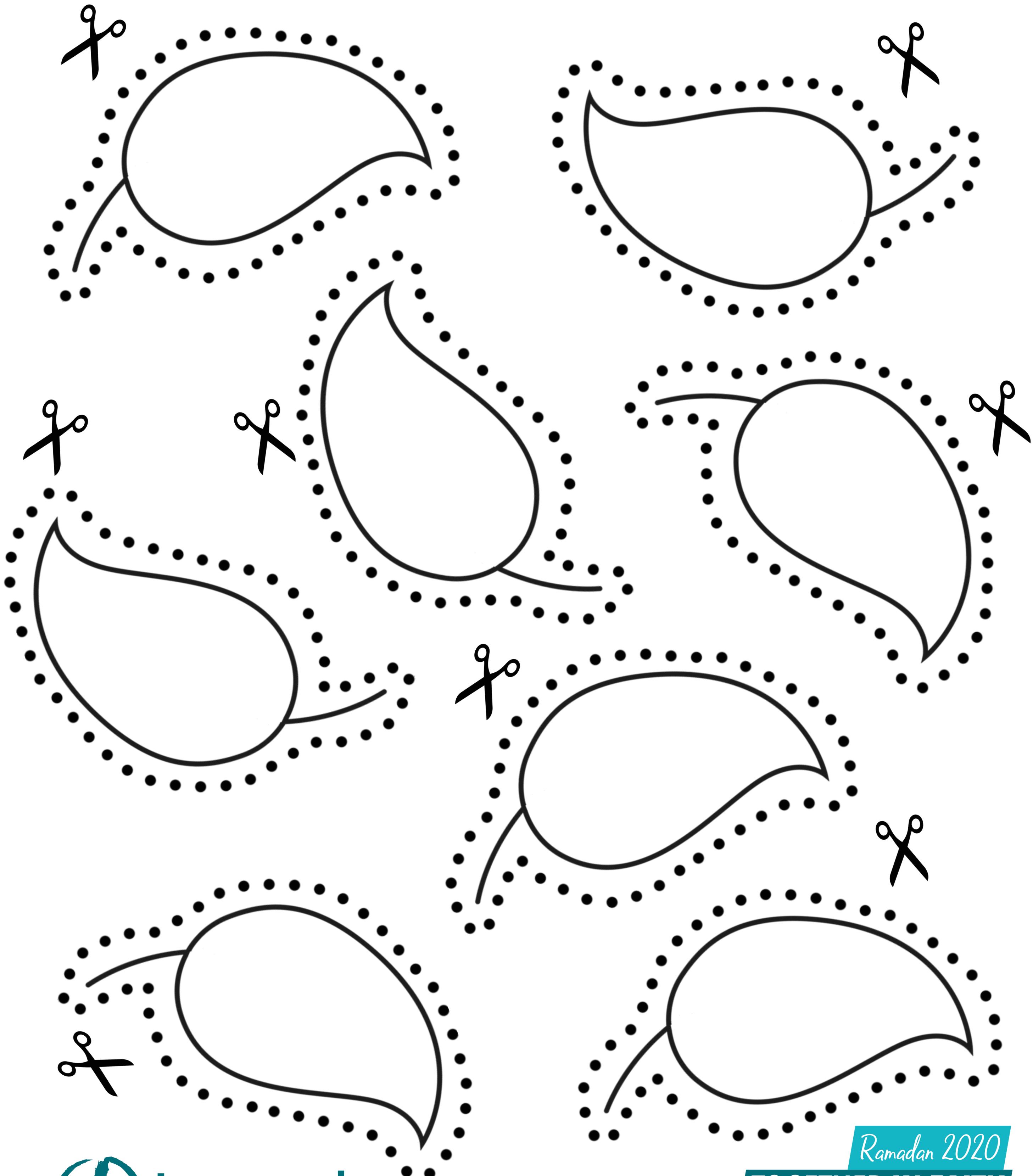
RAMADAN IS A TIME TO GAIN GREAT REWARDS FROM
ALLAH (SWT) BY CARRYING OUT GOOD DEEDS!

TO MAKE A GOOD DEED TREE, COLOUR IN & CUT OUT THE PALESTINIAN OLIVE TREE
BELOW.



