

WeWork Refugee Week – Cooking Class with the Syrian Sunflower

FATTOUSH SALAD

Serves 2

Ingredients

¼ lettuce (*any kind of lettuce will do - Iceberg or Romaine suggested*)
2 medium tomatoes
½ medium cucumber
¼ red onion **or** ¼ bunch spring onions
¼ bunch parsley
¼ bunch dill
6 radishes
1 bell pepper (*or 2 halves - ideally different colours*)
Small bunch fresh mint
1 tsp dried mint
1 flat breads (*tortilla, Syrian flatbreads or pitta bread*), torn into 4cm squares
1 tsp Sumac **or lemon zest mixed with lemon juice**
2 tbsp pomegranate molasses
1½ tbsp vinegar (*cider/apple or balsamic*)
Salt to taste
2 tbsp olive oil
¼ tsp Paprika
Seeds of a small pomegranate

Equipment

1 Frying Pan and 1 large serving dish.

HARRAC OSBAO

Serves 2

Ingredients

100g block of tamarind (*or tamarind paste or powder*), **or lemon juice if you can't find it**
150g green lentils, washed (*or brown lentils*)
100ml pomegranate molasses
200g macaroni (*or any pasta*)
100ml olive oil
½ large garlic clove, crushed
½ cup fresh coriander, chopped
Salt and pepper to taste

To Garnish

2 tbsp flour *or (bread crumbs)*
½ onion, finely sliced
1 flat bread, torn into 1cm pieces (*tortilla, flat bread, pitta bread*)
300ml vegetable oil for deep frying
1 pomegranate, seeds removed (*Majeda will show you how to remove the seeds*)
½ cup fresh coriander, finely chopped

Equipment

2 saucepans and 1 frying pan.

FATOUSH SALAD

Method:

1. Chop the fresh herbs and vegetables to a medium size and combine in a large bowl.
2. Heat a frying pan over a high heat, add the oil and once hot fry the bread until golden on both sides. Remove from the oil and set aside to drain on a kitchen towel.
3. Combine the pomegranate molasses with vinegar, olive oil, salt, dried mint, sumac and paprika and dress the salad.
4. Serve with the fried bread and pomegranate seeds on top.

HARRAC OSBAO

Method:

For the lentils/macaroni

1. Heat up 1 L water in a saucepan. Break the tamarind into the pan and boil vigorously for 20 minutes. The water should turn a deep brown and the tamarind should turn to a soft pulp.
2. Remove from the heat and strain the tamarind keeping the liquid and discarding the seeds.
3. Place the lentils in a large pot with plenty of water. Bring to boil. Then reduce the heat and simmer for 10 minutes.
4. Add the tamarind liquid and the pomegranate molasses.
5. Add the macaroni with salt and pepper to taste and stir continuously for 10 minutes.
6. Remove from the heat and set aside.
7. Heat the olive oil in a frying pan. Fry the garlic with the coriander and add to the lentils.

For the garnish

1. Combine the sliced onions with the flour and shake to coat evenly. Place the floured onions in a sieve and gently shake to remove any excess flour.
2. Heat the vegetable oil in a frying pan.
3. Fry the onions and bread pieces in batches until brown and crispy. Drain on kitchen paper

For the assembly

Take a large shallow bowl or serving dish. Start with the lentils/macaroni. Top with a decorative pattern of the fried bread, fried onions, the chopped coriander and pomegranate seeds.