



مسار فلسطين التراثي  
Palestinian Heritage Trail

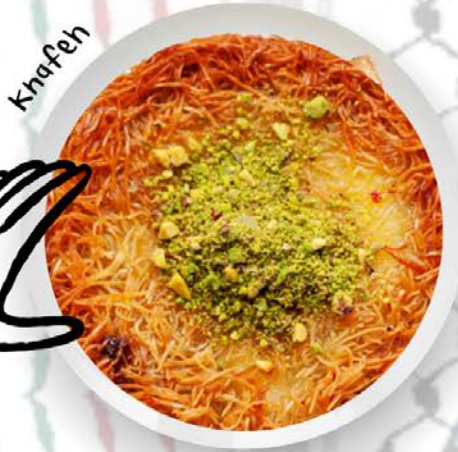
**To Try At Home**

# Palestinian Culinary Art Experience On The Palestinian Heritage Trail

**Transferred by Women**



Msakhan with chicken



Knafeh



Manshi

maklouba with chicken



Fattet hummus





# EL BEIT BETAK FEEL AT HOME





مسار فلسطين التراثي  
Palestinian Heritage Trail



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# INTRODUCTION



## Feel at home

### PALESTINIAN CUISINE

Palestinian food characteristics and traditions vary from the North to the South, from cities to villages, and from winter to summer. Food tells the story of Palestine, the hospitality and generosity of its people, and the defining features of Palestinians

This recipe booklet was issued with the aim of sharing the rich cuisine culture of Palestine. It shows the culinary heritage of a country, whose people have a great passion for their land, trees, and food.

Each local community has its own traditions and its own way of cooking and serving food. The meals prepared by Bedouins today are inspired by Bedouin traditions; meals served in rural areas are mostly prepared from the seasonal plantations of that area

When you visit Palestine, you will find out that the way food is prepared and the sharing of food are ways to show the Palestinian traditions of hosting and hospitality. Palestinian cuisine is all about local products and fresh ingredients.

You will clearly taste the variety and the balance of ingredients in each dish.



## PALESTINIAN HERITAGE TRAIL

Palestinian Heritage Trail is a long-distance cultural hiking route in Palestine. The trail is 330 km long and extends from the village of Rummana, northwest of Jenin, to Beit Mirsim southwest of Hebron. The trail passes through more than 50 cities and villages

Palestinian Heritage Trail is more than just a hiking trail. It is a way to meet and get connected with local Palestinians and hikers from all over the world. You can explore Bedouin villages and experience the warm Palestinian hospitality, which is one of Palestine's most fundamental traditions. Palestinian Heritage Trail does not only invite hikers to experience nature, but also to change their perspectives by recognizing shared common values and creating friendships along the way

## WOMEN'S COOPERATIVES ALONG PALESTINIAN HERITAGE TRAIL

At the heart of the villages and five governorates that the Palestinian Heritage Trail crosses, the organization Palestinian Heritage Trail works with 20 women's cooperatives, each one with a different level of development. Palestinian Heritage Trail supports these cooperatives with two objectives: highlighting cultural heritage and supporting local economy

Palestinian Heritage Trail aims at supporting and strengthening women's role in Palestinian society by promoting traditional recipes and the stories behind it. Palestinian Heritage Trail promotes and supports women by selling their food products and handicrafts, and offering training on administrative and finance management, food processing, hygiene, and etc. The objective of this continuous support is to develop their local products and to enrich the life of women and their communities.

We invite you to walk PH Trail to discover traditional Palestinian dishes! Information about the women's cooperatives is available on the PH Trail website: [www.phtrail.org](http://www.phtrail.org)



# THE MAIN INGREDIENTS IN PALESTINIAN CUISINE



In these few introductory pages, you will find ingredients that are regularly used in Palestine and that will be used in numerous recipes in this booklet.

## SPICES AND CONDIMENTS

Spices and condiments are widely used in Palestinian cuisine. Here are a few examples of spice mixes that you can find ready-prepared in stores

Mix of 9 spices: Java pepper, nutmeg, ginger, cumin, coriander, cinnamon, clove, cardamom, black pepper.

Mix of 5 spices: Sichuan peppercorns, star anise, ground cloves, cinnamon, fennel seeds.

Ghee spice: Fennel seeds, wormwood, mahleb seeds, turmeric, bay leaves, allspice, black pepper, cinnamon, nutmeg.

BBQ spice: Brown sugar, paprika, black pepper, salt, chili powder, garlic powder, onion powder and hot pepper.

Za'atar: Roasted thyme, sumac, sesame and salt





## DIFFERENT TYPES OF BREAD

### SHIRAK BREAD

Shirak bread is a white or whole wheat bread baked on a dome shaped griddle, "saj", over an open fire. It is a traditional Bedouin unleavened bread. Without a "saj" shirak can be baked on a pan, a wok, or a plancha.



#### Ingredients for 20 to 25 pieces of shirak bread

1kg of semi wheat flour

700gm of water 20gm of salt

#### Recipe

Mix all ingredients, knead the dough, and let it rest for 1 hour.

Divide it into small balls and spread it with a rolling pin as thin and round as possible.

Cook without fat on a heated "saj", a pan, a wok or on a plancha.

### TABOON BREAD

Taboon bread gets its name from the oven it is traditionally cooked in, the Taboon. This recipe is from Kufr Malek.

#### Ingredients for 20 pieces of taboon bread

1kg of whole-wheat flour

20gm of dehydrated baker's yeast

600gm of water

20gm of salt

#### Recipe

Mix the flour and the salt while gradually adding water and yeast, which was previously diluted in lukewarm water. Knead the dough for 20 minutes, then let it rest to room temperature - the dough size doubles. Knead again for 1 minute maximum. Divide the dough into 20 balls, let it rest for 10 minutes. Sprinkle flour on a flat surface and flatten the balls using fingers by spreading it into a circle. Bake for 12-15 minutes on heated taboon oven or an oven baking tray preheated to 200°C. Put the circles of dough on greaseproof paper on the baking tray until it gets brown. Preserve in the freezer. The bread must stay flexible.



