

AM⁴⁰STRUST.

**AMOS
SUPPER
CLUBS**



AMOS TRUST SUPPER CLUBS

DELICIOUS WAYS TO FUNDRAISE

RECIPE PACK

WE DO HOPE

“My mother taught me how to be able to celebrate Palestine by welcoming guests to have our food. So, cook Palestinian wherever you are, because you are part of preserving that culture and telling the world we exist.”

The QALAYA, MAKLOUBEH and MUJADDARA recipes are courtesy of Sally Azzam from Amos Trust and the BASBOOSA recipe and photograph are courtesy of Phoebe Rison from *The Olive Tree Kitchen*



FADI KATTAN
PALESTINIAN CHEF AND CO-FOUNDER OF
AKUB RESTAURANT IN LONDON

Photograph: © Mark Kensett for Amos Trust

HOST A SUPPER CLUB

FOR PALESTINE

Host a Supper Club for Palestine, share Palestinian-inspired dishes and raise funds for Amos Trust's vital work in Palestine.

Join us as we honour Palestinian culture by bringing friends, family, or your local community together for a meal as an act of cultural resistance that supports our Gaza and West Bank appeal.

Whether it's a cosy dinner at home or a bigger gathering at a venue, it's a simple but powerful way to stand in solidarity with Palestinians.

HOW IT WORKS:

- Invite friends, family or colleagues for a meal
- Cook a few simple Palestinian dishes
- Ask guests to donate what they would spend on a meal out
- Enjoy great food, conversation and solidarity.



Cook a few simple Palestinian dishes and enjoy great food, conversation and solidarity.

PHOTOGRAPH: ALAA, FROM AFTEEM'S RESTAURANT
IN BETHLEHEM © Mark Kensett for Amos Trust

QALAYA

INGREDIENTS

SERVES 4 AS PART OF A MEZZE SPREAD OR STARTER

4 large plum tomatoes • 4 garlic cloves • 2 tbsp olive oil
1 green chilli • salt • ground black pepper

STEP-BY-STEP GUIDE

1. Begin by pouring boiling water over the tomatoes and allow them to sit for a few minutes until the skins can be easily removed.
2. Slice the tomatoes on a chopping board, being careful not to waste the juice.
3. Finely chop the garlic and chilli.
4. Heat the olive oil in a shallow pan over a medium-high heat. Add the tomatoes, chilli, garlic, salt and pepper and cook for 18 minutes, stirring occasionally.
5. The dish is ready when the sauce has thickened and the tomatoes have broken down. Enjoy Qalaya hot or at room temperature with bread on the side.



QALAYA: This versatile dish is served as part of a mezze spread or an interesting addition to a brunch. It is somewhere between sautéed tomatoes and a tomato dip. The word 'Qalaya' means frying pan.

MAKLOUBEH WITH CHICKEN & CAULIFLOWER

INGREDIENTS

FOR THE MAKLOUBEH

- 2 medium cauliflower heads – cut into florets
- 2 large tomatoes – sliced
- 1 large onion – chopped
- 1 bulb of garlic divided into cloves and peeled
- olive oil – for roasting vegetables and cooking
- 300g basmati rice
- 40g salted butter
- 500ml vegetable stock
- ¾ tsp cumin seeds
- ¾ tsp coriander seeds
- ½ tsp ground allspice
- ½ tsp cinnamon
- ½ tsp turmeric
- 1 tsp salt
- 1 tsp black pepper



MAKLOUBEH: ‘Makloubah’ means ‘upside down’ in Arabic and is an excellent choice when you have guests, as there’s a thrilling moment of suspense when the dish is flipped and everyone eagerly waits to see if it maintains its shape — or ends up on the floor!

MAKLOUBEH WITH CHICKEN & CAULIFLOWER

INGREDIENTS

FOR THE CHICKEN

- 4 skinless chicken thighs or chicken breasts (boneless or bone-in)
- 1-2 tbsp olive oil
- salt and pepper to season the chicken
- chilli flakes to taste

STEP-BY-STEP GUIDE

1. PREHEAT THE OVEN TO 200°C/GAS MARK 6

2. PREPARE THE VEGETABLES

Place the cauliflower florets on a baking tray, drizzle with olive oil, add a pinch of salt and bake for 20 minutes.

Place the tomatoes and garlic on a smaller baking tray, drizzle with olive oil and salt and bake for 10 minutes.

3. PREPARE THE RICE

Wash the basmati rice thoroughly to remove excess starch. Soak it in cold water for 15 minutes, then drain and set aside.

4. COOK THE CHICKEN

While the vegetables are roasting, heat 2-3 tbsp of olive oil in a large pan over a medium-high heat.

Season the chicken thighs (or breasts) with salt, pepper and chilli flakes. Brown the chicken on both sides (about 5-7 minutes per side), then set it aside. The chicken doesn't need to be fully cooked yet, as it will continue cooking in the pot with the rice.

5. TOAST THE SPICES

In a small pan, toast the cumin seeds and coriander seeds until their aromas are released. Then grind them and add them to a jug with the allspice, cinnamon, turmeric, salt and pepper. Stir in the vegetable stock and set aside.

