



Flavours

PALESTINE

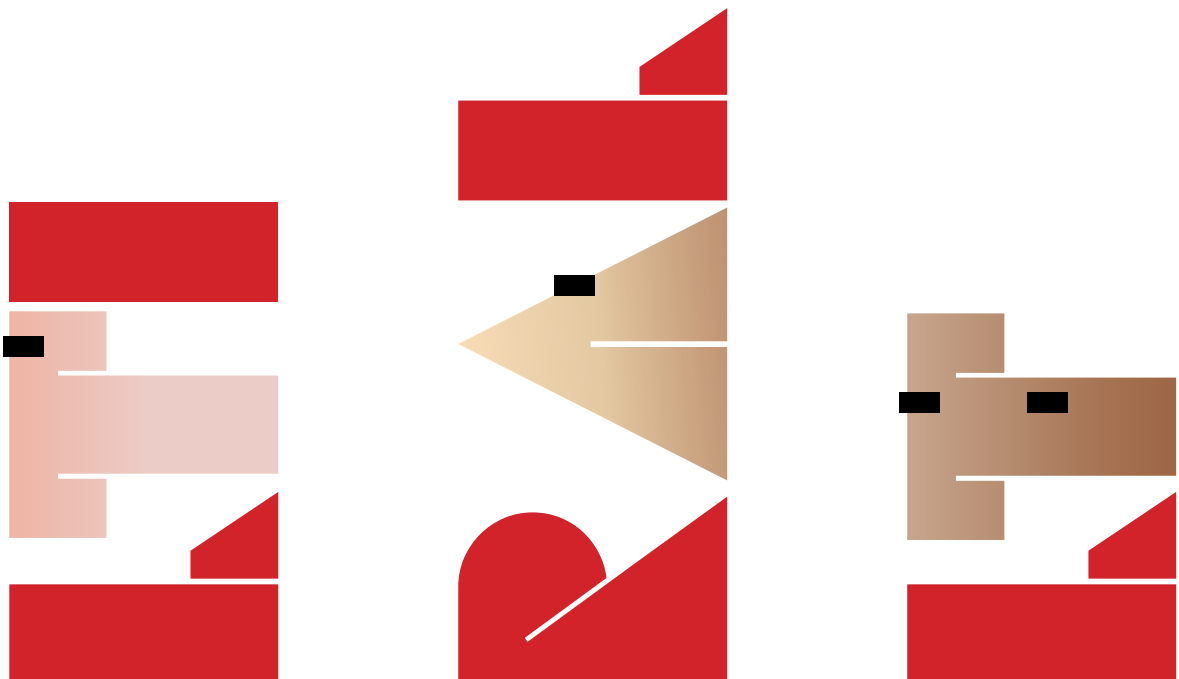
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about me

I work as a Palestinian diplomat and I have a passion for trying new food. As a matter of fact I'm not as good at cooking as in enjoying eating. I appreciate various international cuisines, and besides the Palestinian, I particularly enjoy Georgian, Greek and Brazilian dishes. My mother's way of cooking fascinates and inspires me the most. I wish I could cook as perfect as she does.

intro

Palestinian cuisine is very rich, in my point of view it is a mixture of Middle Eastern and North African cuisines. It is quite diverse and delicious. Most of the dishes include rice and various kinds of herbs. Some people regard the cuisine as heavy and hard to digest, but when I am abroad I miss it the most. In Palestine, we are really famous for doing hummos and Falafel, but for this ebook I chose more complicated recipes. I hope you will find the ingredients and enjoy it.



MAQLOBA



Maqloba is a very traditional Palestinian dish, the translation of the name is „upside down“, which means that the final shape of this meal will resemble a cake, the ingredients that you put first in the pot will appear on the surface. Maqloba unites families almost every Friday, everyone gathers at the family house, no work involved, no obligations – simply waiting for this meal. It is easy to do, and consists of various ingredients that makes it acceptable almost for everyone.

ingredients

- 1 medium onion
- whole chicken, cut into pieces
- 6 cups water
- 2 tbsp ground allspice or specific Maqloba Spices
- 1/2 tsp ground cardamom
- 3 whole cardamom seeds
- 4 whole cloves
- 3 bay laurel aromatic leaves
- 2 i 1/2 cups uncooked basmati rice, rinsed and drained
- 3 tbsp vegetable oil
- 1 large potato, sliced into rounds
- 1 large head cauliflower, cut into small parts
- 2 Large eggplants, sliced into rounds
- 2 medium tomatoes, sliced into rounds

* you can decorate the dish with fried almonds and pines

directions

Place chicken in a large pot with 6 cups water, onion, 2 tablespoons allspice, ground cardamom, cardamom seeds, whole cloves and bay leaves. Bring to a boil, and cook until chicken is tender, about 40 minutes. Remove chicken, strain and reserve broth.