Ramadan Good Deed Tree

CUT OUT THE LEAVES BELOW. EVERY TIME YOU DO A GOOD DEED, WRITE IT DOWN ON A LEAF AND ATTACH IT TO YOUR GOOD DEED TREE WITH BLU TACK OR SELLOTAPE. DON'T FORGET TO ASK YOUR FAMILY TO JOIN IN!



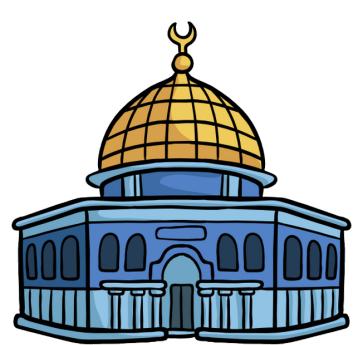
Make A Paper Lantern For Eid

**FOLLOW THE
INSTRUCTIONS
BELOW TO MAKE
A BEAUTIFUL
PAPER LANTERN
FOR EID!**

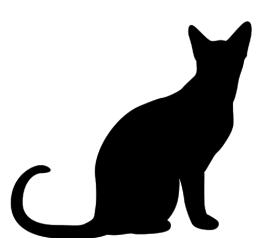
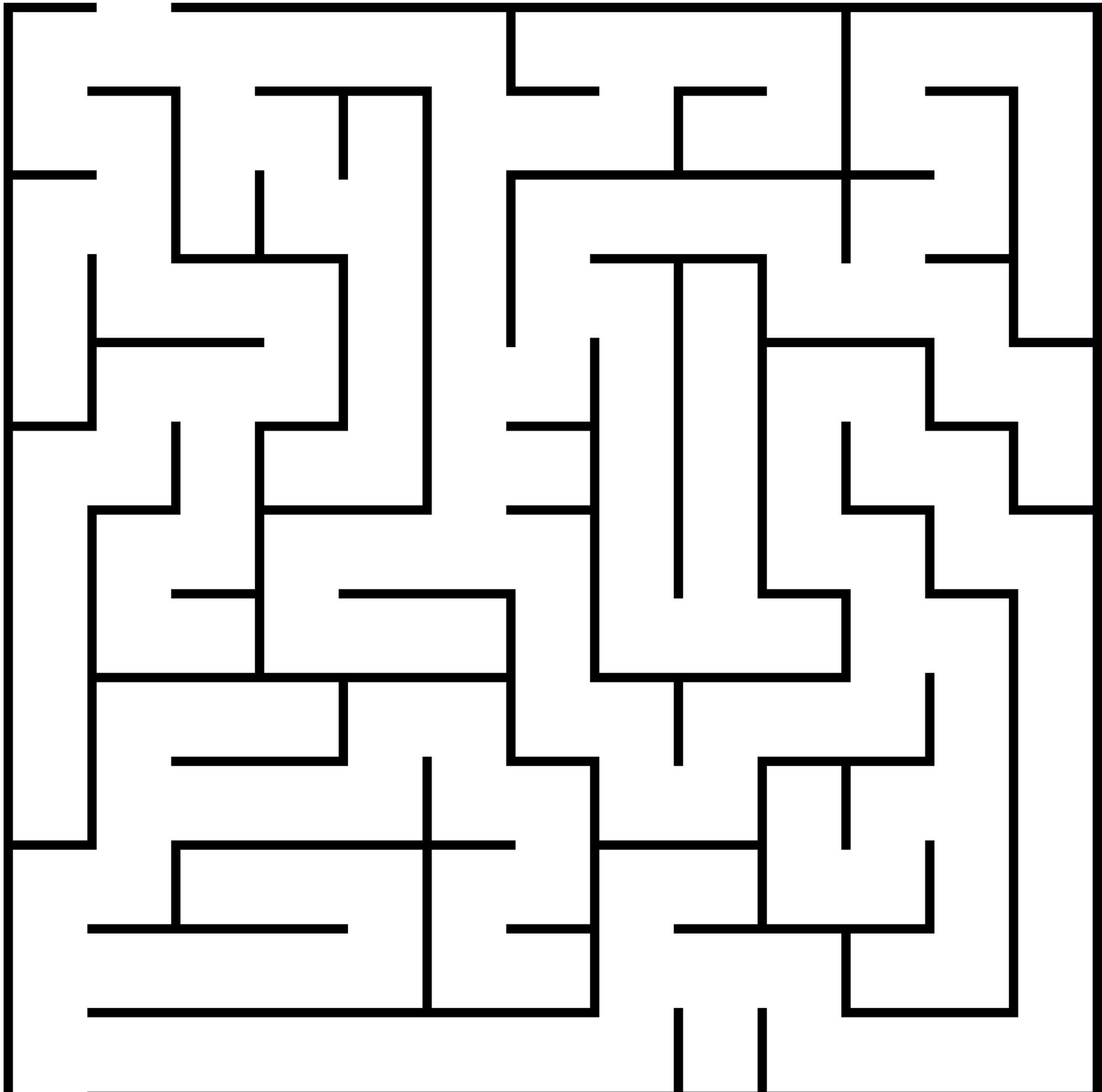


