

ZAYTOUN RECIPES

A proper Palestinian breakfast

Journalist and food writer, Joanna Blythman, shares the delights of a traditional Palestinian breakfast.

As I discovered when I spent time with the inspiring farmers on the West Bank, the typical Palestinian breakfast of za'atar, fresh flat bread bread, hummus capped with olive oil, creamy labneh and eggs, really sets you up for the day."

To start the day with a taste of Palestine, warm some fresh flat bread in the oven. Tear into strips and simply dip into a bowl of peppery green Zaytoun olive oil, then into a dish of Zaytoun's zingy za'atar. Let the flavours unfold on your tongue, waking up every sense!

For a more substantial breakfast, make a bowl of fresh silky hummus, swirled with Zaytoun olive oil. A bowl of thick creamy labneh and a softly boiled egg tops it off. Pinch the bread between finger and thumb, and use it to scoop up delicious mouthfuls – no need for cutlery!



PREPARATION METHOD

Hummus

1. You can use 500g tinned chickpeas, but best is to cook from scratch by soaking 250g dried chickpeas overnight in water with 1 tsp bicarbonate of soda. Next day drain and simmer in water for 30 minutes or until tender.
2. Place 500g of cooked chickpeas in a food processor and blitz. Continue pulsing the mixture as you pour the tahini, lemon juice, crushed garlic and salt. Slowly add the ice cold water and keep pulsing for a few minutes until very creamy. Add more ice cold water until you achieve desired consistency.
3. Let it rest for at least ½ hour before serving.

Labneh

1. Add salt to the fresh yoghurt and stir before putting into a clean muslin or cheesecloth over a bowl.
2. Close the cloth tightly so the mixture is pressed and leave to drain for at least 24 hours or until no more liquid is dripping.
3. Stir the thick yoghurt well to mix with the creamier centre.

Rooted in Time
& Tradition



INGREDIENTS

Serves 4-6

Hummus

- 500g cooked chickpeas
- 250ml tahini
- 80ml lemon juice
- 4 cloves garlic
- 2 tsp sea salt
- 100ml ice cold water
- Zaytoun olive oil & za'atar to serve

Labneh

- 2 tsp sea salt
- 1½ litres natural yoghurt
- Zaytoun olive oil & za'atar to serve



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ZAYTOUN INGREDIENTS

Zaytoun's Fairtrade **organic olive oil** is our flagship product. The olive tree characterises the Palestinian landscape, providing an income to over 100,000 farmer families across the West Bank. It also symbolises the long and deep connection families have with their land, nurtured through traditional organic farming practices that preserve precious land and water for future generations.

Rooted in Time
& Tradition



“Olive farming is about heritage, it's not just about money. We inherit this land from our fathers and we give it to our sons”

Belal Eid, Jorat Amra Cooperative

Zaytoun's za'atar is a traditional Palestinian herb mix - a handcrafted blend of shade-dried wild thyme, toasted sesame seeds, lemony sumac and sea salt. It's a delicious and versatile seasoning: try it as a simple snack served with a dip of peppery olive oil and crusty fresh bread, or a tasty dry rub on roast chicken, lamb or vegetables. Traditionally said to increase intelligence, Palestinian schoolchildren often carry a za'atar sandwich in their lunchbox!



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