Soak the rice in water while waiting for the chicken to cook. When the chicken is almost done, drain the water off, and stir in 1 1/2 tablespoons of allspice.

Heat the oil in a skillet over medium-high heat. Fry the potatoes, eggplants and cauliflower in the hot oil until browned. They do not need to fully cook.

In a separate pot, layer fried potatoes on the bottom. This is done so that the rice will not stick to the bottom of the pan. Add the cauliflower and tomatoes, and sprinkle a handful of rice over the vegetables. Remove the bones from the chicken and place the chicken in the pot. Cover with the rest of the rice. Pour in the reserved broth until it reaches a level about 1/2 inch above the level of the rice. Cover the pot, and cook over medium-low heat for 1 hour, until rice is tender.

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.

MUSAKHAN



Musakhan is meltingly tender chicken with the lemony flavor of sumac and the sweetness of caramelized onions.

Musakhan is a favorite dish of Palestinians everywhere. It is very tasty and families usually cook it during the big gatherings.

ingredients

- a patch or two of Lavash, Taboon or Pita bread – depending on those who will served
- bone in – skin on chicken cut into quarters – also depends on the number of people
- olive oil use 1/2 c for each bread piece
- onions use one large for each piece
- 1 cup of almonds peeled and roasted
- 1 tbs of cumin powder
- 2 tsp of black pepper
- salt
- bay leaves and cardamoms- about 3 whole ones
- 1 tbs all spices
- 2 tbs sumac (Sumac has a lovely, nearly purple color, and a tart flavor that is reminiscent of vinegar or lemon. It is an essential ingredient in Middle Eastern cooking.)
- 2 tbs olive oil and 1 large finely diced onion “for the chicken”

directions

Heat 2 tbs of oil in a deep pot then add the finely diced onion stir until the pieces are tender then add the chicken pieces turn the pieces for a couple of minutes then add salt, pepper, bay leaves and cardamoms. Cover and let it cook.

In a heavy pan heat the rest of the olive oil and add the rest of the onions, cook until tender then add the cumin, salt, pepper and the all spices, stir to mix well. Then add the roasted almonds – or any nuts you like, turn off the heat and let it cool down. Get a cup of the stock -you’ve just made with the chicken – add it to the oil mixture.

Dip the cooked chicken in the oil mixture, arrange in a baking dish sprinkle some sumac on top and bake in the oven 350F until golden brown and no more liquids in your baking dish.

Dip the bread – one at a time – at the oil mixture put in an oven safe dish top with some onions and almonds from the oil mixture sprinkle some sumac on top then bake until golden brown and crispy.

To finish up, put the bread on top of each other and arrange the chicken pieces around.

Note: it can be served this with green salad and yogurt.

HARESSA



*Haressa is a very easy recipe,
I remember when I was a kid
and my grandmother used to do it.*

*It is sweet and very tempting to
eat more than one piece.*

ingredients

- 1 i 1/2 cup semolina
- 1 i 1/2 cup water
- 1 i 3/4 cup sugar
- 1 cup milk
- 1/2 cup vegetable oil
- 1/2 cup sugar
- 3 tbsp grated and dried coconut
- 2 tbsp rose water
- 1 tbsp baking powder
- 6 almonds, cut into two pieces

syrup

- 1 liter water
- 1 large cup sugar
- 1/2 lemon

directions

Bring a medium-sized pot and put in the semolina, milk, oil, baking powder, coconut and 1/2 cup sugar. Place the mixture in a pot for 30 minutes.

Bring a small pot with water over medium heat with the amount of 1 3/4 cups of sugar in addition to rose water. Stir the ingredients for about 3 to 4 minutes until the mixture boils then take it off the heat and set aside.

Preheat the oven at 180 degrees. In an oiled tray with molten butter, place the semolina mixture. Cut the tray's mixture into squares and put a slice of almond over each piece.

Bake the basbousa tray for about 20 minutes then roast the surface until it becomes gold, which will usually takes 2 to 3 minutes.

Take the tray off the oven and pour the premade syrup. The syrup is made in a pot over high heat. Boil the ingredients, but before it boils make sure to add the lemon juice until 1/4 of the quantity becomes dry then leave the syrup to cool down, which would be ready then to be poured over the basbousa after taking it off the oven.



Legal Aid Center The Halina Nieć

about us

For 16 years we have been working towards protection of human rights and providing free legal assistance to foreigners, refugees and stateless persons. Through this recipe ebook we would like to share with you our intercultural experience that comes from our daily work with persons coming from all over the world. We believe that learning about the customs and the cuisine of different cultures is a great way of building a more open society!

In our cycle called „Multicultural Flavours” we will be publishing a free ebook featuring a different cuisine every month. If you like our work, we will be grateful if you would support us by a voluntary donation:

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