

# 10

Must-Try  
Recipes



Travel to **PALESTINE** Through  
Flavor—No Passport  
Required!

Cook, Taste, and Experience

Daqqa Ghazaway  
White Beans

Shrimp Casserole  
Shrimp Salad

Musakan  
Tomato Frying Pan

Lamb Tagine  
Maklobah

Cauliflower Stew with Tahini  
Fish With Vegetables

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# Daqqa Ghazawya

## Ingredients:

- 5 green peppers
- 1 tomato
- 4 garlic cloves
- A small amount of dill (fresh or dried)
- 1 Lemon
- 2 cucumber (adjust quantity as needed)
- Olive oil
- Half teaspoon of salt

## TOOLS:

- Bowl
- Mortar and pestle

## Instructions:

### Preparation Method

- Chop all the vegetables into small pieces, including the tomato, cucumber, green pepper, garlic, and dill.
- Place the peppers, garlic, and a pinch of salt into the bowl. Use the mortar to grind the ingredients together until well-blended.
- Add the dill (if using), continue grinding, and gradually add the cucumber.
- Then, add the tomato, ensuring the mixture is well-combined but not mashed—each ingredient should still be distinguishable.
- Squeeze the juice of the lemon, add olive oil, and mix everything together.
- Serve in the bowl and enjoy !

# Daqqa Ghazawya



### Note:

This recipe serves approximately 5 people. For a spicier version, feel free to add more green peppers. It is traditionally eaten by dipping bread directly into it. It's spicy, tangy, and fresh, making it a staple in Gazan cuisine.

# Palestinian Maklouba

## Ingredients:

- 1 tomato
- 1 green pepper
- 10 garlic cloves
- 3 white onions
- 3 eggplants
- 2 potatoes
- 1kg long-grain rice
- 7 bay leaves
- 1.5 tablespoons black pepper
- 4 tablespoons salt
- A small slice of fresh ginger

- 3 chicken breasts
- 6 chicken thighs
- 1 yellow bell pepper
- 2 liters boiling water
- 11 cardamom pods
- 2 dried limes
- 5 cloves
- 3 lemons
- 3 tablespoons of maqluba spice or rice
- Corn oil



## Instructions:

### Chicken Preparation:

- Clean the chicken pieces (thighs and breasts) by washing them thoroughly with water and lemon.
- Place the chicken in a pot suitable for the number of pieces on the stove. Add the cardamom, 1 tablespoon of salt, black pepper, cloves, dried limes, bay leaves, and an onion cut into cubes. Cook for 3 to 5 minutes.
- Add the boiling water and let the chicken cook on medium heat for 30 to 35 minutes. Afterward, remove the pot from the heat and let it cool.
- Set the chicken broth aside to use later with the rice.
- Transfer the chicken pieces to a baking tray for roasting. You can remove the spices if desired, but to maintain the flavor when cooking with the rice, it's preferred to brush the chicken with some salt and chicken broth. Roast in the oven at 200°C for about 15 minutes.

### Vegetable Preparation:

- Slice the eggplant into circular pieces or long slices, and cut the potatoes into rounds. Slice the tomato and onion into long strips, and peel the garlic, leaving it whole.
- Optional: Roast the vegetables (eggplant, potatoes, onion, and garlic) in the oven by brushing them with corn oil and adding salt and black pepper until golden brown. Alternatively, you can fry them in corn oil. For a healthier option, roast them in the oven.

### Maklouba Preparation:

- Rinse the 1 kg of rice well with water. Add salt to taste and mix in the maqluba spice. Stir well, then add the fried onions and garlic.
- In a large, suitable pot, layer the vegetables as desired. For example, arrange the fried or roasted eggplant slices in a circular pattern around the edges of the pot, then fill the center with the sliced potatoes and tomatoes.
- Add the roasted chicken pieces and place the whole green peppers on top. The final layer should be rice.
- Place a heavy object, like a clay lid, on top and add the chicken broth. If the broth is insufficient, add some boiling water.
- Let it cook on medium-low heat for 20 to 30 minutes. Then, turn off the heat and cover the pot with a cloth. Let it sit for 5 to 10 minutes.
- Place a plate on top of the pot and flip it over. The Maklouba is now ready to serve.