1. TAKE A PIECE OF A4 PAPER AND DECORATE WITH CRAYONS, PAINT OR FELT TIPS PENS. FOLD IN HALF LENGTHWISE.
2. CUT SLITS ALONG THE FOLDED EDGE, BUT NOT ALL THE WAY TO THE END.
3. UNFOLD THE PIECE OF PAPER, HOLD THE TWO ENDS TOGETHER TO MAKE A ROUND TUBE SHAPE. STICK TOGETHER WITH SELLOTAPE.
4. CUT OFF ANOTHER PIECE OF PAPER TO MAKE A HANDLE. ATTACH IT WITH GLUE TO THE INSIDE OF THE TOP OF YOUR LANTERN.
5. ENJOY YOUR EID LANTERN!

**HELP SHADOW
THE CAT GET TO
THE DOME OF
THE ROCK**



Maze



Cupcakes For Palestine

HOW TO MAKE YOUR CUPCAKES INGREDIENTS

FOR THE CUPCAKES

- 110G/4OZ BUTTER OR MARGARINE, SOFTENED AT ROOM TEMPERATURE
- 110G/4OZ CASTER SUGAR
- 2 FREE-RANGE EGGS, LIGHTLY BEATEN
- 1 TSP VANILLA EXTRACT
- 110G/4OZ SELF-RAISING FLOUR
- 1-2 TBSP MILK



FOR THE BUTTERCREAM ICING

- 140G/5OZ BUTTER, SOFTENED
- 280G/10OZ ICING SUGAR
- 1-2 TBSP MILK
- A FEW DROPS FOODCOLOURING

SOURCE: BBC FOOD

Cupcakes For Palestine

METHOD

- 1. PREHEAT THE OVEN TO 180C/350F/GAS 4 AND LINE A 12-HOLE MUFFIN TIN WITH PAPER CASES.**
- 2. CREAM THE BUTTER AND SUGAR TOGETHER IN A BOWL UNTIL PALE. BEAT IN THE EGGS A LITTLE AT A TIME AND STIR IN THE VANILLA EXTRACT.**
- 3. FOLD IN THE FLOUR USING A LARGE METAL SPOON, ADDING A LITTLE MILK UNTIL THE MIXTURE IS OF A DROPPING CONSISTENCY. SPOON THE MIXTURE INTO THE PAPER CASES UNTIL THEY ARE HALF FULL.**
- 4. BAKE IN THE OVEN FOR 10–15 MINUTES, OR UNTIL GOLDEN-BROWN ON TOP AND A SKEWER INSERTED INTO ONE OF THE CAKES COMES OUT CLEAN. SET ASIDE TO COOL FOR 10 MINUTES, THEN REMOVE FROM THE TIN AND COOL ON A WIRE RACK.**

Cupcakes For Palestine

METHOD (CONTINUED)