6. CARAMELISE THE ONIONS

In a large pan, gently fry the chopped onion in olive oil until golden and caramelised.

MAKLOUBEH WITH CHICKEN & CAULIFLOWER

CONTINUED

7. ASSEMBLE THE MAKLOUBEH

Grease the bottom and sides of a non-stick pot with butter.
Layer the ingredients in the pot in the following order;

1. *Caramelised onions*
2. *Roasted tomatoes and garlic*
3. *Roasted cauliflower florets*

Place the chicken thighs (or breasts) on top of the vegetables. Pack the rice over the chicken and vegetables, then pour the vegetable stock and spices over the rice.

8. COOK THE MAKLOUBEH

Bring the mixture to a boil, then reduce the heat to low and cook for 25 minutes or until the rice is tender and the chicken is fully cooked.

Check the rice after 20 minutes; if it's still too hard, add extra stock or water and continue cooking. Taste and adjust the seasoning as needed.

9. REST THE DISH

Once cooked, remove the pot from the heat and let it rest for 10 minutes.

10. FLIP THE MAKLOUBEH

Prepare a flat tray for flipping. Carefully invert the pot onto the tray, then tap it gently with a wooden spoon to make sure the Makloubah slides out easily.

Serve with natural yoghurt, mint and a side salad.

MUJADDARA

INGREDIENTS

FOR 4 SERVINGS

- 200g brown lentils
- 125g long grain rice or coarse bulgur
- 1½ tsp salt
- ¾ tsp ground black pepper
- 1½ tsp crushed cumin seeds
- 2 chopped onions
- 60ml olive oil
- 200ml vegetable or sunflower oil



MUJADDARA: A nourishing lentil dish widely enjoyed throughout the Middle East. The preparation of mujaddara varies from one country to another, and even from family to family.

MUJADDARA

STEP-BY-STEP GUIDE

1. THE LENTILS

Wash the lentils, put them in a pan with 500ml water and a pinch of salt, and bring to the boil. After about 7 minutes, lower the heat, add a lid and cook the lentils for 15 minutes until partially cooked.

2. THE ONIONS

Cook the onions in a large, heavy saucepan with the vegetable oil for about 20 minutes, until the onions are a deep golden brown. Once the onions start to brown, stay close by, stirring frequently to avoid burning. Add a pinch of salt.

NOTE: It is important to use vegetable oil rather than olive oil to prevent burning.

3. REDUCE

Add 750ml of water to the onions, reducing the heat to avoid spitting and cook for about 10 mins. The liquid will take on the deep golden colour of the onions. Strain the onions and pour the liquid into a different pot.

4. LENTILS OR RICE

Add the semi-cooked lentils to the uncooked rice or bulgur, season with salt, pepper and cumin and pour the onion liquid over the top.

5. COOK

Cover with a lid and cook on the hob for 20 minutes or until all the water has been absorbed. The texture should be al dente. Finally, add the extra virgin olive oil and mix it all together.

Serve your Mujaddara with a fattoush or vegetable salad and spoonfuls of natural yoghurt.

BASBOOSA

CAKE INGREDIENTS FOR 4 SERVINGS

- 250ml sour cream
- 250ml natural yoghurt
- 180g melted butter
- 400g semolina
- 100g desiccated coconut
- 95g sugar
- 1 tbsp baking powder
- ¼ bicarbonate of soda
- 2 tbsp vanilla extract
- 1 tbsp tahini

SYRUP INGREDIENTS

- 1 cup of water
- 2 cups of sugar
- 1 tbsp orange blossom water
- chopped pistachios and rose petals to decorate



BASBOOSA: Basbousa is a sweet, syrup-soaked semolina dessert. The semolina batter is baked in a sheet pan, then sweetened with sugar syrup and typically cut into diamond shapes or squares.

BASBOOSA

STEP-BY-STEP GUIDE

1. SUGAR SYRUP

In a saucepan, combine water, sugar and orange blossom water. Bring to a boil then reduce the heat and simmer for 20 minutes. Remove from the heat and allow to cool completely.

2. PREHEAT THE OVEN TO 175C/GAS MARK 4

3. MIX

Stir the sour cream, yoghurt and baking powder together thoroughly and leave for a few minutes to rise.

In a separate bowl, mix the semolina, butter, coconut, sugar, bicarbonate of soda and vanilla extract together. When thoroughly combined, add the yoghurt mixture and mix thoroughly.

4. SPREAD & POUR

Spread the tahini onto the base of a cake tin, then pour in the semolina mixture (which will be more like a dough than a batter) and using your hands, press it into the tin evenly.

5. MAKE THE SHAPES

Score the basboosa into squares or diamonds or something more elaborate. Bake in the oven for 30 minutes until the top is golden with a slight crisp to it.

6. ONCE COOKED

Remove from the oven and immediately pour the cool sugar syrup over the hot cake and let it soak in. Decorate with the pistachios and rose petals, and serve with strong coffee.

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