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PALESTINE TASTE THE TRADITION

Enterprise Development and Investment Promotions Project (EDIP)

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PALESTINE

TASTE THE TRADITION



AUTHENTIC PALESTINIAN RECIPES

From the heart of the Jordan Valley and the mountains and plains of Palestine, we proudly offer a range of traditional culinary specialties with a modern flair.

We invite you to enjoy the following recipes, featuring our premium extra-virgin olive oil, cultivated from the native Nabali and ancient Rumi trees; our hand-rolled couscous; our succulent Medjoul dates, known as the “king of dates”; our exotic sumac and other spices; our crisp and piquant pickled vegetables; and an assortment of other Palestinian delicacies.

From our kitchen to yours... *Palestine: Taste the Tradition.*

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MAFTOUL

Palestinian Couscous

INGREDIENTS:

- Juice from 1/2 a lemon
- Water to equal 1 1/2 cups
- 1 teaspoon grated lemon zest
- 1/8 teaspoon turmeric or saffron
- 1/2 teaspoon salt
- 1 cup maftoul
- 1/4 cup raisins
- 1 carrot, grated

PREPARATION:

1. Squeeze lemon juice into a measuring cup and add enough water to equal 1 1/2 cups of liquid.
2. In a medium saucepan, combine lemon juice mixture, lemon zest, turmeric or saffron and salt and bring to a boil.
3. Add maftoul, raisins and carrot and stir once or twice. Reduce heat to low, cover and simmer 15 minutes or until liquid has all been absorbed. Remove from heat and fluff with a fork.

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HUMMOUS WITH PICKLED VEGETABLES

INGREDIENTS:

- 2 cups cooked chickpeas or one 15.5-oz can, drained
- 1/4-1/2 cup tahini (sesame paste)
- 1/4 cup lemon juice
- 2-4 cloves garlic, crushed
- 1/4 cup plus 2 tablespoons olive oil
- Salt and cumin to taste
- Water as needed
- 1/2-3/4 cup assorted pickled vegetables
- 1-2 tablespoons minced parsley (optional)

PREPARATION:

1. Place chickpeas, tahini, lemon juice, garlic, 1/4 cup olive oil, salt and cumin in a food processor or blender and puree until very smooth. Add water as needed to reach desired consistency and adjust seasoning to taste.
2. Mound hummous in a serving bowl and add 2 tablespoons olive oil on top. Garnish with pickled vegetables and, if desired, sprinkle with parsley. Serve with pita bread.

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MUSAKHAN

Chicken and Onions with Sumac on Pita Bread

INGREDIENTS:

- 1/2 teaspoon black pepper
- 1/2 teaspoon cinnamon
- 1/2 teaspoon salt
- 1/4 cup dried sumac
- 1/2 teaspoon cumin (optional)
- 1/2 teaspoon cardamom seeds or ground cardamom (optional)
- 1 whole chicken, quartered
- 1 1/4 cups olive oil, divided
- 1 large onion, thinly sliced
- 4 pita bread
- Sumac to taste
- 1/4 cup pine nuts or slivered almonds

PREPARATION:

1. Preheat oven to 350°F (180°C).
2. In a small bowl, combine pepper, cinnamon, salt, sumac, and optional cumin and cardamom.
3. Clean chicken and place in a roasting pan; sprinkle with half of the spice mixture. Bake for 45 minutes.
4. Heat 1/4 cup olive oil in a saucepan over medium-high heat. Sauté the onion until translucent, stirring occasionally, about 5-7 minutes. Using a slotted spoon, remove the onions from the pan, draining as much oil as possible, and place in a small bowl. Add the remaining 1 cup olive oil and the remaining spice mixture and stir to combine.
5. Remove chicken from roasting pan and set aside. Place 4 pita bread in the pan; sprinkle with additional sumac, top with the onion mixture and sprinkle with nuts. Place chicken on top of pita and return pan to oven. Bake another 15-20 minutes. Serve warm.