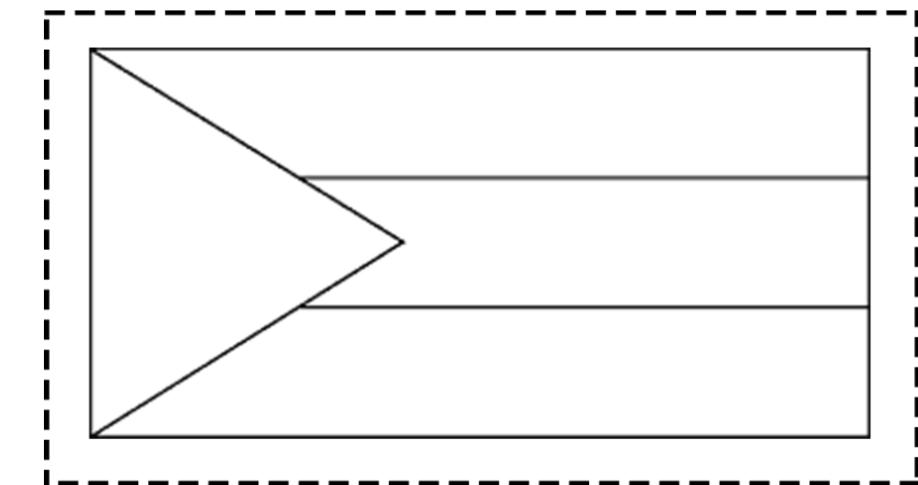
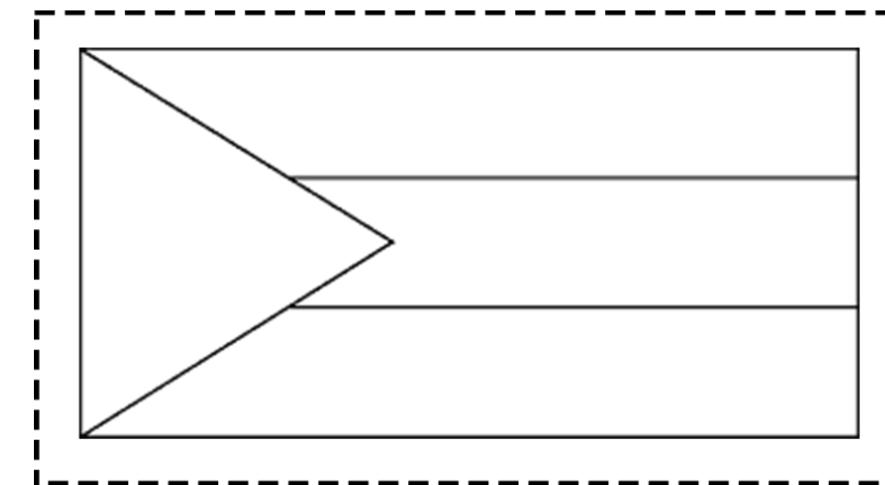
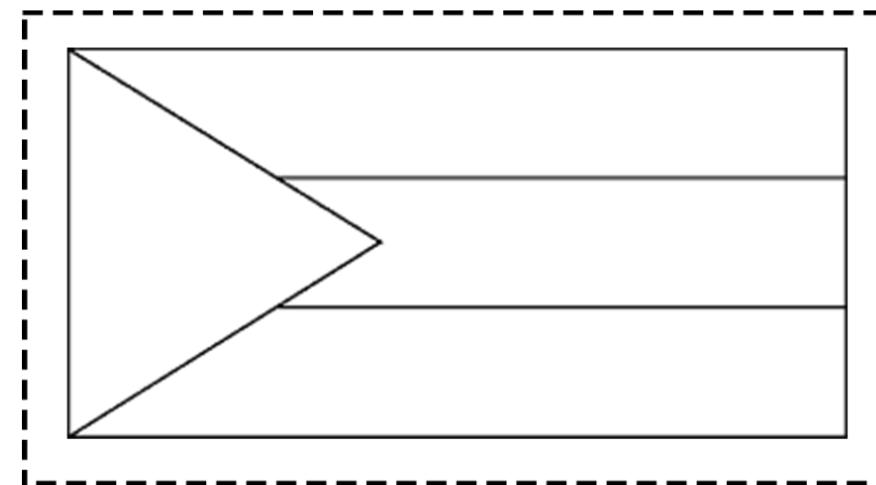
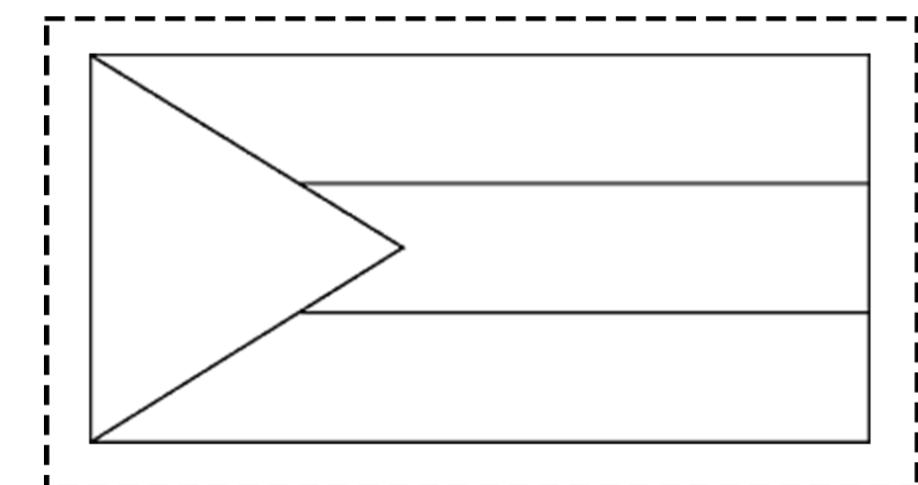
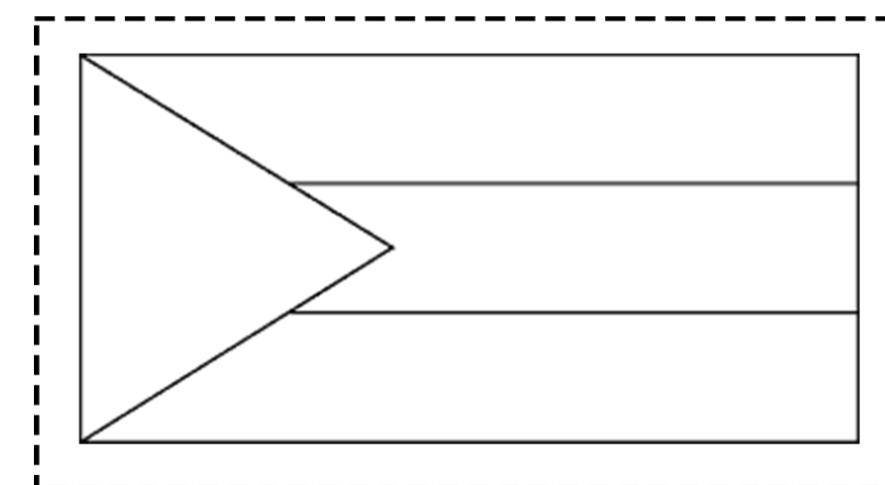
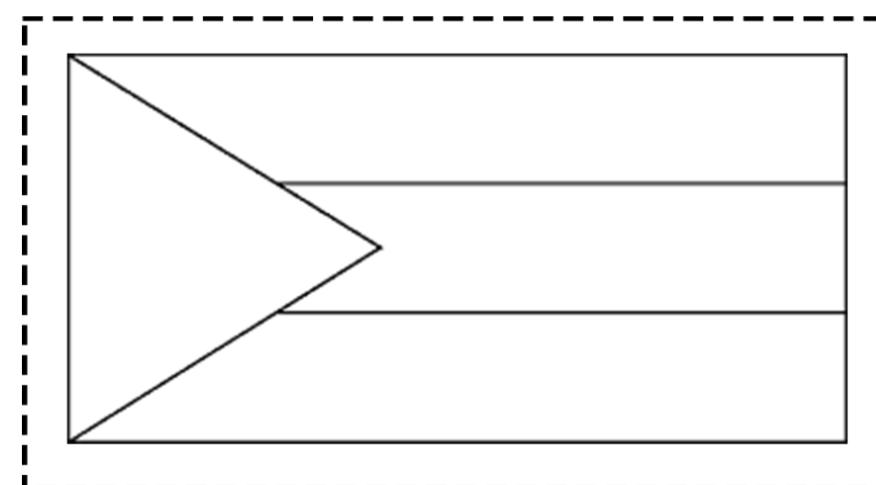
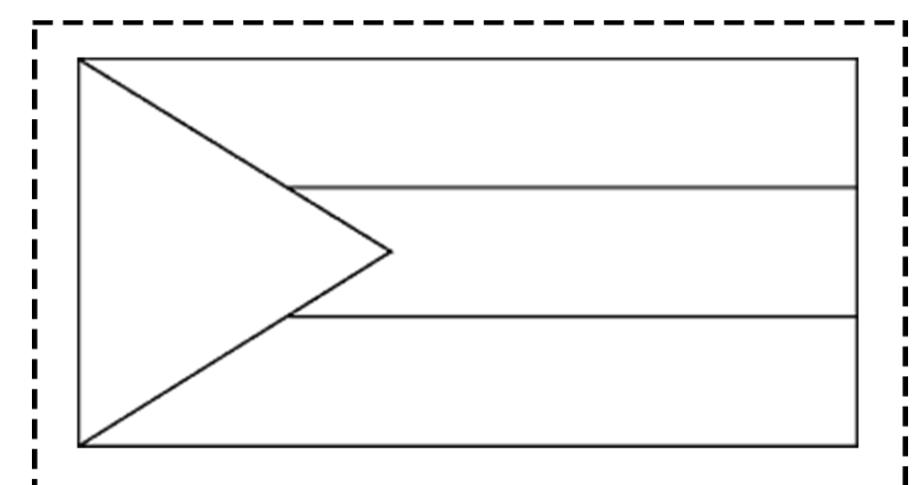
