



FREEKEH from Palestine

An ancient grain made with flame-roasted green wheat. For soup, salad and pilaf.



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Perfect for...



FREEKEH SOUP



FREEKEH STUFFING



FREEKEH SALAD



FREEKEH PILAF

What is FREEKEH?

Freekeh is a young green wheat that is harvested in the spring and flame-roasted before the husks are rubbed off. Legend has it that it was discovered by accident. One spring, millennia ago, a Mediterranean village was attacked by invading armies causing the villagers to flee. When they returned later that spring, they found their wheat crop, their source of livelihood, had been set on fire. Faced with the prospect of starvation, they rubbed off (fareek) the husk, to see what could be salvaged. Thanks to the high moisture level in the milky, green kernels, it was not burnt but much to their surprise, it was perfectly roasted and imbued with a wonderfully smoky aroma.

Nowadays Palestinian farmers replicate this ancient process by harvesting organic wheat in the spring then flame-roasting it and finally rubbing off the husk.

Freekeh retains a wonderful texture in cooking, making it ideal for pilafs, risottos and salads and it's delicious as stuffing for vegetables and roast meat. Traditionally it is slowly simmered in stock for a nourishing soup – a Palestinian staple for centuries.

- ✓ High in protein and iron
- ✓ Good source of fibre
- ✓ Low GI
- ✓ Suitable for vegans

**COOKS IN
12 MINUTES**



Add 400ml of stock or water, bring to the boil and simmer for 12-15 minutes

For recipes and to order Palestinian cookbooks by Joudie Kalla visit

www.zaytoun.org



"Zaytoun smoky freekeh has an excellent nutty flavour with mild smoky notes and an appealing bite."

THE GREAT TASTE JUDGES



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