

Storybook Cafe

A NEW JERSEY FARM TO SCHOOL RESOURCE

Celebrating Arab American Heritage

SALMA'S FOUL SHAMI

INGREDIENTS

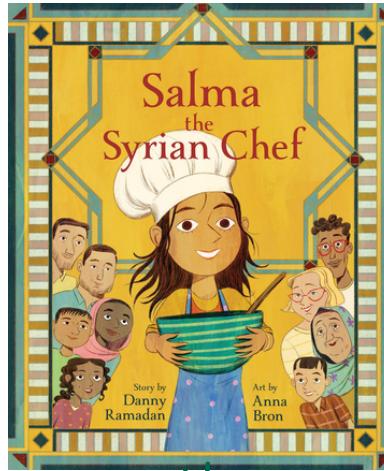
CLASSROOM TASTING:

- 2 cups cooked or canned fava beans
- $\frac{1}{2}$ of an onion, minced
- 1 ripe red tomato, diced
- 1 Tbsp of parsley, minced
- 2 cloves of garlic, minced
- juice from 2 lemons, or to taste
- 3 Tbsp extra virgin olive oil
- 1 tsp sumac
- salt and pepper, to taste
- 1 cup of water

DIRECTIONS

1. Pour the fava beans, and their liquid, into a pot and 1 cup of water. Heat them on the stove for 20-30 minutes on medium heat until hot and soft. While they're heating, mix the onion, tomato, parsley, and garlic in a bowl on the side.
2. Drain the beans in a colander and add them to the mixing bowl. Add in the lemon juice and olive oil, along with the sumac, salt, and pepper. Mix well and serve warm. You can eat this with a spoon or with a side of pita bread.

TEACHER RESOURCES



Read Along

Lesson Plan:
Middle Eastern
Mezze Platter

Lesson Ideas

"Foul" or "ful" is a dish from the Middle East and North Africa that's often eaten for breakfast or lunch. It's made with stewed beans, and the main ingredient is fava beans. Different countries have their own special way of making it.

For example, in Syria, it's called Salma's Syrian Foul, and in Egypt, it's called Ful Mudammas

MADE IN COLLABORATION WITH: **JERSEY FRESH**
Farm to School



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SHORBAT ADAS *شوربة عدس* LENTIL SOUP

INGREDIENTS

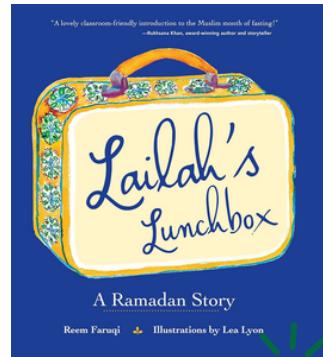
CLASSROOM TASTING:

- 1 cup red lentils, rinsed and drained
- 1 medium onion, finely chopped
- 2 cloves garlic, minced
- 1 tablespoon olive oil or butter
- 1 medium potato, peeled and diced
- 1 cup fresh spinach, chopped
- 1 teaspoon ground cumin
- 1/2 teaspoon ground turmeric
- 6 cups vegetable or chicken broth (or water)
- Salt and pepper to taste
- Juice of 1 lemon

DIRECTIONS

1. In a large pot, heat olive oil or butter over medium heat. Sauté chopped onion and garlic until soft.
2. Add cumin and turmeric; cook for 1 minute.
3. Stir in lentils and diced potatoes. Add broth and bring to a boil.
4. Simmer: Reduce heat to low; simmer for 20-25 minutes until lentils and potatoes are tender.
5. Stir in spinach; cook for 5 minutes until wilted.
6. Add salt, pepper, and lemon juice.

TEACHER RESOURCES



Read Along ➞



Did you know that during Ramadan, many families enjoy a special soup called "Shorbat Adas"? It's a nutritious lentil soup that helps people feel strong after fasting all day. In "Lailah's Lunchbox," Lailah learns how to share her Ramadan traditions with her classmates. Just like Lailah shares her story, family and friends come together for "Iftar," the shared meal where they break their fast. In the UAE, farmers use smart, sustainable methods to grow food in the desert, just like the lentils in our soup. This sustainable farming supports the sharing of meals and traditions during Ramadan.

