

ZAYTOUN RECIPES

Maftoul with Squash, Sultanas and Pumpkin Seeds*

"Visually appealing, plump pearls of grain. The aroma is deeply earthy and smells of goodness. On eating, the grains retain a welcome bite. We were bowled over by the simple but complex flavour - nutty, earthy and savoury. Very, very tasty."

Judges for the Great Taste Awards 2017



Image by Diana Chacour

*This recipe has been adapted from Hugh Fearnley-Whittingstall's recipe published in The Guardian www.guardian.co.uk/lifeandstyle/2011/feb/05/couscous-bulgur-quinoa-recipes

PREPARATION METHOD

- Put the sultanas in a bowl, pour over hot water and leave them to plump up a bit.
- Warm a frying pan over a medium heat and toast the pumpkin seeds, rattling the pan from time to time, until fragrant and toasted. Tip into a bowl and set aside.
- Heat the oven to 190C/375F/gas mark 5.
- Peel the squash, halve it and remove the seeds and fibres. Cut it into largish chunks of about 3cm and place in a roasting tin. Toss in two tablespoons of the olive oil, sprinkle on the cumin, salt and pepper, and toss again. Roast for 30-35 minutes, rattling the tin halfway through, until soft in the middle and gently charred around the edges.
- Cook the maftoul in water or stock according to the instructions on the packet.
- To assemble the salad, toss the drained sultanas, pumpkin seeds and herbs with the maftoul until well combined. Trickle over the remaining tablespoon or two of olive oil and the vinegar, and toss again. Taste, adjust the seasoning as necessary, and when you've achieved the balance of flavour you like, toss gently with the squash. Serve hot or cold.

Rooted in Time
& Tradition



INGREDIENTS

- 200g Organic Maftoul
- 70g Fairtrade sultanas
- 60g pumpkin seeds
- 1 medium-sized squash (about 750g)
- 3-4 tbsp Palestinian Fairtrade Organic Extra Virgin olive oil
- 1 tsp ground cumin
- Flaky sea salt and freshly ground black pepper
- Water or vegetable stock
- 1 handful picked flat-leaved parsley, finely chopped
- 3 tbsp finely chopped dill
- 1 tbsp apple balsamic vinegar or cider vinegar



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ZAYTOUN INGREDIENTS

Organic hand-rolled Maftoul, a nutty alternative to couscous and rice.

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& Tradition



Image by Musa Al-Shaer

Often referred to as giant couscous, Maftoul - which literally means "hand-rolled" - is a traditional Palestinian large grain that is crafted by hand and boasts a firm texture and an unusual nutty flavour. Using bulgur wheat, wholegrain flour and water, women today prepare Maftoul just as their grandmothers did: working together to crack, hand-roll and then dry the organic wheat in the abundant Palestinian sun.



Image by Nik Pickard Photography



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Palestinians enjoy Maftoul as a food fit for peasants and kings – they cook it for sumptuous feasts at family gatherings and weddings, yet it remains staple part of hearty winter dishes with chicken and chickpeas. Its nuttiness makes it a nutty, wholegrain alternative to other grains in hot and cold dishes – delicious in soups, a new twist for risottos or simply as a refreshing change from regular couscous in summer salads.

"We don't work alone. Maftoul is a great excuse to get together, cook together, and work together. We roll, we chat, and we feel good when we are finished that we accomplished something as a group. These are the beautiful things in life."

Um Hikmat – Deir Ballout Women's Coop

At Zaytoun, our fairly-traded produce comes exclusively from farmers we know, allowing us to support farming families as they build a sustainable future. Our full product range from Palestine includes organic Fairtrade olive oil, Fairtrade almonds, Medjoul dates from Jericho, smoky freekeh and zesty za'atar thyme herb mix.

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