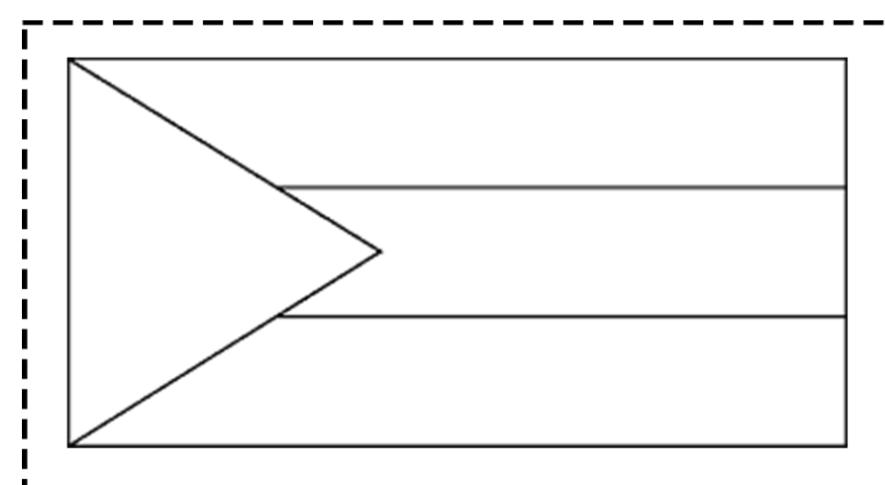
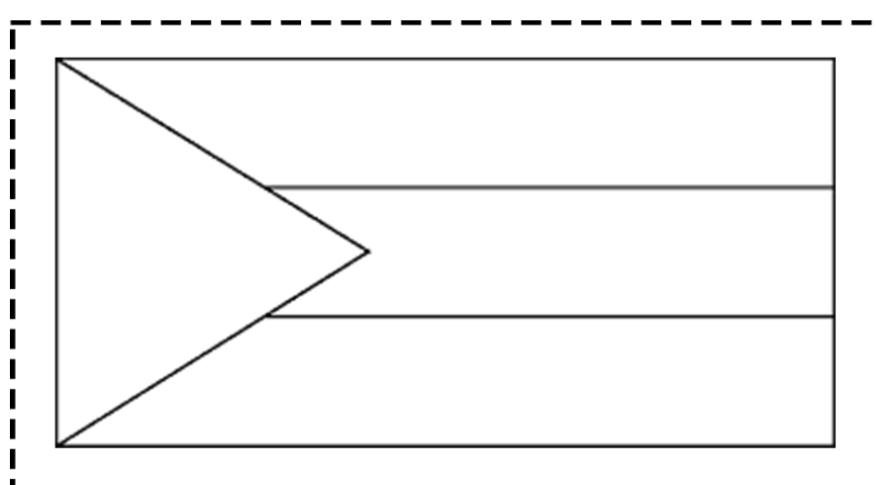
- 5. FOR THE BUTTERCREAM ICING, BEAT THE BUTTER IN A LARGE BOWL UNTIL SOFT. ADD HALF THE ICING SUGAR AND BEAT UNTIL SMOOTH.**
- 6. THEN ADD THE REMAINING ICING SUGAR WITH ONE TABLESPOON OF THE MILK, ADDING MORE MILK IF NECESSARY, UNTIL THE MIXTURE IS SMOOTH AND CREAMY.**
- 7. ADD THE FOOD COLOURING AND MIX UNTIL WELL COMBINED.**
- 8. SPOON THE ICING INTO A PIPING BAG WITH A STAR NOZZLE AND PIPE THE ICING USING A SPIRALLING MOTION ONTO THE CUP CAKES IN A LARGE SWIRL.**

