

PALESTINIAN BRUNCH

# HOST A FUNDRAISER FOR SABEEL-KAIROS

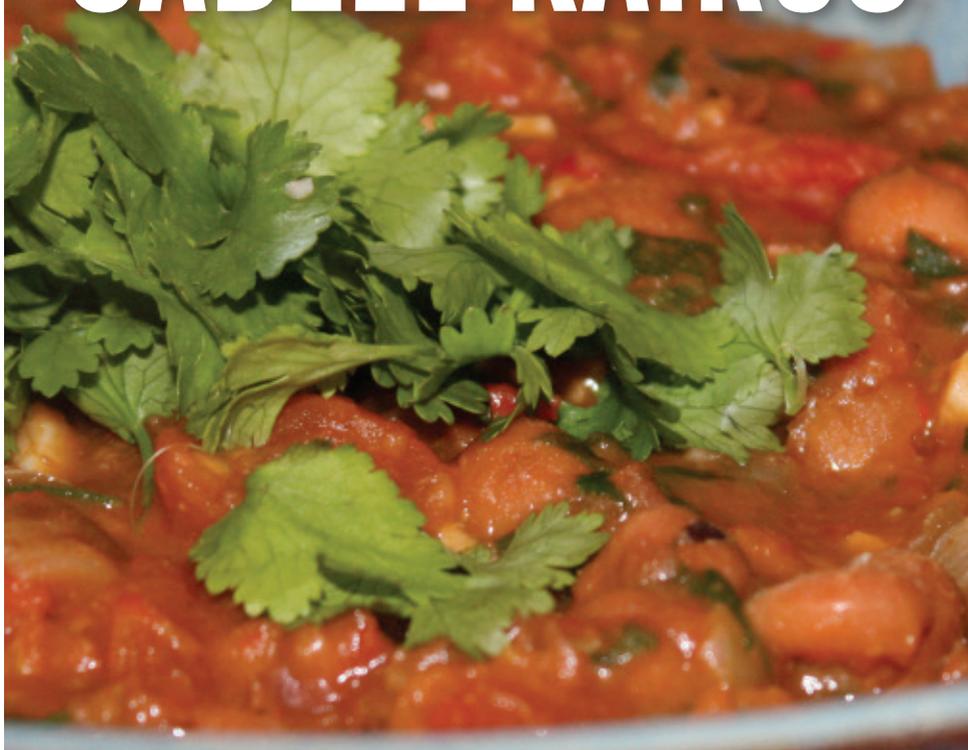


PHOTO CREDIT: PHOEBE RISON/THE OLIVE TREE KITCHEN

Why not invite your friends, fellow foodies and local Palestine supporters over for a delicious and informative cultural morning of a traditional PALESTINIAN BRUNCH?

This is a great chance to enjoy Palestinian food and culture and share time with like-minded people while raising money for the essential campaigns we run to support Palestinians.

The star of the show is 'Mama's Foul'. The recipe is included here for you with other suggested recipes available online at [www.sabeel-kairos.org.uk/fundraising](http://www.sabeel-kairos.org.uk/fundraising)

#### INGREDIENTS:

- 2 cans of fowl (fava) beans
- 3 vine ripened tomatoes,  
— chunky chopped
- 3 garlic cloves, finely chopped
- 1 medium red chili,  
— finely chopped
- 1 white onion,  
— chunky chopped
- 3 tbsp extra virgin olive oil
- ½ tsp ground cumin
- 1 ½ tsp ground coriander
- Handful of fresh coriander
- 2 pinches salt, ground
- 1 pinch black pepper
- 3 cups water

#### METHOD:

Put the oil, onions, garlic and red chili in a pan over a medium heat for 5 minutes until translucent.

Add the tomatoes and stir for another 2 minutes.

Push the tomato and onion mix to one side of the pan and add the fava beans to the clear side of the pan and stir to heat through.

Once warm, move a few beans over with the tomatoes so they remain whole, and using a potato masher, mash the fava beans down to a rough paste.

Add the water, salt, pepper, ground cumin, ground coriander and mix the entire contents of the pan together and heat for 5 minutes, or longer until the mix is no longer wet/watery (you want quite a thick consistency).

Add the fresh coriander leaves and stir in.

Once the dip is a thicker consistency, so that the pan looks dry as you take a wooden spoon through the mixture, remove to a serving bowl, garnish with remaining fresh coriander leaves and tahini.

Serve in a large communal dish with warm bread.

## Sabeel-Kairos

### Taking Action for Palestine

[www.sabeel-kairos.org.uk](http://www.sabeel-kairos.org.uk)  
[advocacy@sabeel-kairos.org.uk](mailto:advocacy@sabeel-kairos.org.uk)

Have a great morning and do send us some of your photos! All recipes are kindly provided by Phoebe Rison and her Mama Nadia Aranki-Stoves from The Olive Tree Kitchen. Please send cheques for money raised with a covering letter and any photos you would like to share with us to: Sabeel-Kairos, CMS House, Watlington Road, Oxford, OX4 6BZ