



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

Rose Syrup

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

Awwameh

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

amos  **trust**

justice and hope for the forgotten

Sabeel-Kairos
Taking Action for Palestine





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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.

