

## Jerusalem/West Bank/Gaza

Middle East/Eastern Europe

### Menu

#### 1. Phyllis' pita

Ingredients:

- 1 1/2 cups white flour
- 1 1/2 cups whole wheat flour
- 1 tsp. salt
- 2 tsp. dried yeast
- 2 Tbsp. oil
- 1 1/4 cups water at room temperature
- Flour for dusting during rolling and shaping

Directions:

Combine all ingredients in a bowl using your hands. Sprinkle a little flour onto your work surface and empty the dough from the bowl onto that surface. Knead for about 5 minutes. Cover dough and leave for 20 minutes. Knead for another 5-10 minutes. Let it rise for a little while. Clean your mixing bowl and slightly oil it. Place the dough back into the bowl and smooth a little oil over the surface of the dough. Cover it with a lid or plastic wrap and place it in the fridge. Leave it in the fridge overnight or for up to 3 days. When you are ready to bake, empty the dough onto the work surface that has been dusted with some flour and cut the dough into about 10 pieces. Work with one piece at a time and keep the rest covered with a moist cloth. Dust your hands with flour, then roll each piece of dough into a ball and flatten it into a 1/4 in. disk. Cover all the discs with some oiled plastic film and leave for about 20 minutes at room temperature. Then remove the film and place them onto a baking sheet. Bake in a preheated 425° oven for 3-5 minutes.

#### 2. Falafel

Ingredients:

- 4 cups chickpeas (garbanzo beans), drained
- 8 cloves garlic, peeled and sliced
- 6 Tbsp. peanut butter
- 2 green onions, chopped
- 2 onions, diced
- 2 eggs
- 1/2 tsp. of each (ground coriander, ground cumin, and cayenne pepper)
- 2 Tbsp. soy sauce
- 2 Tbsp. corn oil

Directions:

In a food processor or blender puree chickpeas. Add garlic, peanut butter, green onion, onion, egg, coriander, cumin, cayenne pepper, and soy sauce; process until well mixed. Shape into balls, using about 1 Tbsp. for each. Heat oil in a medium skillet over medium-high heat. Brown on all sides.

#### 3. Hummus

Ingredients:

- 1 clove garlic, chopped
- 1 can garbanzo beans, half the liquid reserved
- 4 Tbsp. lemon juice
- 2 Tbsp. *tahini* (sesame seed paste found in most stores)
- 1 tsp. salt
- Black pepper to taste
- 2 Tbsp. olive oil
- Cucumber, tomato, and carrots, sliced

Directions:

Pour garbanzo beans and garlic into blender. Place lemon juice, *tahini*, chopped garlic and salt in the blender. Transfer the mixture to a medium serving bowl. Sprinkle with pepper and olive oil. Serve with sliced vegetables and pita.

### Life in Jerusalem/West Bank/Gaza

Thousands of years of history, heritage, and discord influence the lives of the diverse peoples who live in this area. Families are often large and lack basic necessities. Many residents work in public service or in manufacturing plants.

### Typical Meal

A typical meal would include falafel, hummus, *tahini*, lamb, chicken, rice, nuts, and eggplant.

### Walid gets the water



Walid, 5, is using the new drinking unit installed by workers from the World Vision Job Creation Program at the Za'tar Kindergarten. Almost 70 percent of the Palestinians in the Gaza Strip, where Walid lives, are below the poverty line.

References:

Holmes, Katie. Phyllis' Pita. Personal Interview. May 24, 2006.  
Countries and Their Cultures. Palestine. 2006.

<http://www.everyculture.com/wc/Germany-toJamaica/Palestinians.html>. Accessed June 14, 2006.