## BASIC INGREDIENTS

### JAMEED

Jameed is fermented and dehydrated yogurt made from goat or sheep milk. It is easily preserved. This cheese is made in big quantities, once a year between February and June. It is either frozen, or preserved in small balls in olive oil (lebanneh), or preserved dry.

#### Recipe

Filter the goat curds with a gauze until you get a solid substance. Salt and press solid substance between your palms to remove the water. Let it dry 1 week under the sun. A ball of jameed can easily be replaced by 150gm of sheep or goat yogurt. Goat yogurt will be stronger and closer to the taste of jameed. For a more genuine taste, replace with dry sheep or goat cheese.



### GHEE

Ghee is clarified butter. It is a good way to preserve butter without a fridge. You can give it a try and do the recipe at home, but it would be much easier to come to a Bedouin community!

This recipe comes from the Sea Level Community.

#### Ingredients for 300g of ghee

5 liters of sheep milk

1 bowl of bulgur or rice

1 tbsp of turmeric

1 tsp of ghee spice

Material: a waterproof goat skin.

#### Recipe

Pour the milk in the goat skin, then close the skin, and shake for 1 hour. Scrape the butter from the goat skin, put it in a pot on low heat, after 15 minutes, add the spices, then the bulgur or rice and let it cook for 15 more minutes. When it becomes translucent, remove the rice and pour the liquid in an air-tight jar. Once the ghee has cooled down, close the jar, and preserve it at room temperature for multiple weeks or even months. The bulgur or rice can be eaten just like that. Bulgur retains more water and adds a special taste to the ghee.



## MAFTOUL

Maftoul is the name given to Palestinian couscous. The grain is usually bigger than regular couscous. The wheat grain is cooked then dried under the sun. Thus, we get bulgur from which we can make Maftoul. It is made only during summer; it is then stored to be eaten in winter. This recipe comes from the women's cooperative of Aqbat Ja-ber.



### Ingredients

- 1kg of bulgur
- 250gm of whole-wheat flour
- 250gm of white flour
- Salt - to taste
- 500gm of water

### Recipe

In a big pot place the bulgur, add a bit of water and salt, then mix. Add a bit of flour and mix with the flat part of your fingers (not with the palm), rolling around to form large circles. Repeat the operation until you get to the size of grain you prefer. Dry it. Preserve either in a freezer or add olive oil and keep it in a fresh place for 4 or 5 days.



## SIDES

### MARINATED OLIVES

Recipe from the guesthouse of Tell Al-Qamar



#### Ingredients

- 1kg of green olives
- 1 lemon
- 2 hot green peppers
- 1 fresh clean egg

#### Recipe

Fill an airtight jar with the olives, add cold water to cover the olives, then pour the whole amount of water in a salad bowl (without the olives). Put the egg in the bowl, add salt gradually mixing it until the egg floats to the surface. When it floats, you have the right quantity of salt. Remove the egg. Pour the mix on the olives, cut the peppers into big pieces and the lemon into 4 pieces, then add them to the olives. Close the jar and preserve for at least 3 weeks. After 3 weeks, the olives are ready. They can be preserved for several months, if the jar is kept away from light. if the jar is kept away from light.

### AL MTABAL

#### Ingredients

- 4 tsp of tahini (sesame paste)
- 1 lemon
- 1 big eggplant
- 1 garlic clove
- Salt to taste (depends on your taste)
- Sumac to taste (depends on your taste)
- Parsley to taste (depends on your taste)
- Olive oil to taste (depends on your taste)



#### Recipe

Roast the eggplant in the oven or on top of the stove.  
Peel the eggplant, cut it into small cubes, and mash it.  
Add the tahini, the juice of the lemon, the crushed garlic and the salt.  
Serve cold with olive oil, parsley and sumac on top.  
Tasty with shirak bread.

## HUMMUS

Mashed chickpeas and sesame

Hummus is usually prepared 24h to 48h in advance, to make sure the ingredients and flavors are well mixed.



### Ingredients

400gm of dried or canned chickpeas

150gm of cold water

2 tbsp of tahini (sesame paste)

1 tbsp of olive oil

2 garlic cloves

½ tsp of cumin

Salt - to taste

1 lemon

1 pinch of sumac for decoration

Tahini is a paste made from ground sesame seeds. You can buy tahini at the store.

### Recipe

For the preparation of the dried chickpeas:

Soak the chickpeas a whole night.

Strain and cook in 150gm of water until it boils.

Take off the foam that appears on the surface of the boiled water.

Cook until the chickpeas are easy to mash (around 20 minutes).

For the preparation of canned chickpeas:

Cook the chickpeas in 150gm of water, until the chickpeas are easy to mash (around 10 min-utes).

Mash and mix the tahini, the olive oil, the garlic, the cum-in, the lemon juice and water until you get a homogeneous mix.

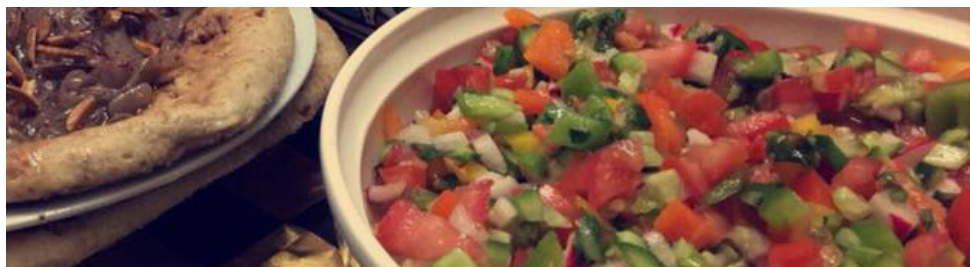
Add the lukewarm chickpeas and keep mixing until you get a homogeneous mix. If the hummus is too thick, don't hesitate to add 1 or 2 tsp of water.

