

# ZAYTOUN RECIPES

## Freekeh and leek pilaf with toasted almonds

*"This is an appealing bowl of grains that smells nutty and rustic and savoury"*

*"Excellent nutty flavour with mild smoky notes and an appealing bite"*

*"Judges felt this would be a delicious alternative to brown rice"*

*"Lovely and moist with a back note of hay field smoke"*

**Judges from the Great Taste Awards 2017**

Rooted in Time  
& Tradition



### INGREDIENTS

- 250g Zaytoon freekeh
- 500g leeks, washed and sliced
- 4 tbsp Zaytoon olive oil
- 400ml vegetable stock
- 2 large garlic cloves, sliced
- 3 tbsp Zaytoon almonds, roughly chopped
- 2 tbsp finely chopped fresh mint
- A few sprigs of thyme
- Zest and juice of 1 lemon
- Salt and freshly ground black pepper
- 100g feta cheese (optional topping)

### PREPARATION METHOD

- Pour 3 tbsp olive oil into a large heavy-based pot, add the leeks and soften for 10–15 mins, stirring occasionally.
- Rinse the freekeh and add to the leeks along with the stock and thyme and bring to a simmer. Cover and cook over a low heat, stirring from time to time, for 20 mins or until liquid is absorbed then take off heat and let it stand.
- Heat the remaining 1 tbsp oil in a frying pan until hot, add the almonds and toast until lightly coloured, lower the heat and add the garlic to soften for a few minutes.
- Toss the freekeh & leek mixture with the mint, lemon zest & juice and season to taste. Top with toasted almonds and garlic, mix and serve.
- Optional toppings: Feta cheese, crumbled on top.



[www.zaytoon.org](http://www.zaytoon.org) | 0207 832 1351 | [contact@zaytoon.org](mailto:contact@zaytoon.org)

@ZaytoonUK

@Zaytoon\_CIC

@Zaytoon\_CIC

# ZAYTOUN INGREDIENTS

Smokey Freekeh, a flame-roasted green wheat traditionally used in pilafs as well as soups and stews.



Freekeh is an ancient grain, and legend has it that it was discovered by accident. One spring, millennia ago, a Mediterranean village was attacked by invading armies causing the villagers to flee. When they returned later that spring, they found their wheat crop, their source of livelihood, had been set on fire. Faced with the prospect of starvation, they rubbed off (fareek) the husk, to see what could be salvaged. Thanks to the high moisture levels in green wheat it was not burnt, but much to their surprise it was perfectly roasted and imbued with a wonderfully smoky aroma.



**Nowadays Palestinian farmers replicate this ancient process by harvesting organic wheat in the spring then flame-roasting it and finally rubbing off the husk.**

*Wheat is at its nutritional peak when green, so freekeh is packed with protein, vitamins and fibre, and truly deserves the 'super-grain' accolade. Zaytoun's freekeh is harvested earlier than many other types of freekeh on the market, making it moister, tastier and more nutritious.*

Freekeh retains a wonderful texture and flavour in cooking, making it ideal for pilafs, risotto and salads. Traditionally it is slowly simmered in stock for a nourishing soup – a Palestinian staple for centuries.



Zaytoun's Fairtrade organic olive oil is our flagship product, with a unique peppery flavour. The olive tree characterises the Palestinian landscape, providing an income to over 100,000 farming families across the West Bank. It is also a deeply symbolic tree in this land of conflict, representing the long connection families have with their land.



[www.zaytoun.org](http://www.zaytoun.org) | 0207 832 1351 | [contact@zaytoun.org](mailto:contact@zaytoun.org)

 @ZaytounUK

 @Zaytoun\_CIC

 @Zaytoun\_CIC