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HALAL CHICKEN STICKS

INGREDIENTS

CLASSROOM TASTING:

Halal chicken:

- 2 lbs. chicken tenders 
- 2 Tbsp. lemon juice
- 1 tsp. dried oregano
- 1 tsp. cumin
- 1 tsp. coriander
- 1 tsp. garlic minced 
- $\frac{1}{2}$ cup olive oil
- Salt & pepper

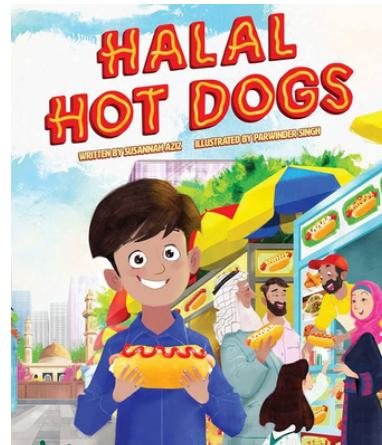
Sauce:

- $\frac{1}{2}$ cup mayonnaise
- $\frac{1}{2}$ cup greek yogurt 
- 1 Tbsp local honey 
- 2 Tbsp. white vinegar
- 1 tsp. lemon juice
- $\frac{1}{4}$ cup chopped parsley 

DIRECTIONS

1. Prepare the chicken. Blend the ingredients for the marinade (olive oil, lemon juice, and seasoning). Marinate for at least 1 hour and up to 4 hours.
2. Prepare the sauce while we marinate. In a small bowl, combine all the ingredients for the sauce, refrigerate.
3. Heat the grill or sauté pan to medium high. Remove the chicken from the marinade and skewer the chicken. Cook for 5-7 minutes, turning them over once marks appear. Cook for an additional 3 minutes or until the chicken reaches an internal temperature of 165 degrees.

TEACHER RESOURCES



Read Along

Video:
[Fitrah Farm: Organic Halal Chicken Farming](#)



Have you ever heard of “halal” food? Halal means “permissible” in Arabic. Halal food is made in a way that is allowed by Islamic rules. Here’s how it works for meat:

- Animals are treated well and are given good food and clean water.
- Only healthy animals are chosen to ensure the meat is safe to eat.
- Before preparing the meat, a blessing is said.
- The meat is prepared in a quick and respectful way.

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Maqluba مقلوبة Palestinian upside down-rice dish

INGREDIENTS

CLASSROOM TASTING:

- 1 large potato, peeled (sliced $\frac{1}{2}$ inch thick)
- 1 medium eggplant (sliced $\frac{1}{2}$ inch thick)
- 1 medium onion (sliced $\frac{1}{2}$ inch thick)
- 1 medium bell pepper (sliced $\frac{1}{2}$ inch thick)
- 1 head of garlic
- 1 $\frac{1}{2}$ cups long grain or Basmati rice (uncooked)
- $\frac{1}{2}$ Tbsp. ground turmeric
- $\frac{1}{2}$ Tbsp. ground all-spice
- $\frac{1}{2}$ Tbsp. ground cinnamon
- 5 Tbsp. olive oil
- 2 $\frac{3}{4}$ cups vegetable stock
- $\frac{1}{4}$ cup pine nuts (sub-pumpkin seeds)
- $\frac{1}{4}$ cup slivered almonds (sub-sunflower seeds)

DIRECTIONS

1. Coat prepared potato, eggplant, and pepper, with 1 Tbsp. of olive oil. Set oven to 400 degrees. Place vegetables in pan and roast for 30 minutes until caramelized.
2. In a large mixing bowl, combine rice, 2 Tbsp. olive oil, and all spices, incorporating well. Set aside
3. Heat 1 Tbsp. olive oil in pan. Toast the nuts or seeds (depending on allergies) until golden brown.
4. In a medium size pot, brush pot with olive oil. Layer the vegetables starting with eggplant first, then potato and peppers filling gaps. Place a layer of onion and garlic on top.
5. Cover the vegetables with an even layer of compacted rice mixture. Pour vegetable broth into pot. Cover with lid. Bring to a slight boil over medium heat, then simmer for 15 minutes. Remove from heat and allow to rest for 10 minutes. Open pot, place a large serving plate on top. Flip everything upside down, lift the pot to reveal the maqluba. Garnish with browned nuts/seeds.

TEACHER RESOURCES



Read Along

Video: Olive Harvest in Lebanon



Like many other countries of the Mediterranean, olive oil is an important staple in Lebanon. As a small olive-producing country with a modest production, it gets less attention than the big producers. But this is where olive production began and the olive tree has its origins. The olive tree is native to Lebanon and has been growing here for thousands of years.

MADE IN COLLABORATION WITH:

