

ZAYTOUN RECIPES

Festive Freekeh Stuffing

The subtle smokiness of Zaytoon's Palestinian freekeh teams perfectly with tart cranberries and juicy apples to make a festive stuffing with a difference!

Freekeh is an ancient grain used traditionally in Palestine for many dishes including soups and stews. Wheat is harvested very early in the season whilst still young and green, and flame-roasted, sun-dried and crushed to create its signature chewy texture and smokiness.



Photo by Diana Chaccour

PREPARATION METHOD

- Cover freekeh in twice the volume of water and let soak for 15 minutes. Rinse, drain and set aside.
- Heat up the olive oil in a saute pan then add red onions, celery and apples. Saute for 3 minutes.
- Add minced garlic, salt and pepper to taste, toss together for another minute or two on medium heat.
- Mix in the drained freekeh then top up with the vegetable stock allowing it to bubble for a few minutes. Cover and turn the heat down till it comes to a simmer.
- After 5 minutes stir in cranberries, cover again and simmer for another 7-10 minutes or until all the liquid has been absorbed and the freekeh is tender or al dente according to your taste.
- Allow the mixture to cool then mix in the spring onions, parsley and finally top with the toasted walnuts.



Rooted in Time
& Tradition



INGREDIENTS

- 250g Zaytoon freekeh, rinsed
- 2 sticks of celery, sliced
- 1 medium red onion, chopped
- 2 tbsp Zaytoon olive oil
- 2 small apples, cored and cubed
- 1 small clove garlic, minced
- 400ml vegetable stock
- 200g dried cranberries
- 3 spring onions, finely chopped
- Handful of parsley leaves, coarsely chopped
- 100g walnuts, chopped & roasted
- Coarse sea salt & black pepper to taste

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