Add salt to taste.

Serve in a bowl, and decorate with olive oil and sumac.

## TOMATO AND CUCUMBER SALAD

Cut the tomatoes and cucumbers into small dices, then season the tomatoes and cucumbers with olive oil, finely chopped parsley, lemon juice, salt, and pepper.



## TABBOULEH

Starter or side for 10 people 

### Ingredients

800gm of tomatoes  
2 heads of lettuce  
300gm of cucumber (1  
cumber)  
Finely chopped mint, to  
taste 200 gm of finely  
chopped parsley  
4 lemons  
500gm of bulgur  
10cl of olive oil  
Salt, to taste

Soak the bulgur in water for 1h,  
then rinse and drain.  
Cut the tomatoes and cucumber into small dices.  
Keep the juice of the vegetables to make the bulgur  
enlarge.  
Finely chop the lettuce.  
Mix all these ingredients and add the chopped parsley  
and mint.  
Season with lemon juice, olive oil and salt Let it sit for  
about 1h before serving.  
Tabouleh made the day before is even better, because  
the flavors will develop.





## DRINKS



### CARDAMOM COFFEE

Bring water to boil with organic cardamom seeds or ground cardamom in it. Boil 2-3 minutes.  
Add ground coffee, then bring to boil again.  
Strain coffee in a cup and enjoy your day!

### SAGE TEA

Bring water to boil and pour it into a cup.  
Add some sage leaves and a bag of black or green tea. Cover and steep for 2 minutes



### LIMONANA

Mint lemonade, « limoun » from lemon and « nana, from mint  
For 4 people:  
6 lemons  
110 gm of sugar  
20 gm of fresh chopped mint  
1 liter of water  
3 Squeeze the lemons and add the juice to the mint, sugar and water in a blender. Add some ginger.  
Serve fresh and enjoy!



**You are now ready to discover Palestinian traditional dishes along PH Trail. Every woman's cooperatives along the trail present a local recipe.**

**Don't hesitate to come and visit them!**



Number of covers



Preparation time



Cooking time



Resting time







# IM SET KASAT (BASBOUSSA)



Semolina cake with syrup



10



10'



45'

## INGREDIENTS

- **For the dough:**
  - 1 cup of sugar
  - 1 cup of flour
  - 1 cup of oil
  - 1 cup of semolina
  - 1 cup of powdered coconut
  - 1 cup of yogurt
  - 2 tsp of baker's yeast
  - 1 sachet of vanilla sugar
  - 2 eggs
- **For the syrup:**
  - 2 cups of sugar
  - 2 cups of water
  - 1 lemon

## PREPARATION

- Mix all dried ingredients together in a bowl and gradually add the other liquid ingredients. Butter the baking pan and pour the mixture inside. Bake in a 180°Celsius heated oven for about 40-45 minutes.

In the meantime, prepare the syrup by mixing 2 cups of sugar with 2 cups of water and the lemon juice in a pot. Let it boil until the mix thickens. Let the syrup cool. As soon as the cake gets out of the oven, pour the luke-warm syrup on the baked cake. Serve fresh.

## WOMEN'S COOPERATIVE OF KUFR MALEK

Messada Muadi proudly relates to the story of the center's building. It is a visible result of the women's strong initiative and continued efforts to create a space for their work and vision. Displayed there are traditional Palestinian embroidered items, sturdy baskets, which are woven from olive branches.




Among the agricultural products, you can find maftoul, bread, honey, dried chamomile and olive oil soap. The elders of Auja soak pieces of bread in this soup. To make this soup just as in the village of Ubeidiyah, near Bethlehem, you can replace the rice with bulgur.







## Lentil and rice soup with sheep yogurt

 10  30'  45'

### INGREDIENTS

- 300gm of lentils
- 600gm of rice
- 300gm of onions
- 2 tbsp of sunflower oil
- 100gm of ghee
- 1 ball of jameed (150gm) mixed with
- 1 liter of water
- 3 tbsp of 5 spices mix
- Salt to taste.

### PREPARATION

- Soak the rice in lukewarm water for 30 minutes. In a covered pot, cook the lentils in water for about 30 minutes.
- Rinse the rice and add it to the pot of lentils to cook for another 15 minutes.
- Add the diluted jameed into the cooking pot and the mix of 5 spices.
- Thinly slice the onions and fry them in the ghee mixed with sunflower oil in a separate pan.
- Add the cooked onions to the lentils, rice and jameed mixture in the pot.
- Serve in soup bowls and enjoy without moderation!

### WOMEN'S ASSOCIATION OF AL-AUJA

President of the Women's Association Center in Al-Auja, Lubna Massaid, explains the various projects and products of the center, such as dried herbs, embroidery, wool products and baskets made from dried banana leaves.

The work put into making a basket is time consuming, requiring agile and strong hands, but the result is beautiful!

The association also runs a kindergarten for the children of the community.



# FATTET HUMMUS



## Chickpea pudding

4



20'



preparation time of the hummus + 15'



### INGREDIENTS

- 500gm of hummus (see recipe p.13)
- 300gm of taboon bread or any other type of bread
- 50gm of minced beef
- 2 tbsp of sunflower oil
- 150gm of fried almonds
- Salt and black pepper to taste

### PREPARATION


- Cut the bread into small pieces and put it in a dish.
- For the water used to prepare the chickpeas for the hummus into the bread, and leave it aside. The bread will soak up all the water.
- Cook the beef with the sunflower oil for 10 minutes, then add salt and black pepper and leave it aside.
- Fry the almonds. For hummus over the bread in the dish, then the beef over the hummus, and then spread the almonds on top.
- To decorate the dish, you can add whole cooked chickpeas between the layer of hummus and beef.

