

With the expert guidance and photography of top Chef Anas Shahin, a Palestinian native working in the five-star food and beverage industry in Dubai, following is a collection of some of the most-loved Palestinian dishes.

May the children of Palestine know the joys and aromas of these dishes, in peace and pride, as is their human right.





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Fish Sayyadieh – a well-loved Middle Eastern dish, part of Palestinian cooking culture – catch of the day is cooked with rice in fish stock, and herbs and spices, with caramelized onions.





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Dolma is an integral part of Palestinian culinary culture, though originating from the Ottoman empire centuries ago – tasty minced lamb is wrapped tight in cabbage, zucchini, and vine leaves, and cooked in its own juices until melt-in-your-mouth consistency.





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Lamb Mensaf – the quintessential Middle Eastern dish, part of Palestinian culinary culture, though widely considered a traditional Jordanian dish – Lamb Mansaf is cooked with "Jameed" and served with Saj bread and rice: Jameed is a fermented dried yogurt (jameed stone) that is soaked in water in order to dilute the salty taste and simmer with the lamb stock.





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Kufta bil Tahina (Lamb Kufta with Tahina Sauce) are meatballs of ground beef and lamb mixed with fresh parsley, onions, garlic and Middle Eastern spices; then cooked in the oven with potato and onion, and garnished with crispy onions, parsley, and green chili. The tahina sauce is made from ground toasted sesame seeds.





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Stuffed bell peppers are a well-loved dish from Levant culture, popular in Jordan, Syria, Lebanon, Palestine, Egypt and Turkey. The bell peppers are filled with fragrant rice and meat, or rice and vegetables.





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Chicken Molukiya is a well-loved Middle Eastern dish, part of Palestinian culinary culture – here pictured in Egyptian Style with green jute leaves and finished with roasted garlic.





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Traditional Chicken Maqlouba: a Jordanian / Palestinian dish cooked upside down with eggplant, cauliflower, potatoes and tomatoes, topped with roast almonds and chopped parsley with Arabian spices.



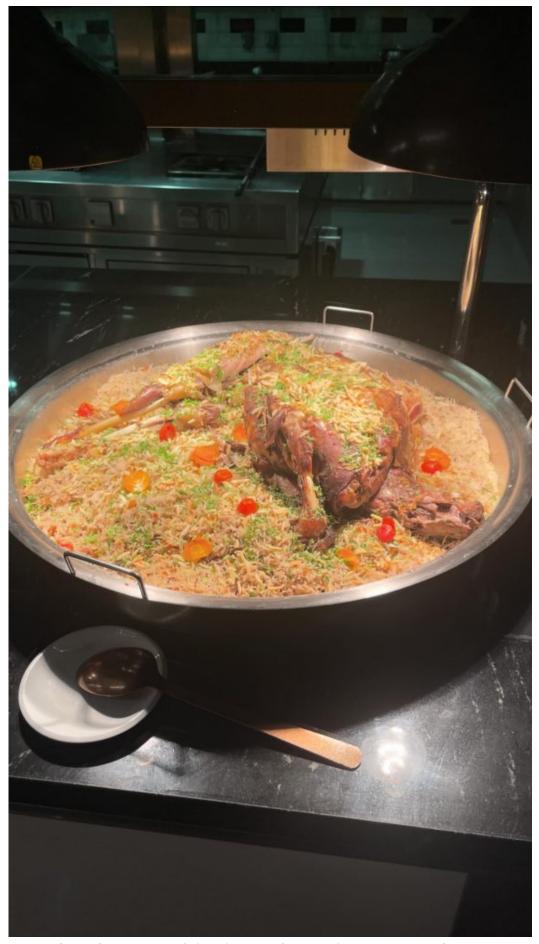


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Dolma with Kousa – flavorsome minced lamb and rice is filled in Arabian zucchini and cooked with stuffed vine leaves.





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Lamb Ouzi - a centrepiece of Middle Eastern cooking, part of Palestinian culinary culture - whole or large cunks of lamb are baked in an oven over time, and served with Oriental rice.



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Roasted Cauliflower with Sumac – a vegetarian dish of Palestinian culinary culture, roasted cauliflower marinated with sumac spice topped with pomegranate seeds and pomegranate molasses.





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Batata Jabalieh – aka Potatoes Harra, Lebanese-style roasted potatoes marinated with Arabian red chili and olive oil.

Photo Credit: header photo cropped from www.palestineremembered.com/ Arab women cooking on clay stoves, using charcoal for fuel, Nazareth area, northern Palestine, 1905