### ● Note:

You can add various types of vegetables such as white cauliflower, onion slices, and carrots, depending on your preference. Serve the Maklouba with a green salad. This recipe serves 7 to 8 people.

# Palestinian Musakhan

## Ingredients:

- 2 chicken breasts
- 3 chicken thighs
- 1 tablespoon black pepper
- 7 bay leaves
- 11 cardamom pods
- 1 dried lime (loomi)
- 1 liter of water
- 3 cloves
- 1½ teaspoons salt
- 1½ cups sumac
- 7 red onions
- 1 tablespoon pomegranate molasses
- 5 pieces of flatbread (saj bread)
- 259g ground meat
- 1 liter Olive oil
- Parsley (for garnish)
- Toasted almonds (for garnish)

## Instructions:

### Chicken Preparation:

- Wash and clean the chicken thoroughly with water and lemon, then rinse it with water.
- Place the chicken in a pot that fits the size of the pieces and add the spices: salt, black pepper, cardamom, cloves, bay leaves, and dried lime (loomi).



- Cook on the stove for 3 to 5 minutes, then add 1 liter of water. Let it cook for 30 to 45 minutes.
- After cooking, allow the chicken to cool and set the broth aside in a separate container for later use with the flatbread.
- For the chicken marinade, combine olive oil, sumac, and salt in a bowl. Coat the chicken with the marinade and set aside.

### Onion Preparation:

- Cut the onions into cubes.
- In a pan, cook the ground meat for 3 to 5 minutes.
- Add black pepper and salt, then mix in the onions, olive oil, sumac, and pomegranate molasses.
- Stir the ingredients together and cook until the mixture is ready. (Note: Add olive oil gradually, and the pomegranate molasses should be added two minutes before removing the mixture from the heat.)

### Musakhan Preparation:

- Preheat the oven to 190–200°C.
- In a round or rectangular baking dish, brush the bottom with olive oil.
- Place the first piece of saj bread and pour hot (preferably warm) chicken broth over it.
- Layer the bread with the onion and ground meat mixture. Repeat the process by adding layers of bread, broth, and onions until all ingredients are used.
- On the final layer, place the marinated chicken on top.
- Bake for about 30 minutes.
- Once done, garnish with chopped parsley and toasted almonds before serving.

# Lamb Tagine with Vegetables

## Ingredients:

- 2 onions
- 6 mushrooms
- 1 yellow bell pepper
- 3 garlic cloves
- 500grams lamb meat
- 1 tablespoon salt
- 1 tablespoon black pepper
- 1 earthenware dish
- Parchment paper
- 1 tomato
- 1 carrot
- 1 potato
- 1 sprig of fresh rosemary
- 1 tablespoon meat seasoning
- 1 tablespoon ground cardamom
- 1 slice of fresh ginger
- $\frac{1}{2}$  tablespoon seven spices
- $\frac{1}{2}$  cup warm water
- $\frac{1}{2}$  tablespoon vegetable butter
- Aluminum foil



## Preparation Method :

- Wash the lamb meat thoroughly with water and set it aside.
- Peel and cut all the vegetables into large square pieces, except for the garlic, which should be peeled but left whole.
- In the earthenware dish, add half a tablespoon of vegetable butter, then place the potato cubes, followed by the lamb pieces.
- Add the garlic, bell pepper, tomato, mushrooms, and onions.
- Add the spices: salt, black pepper, ground cardamom, fresh ginger, rosemary, seven spices, and meat seasoning. Ensure the spices coat all the ingredients.
- Add  $\frac{1}{2}$  cup of warm water.
- Cover the dish with parchment paper and aluminum foil, sealing it tightly..
- Place the dish in the oven at medium heat (180–200°C) for 1.5 to 2 hours, or until the lamb is tender and the flavors are well-blended.

### Note:

Serve the lamb tagine with white rice and salad. This recipe serves two people.

# White Beans

## Ingredients:

- 500 grams dry white beans
- 3 tablespoons tomato paste
- 1 red bell pepper
- 2 large onions
- 1 tablespoon smoked paprika
- 2 cups of beef or chicken broth (depending on what's available)
- 5 cloves of garlic
- 2 tablespoons animal butter
- 3 tablespoons olive oil



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## Preparation Method :

Place the dry white beans in a bowl with water and let them soak overnight. Once soaked, they will be ready for cooking.