### YWCA COOPERATIVE

Established in 1952, the Young Women's Christian Association aims towards empowering Palestinian women by expanding their options, supporting their economic independence, liberating them from all kinds of oppression, and enhancing their participation in the building of a free civil society.

Their activities include: food processing, workshops and trainings for youth, and a kindergarten in Aqbat Jaber Refugee Camp.



A photograph of two women in hijabs standing behind a wooden table. The woman on the left is wearing a purple hijab and a black jacket. The woman on the right is wearing a black hijab with a red headband and a black dress with white embroidery. On the table in front of them are several dishes: a large white bowl with a red rim filled with Maftool (rolled grains) topped with diced carrots and potatoes; a white bowl containing a tomato-based soup with potatoes and carrots; a purple bowl with a chicken dish; and several smaller white plates with spoons. The background shows a kitchen setting with a window and tiled walls.

Maftool is the name of the grain and the dish. The grains are a bit larger than the couscous. Maftool means "rolled" which refers to the way the maftool is produced. Decorated with vegetables and chicken. It is one of the main traditional Palestinian dishes.





# MAFTOOL



## Palestinian couscous with chicken

 10  30'  2h

### INGREDIENTS

#### For the maftool grain:

- 1kg of maftool grain (see page 11)
- 300gm of onions

#### For the chicken:

- 2.4kg chicken
  - 1.5 liter of water
  - 1 onion
  - 1 carrot
  - 5 bay leaves
  - BBQ spice, cinnamon, cumin, bay, blackpepper
- For the garnish:

- Olive oil
- 1kg of onions
- 1kg of carrots
- 1kg of potatoes
- 3kg of tomatoes
- 400gm of cooked chickpeas
- Mix of 5 spices (2 tea spoons)
- Black pepper

### PREPARATION

#### For the chicken:

- Cook the chicken pieces in water with the carrot, the onion and the bay leaves for about 30 minutes cold start.
- Drain the chicken, but save the broth. Season the chicken with the BBQ spice. Bake in the oven for about 10 to 15 minutes at 220°C until browned.

#### For the garnish:

- Cut the carrots into sticks, chop the onions finely, cut the potatoes into rings, and cut the tomatoes in quarters.
- Brown the vegetables in a large pot with 15 cl of Olive Oil. Add 2/3 tea spoon mix of 5 spices, black pepper and 1.5 liter of chicken broth into the large pot.
- Cook for about 15 minutes, then add the cooked chick-peas. Steam the dried maftoul for 1 hour in a double boiler.
- Brown 300gm of chopped onions in a pan with Olive Oil, then add 2/3 tea spoon mix of 5 spices and pepper. When the maftoul is cooked, put in a bowl and sprinkle it with a few drops of olive oil. When ready to serve, mix in the cooked onions with the maftoul. Put the maftool in a hollow dish, and pour the chicken broth and the vegetables onto the grains, and add the roasted chicken on top.

### WOMEN'S COOPERATIVE OF AQBAT JABER CAMP

Intisar Akhras warmly greets you as you enter the gates of the Women's Center in the Aqbat Jaber Refugee Camp. She is the coordinator and is soon closely followed by other women from the Center.

Outside in the courtyard you will see the impressive "Mud House", a guesthouse built in the traditional manner from local materials in a time-honored fashion and style.



## Underground Bedouin barbecue



10



25'



45' To St up Fire



2h

### INGREDIENTS

- 500gm of carrots.
- 500gm of onions.
- 500gm of potatoes.
- 2.4 kg of chicken  
4 tbsp of sunflower oil
- Spices: paprika, cumin, clove and cinnamon.
- 3 green peppers  
Salt to taste.

### PREPARATION

- Burry a metal barrel, light a fire in it, and wait for the flames to disappear to keep only the embers.
- On a round 3-stage display stand, cover the bottom stage with aluminum foil to retrieve the juice that will leak from the other stages and to avoid the creation of flames. Cut the chicken into pieces, season with spices and divide onto the 3 stages.
- Peel the onions and carrots, cut the carrots lengthwise, cut the potatoes into slices and divide equally between the stages. Put a green pepper on each stage. Generously spray the chicken and vegetables with oil.
- When the ember is ready, put the display stand in the barrel, and close the hole as tight as possible. When cooking at Sea Level, they close the barrel with alumi-num foil, a sheet of metal, big rocks, a blanket, soil, and they water the hole to allow perfect airtightness. The objective is to steam the meal, as to give it a smoky flavor.
- Cook for 2 hours.
- After 2 hours, take out the display stand and serve it as it is.

### SEA LEVEL COMMUNITY

Flora and Fauna of Palestine's deserts share the little explored and spectacular landscapes with visitors, as a way to celebrate the Bedouin's living heritage.. They invite guests to experience the songs, the story and the silence of the desert. Sea Level Bedouin Community is a way to support the Bedouin youth wishing to safeguard and promote their distinct culture and traditions.

Traditionally, this meal goes with humus, pickles, tomato, cucumber salad, shirak bread and curcuma rice.







# FATA DJAJ



## Sliced chicken with layers of rice, croutons and garlic yogurt



10



20'



25'

### INGREDIENTS

- 300gm of dry bread
- 1.25kg of chicken breast
- 300gm of rice
- 400gm of yogurt.
- 1 onion.
- Spices: 5 spices mix, 2 bay leaves, 3 garlic cloves.
- 10 cl sunflower oil
- Salt - to taste
- **For decoration:**
- 100gm of chopped almonds fried with sunflower or olive oil, fresh parsley, and green pepper strips

### PREPARATION

- Cut the bread into croutons (small cubes) and then fry them in sunflower oil in the pan.
- Brown the chopped onions in the oil in the pan.
- Add the chopped chicken, bay leaves and 5 spices mix to the pan.
- After the food in the pan is ready, remove the bay leaves.
- Cook the rice in a large amount of salted water and then strain the rice.
- Mix the yogurt, mashed garlic and salt in a bowl.
- In a baking pan with sides, layer the croutons, yogurt, rice, and chicken pieces.
- Garnish with fried almonds, chopped parsley and the pepper strips.
- Sides: tomato and cucumber salad

### AL-EIZARIYEH COOPERATIVE FOR DEVELOPMENT

The cooperative has been working on enhancing and changing the situation of the women in the village. The women are happy to meet new people, to share their stories, and to show their special products: jam, leba-neh, chili, makdous (stuffed fermented eggplants), and za'atar.

