

Did You Know...

Za'atar (pronounced ZAAH-tar) grows in the Syrian, Jordanian, and Palestinian mountains. The leaves are foraged, dried, and ground with sesame seeds before being mixed with sumac, salt, and more sesame seeds for a subtle crunchy texture. Despite translations claiming it as a form of thyme, the za'atar plant is actually part of the oregano family!

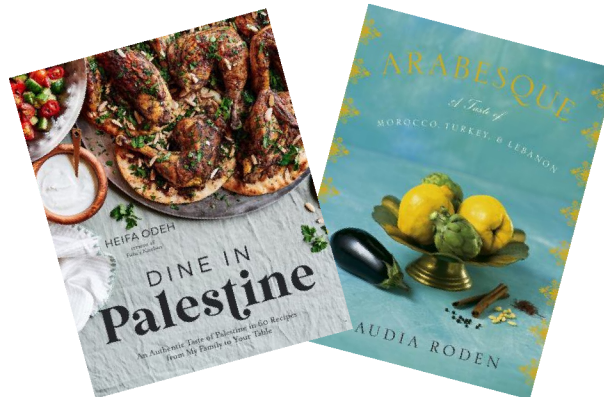
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Spice of the Month:

Palestinian Za'atar

Maftoul (Palestinian Couscous)

*Recipe found at urbanfarmandkitchen.com

Ingredients

- 2 tablespoons of za'atar
- 6 boneless chicken thighs
- 2 tablespoons of olive oil
- salt and pepper
- 2 onions, cut into wedges
- 1 ½ cups of Maftoul or pearl couscous
- 3 cups of chicken broth
- 2 tablespoons of butter
- 4 minced garlic cloves
- 1 can of chickpeas
- lemon wedges

Directions:

1. Preheat oven to 375°F. Rub chicken with olive oil, half of za'atar, salt, and pepper. Place on a baking sheet with onion wedges and bake for 35-45 minutes, until chicken is fully cooked.
2. Meanwhile, bring Maftoul and 2 ½ cups of chicken broth to a boil in a large pot. Reduce heat and simmer for 30 minutes.
3. In a frying pan, melt butter and fry garlic and remaining za'atar for 2 minutes. Add chickpeas, ½ cup of chicken broth, and a pinch of salt. Simmer for 5 minutes until warm.
4. Mix Maftoul with chickpeas and plate. Place chicken on top and serve with lemon wedges.

Creamy Za'atar Hummus

*Recipe found at myquietkitchen.com

Ingredients

- 3 tablespoon of olive oil
- 4 minced cloves of garlic
- 3 teaspoons of za'atar
- 1 can of chickpeas
- ⅓ cup of lemon juice
- 3 tablespoons of tahini
- ½ teaspoon of salt
- water
- roasted pine nuts (optional)
- parsley (optional)

Directions:

1. Preheat a skillet or sauté pan over low heat and add 1 tablespoon of olive oil. Cook garlic for about 1 minute, then add the za'atar. When aromatic, remove from heat.
2. Drain and rinse chickpeas.
3. Add about ⅔ of the za'atar mixture, chickpeas, lemon juice, tahini, salt, and water to a food processor or blender. Blend until you reach desired consistency, scraping down sides as necessary.
4. Spoon the hummus into a serving bowl and top with remaining za'atar mixture, remaining olive oil, pine nuts, and parsley. Serve with pita bread or za'atar fries!

Za'atar Fries

*Recipe found at palestineinadish.com

Ingredients

- 2 large white or yellow potatoes
- 1-2 tablespoons of olive oil
- 1 tablespoon of za'atar
- 1 teaspoon of salt

Directions:

1. Preheat oven to 425°F. Line a baking sheet with parchment paper.
2. Peel potatoes and slice them into ¼"-thick fries. Place in a bowl with olive oil and za'atar and mix well.
3. Spread fries in a single layer on the baking sheet, making sure they aren't overcrowded.
4. Sprinkle fries with salt and bake for 20-25 minutes, flipping halfway through, until fries are golden and crispy. Enjoy!