Cupcakes For Palestine

**COLOUR IN & CUT OUT THE 9 PALESTINIAN FLAGS
BELOW AND SELLOTAPE EACH ONE TO A COCKTAIL
STICK- PLACE THEM ON TOP OF YOUR CUPCAKES
ONCE THEY'VE COOLED DOWN AND ENJOY YOUR
IFTAR TREAT!**



= EXAMPLE



Word Search

CAN YOU FIND THE WORDS BELOW? THEY CAN RUN FROM SIDE TO SIDE, UP AND DOWN OR DIAGONALLY.



E	M	D	U	K	N	A	B	T	S	E	W	X	J	E
X	W	V	U	X	G	E	X	J	O	V	R	N	O	S
L	G	G	U	J	M	M	N	Y	V	G	E	V	B	G
D	Q	L	X	L	I	Y	T	I	K	S	Z	D	S	G
C	A	M	P	F	Q	G	K	R	T	W	X	Y	T	A
S	L	N	R	U	R	A	Z	A	G	S	M	J	O	F
C	Z	D	X	H	N	D	L	S	Y	X	E	L	E	J
S	N	F	A	M	O	A	G	Q	P	E	I	L	E	B
D	J	A	U	U	Q	L	T	L	G	V	Y	R	A	H
V	X	S	H	S	U	C	Y	U	E	F	U	Q	G	P
R	V	R	A	G	A	H	F	L	L	S	D	K	U	E
G	G	A	D	M	F	E	E	C	A	U	K	I	B	A
S	C	O	B	M	R	T	H	L	S	N	T	B	T	Q
D	Z	V	O	V	U	R	E	O	E	W	D	E	G	J
A	A	Z	B	B	F	M	H	E	V	U	Z	W	I	R

ALAQSA
JERUSALEM
OLIVE
HOLYLAND
PALESTINE
GAZA
REFUGEE
CAMP
WESTBANK



Send A Message To Gaza

SEND YOUR RAMADAN
GREETINGS IN THE BOX ON THE
NEXT PAGE

WHY NOT TELL THEM A LITTLE
BIT ABOUT HOW YOU'RE
SPENDING RAMADAN THIS
YEAR?

OUR FIELD STAFF
WOULD LOVE TO
PASS ON YOUR
RAMADAN MESSAGES
TO CHILDREN
ACROSS GAZA.



EMAIL IT
TO US AT...