The women manage a Bazar in a nice place near Lazarus's Tomb, where they can host tourists with soft drinks and a meal.



# MAKLOUBA



Fried vegetables, cooked with rice, with or without meat,  
served as a Tatin



10



30'



45'



30'

## INGREDIENTS

- 200gm of eggplant
- 500gm of cauliflower.
- 100gm of carrots.
- 200gm of potatoes.
- 2 tomatoes.
- ½ yellow sweet pepper.
- 1kg of rice.
- 1 green pepper.
- 125gm of vermicelli.
- 50cl of groundnut oil.
- Spices: 5 pices, cinnamon (1/2 tsp), turmeric (1/2 tsp), black pepper to taste.
- 4 garlic cloves
- Salt to taste
- Sides:  
Tomato and cucumber salad.

## PREPARATION

- Soak the rice in cold water for 30 minutes in a bowl, then rinse and strain.
- Cut the vegetables into big pieces and separately fry them in a pan with vegetable oil, in order to brown them with-out cooking them. Clean the pan, then brown the vermicelli.
- Mix the vegetables and place them at the bottom of a pressure cooker.
- Mix the vermicelli and the rice, then add sliced garlic, spices and salt. Add the mix into the vegetables, then add water until it's 3cm above the rice.
- Cook over an open fire until it boils, then cook over low heat for 30 minutes. Turn the pressure cooker upside down on a serving dish.
- This dish can be prepared with chicken or lamb.
- For the latter, poach the pieces of boneless meat in spiced stock. Once well done, strain the lamb and keep the stock to cook the maqluba.
- Presentation: add the meat between the vegetables and the rice.
- Tip of the chef: the bottom of this dish can be covered with greaseproof paper to ease the up-side-downing.

## UBEIDIYA SABAYA COOPERATIVE

In their workroom, a group of local Palestinian women create beautiful tunics with traditional design motifs, which are embroidered using cross stitch and tahriri (or rishiq) stitches.

UBEIDIYA DESIGNS receives custom orders for their tunics through their Facebook page, which displays various seasonal clothing for women and children. In addition to their embroidered goods, the women make and sell pastries, bread and pickles.

The word maqluba means upside-down since the dish is put upside-down when served. Maqluba Kezaba means liar maqlouba and it is the vegetarian version of Maqluba.









# MAHCHI



## Stuffed vegetables



10



40'



10'



1h

### INGREDIENTS

- 1kg of small zucchini.
- 1kg of potatoes.
- 1kg of small eggplants.
- 1kg of small green sweet peppers.
- 1 tomato.
- 5 cups of rice.
- 800gm of minced beef
- Spices: ½ bunch mint, ½ bunch parsley, 1 bulb garlic, thyme, mix of 5 spices.
- Olive oil.
- 1 jameed (150gm).
- 2 finely sliced green onions.
- Salt - to taste.

### PREPARATION

- Soak the rice for 1 hour with the chopped parsley, mint and green onions in a bowl, then strain.
- Add the minced meat, the spices, the finely chopped to-mato and the salt to the rice.
- Hollow out the zucchinis, potatoes, eggplants and sweet peppers.
- Fill the vegetables with the rice and meat mix.
- Mix the jammed with 1 cups of water.
- In a cooking pot, put the stuffed vegetables and add the diluted jammed up to the level of the vegetables.
- Let it boil for 10 minutes.
- Some people add tomato concentrate to the jameed.

### DAR SALAH WOMEN'S COOPERATIVE

Focusing on women and community empowerment, targeting children, youth, and everyone in need, the women's cooperative of Dar Salah has been networking with other women centers, cooperating with many local authorities, as well as centers for special needs.

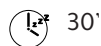
The women now have good capabilities, since they have developed skills, such as drawing on glass, textile sewing, as well as handicrafts. The cooperative proudly produces shirak bread, embroidery and pickles.



# MSCHAT



## Whole meal cauliflower pancake



### INGREDIENTS

- 2.5kg of white flour.
- 650gm of whole wheat flour.
- 10gm of salt.
- 2 bags of baking powder (2x9gm).
- Vegetable oil to fry (around 3 cups).
- Cauliflower (1 big head or 2 small heads).

### PREPARATION

- Mix the flour, the salt and the baking powder, while gradually adding water until the dough begins to form.
- Knead the dough well, and then let it rest for 30 minutes.

#### Preparation of the stuffing:

- Cut the hard bottom of the cauliflower and spread the branches, cook it in salted water for 10 minutes, strain.
- The dough must be very moist, sticky but not liquid.
- Heat the sunflower oil in a pan.
- Divide the dough into balls of about 50gm each, then roll them in flour, and slightly flatten between your hands to get pancakes of approximately 8cm in diameter and 1cm thick.
- Fry the pancakes for 3 minutes on each side in a pan.
- Place the pancakes on a paper towel.

### GUESTHOUSE OF TEL AL-QAMAR

In the wilderness of Dar Salah, you can find the guesthouse in an ideal location, forming a small oasis.

### SHAWAWREH WOMEN'S ASSOCIATION

When passing by the Shawawreh, make sure to visit the women's cooperative, where visitors are always welcome.

### BEDOUIN TENT OF HASSASSA

In the middle of the Jerusalem Wilderness, near the village of Arab Ar-Rashayida, Abu Ismail and his family welcome visitors into their Bedouin tent.

