

COOKING CLASS

WITH SOMAR,
MODAR AND BASEL

FROM SYRIA

ÜBER DEN TELLERRAND KOCHEN IS CREATING A NEW TOGETHERNESS AMONG REFUGEES AND LOCALS, AIMING AT LONG-LASTING INTEGRATION IN A PROCESS THAT INVOLVES PEOPLE FROM ALL CORNERS OF SOCIETY PARTICIPATING ON THEIR OWN INITIATIVE. AS A PILOT PROJECT, ÜBER DEN TELLERRAND INSPIRES CROSS-CULTURAL EXCHANGE AND ENCOUNTERS AT THE GROUNDLEVEL AMONG CULTURES AND SUPPORTS AN OPEN AND TOLERANT SOCIETY.



TABOULEH

INGREDIENTS (4 PORTIONS)

1 CUP BULGUR (FINE)
2 BUNCH PARSLEY
2 LARGE TOMATOES
½ CUCUMBER
1 ROMAINE LETTUCE
1 ONION
OLIVE OIL
JUICE OF 2 LEMONS
CUMIN
SALT & PEPPER

PREPARATION

SOAK THE BULGUR IN 1 ½ CUPS OF HOT WATER.
CHOP THE TOMATOES, THE CUCUMBER AND THE LETTUCE INTO SMALL PIECES, HASH THE PARSLEY AND MIX EVERYTHING. AFTER ABOUT 30 MINUTES DRAIN THE BULGUR AND MIX IT WITH THE OTHER INGREDIENTS. ADD SOME OLIVE OIL AND LEMON JUICE AS WELL AS THE SPICES RIGHT BEFORE SERVING.



FOUL

INGREDIENTS (4 PORTIONS)

1 CAN OF FAVA BEANS
3 TABLE SPOONS TAHINA
3 TABLE SPOONS YOGURT
2 CLOVES OF GARLIC
3 TABLE SPOONS LEMON JUICE
OLIVE OIL
CUMIN
SALT
ARABIC BREAD TO SERVE

PREPARATION

DRAIN THE FAVA BEANS IN A COLANDER AND RINSE THEM IN COLD WATER. IN A LARGE BOWL MIX THE TAHINA WITH JOGURT AND ADD THE FINELY CHOPPED GARLIC. ADD THE FAVA BEANS TO THE MIX ADD SOME LEMON JUICE, CUMIN AND SALT AND MASH EVERYTHING TO A SEMI-SMOOTH CONSISTENCY. SERVE WITH ARABIC BREAD.



MSAKHAN

INGREDIENTS (4 PORTIONS)

1 KILO CHICKEN BREAST FILET
2 LARGE ONIONS
100 GRAMM ALMONDS
2 TABLE SPOONS SUMAC SPICE
TORTILLA WRAP
OLIVE OIL

PREPARATION

CHOP THE ONIONS INTO SMALL CUBES. AND FRY THEM IN A PAN WITH A BIT OF OLIVE OIL. CUT THE CHICKEN INTO SMALL PIECES AND ADD IT TO THE ONIONS. ADD SUMAC AND ALMONDS AND FRY EVERYTHING FOR A FEW MINUTES. PUT TWO OR THREE SPOONS OF THE MEAT MIX ON A WRAP EACH AND SPRINKLE SOME OLIVE OIL ON TOP. NOW ROLL EVERYTHING UP AND PUT THE ROLLS ON A BAKING TRAY. PUT THE ROLLS IN THE OVEN AT 180° C FOR ABOUT 15 – 20 MINUTES.



KNAFFEH

INGREDIENTS (4 PORTIONS)

500 G KNAFFEH DOUGH (AVAILABLE
AT TURKISH OR ARAB
SUPERMARKETS)
250 G BUTTER
6 BALLS MOZZARELLA
1 CUP OF SUGAR
1 CUP OF WATER
50 ML ROSE WATER
PISTACHIOS

PREPARATION

COVER A BAKING TRAY WITH A SHEET OF BAKING PAPER. GENTLY PULL THE DOUGH INTO SMALL PIECES AND SPREAD HALF OF IT EVENLY ON THE BAKING TRAY. PREHEAT THE OVEN TO 185° CELSIUS (TOP- / BOTTOM HEAT).

MELT THE BUTTER IN A SMALL PAN AT LOW HEAT AND SPREAD HALF OF IT ON THE DOUGH ON THE BAKING TRAY. CUT THE MOZZARELLA INTO SMALL PIECES AND SPREAD IT ON TOP OF THE DOUGH. COVER EVERYTHING UP WITH THE REST OF THE DOUGH AND THEN SPREAD THE BUTTER EVENLY ON TOP. PUT THE BAKING TRAY IN THE OVEN FOR ABOUT 20 - 30 MINUTES UNTIL THE KNAFFEH TAKES ON A GOLDEN BROWN COLOUR.

MEANWHILE BRING WATER ALONG WITH THE ROSE WATER AND SUGAR TO BOIL AND LET IT SIMMER ON MEDIUM HEAT UNTIL IT HAS TURNED INTO A SYRUPY LIQUID. ONCE THE KNAFFEH IS BAKED, SPRINKLE THE SYRUP ON TOP AND ADD THE CHOPPED PISTACHIOS. ENJOY WHILE HOT.

