



**MADE IN PALESTINE**  
brought to you by **GREENBELT FESTIVAL**

**A TASTE OF PALESTINE**

**COOKING LIVESTREAM**

with Phoebe Rison of Sabeel-Kairos  
& Chris Rose of Amos Trust  
Facebook & YouTube  
Thu 3 Dec, 7pm UK time

## INGREDIENTS

See next page for vegetarian alternatives

### KUBBE SUNNIYA

#### Bulgar mix

3 cups bulgar wheat  
500g minced beef  
1 large onion  
1 tbsp paprika  
1 tbsp mixed spice  
salt and pepper  
3 tbsp olive oil

#### Stuffing

500g minced beef  
1 large onion  
1 tbsp paprika  
1 tbsp mixed spice  
¼ tsp nutmeg  
¼ tsp cinnamon  
200g pine nuts, toasted  
4 tbsp olive oil  
Large handful of peeled, blanched almonds, toasted

#### Extras

Handful of raw pine nuts  
Vegetable oil- enough to deep fry

### JEWELLED FATTOUSH

2 little gem lettuces  
4 little radishes  
2 tomatoes  
½ cucumber  
1 green pepper  
Handful of mint  
1/2 fresh pomegranate  
2 white pitas  
1 tbsp sumac  
1 pinch salt

1 pinch of freshly ground pepper  
3 tbsp extra virgin olive oil  
Juice of half a lemon

### GARLICKY, MINTY, CUCUMBER YOGHURT

1kg Greek yoghurt  
3 garlic cloves, crushed  
2 small cucumbers, finely chopped  
Handful of fresh mint, finely chopped  
Extra virgin olive oil and toasted pine nuts to serve  
Salt and pepper

### ROSE AWWAMEH

#### Attar/Rose Syrup

2 cups sugar  
1 cup water  
1 teaspoon lemon juice  
1 teaspoon of rosewater

#### Awwameh/Dumplings

1 cup flour  
⅓ cup cornflour  
1 teaspoon yeast  
pinch of salt  
½ cup water  
1 teaspoon sugar

#### Extras

Enough vegetable oil to deep fry  
Dried rose petals optional

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## **EQUIPMENT**

### **KUBBE SUNNIYA**

Food processor  
Large bowl  
Sieve  
Frying pan  
Wooden spoon  
Chopping board and knife  
Ceramic or metal oven proof dish to  
assemble and cook the kubbe in

### **JEWELLED FATTOUSH**

Chopping board  
Knife  
Serving bowl  
Baking sheet

### **GARLICKY, MINTY, CUCUMBER YOGHURT**

Chopping board  
Knife  
Serving bowl

### **ROSE AWWAMEH**

A bowl to make the dough  
Pan to deep fry  
Slotted spoon  
Small saucepan to make syrup  
Serving dish

### **Vegetarian option**

#### *Kubbe Sunniya*

In the bulgar mix swap the beef  
for the same amount of mashed  
potato.

For the stuffing, swap the beef for  
a mixture of fresh tomatoes, red,  
yellow and red peppers, black  
olives and red onions.



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## **PREPERATION**

*Do this ahead of the livestream to make life a little easier for yourself*

### **KUBBE SUNNIYA**

Soak Bulgar wheat for 30 minutes before cook-along.

–

Preheat oven to 200C.

–

Toast pine nuts in a frying pan on a medium heat- keeping moving continually to avoid burning- until golden. You can add a bit of oil if you prefer.

–

Measure and mix all your spices together.

–

Dice your onion.

### **JEWELLED FATTOUSH**

Preheat oven to 200c.

–

Peel and separate the pomegranate seeds.

–

Wash and measure out all the vegetables.

–

Chop all veg if you want to get an extra headstart.

### **GARLICKY, MINTY, CUCUMBER YOGHURT**

Toast the pine nuts when you do them for the kubbe above.

–

Chop all veg if you want to get an extra headstart.

### **ROSE AWWAMEH**

Make the dough as per the recipe, cover and leave to rise for 1 hour before cook-along.





# RECIPE – KUBBE SUNNIYA

See the [original recipe here](#)

## Prepare the 'crust'

- Soak the burghul for 30 minutes in cold water
- Push it through a grinder with the beef, onion
- Add olive oil, salt and pepper and the mixed spice

## Prepare the beef filling

- Fry the onions in olive oil until soft
- Add the beef and spices and cook until brown and dried out
- Mix in the pine nuts into the beef mixture and set aside

## Assemble

- Preheat the oven to 200c
- Grease an oven-proof dish with olive oil
- Spread half the crust mixture onto the bottom of the pan and spread out across the whole base with your hands

- Add all the cooked beef mixture and spread evenly touching all sides
- Put the rest of the crust on top and smooth out evenly
- Using a knife cut lines (all the way down) then turn the page and go in the opposite direction to make squares, diamonds etc.
- Add almonds and pine nuts to each square to decorate
- Drizzle with olive oil and put in the oven for 30–35 minutes until golden.

## Vegetarian option

In the bulghar mix swap the beef for the same amount of mashed potato.

For the stuffing, swap the beef for a mixture of fresh tomatoes, red, yellow and red peppers, black olives and red onions.



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## RECIPE – JEWELLED FATTOUSH

See the [original recipe here](#)

- Chop all veg if not done already
- Put all the ingredients in a bowl
- Mix well and eat with anything you like.



## RECIPE – GARLICKY, MINTY, CUCUMBER YOGHURT

See the [original recipe here](#)

- Chop all veg if not done already
- Mix together the yoghurt, garlic, cucumber, mint and salt and stir well to combine.
- Scatter with nuts and a few glugs of extra virgin olive oil.



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## RECIPE – ROSE AWWAMEH

See the [original recipe here](#)

- Make the attar by adding the water, sugar and lemon juice to a small saucepan on a medium heat stirring occasionally until all the sugar dissolved but don't let it bubble. Remove it from the heat and pour it into a bowl with the rose water. You want the rose syrup to be room temperature when the hot dumplings are put in.
- Mix together all the ingredients for the dumplings. You want it to be quite loose, more like a cake batter than a dough. Then cover it and put in in a warm spot for 45 minutes to an hour until it has doubled in size.
- Once your dough is ready, set up your frying work station: you need the saucepan with the vegetable oil in it warming up on a medium to high heat with a slotted spoon. On one side, have your batter bowl a small ramekin of vegetable oil and two teaspoons. On the other side have your bowl of attar, a plate lined with kitchen paper and some tongs. You are now ready to start frying.
- Dip your teaspoon in cold oil in the ramekin and scoop up some batter and drop it into the hot oil- using the other teaspoon to push the batter in if need be. Keep the teaspoons well oiled. Use the slotted spoon to turn the move the dumplings until golden and then remove and put straight into the attar. Then use the tongs to remove from the attar and put the dumplings on kitchen paper.
- I tend to put in 3 dumplings at a time- this gives me time to turn and move them before they get too brown. You will likely need to turn the heat of your oil down and keep the dumplings in for less time as you go on. Once you have finished all the dumplings move them onto a pretty plate.
- Sprinkle over the pistachios and rose petals and serve with champagne.



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