There are other variants of this recipe that you will discover while continuing your way. In Shawareh, we talk about Zalabia. It is a sweet version of the pancake or with fresh za'atar. In Hassassa, they make sweet pancakes or with onions that they call Mugla.

The recipe stays the same, the preparation of the stuffing differs a little (instead of cauliflower, they add sugar to the dough, or onions that have been previously browned in a pan, or even chopped fresh za'atar). These cakes are traditionally made for Easter celebrations, because they look like the crown of Jesus Christ. They are also made for Christmas.

For variety, these cakes can also be filled with a mixture of crushed nuts, sugar and cinnamon.



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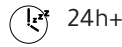




# KAAK AJWA



Literally translated “cake stuffed with date”.



## INGREDIENTS

### For the dough:

- 300gm of fine semolina.
- 100gm of butter.
- 1 tbsp of oil.
- 60ml of warm water.
- ½ tsp of baking powder.

### For the date stuffing:

- 100gm of date paste.
- 1 pinch of nutmeg.
- 1 tsp of groundnut oil.

## PREPARATION

### To make the dough:

- Mix the semolina flour, butter and oil, and let it rest overnight.
- The next day, add lukewarm water that is mixed with yeast to the dough. Be careful not to work the dough too much.

### For the stuffing:

- Mix the date paste, the nutmeg and the groundnut oil.

### To make the cakes:

- Take small pieces of dough, and spread them in the palm of your hand into circles that are approximately 4 cm in diameter and 6 mm thick.
- Place about 1 teaspoon of the date stuffing in the center of the circle, and then close the circle into a round-shaped cake.

### You may also make the cake in the shape of a small “donut”:

- Roll a small amount of dough into a rectangle and spread the center with date stuffing. Roll it into a long cylinder and bring the ends together and press them to form a circle.
- Pinch the edges with a knife. Let it rest for about 1 hour, and then bake at 220° C for 15 minutes.

## ARAB WOMEN'S UNION SOCIETY OF BEIT SAHOUR

The Arab Women's Union Society is composed of a guesthouse, Al Basma Special Rehabilitation Centre and a kindergarten for the children of the community.

Al Basma Special Rehabilitation Centre is a place where young adults with learning disabilities can go during the day for training in valuable life and work skills.




The center was founded in 1987 and served just 5 beneficiaries when it first opened. Since that time, it has grown considerably and now serves 36 young adults.



# DEBBES



## Sirop de raisin

 10'  11h  24h

### INGREDIENTS

#### For 2 jars of syrup:

- 1kg of grapes.
- Sugar - optional, depending on the grapes.

#### Material:

- Burlap sack, fine sieve or colander lined with cheesecloth limestone powder hose.

### PREPARATION

- Squeeze or press the grapes to release the juice.
- Filter the juice through a burlap sack that has a handful of limes in it.
- The juice can be filtered through a fine sieve or colander lined with cheesecloth.
- Put the filtered juice in a large pot, and then boil for 5 minutes, stirring constantly to prevent sticking.
- Skim froth from the surface.
- Allow the boiled juice to sit overnight.
- The next morning, use a hose to move the syrup from one pot to another to get rid of the sediment created over-night.
- Boil the syrup for 11h over medium heat.
- Pour the cooled syrup into glass bottles or jars for storage.
- Palestinian women may not sterilize the jars, so they add sugar to allow the syrup to be stored for a longer time.
- The less sugar you add, the stronger the taste of grapes are. The traditional recipe recommends 500gm of sugar for 1kg of grapes.

### BETHLEHEM WOMEN'S COOPERATIVE

The cooperative carries out numerous activities: food production, handicrafts, and labor law trainings.

Women produce pickles, pastries and Palestinian dishes, but also handicrafts including embroidery.

Debbes is a syrup made from the juice of grapes, pomegranates, or apples. It can also be made from dates and is called "date honey" or "date molasses". The recipe before uses grapes.

Debbes is used in the making of Shaddah (see p. 50).









# MSAKHAN



## Pain galette garni de comoté d'oignons, de poulet aux épices et de cacahuètes grillées



10



45'



1h30

### INGREDIENTS

- 2 chickens or 1.2kg or ten pieces.
- 1 lemon.
- Spices: sumac, curry, paprika.
- Salt to taste.
- 4 - 5 garlic cloves.
- Olive oil.
- 2kg of onions.
- Shirak bread.
- 200gm of roasted peanuts.

### PREPARATION

- Poach the chicken in water for about 20 minutes, and save the broth.
- Bake the chicken in the oven, after sprinkling it with sumac, paprika, curry, lemon, and salt to taste.
- Finely slice the onions, crush the garlic, add salt, and then brown in olive oil.

#### **In a baking dish with sides, arrange:**

- 2 layers of shirak bread, that has been soaked in chicken broth.
- 1 layer of the cooked onions.
- 2 more layers of shirak bread soaked in chicken broth.
- 1 layer of the remaining cooked onions.
- Sprinkle the toasted peanuts on top and add the roasted chicken pieces.

### WOMEN COMMITTEE OF ARTAS

The women committee of Artas works to preserve and promote cultural heritage through education. Its main activities are awareness workshops about healthy food for students, sewing, and embroidery.

They produce tomato jam, pastries, maftool, and sweets, as well as pickles and dried herbs. The Lettuce festival is famous in the region.

# CHAKHTURA

## Riz pilaf au khubesa - épinards sauvages Palestiniens



10



10'



20'



1h

### INGREDIENTS

- 500gm of non-par-boiled rice
- 1.5kg of khubesa or spinach.
- 2 onions.
- 4 garlic cloves.
- 2 tsp of turmeric.
- ½ tsp of curry.
- ½ tsp of cinnamon.
- 10cl of olive oil.
- Black pepper to taste.
- Salt to taste.

