



Istituto di Istruzione Secondaria Superiore "Presta - Columella"



*"PEOPLE IN NEED: DIGITAL TEACHING UNITS ENFORCING EUROPEAN
CITIZENSHIP"*

Category;: Home Culture

- Group 5 - students:
 - ❖ PASSABI' BENEDETTA
 - ❖ OTTOMBRINI ARIANNA
 - ❖ SCOZZI FEDERICA



Interview to Mr Alladah - Tuesday 17th January 2017

A refugee from the Gaza Strip



What is your favorite food?

MAAMUUL. Semolina cookies that are stuffed with a date paste.



The recipe

- 40 servings
- 2 cups semolina
- 1 cup fine semolina, ferkha flour
- 1 teaspoon dried yeast, dissolved in 2 tablespoons warm water
- 1 cup butter, melted
- 2 tablespoons orange blossom water
- 2 tablespoons rose water
- For the stuffing:
- 125 g date paste
- 2 teaspoons butter
- 1 pinch of mahaleb, if available

Ingredients



ferkha flour



date



date paste.



rose water



mahaleb



blossom water

What is your traditional dish?

- Maqluba. Every Palestinian family has their own way of preparing Maqluba, which means “upside-down” in Arabic. This main dish has countless variations in ingredients, measurements and technique.



INGREDIENTS

- 1 2/3 cups basmati rice, rinsed until water runs clear
- 1 teaspoon ground turmeric
- 1 teaspoon ground cinnamon
- 1 teaspoon ground *allspice*
- 1 teaspoon ground cumin
- 1 teaspoon ground coriander
- 1/2 teaspoon ground cloves
- 2 medium eggplants, cut into 1/4-inch-thick slices
- About 5 tablespoons extra-virgin olive oil
- Kosher salt and freshly ground black pepper
- 1 medium cauliflower, divided into medium florets
- 1 tablespoon butter, melted
- 3 medium ripe tomatoes, cut into 1/4-inch-thick slices
- 4 cups vegetable stock
- 2 medium cloves garlic, peeled and halved
- Plain yogurt, for serving (optional)
- Hot sauce such as sambal oelek, for serving (optional)
- Chopped fresh cilantro, for serving (optional)

Directions

- Adjust oven racks to middle positions and preheat oven to 400°F. Cover rice with water, stir in 1 teaspoon of salt, and let soak. Stir together *turmeric*, *cinnamon*, *cumin*, *coriander*, and *cloves* in a small bowl. In a large bowl, toss eggplant slices with 3 tablespoons oil, 1/3 of the spice mixture, and salt and pepper to taste. Lay *eggplant*...



Other ingredients

- Hot sauce such as sambal oelek, for serving (optional) *Il sambal è una salsa speziata e piccante a base di peperoncini macerati in aceto e insaporiti con sale.*
- Chopped fresh cilantro, for serving (optional) *salsa verde di coriandolo, aglio e prezzemolo*



What is coriander and cilantro? Are they the same or two totally different things?

- The short answer is: It depends on where you are. They mean the same things in some countries, while others treat them as two completely different components.



Differences and analogies

- They say CUP or GLASS we usually use grams or milliliters.



Typical mediterranean products



Food can bring us together!