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MAKROUTA

Date-Filled Cookies

INGREDIENTS:

For the dough:

- 3 cups all-purpose flour
- 1/2 cup whole wheat flour
- 1/2 cup semolina
- 1 tablespoon anise seed
- 1/2 teaspoon fennel powder
- 1/3 cup roasted sesame seeds
- 1/2 teaspoon baking powder
- 1/2 teaspoon baking soda
- 1/2 cup olive oil
- 1/2 cup vegetable oil
- 3/4 -1 cup water

For the filling:

- 1 pound medjoul dates, pitted
- 1/2 tablespoon olive oil
- 1/4 teaspoon cinnamon
- 1/4 teaspoon nutmeg (optional)
- 1/4 teaspoon anise (optional)
- 1/4 teaspoon cloves (optional)
- 1/4 teaspoon cardamom (optional)

PREPARATION:

For the dough:

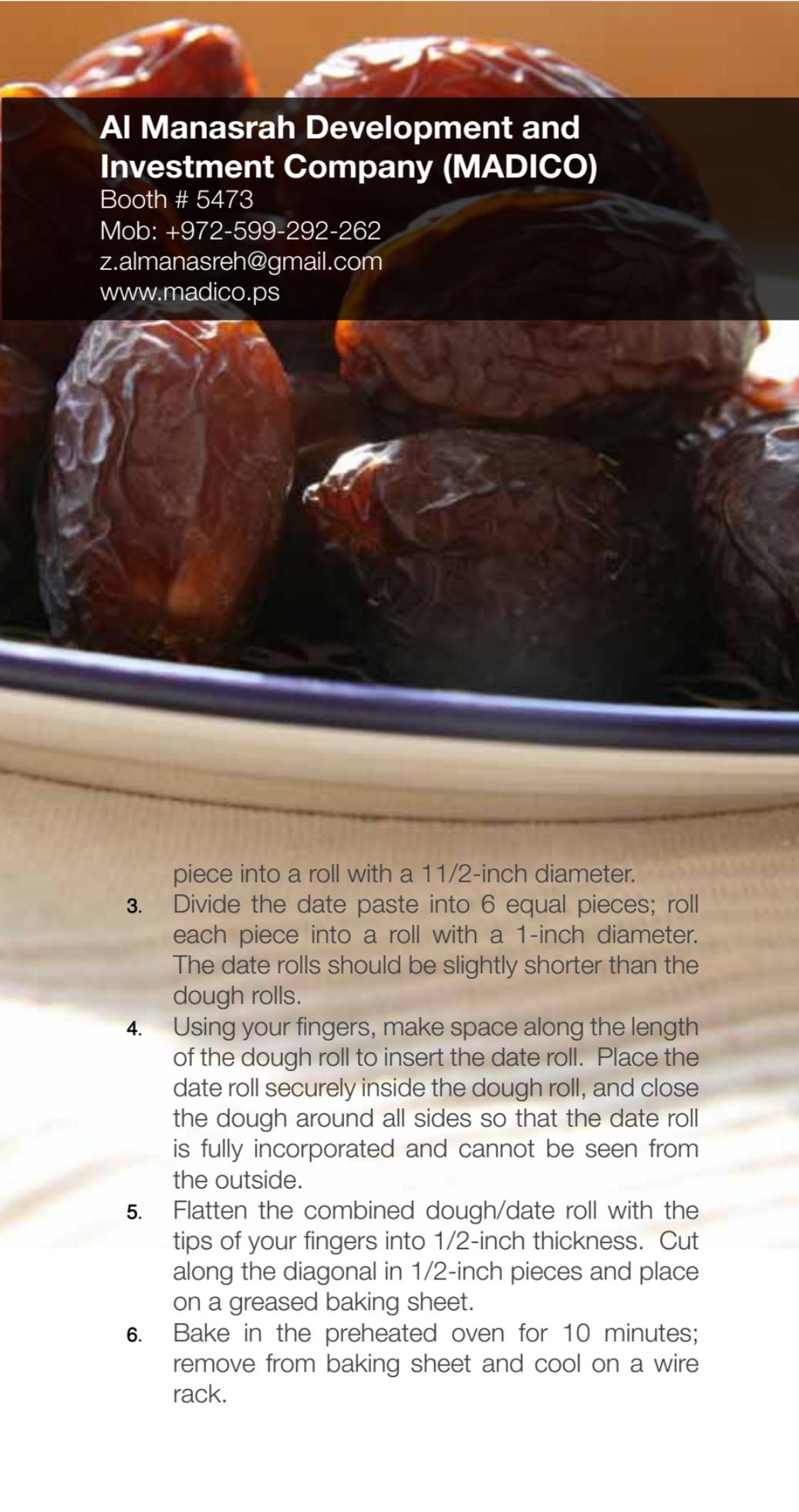
1. In a large bowl, combine all-purpose flour and next seven ingredients (all-purpose flour through baking soda) and mix well. Add the oils and stir to combine.
2. While stirring, gradually add the water until the dough is moist but not sticky.