### PREPARATION

- Soak the rice for 1h in cold water, then rinse and strain.
- Cut the khubesa and the onions into small pieces.
- In a cooking pot, brown the onions for 5 minutes in olive oil with minced garlic.
- Add the khubesa and cook for 10 minutes.
- Put 2/3 of the mix to one side.
- Spread 1/3 of the mix on the bottom of a cooking pot, in a fine layer.
- Add 1/3 of the rice on top of the layer.
- Repeat twice to have 6 layers in total.
- Add water up to the level of the last layer.
- Add spices and 10cl of olive oil.
- Cook on low heat until evaporation of the water.
- Presentation: turn over the cooking pot on a serving dish.

### TUQU' WOMEN'S CENTER

The women proudly open their doors to visitors. Around the room many different handcrafts are displayed. Among them are various embroidered dresses, shirts, purses and pillows, and a display of hand-woven rugs that will for sure catch your eye. They first spin the thread on drop spindles and then dye it using colors obtained from native plants.

The cooperative has a strong desire to keep the traditional crafts alive by holding workshops, where the older women teach the younger women the crafts.

The dish can be served with yoghurt and sprayed with lemon juice.







# RGAGA



## Pasta, lentils and onion soup



10



20'



40'

### INGREDIENTS

- 200gm of lentils.
- 1 onion.
- Sunflower oil.
- Spices: turmeric, black pepper and ginger to taste.
- Salt to taste.

#### For the dough:

- ½ kg of white flour.
- ½ kg of semi-whole wheat flour.
- 600gm of water.
- 1 tsp of salt.

### PREPARATION

- Rinse the lentils and cook them for 30 minutes in a pot.
- Keep the lentils in the water after they are cooked.
- Prepare the dough by mixing the two types of flour, the water, and the salt.
- Divide the dough into 3 balls.
- Sprinkle the dough with semi-whole wheat flour.
- Spread each ball as thinly as possible.
- Roll the dough on itself.
- Finely mince the end of the roll to get thin and long strips of dough (like fettuccine).
- Mince the onions, and brown them in a pan, then add it to the lentils.
- Add the pasta, salt and spices to the lentils.
- Cook for 10 minutes.
- Serve in soup plates or bowls.

### ARAB AR-RASHAYIDA BEDOUIN WOMEN'S CENTER

Going through the desert region of the Jordan Valley, you come upon the Bedouin village of Rashayida. In 2011, some women in the village formed a cooperative to support each other and help generate income by selling their products.

From their herd of over 300 sheep they made yogurt and butter. A local trader would buy it from them to sell in a market in Bethlehem.



# SHUSHBARAK



## Yogurt stewed ravioli



10



1h15



30'



30'

### INGREDIENTS

#### For the dough:

- 250gm of whole wheat flour.
- 250gm of white flour.
- 5gm of salt.
- 300gm of hot water.

#### For the filling

- 300gm of minced meat.
- 1 small onion.
- ½ a green pepper.
- 1 clove of garlic
- Spices: 1 tsp of fresh parsley, ground coriander seeds, and black pepper.
- Salt to taste

#### For the sauce

- 1 ball of jameed (150gm).
- 1.5L of water.
- 50gm of rice to thicken the sauce.

### PREPARATION

#### For the dough:

- Mix the two kinds of flour and salt. Gradually add the hot water to create a smooth dough, about the texture of pie dough. Let the dough sit for a minimum of 30 minutes.

#### For the filling:

- Finely chop the onion, parsley and peppers and brown them in a pan with sunflower oil.
- Add the minced meat, spices, chopped garlic and salt to the pan.
- Cook for about 3 minutes until the meat is browned, then set aside in a cold place.
- For a vegetarian recipe, replace the meat with peas and corn.
- Thinly roll the dough out and cut circles of approximately 4 to 5 cm in diameter.
- Place some filling in the center of the circle, and then fold to make a half moon shape.
- Press the edges and join the ends to make the shape of a cat's ear.

#### For the sauce:

- Mix the jameed with water and put it over the fire. Rinse the rice and add it to the jameed after the mix boils.
- Cook for 15 minutes and then add the "cat's ears" for 10 minutes.
- Serve in soup plates or bowls, garnished with chopped almonds, parsley and sliced pepper.

### BANI NA'IM WOMEN SOCIETY

The purpose of the cooperative is to educate and sensitize women and children to the importance of their role in society. It contributes to the empowerment of women by improving their economic and social status by supporting small and income-generating projects. Their products include food products such as: honey, lebanneh, za'atar and pickles, as well as knitted, embroidered, and straw products.

Shushbarak is also called "cat's ears" because of the form of the tortellini.

The women of the cooperative believe this recipe dates back to the Ottoman era, as this dish is present in all Turkish movies!

The meal is best to be served with a drink of lemon juice, mint and ginger (see recipe p.16). It is possible to add 250gm of tomato paste to the jameed sauce.







## Mashed cauliflower with rice



10



10'



20'

### INGREDIENTS

- 1 small cauliflower.
- ½ kg of jameed.
- 200gm rice.
- 3 garlic cloves.
- Salt - to taste.
- 40cl of water.
- 2 tbsp of olive oil.

### PREPARATION

- Rinse the rice and soak it in lukewarm water for 10 minutes.
- Cut the jameed into small pieces and mix it with 200gm of water.
- Set the jameed mixture aside.
- Chop the garlic and fry it in olive oil in a big pot.
- Chop the cauliflower into medium sized pieces and add it to the garlic pot.
- Stir it for 5 minutes.
- Add 20cl of water and let it boil for another 5 minutes.
- Add the jameed mixture and the rice, after draining its water, to the pot.
- Stir and leave it to cook for 10 minutes on low heat after it has boiled.
- Add salt to taste.

### AL-HARAM AL-IBRAHIMI WOMEN ASSOCIATION

The objectives of the al-Haram al-Ibrahimi women's association are to create employment opportunities for women, promote the resilience of people living in the Old City of Hebron, and to maintain their presence, the situation of the Old City being very complex.

