

Carnegie Mellon University

Dietrich College of Humanities
and Social Sciences

Palestinian & Israeli Food Cultures

Palestinian Cuisine

Chef Fadi Kattan



Houmous

Servings: 10

Prep Time: 12 hours

Cook Time: 30 min

Ingredients

- 3 1/4 cups chickpeas
- 1 tsp baking soda
- 2 garlic cloves
- 2 cups tahinia
- 1 tsp salt
- 2 tsp ground cumin
- Juice of 2 lemons
- 4 to 5 tbsp chickpea water
- 4 tbsp extra virgin olive oil
- 1 tbsp almond slivers
- 1 tsp sumac

Directions

1. Soak the dry chickpeas overnight in water.
2. Next day, drain the chickpeas and place them in a saucepan with the baking soda and 5 cups of water. Bring to a boil over high heat and then reduce to medium low. Simmer for 30 minutes or so. While cooking, regularly remove the foam that can float on top.
3. Drain the chickpeas, reserving the cooking water; set 1 tbsp chickpeas aside for decorating the dish.
4. Place the chickpeas in a bowl and use a hand-held mixer at low speed to crush them into a paste. Add the garlic cloves and continue mixing.
5. Slowly add in the tahinia, salt, cumin and lemon juice, while still mixing.
6. Add 4 tbsp of the chickpea cooking water while mixing. If the paste is not smooth, you may need to add a couple more tablespoons.
7. Using a large spoon or spatula, stir the houmous paste and gently fold in the 2 tbsp of olive oil until you obtain a creamy, silky consistency.
8. In a small pan, heat 1 tbsp of olive oil and roast the almond slivers. Place them on a paper towel to drain.
9. Place the houmous on a serving plate and sprinkle the reserved chickpeas, almonds, sumac and 1 tbsp olive oil on top.



Labaneh

Servings: 30

Prep Time: 24 hours

Cook Time: quick!

Ingredients

- 7 cups greek yogurt
- 7 cups goat yogurt
- 2 tsp salt
- 2 tbsp sumac
- 2 tbsp zaatar
- 2 tbsp dry mint
- 2 tbsp nigella seeds
- 2 tbsp extra virgin olive oil

Directions

1. Mix the yogurts with the salt.
2. Pour the mixture into a muslin or cotton cloth and hang it over a colander over night.
3. The next day, form the labaneh into balls and roll in the different spices.
4. Drizzle with olive oil before serving.



Freekeh Salad with Roasted Vegetables

Servings: 6

Prep Time: 30 min

Cook Time: 45 min

Ingredients

- 4 cups freekeh
- 4 cups chopped carrots
- 4 cups chopped radishes
- 1.5 cups chopped onions
- 6 tbsp extra virgin olive oil
- Juice from 4 lemons
- 1 bunch mint
- 1 bunch parsley
- 1 bunch dill
- 1 container pomegranate seeds
- 1 cup almonds
- Salt to taste

Directions

1. Pre-heat the oven to 350 degrees fahrenheit.
2. Cook the freekeh al dente, according to package instructions.
3. Chop the herbs roughly.
4. Mix the lemon juice, a pinch of salt and olive oil to make the dressing.
5. Combine freekeh, herbs and dressing.
6. Sprinkle with almonds and pomegranate seeds and serve.



Musakhan

Servings: 6

Prep Time: 30 mins

Cook Time: 60 mins

Ingredients

- 1 whole chicken cut into 6 pieces
- 6 cardamom pods
- 2 bay leaves
- 6 onions
- 2.5 cups olive oil
- 1.5 cups sumac
- 2 tbsp salt
- 1 tsp cumin
- 1/2 tsp black pepper
- 1/2 tsp allspice
- 1 cup pine nuts
- 4 pieces of taboun bread

Directions

1. Poach the chicken in water with bay leaves, cardamom pods, allspice, black pepper, 1 teaspoon of salt and 1 onion cut in half.
2. Preheat your oven to 400 degrees fahrenheit.
3. While the chicken is poaching, cut the remaining onions into half-moon slivers.
4. Place the onions in a pan, cover with olive oil and saute until they are translucent but still maintain their firmness. At that point, sprinkle them with half the sumac, 1 teaspoon of salt and the cumin.
5. Once the chicken is cooked, remove it from the broth, seive the broth and put the broth back on the stove to reduce.
6. Rub the chicken with the remaining sumac, a pinch of salt and olive oil. Place it in the oven to brown.
7. Mix some of the onion oil with the broth and dip the taboun bread in it.
8. Place the taboun onto a roasting pan, cover it with onions and chicken, and sprinkle some of the oil from the onions, as well as some sumac, onto the chicken. Heat in the oven for 10 minutes.
9. Brown the pine nuts in a pan with a dash of olive oil.
10. Sprinkle the pine nuts over the musakhan and serve.



Maqloubeh

Servings: 10

Prep Time: 30 mins

Cook Time: 70 mins

Ingredients

- 2.5 lbs boneless lamb meat, cut into 9 or 10 pieces
- 4 medium eggplants
- 3 large tomatoes
- 5 1/2 cups basmati rice
- 4 medium onions
- 3 garlic cloves
- 1/2 bunch parsley
- 3 bay leaves
- 6 tbsp extra virgin olive oil
- 2 cups vegetable oil
- 2 cinnamon sticks
- 1 tsp cinnamon
- 1 tsp black pepper
- 1 tsp ground cardamom
- 1 tsp allspice
- 1/2 tsp cloves
- 1/2 tsp nutmeg
- 1 tsp cumin
- 3.5 tsp salt
- 1 tsp dried mint
- 2 cups Greek yogurt

Directions

1. Peel the eggplants and cut into slices length-wise; sprinkle with salt and let sit for 15 mins.
2. Rinse rice and soak in lukewarm water.
3. In a pot, heat some olive oil and brown the meat. Add in the spices, chopped onion and parsley, cover with cold water, and bring to a boil. Once the water is boiling, reduce heat to medium and cover the pot. Cook for 45 mins.
4. In a frying pan, heat some olive oil and fry the eggplant slices. Place them on a paper towel to drain.
5. Once the meat is cooked, remove it from the broth and pass the broth through a sieve. Discard the herbs and vegetables but keep the broth.
6. Drain the rice and season with the spices and olive oil.
7. Place the sliced tomatoes at the bottom of a deep pot, then add a layer of eggplant and finally a layer of meat.
8. Spread the rice over the meat and vegetables and level the surface.
9. Add the boiling broth to the rice. Cover until the broth is just about 1/4 inch higher than the rice.
10. Bring the broth to a boil and then reduce to low heat. Cover and cook for 30 mins. After 30 mins, turn off the heat and keep the pot covered for an additional 10 mins.
11. Drain the yogurt in a fine seive, crush the garlic and mix them together. Add a little salt. Sprinkle the dried mint on top.
12. Your maqloubeh is ready for flipping! Remove the lid from the pot and place a large serving plate on top. Then turn the whole thing over carefully so the pot is upside down on the plate. Leave the pot like that for a few minutes until the maqloubeh is set, then carefully lift the pot.