

PALESTINIAN RECIPES

Maftoul Mujaddara

Palestinian farmer Um Hikmat shares her recipe for this classic Palestinian dish for **Zaytoun's 10th anniversary**.



*"As they say in Palestine,
Sahha wa Afyeh or Bon Appetit!"*



Um Hikmat, from the village of Deir Ballout, is a member of the Palestine Fair Trade Association. Deir Ballout is known to be one of the best maftoul-making cooperatives, thanks to the skills of their mentor, Um Hikmat, who conducts local maftoul-rolling workshops. This labour-intensive product is made from organic wheat, rolled by hand and sun-dried.

Mujaddara is a traditional and much-loved vegetarian Palestinian dish originally made with lentils & rice, and garnished with caramelised onions. Um Hikmat's version substitutes rice with nutty organic maftoul. Hearty, healthy and economical, this dish is many vegetarians' favourite. It exemplifies Palestine's cucina povera, or "peasant cuisine" whereby humble but high quality ingredients are used to produce delicious fare that is fit for kings.



PREPARATION METHOD

1. Heat 125ml olive oil in a pan, add dry lentils and roast over high heat for 3 minutes.
2. Add 1½ litres of water, bring to the boil, then turn down to low heat, cover the pot for 30 minutes.
3. Heat 60ml olive oil and roast maftoul on high heat in olive oil for 3 minutes, then add it to the pot containing the lentils.
4. Add salt and pepper, and mix maftoul and lentils together well, and cover the pot for another 20 minutes. Add more water if needed.
5. Fry the onion slivers on high heat until golden brown and caramelised.
6. Fluff the cooked grains over a platter.
7. Top with the caramelised onions. Serve with a side salad or natural yoghurt.

Rooted in Time
& Tradition



INGREDIENTS

Serves 4-6

- 500g brown lentils
- 250g maftoul
- 250ml Zaytoun olive oil
- 1 tbsp salt
- 1 tsp black pepper
- 4 large onions



To order maftoul, olive oil or other artisan products from Palestine, please go to www.zaytoun.org