They carry out several activities: food processing, sewing and beading, and upcycling activities and summer camps for children.

# SHADDAH

## Grape paste with wheat, nigella seeds and sesame



Reduce to a semi-thickness  
preparation time of debbes +



### INGREDIENTS

- 200gm of powdered roasted wheat.
- Spices: 30gm of 40 spices.
- mix, 40gm of nigella powder.
- 1 liter of debbes.  
(see recipe p.38)
- 80gm of roasted sesame seeds.
- 0.5 liter of Olive Oil.

### PREPARATION

- Heat 1 Litre of water in a big cooking pot.
- When boiling, add the roasted wheat.
- Cook it on low heat, while constantly stirring for 30 minutes.
- Add the spices and the debbes.
- Keep cooking until you get jam with a thick consistency.
- Add the sesame seeds and the olive oil.
- Put it in pots and store in a cold and dry place.

### DURA COOPERATIVE ASSOCIATION FOR AGRICULTURAL PRODUCTION

On the shelves of the cooperative, you will find their products, which include maftool, dairy products (lebanneh, jameed), raisins, debbes, grape jam, dried herbs, and zaa'tar.

A “behind the scenes” tour brings us to the adjoining kitchen and work rooms, where women have already gathered to begin baking maltout, which is traditionally made for times of life's celebrations: such as weddings, and funerals as well.

Shaddah is used as a jam



Prepare the baking pan (between 20 and 30cm in diameter) by spreading a thin layer of tahina or butter and sprinkling flour.





# HELBA



## Semolina and fenugreek cake

🕒 20' 🍳 1h20 ⌚ 30'

### INGREDIENTS

#### For around 20 pieces:

- 2 tbsp of fenugreek
- 1 bag of baking powder.
- 1 tbsp of baker's yeast.
- 20gm of sugar.
- ½ kg of thin semolina.
- 30gm of white flour.
- 10cl of olive oil.
- 1 tbsp of turmeric.
- Around 10 peanuts.

#### For the syrup:

- 400gm of sugar.
- 235ml of water.
- 2 tbsp of lemon juice.

### PREPARATION

#### Preparation of the fenugreek:

- Put the fenugreek in a pan which contains 50cl of water.
- Boil it and let it stew for 20 minutes. Filter the fenugreek and the water, then put both to the side.

#### Preparation of the dough:

- Dilute baker's yeast in lukewarm water and leave it for 10 minutes.
- Mix the semolina, the flour, the sugar and turmeric.
- Add the baking powder and the previously diluted yeast.
- Gradually add the Olive Oil while mixing the dough with your hands.
- Add 2 tbsp of cooked fenugreek seeds and keep mixing.
- Gradually add 20cl of the water, which was previously used for the fenugreek.
- The water must be warm. Knead by hand for 10 minutes.
- The dough shouldn't stick to the plate.
- Spread the dough in the pan and draw straight parallel lines to get several diamond shapes. Put half a peanut on each piece.
- Let it rest for 1h, then put in the oven for 30 minutes at 200° C.

#### Preparation of the syrup:

- In a pan, mix sugar, water and lemon juice until you get a homogeneous liquid.
- After taking the cake out of the oven, pour the syrup onto the cake. Enjoy!

### SURA WOMEN

Since 1998, Sura women have come together at the cooperative to discuss the problems they face and find solutions together. The women also make embroidery, handicrafts, needlework, and process food, including sweets and pastries.

A few years ago, women planted olives and grapes, which made Sura famous for their agriculture and livestock.



## Bulgur with tomatoes, onions and garlic



10



10'



45'



1h

### INGREDIENTS

- 1 kg of bulgur.
- 4 tomatoes.
- 100gm of tomato puree.
- 2 onions.
- 4 garlic cloves.
- 10cl of olive oil.
- 1 tsp of salt.
- 2 pinches of black pepper.
- 5 spics mix.

### PREPARATION

- Soak the bulgur for 1h.
- Peel, deseed, and cut the tomatoes in quarters.
- Mix the tomatoes with the tomato puree in a blender.
- Pour the mix into a cooking pot and add water (the water should be twice the amount of bulgur).
- Add salt and spices.
- Rinse and strain the bulgur and add it to the cooking pot.
- Leave it on low heat for 45 minutes.
- Finely chop the onions and mince the garlic, and then brown them in olive oil on low heat, and add it to the cooking pot.
- Serve the porridge-like mixture in soup plates.

### AD-DHAHIRIYA WOMEN'S ASSOCIATION

The association aims to educate women and empower them socially and economically. The women have acquired new skills by training in various fields.

A few years ago, women planted olives and grapes, which made Sura famous for their agriculture and livestock.

### AD-DHAHIRIYA WOMEN'S CLUB

The club works primarily for the personal development of marginalized women and for the improvement of their situation in the village in general. Their products include: maftool, lebanneh, pastries, sweets, pickles, cheese, beads and embroidery.

In the old days, only wheat was used. Nowadays, it is more common to use rice instead. The rice is quicker and easier to cook. You can eat it with bread, olives, pickles and yogurt.





The Palestinian Heritage Trail organization supports the women's center by strengthening their skills and providing them with the means necessary for their development.

Cooking hygiene and food processing, management of co-operatives, marketing, foreign languages, it... are many themes the women's centers have had the chance to explore.

Through this booklet, Palestinian Heritage Trail wanted to highlight the culinary wealth of Palestine and the women that contribute on a daily basis to preserve this gastronomic heritage.

At each stage of the path, you can meet these women, talk to them, and taste one of the traditional recipes of their region.



✉ [info@phtrail.org](mailto:info@phtrail.org)

🌐 [www.phtrail.org](http://www.phtrail.org)

📍 Near Beit Sahour Municipality, Old City, Al Karamah Street, Beit Sahour, Palestine.

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