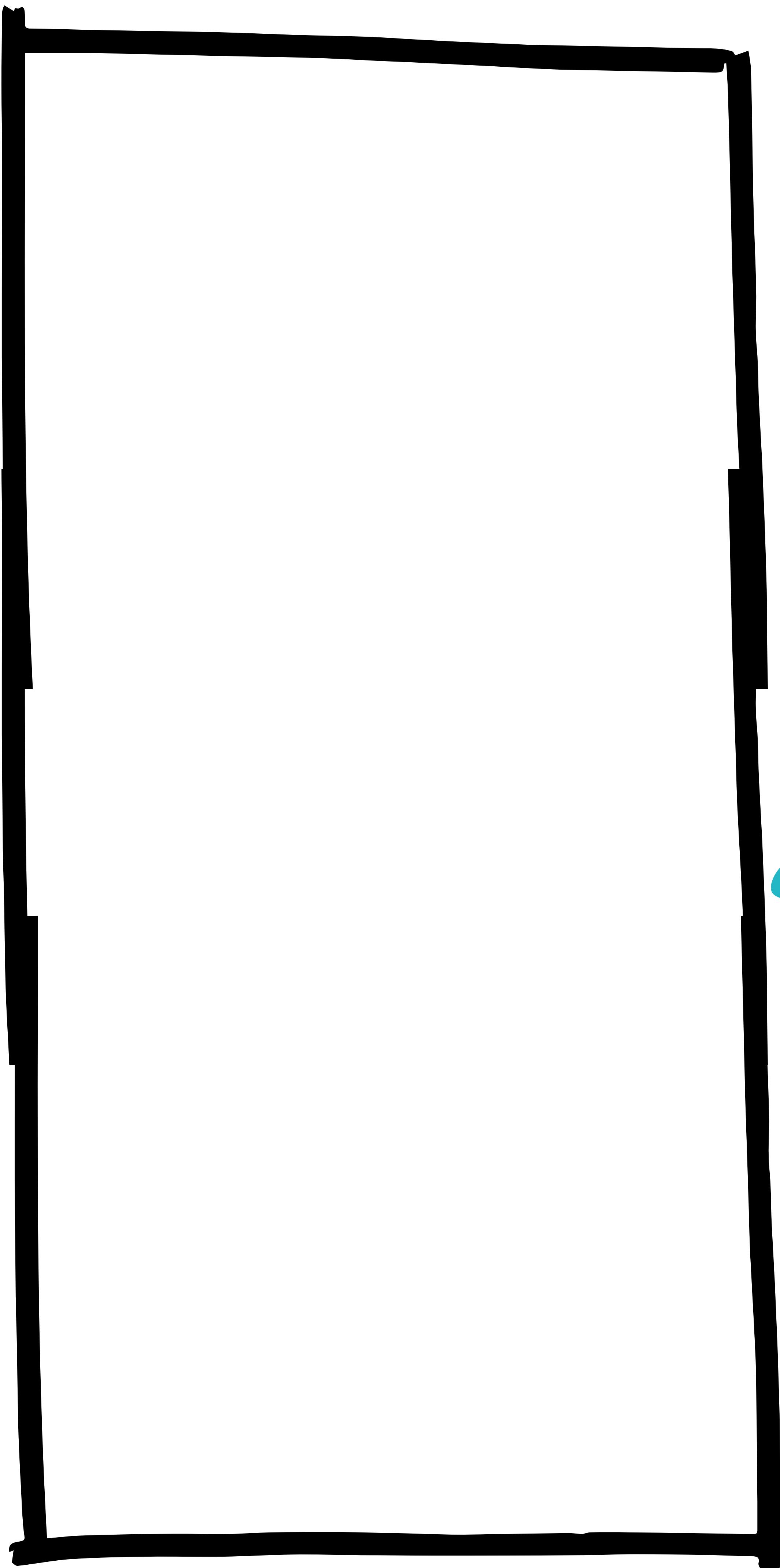
COMMUNICATIONS@INTERPAL.ORG



ASK A GROWN UP
TO TAKE A
PICTURE OF
YOUR MESSAGE
AND WE WILL
THEN PASS IT ON
TO OUR GAZA
TEAM!

Ramadan 2020
**TOGETHER IN FAITH
TOGETHER IN CRISIS**

*Send A
Message To Gaza*



TOGETHER IN FAITH
TOGETHER IN CRISIS
Ramadan 2020

Remembering Allah (SWT)



YOU MIGHT HAVE NOTICED THAT RAMADAN IS A LITTLE BIT DIFFERENT THIS YEAR. YOU WILL BE SPENDING A LOT OF TIME AT HOME, AND MAY BE MISSING YOUR COUSINS, AUNTS, UNCLES AND GRANDPARENTS.

BLESSINGS ALLAH (SWT) HAS GIVEN US:

ALLAH (SWT) IS VERY KIND AND HAS GIVEN US MANY BLESSINGS THIS YEAR. TAKE A LOOK AROUND AND THINK ABOUT THEM. CAN YOU FILL IN THE BUBBLES?

BLESSINGS I AM MOST THANKFUL FOR:

BLESSINGS WE CAN SHARE WITH OTHERS: