

Palestinian Recipes Collection

Traditional Cuisine Guide

December 19, 2024

1 Palestinian Breakfast Recipes

1. Foul Mudammas

- Traditional fava bean dish
- Served with olive oil, lemon, and fresh vegetables

2. Za'atar Manakish

- Flatbread topped with za'atar and olive oil
- Traditional breakfast staple

3. Shakshuka Falastini

- Eggs poached in tomato sauce
- Seasoned with Palestinian spices

4. Fattet Hummus

- Layered chickpea dish with bread
- Topped with pine nuts and olive oil

5. Labneh with Olive Oil

- Strained yogurt spread
- Served with olive oil and za'atar

6. Msabbaha

- Warm chickpea dish
- Similar to hummus but with whole chickpeas

7. Ka'ak Al-Quds

- Jerusalem sesame bread
- Served with za'atar or cheese

8. **Makhluta**

- Mixed grain porridge
- Traditional winter breakfast

9. **Zeit wa Za'atar**

- Simple olive oil and za'atar dip
- Served with fresh bread

10. **Palestinian Tea with Sage**

- Black tea with fresh sage leaves
- Traditional morning beverage

2 **Palestinian Lunch Recipes**

1. **Musakhan**

- Sumac-spiced chicken with caramelized onions
- Served on taboon bread

2. **Fattoush**

- Bread salad with sumac dressing
- Mixed with fresh vegetables

3. **Maqluba**

- Upside-down rice dish with vegetables
- Can include chicken or lamb

4. **Rummaniyeh**

- Lentil and eggplant stew
- Flavored with pomegranate molasses

5. **Kufta bi Tahini**

- Meatballs in tahini sauce
- Baked with potatoes

6. **Shorabat Adas**

- Red lentil soup
- Seasoned with cumin and lemon

7. **Bamya bil Zayt**

- Okra in olive oil
 - Cooked with tomatoes and garlic
8. **Lifft**
- Turnip and lentil stew
 - Traditional winter dish
9. **Mahashi Waraq Enab**
- Stuffed grape leaves
 - Filled with rice and herbs
10. **Qidreh**
- Spiced rice and chickpea dish
 - Traditional Hebron specialty

3 Palestinian Dinner Recipes

1. **Mansaf Falastini**
- Lamb cooked in fermented dried yogurt
 - Served with rice and bread
2. **Sumaghiyyeh**
- Fish in sumac sauce
 - Gaza specialty with tahini
3. **Djaj Mahshi**
- Stuffed chicken with rice and spices
 - Garnished with nuts
4. **Fasoulya bi Zeit**
- Green beans in olive oil
 - Served with rice
5. **Shakriyeh**
- Lamb in yogurt sauce
 - Served with rice
6. **Malfouf**
- Stuffed cabbage rolls

- Cooked in tomato sauce

7. **Sayadieh**

- Fish and rice dish
- Topped with caramelized onions

8. **Zucchini Mahshi**

- Stuffed zucchini
- Cooked in tomato broth

9. **Freekeh with Chicken**

- Smoked green wheat with chicken
- Traditional Palestinian grain dish

10. **Hashwet Al-Ruz**

- Spiced rice with ground meat
- Topped with pine nuts