



**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.



*Together*  
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





**MARIAM'S  
PALESTINIAN  
BISARAH  
RECIPE CARD**



# ✓ ABOUT MARIAM

Mariam is a Palestinian from Syria, living in Bedawwi refugee camp in Lebanon. She enjoys preparing Bisarrah 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.”

Bisarrah 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:

- ½ 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



*Together*  
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.



*Together*  
IFTAR AT A DISTANCE



**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!





**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.





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