Wash the onions and bell pepper thoroughly, then cut them into small cubes. Crush the garlic.

In a pot over medium heat, add the animal butter and let it melt.

Add the crushed garlic and chopped onions, and cook for 5 to 7 minutes until softened.

Stir in the smoked paprika and salt, then add the chopped bell pepper and cook for a few more minutes.

Add the soaked white beans and stir well to combine with the other ingredients.

Pour in the broth, bring to a simmer, and cook over low heat for 20 to 25 minutes until the beans are fully cooked.

Once the beans are tender, add the olive oil and stir well.

Serve hot with bread or white rice.

### Note:

This quantity is enough for 3 people and is served with bread or white rice.

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Supporting Palestinian cuisine is a powerful way to stand in solidarity with the Palestinian people and their struggle for self-determination. By enjoying their food, we celebrate their rich heritage and support their livelihoods.

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# Fish with Vegetables:

## Ingredients:

- 4 fish (type of your choice, preferably one that can be baked in the oven)
- 2 potatoes
- 1 yellow bell pepper
- 1 green bell pepper
- 8 mushrooms
- 1 large eggplant
- 1 large tomato
- 3 large onions
- 1 cup olive oil
- Salt (to taste)
- 3 tablespoons smoked paprika
- 3 tablespoons cumin
- 20 garlic cloves
- 5 green chili peppers
- Fresh basil (to taste)
- 1 tablespoon seven spices
- Black pepper (to taste)
- 10 lemons
- 1 tablespoon fish seasoning
- Parchment paper
- $\frac{1}{2}$  cup warm water

## TOOLS :

- Aluminum foil



## Instructions:

### Preparing the Fish

- Wash the fish thoroughly (it's best to buy fish that is already scaled). Place the fish in a bowl, add 4 to 5 lemons, and let them sit for 2 to 5 minutes. Then, rinse the fish well with water.
- Use a knife to score the sides of each fish and set them aside.
- Peel the garlic, wash the green chili peppers and basil, and blend them together in a food processor or crush them in a bowl, depending on your preference.
- Add the spices: cumin, fish seasoning, salt, black pepper, seven spices, and  $\frac{1}{2}$  tablespoon smoked paprika. Add  $\frac{1}{4}$  cup of olive oil and mix all the ingredients together until they form a smooth paste.
- Coat the fish with this spice mixture. The fish is now ready to be placed in the oven.

### Preparing the Fish

- Wash the vegetables thoroughly and slice them into rounds.
- Season the vegetables with olive oil, salt, black pepper, and smoked paprika.
- Place the vegetables in an oven dish. Start with a layer of potatoes, followed by onions, bell peppers, tomatoes, mushrooms, and eggplant.
- Finish by placing the seasoned fish on top of the vegetables.
- Add the warm water, then cover the dish with parchment paper and aluminum foil.
- Bake in the oven at 190°C for 35 to 45 minutes, until everything is cooked and ready to serve.

#### ● Note:

Serve the lamb tagine with white rice and salad. This recipe serves two people.

# Tomato Frying Pan

## Ingredients:

- 7 medium-sized tomatoes
- 5 hot green peppers
- 7 cloves of garlic
- Salt (to taste)
- 3-4 tablespoons of olive oil
- $\frac{1}{4}$  teaspoon of dried mint
- A few basil leaves

## Preparation Method:

- o Wash the vegetables thoroughly with water.
- o Slice the tomatoes into even circles.
- o Place the sliced tomatoes in a frying pan over low heat and cook until fully softened.
- o While the tomatoes are cooking, chop the hot peppers, garlic, and basil. Place them in a bowl and mash them well.
- o Add the mashed mixture to the tomatoes, then season with olive oil and salt.
- o Let the mixture cook for 3-4 minutes, stirring occasionally.
- o Once ready, remove from heat and garnish with dried mint for decoration.

