



ORGANIC MAFTOUL from Palestine

Hand-rolled giant pearls of couscous made with organic bulgur wheat. For salads, Buddha bowls, stews and risottos.



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MAFTOUL SALAD



MAFTOUL RISOTTO



MAFTOUL PILAF

What is MAFTOUL?

Often referred to as giant couscous, Maftoul - which literally means "hand-rolled" - is a traditional Palestinian large grain that is crafted by hand and boasts a firm texture and an appealing nutty flavour. Using bulgur wheat, wholewheat flour and water, women today prepare Maftoul just as their grandmothers did: working together to crack, hand-roll and then dry the organic wheat in the abundant Palestinian sun.

Palestinians enjoy Maftoul as a food fit for peasants and kings, served for sumptuous feasts at family gatherings and weddings. Its nuttiness makes it a flavoursome alternative to other grains in hot and cold dishes – delicious in soup and stews, a wholegrain twist for risottos or as a hearty addition to salads.

Bulgur is a cracked form of durum wheat which is high in fibre and protein and was the staple grain in Middle Eastern kitchens for centuries. With the firm bulgur grain in its centre, Maftoul can withstand longer cooking and retains an appealing bite.

- ✓ High in protein
- ✓ Good source of fibre
- ✓ Organic
- ✓ Suitable for vegans

**COOKS IN
12 MINUTES**



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

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Palestinian cookbooks visit
www.zaytoun.org



"Visually appealing, plump pearls of grain. The aroma is deeply earthy and smells of goodness. On eating, the grains retain a welcome bite... it has a simple but complex flavour and is very, very tasty."

THE GREAT TASTE JUDGES



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