

Palestinian Cuisine

FALAFEL

Ingredients

- 2 lbs dried chickpeas
- 1 bunch parsley, stems removed
- 8 garlic cloves
- 1 onion, chopped
- Cumin
- ~2 tsp baking soda
- Vegetable oil

Soak chickpeas in water for 12 hours

In small batches, process chickpeas in a food processor with parsley, garlic, and onion until they become a fine mixture. Then mix them all together in a bowl with some salt and cumin. At this point, you can refrigerate the falafel mixture and fry them at another time.

When you're ready to make your falafel, add a little bit of baking soda (1/4 teaspoon for 1/2 lb of falafel) to the mixture. Shape the falafel into small balls, about 1.5" wide, and flatten them a little so that they're like a thick patty. Fry them until they become golden brown.

You can serve the falafel in pita bread as a sandwich with tomato and cucumber slices, tzatziki sauce or hummus.

HUMMUS

Ingredients

- 2 cans of chickpeas
- Salt
- Lemon juice
- 6 tablespoons tahini
- 3 garlic cloves

Drain and rinse the chickpeas. Then heat them in a pot with some water. Once they're warm, reserve some of the liquid and drain the chickpeas.

Blend the chickpeas with some of the reserved liquid, salt, lemon juice, tahini, and garlic. If it's thick, add more reserved water.



BEEF KOFTA STEW

Ingredients

- 2 lbs ground beef
- 1 bunch parsley, stems removed
- 2 onions
- 1 jalapeno
- 4 garlic cloves
- Salt and pepper
- 2 small cans of tomato paste
- 2 potatoes
- 2 tomatoes

Preheat oven to 400 F.

In a blender, mix parsley, one chopped onion, jalapeno, garlic, and salt. Add the blended mixture to the beef and mix them all together by hand. Shape the kofta mixture into oblong shapes. Put the kofta in a baking dish.

In a pot, heat up four cups of water with the tomato paste, salt, and pepper. This will be the broth for the stew.

Cut potatoes, 1 onion, and tomatoes into semi-thick slices.

Fry the potato slices slightly.

Put the fried potato, onion, and tomato slices over the kofta in the baking dish. Pour in the broth, cover with aluminum foil, and bake for 40 minutes.

Serve kofta stew with white rice.