# Tomato Frying Pan



# Shrimp Casserole

## Ingredients:

- 400 grams large to medium shrimp
- 2 onions
- 1 green bell pepper
- 5 garlic cloves
- $\frac{1}{4}$  cup olive oil
- 4 tablespoons vegetable butter
- Salt (to taste)
- Black pepper (to taste)
- Shrimp seasoning (to taste)
- 9 lemons (juice extracted)
- Smoked paprika (to taste)
- 5 tomatoes (chopped)
- Ground cardamom (to taste)
- Ground ginger (to taste)
- Sesame seeds (for garnish)
- Cashews (for garnish)
- Casserole dish (oven-safe)
- Parchment paper
- Aluminum foil



## Instructions:

### Shrimps Preparation:

- Wash the shrimp thoroughly with water and lemon.
- Heat a skillet and cook the shrimp until all the water evaporates. Remove the shrimp and set aside.
- In the same skillet, add the vegetable butter along with ground ginger, cardamom, black pepper, and half a teaspoon of salt.
- Add the shrimp seasoning and smoked paprika, then cook together until the butter melts.
- Sauté the shrimp in this mixture for 2 to 4 minutes. Just before removing from heat, add the whole mushroom pieces (do not chop them). Set this mixture aside until the butter melts.

### Preparing the Tomatoes:

- In a pot, melt some vegetable butter. Add the chopped onions, garlic, and green bell pepper. Let them cook for 7 to 9 minutes.
- Add the tomatoes (chopped into small cubes) and simmer on low heat for 10 to 15 minutes.
- Before turning off the heat, add sesame seeds, smoked paprika, salt, and black pepper to taste.

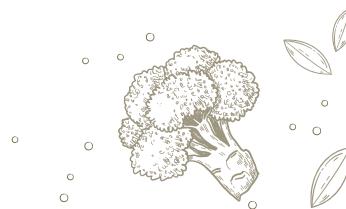
### Preparing the Casserole:

- Place the prepared tomato mixture into the casserole dish and add the shrimp mixture.
- Mix the ingredients together, then drizzle a small amount of olive oil on top.
- Add cashews on the surface and cover the dish tightly with parchment paper and aluminum foil.
- Place the casserole in the oven and bake for 15 to 30 minutes, until everything is cooked through and well-blended.

# Cauliflower Stew with Tahini

## Ingredients:

- 1 head white cauliflower, washed and cut into florets
- 1 hot green pepper
- 11 cloves garlic
- 3-4 tablespoons of tahini
- 250 grams meat (beef or lamb), cut into cubes
- 5 cardamom pods
- 5 bay leaves
- 3 cloves
- 1 teaspoon of black pepper
- 1 small lemon
- 2 cups corn oil
- 1½ tablespoons salt
- 1½ cups water



# Cauliflower Stew with Tahini

## Preparation Method:

### Cook the Meat:

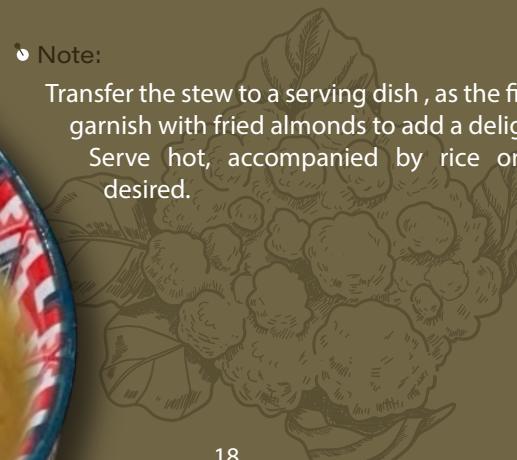
- Wash the pieces of meat and place them in a pot over medium heat.
- Add 1.5 cups of water, black pepper, bay leaves, cardamom pods, and cloves.
- Cover and cook for 15–20 minutes, or until the meat is tender.

### Prepare Cauliflower:

- Wash the cauliflower thoroughly, dry it, and cut it into pieces.
- Heat 2 cups of corn oil in a pan and fry the cauliflower until golden brown.
- Add the fried cauliflower to the pot with the meat and cook for another 10–15 minutes.
- Mash the hot green pepper and garlic together, then add this mixture to the pot.
- Stir in the tahini, salt, and squeeze in the lemon juice. Let it cook for an additional 2 minutes.
- The stew is now ready to serve.

### Note:

Transfer the stew to a serving dish, as the finishing touch, garnish with fried almonds to add a delightful crunch. Serve hot, accompanied by rice or flatbread as desired.



