

ZAYTOUN RECIPES

Maftoul and apple salad

Recipe shared by Claire McDonald for **Zaytoun's 10th anniversary**.

"I've just discovered maftoul – or giant couscous - and am wondering where it has been all my life. Nubbly, tasty and easy to prepare, it gives a herby salad some ballast."

This salad created by award-winning food blogger Claire McDonald teams Zaytoun's nutty maftoul with almonds and crunchy apple for utter taste satisfaction! We're delighted to know that her family enjoy our products – Claire says "Never has being good tasted so delicious. My kids love the peppery, fruity flavour of Zaytoun olive oil which I stir into shop-bought hummus for added zing".

Claire and sister Lucy McDonald are authors of *The Crumbs Family Cookbook*. Published by CICO books, it is full of simple, tasty recipes for all the family to enjoy.



PREPARATION METHOD

1. Put the onion and garlic into a cup with half the lemon juice. This reduces the strength of their flavours, which means you won't still be tasting onion and garlic the next day.
2. Bring the stock to the boil in a medium-sized saucepan. Then add the maftoul and simmer for 6–8 minutes.
3. While it's bubbling away, finely chop the parsley and mint. Put it in a large bowl.
4. Toast the cumin and cinnamon in a dry frying pan over a medium heat until it darkens slightly and you can smell the aroma. Add it to the herbs.
5. Put the almonds in the same pan and toast briefly, stirring occasionally until they are a slightly darker brown. Add to the bowl. Grate the ginger straight into the bowl.
6. Chop the apple, throw in the bowl and then add the remaining lemon juice. Toss well and season with salt and pepper. Drain the maftoul thoroughly and add to the salad bowl.
7. Drain the onion and garlic and add to the salad. Stir in the pomegranate molasses, if using, if not, a drizzle of honey.

Rooted in Time
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INGREDIENTS

Start to finish:
20 minutes prep
Serves:
2 as a main, 4 as a side

- ½ red onion, finely chopped
- 1 garlic clove, finely chopped
- juice of 1 lemon
- 450ml (1 cup) chicken stock/bouillon
- 100g (2/3 cup) maftoul
- small bunch of flat-leaf parsley
- small bunch of mint
- 1 tsp ground cumin
- 1 tsp ground cinnamon
- Handful of unblanched whole almonds
- 1 tsp fresh ginger root, grated
- 1 apple, chopped salt and pepper
- 1 tbsp pomegranate molasses (optional), or a drizzle of honey

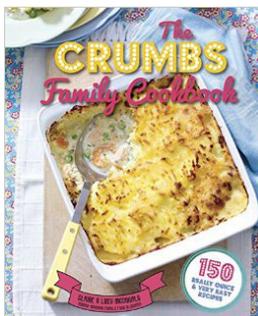
To order almonds and maftoul please go to www.zaytoun.org



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Zaytoun's maftoul and almonds

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Claire McDonald's recipe from her book, co-authored with sister Lucy, *The Crumbs Family Cookbook* uses **2 Zaytoun products**:

Maftoul is a Palestinian speciality – a large grain that is crafted by hand and boasts an unusual nutty flavour and a firm texture. Using bulgur wheat, wholegrain flour and water, women today prepare maftoul just as their grandmothers did: working together to crack, hand-roll and dry the organic wheat in the abundant Palestinian sun.



From the delicate pink blossoms in the spring to the ripe golden harvest in July – Palestine's almond trees lend colour and beauty to the terraced hillsides. Zaytoun's Fairtrade **Om al-Fahem almonds** are named after the town where farmer Hassan Asa'ad first planted this particular type of almond tree with its sweet flavoursome nut. We celebrate the sun-drenched beauty and taste of Palestine captured in our Fairtrade almonds, knowing that the families that tend their trees through the year are guaranteed a fair price for their work, and an opportunity to sell their harvest.



To find out more about our great range of Palestinian artisan food visit www.zaytoun.org or call **0207 832 1351**

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