For the filling:

1. In a blender or food processor, combine dates and remaining ingredients (dates through cinnamon, plus optional four spices) and process into a paste.

For the cookies:

1. Preheat oven to 400°F (200°C).
2. Divide the dough into 6 equal pieces; roll each



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- piece into a roll with a 1 1/2-inch diameter.
3. Divide the date paste into 6 equal pieces; roll each piece into a roll with a 1-inch diameter. The date rolls should be slightly shorter than the dough rolls.
 4. Using your fingers, make space along the length of the dough roll to insert the date roll. Place the date roll securely inside the dough roll, and close the dough around all sides so that the date roll is fully incorporated and cannot be seen from the outside.
 5. Flatten the combined dough/date roll with the tips of your fingers into 1/2-inch thickness. Cut along the diagonal in 1/2-inch pieces and place on a greased baking sheet.
 6. Bake in the preheated oven for 10 minutes; remove from baking sheet and cool on a wire rack.

SHORABAH

Cracked Wheat Soup

INGREDIENTS:

- 1/2 cup freekeh (cracked wheat)
- 2 cups chicken or beef broth
- 1/4 teaspoon black pepper
- 1/4 teaspoon cumin
- 1/4 teaspoon ground cardamom
- Salt and black pepper to taste

PREPARATION:

1. Rinse the freekeh under cool water. Place in a bowl and cover with water; let soak for one hour, then drain.
2. Combine freekeh, chicken or beef broth, and spices in a medium saucepan. Simmer over medium-low heat, stirring occasionally, for 30 minutes. Season with salt and pepper to taste. For a thinner consistency, add more broth.

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MAAZAT ZAYTOON

Green Olive Dip

INGREDIENTS:

- 2 cups green olives, pitted and rinsed
- 4 tablespoons tahini (sesame paste)
- 2 tablespoons fresh cilantro, chopped
- 1 tablespoon lemon juice
- 2 garlic cloves, minced
- 1/8 teaspoon red pepper
- 1 tablespoon olive oil
- 1 small tomato, diced

PREPARATION:

1. Place olives and next five ingredients (olives through red pepper) in a blender or food processor and blend until smooth.
2. Spread on a serving platter, drizzle olive oil on top and garnish with tomatoes. Serve with pita bread.

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CONVERSION GUIDE

Volume

1 teaspoon	1/6 fluid oz	5 ml
1 tablespoon	1/2 fluid oz	15 ml
1/4 cup	2 fluid oz	50 ml
1/2 cup	4 fluid oz	125 ml
1 cup	8 fluid oz	250 ml

Weight

1 oz	30 g
2 oz	55 g
4 oz	110 g
8 oz	225 g
12 oz	340 g
16 oz / 1 lb	450 g

Temperature

°F	°C
300	150
325	160
350	180
375	190
400	200
425	220
450	230



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