# Shrimp Salad

## Ingredients:

- 13 cherry tomatoes
- 4 cucumbers
- 1 head of red-tipped curly lettuce
- 4 tablespoons olive oil
- 1.5 tablespoons sea salt
- 250g large shrimp
- 3 tablespoons vegetable butter
- 1 tablespoon shrimp seasoning
- ½ teaspoon ground black pepper
- ¼ teaspoon ground ginger
- ¼ teaspoon smoked paprika
- 5 whole mushrooms
- 1 tablespoon dried oregano
- ½ cup corn kernels
- 3 teaspoon ground cardamom
- ¼ tablespoon shrimp seasoning
- Juice of 3 lemons
- Juice of 1 orange



# Shrimp Salad

## Instructions:

### Shrimps Preparation:

- Rinse the shrimp thoroughly with water and lemon juice.
- In a preheated skillet over medium heat, place the shrimp and cook until any released moisture evaporates. Remove the shrimp and set aside.
- In the same skillet, melt the vegetable butter. Add ground ginger, cardamom, black pepper, ½ teaspoon of sea salt, shrimp seasoning, and smoked paprika. Stir until aromatic.
- Return the shrimp to the skillet, sautéing for 2 to 4 minutes until they are opaque and infused with the spices.
- Add the whole mushrooms to the skillet, cooking briefly to warm them. Set the shrimp and mushrooms aside to cool.

### Assemble the Salad:

- In a large mixing bowl, layer the chopped lettuce as the base.
- Evenly distribute the halved cherry tomatoes and diced cucumbers over the lettuce.
- Sprinkle the corn kernels atop the vegetables.
- Arrange the cooled shrimp and whole mushrooms over the salad.

### Dress the Salad:

- Drizzle the olive oil over the assembled salad.
- Sprinkle the dried oregano, remaining sea salt, and a dash of black pepper over the top.
- Finish with a squeeze of fresh orange juice to add a citrusy brightness.
- Serve the salad immediately, allowing the fresh flavors to shine.

## *Meet the Cook*



Hello I'm Hadeel Hammouda

I'm 29 years old from Beit Lahia, a city in the northern part of Gaza. My family has owned and cultivated olive trees, along with a variety of other plants, around our home for decades. This longstanding tradition has instilled in me a deep passion for growing herbs and vegetables, which has naturally evolved into my love for cooking.

I have a special fondness for preparing Palestinian dishes. For me, cooking is an expression of love. When I care about someone, I show it by preparing traditional food, just as my mother did for me. To me, food is far more than just a recipe; it's a meaningful way to share love and care.

Currently, I live in Cairo with my two-year-old daughter, having fled at the beginning of the war. Despite the challenges of displacement, I continue to find comfort and strength in my cooking, which helps me stay connected to my roots and culture.

## *Meet the designer*

I'm a Palestinian designer and visual artist. I've worked as a freelance designer for the past five years, specializing in digital and printed designs, digital drawing, and animation.

Being a designer from Gaza has always been challenging. Limited resources, unstable internet, and the struggles of life under occupation made every project an act of perseverance. But my passion for creativity kept me going, it became my way of expressing hope and resilience. But my biggest struggle came in 2023 when I spent months pregnant under war and displacement. After enduring unimaginable hardship, I was evacuated to Egypt, where I gave birth to my daughter, Lilia.

Motherhood has given me a new purpose, but my passion for design remains the same. Creativity is my way of holding on to hope and shaping a better future.



Hey ,it`s Layla Hesham

Step into the heart of Palestinian kitchens and experience the warmth, flavors, and traditions that have been passed down for generations. Flavors of Palestine brings you a collection of authentic recipes, from the fragrant makluba and Palestinian musakhan to the juicy red-sauced shrimp casserole.

Through simple, step-by-step instructions and rich storytelling, this cookbook not only teaches you how to prepare beloved Palestinian dishes but also invites you to explore the culture, history, and resilience of a people whose food is a testament to their deep-rooted connection to the land.

Whether you're rediscovering childhood favorites or tasting Palestinian cuisine for the first time, these recipes will fill your home with the aromas of sumac, and olive oil—ingredients that have nourished families for centuries.

Ready to bring the spirit of Palestine to your table? Let's cook!

*Recipes by Hadeel Hammoudah  
Design by Layla Hoggan*