

From the co-authors of the multi-award-winning books,
Ottolenghi: The Cookbook, *Jerusalem* and *Ottolenghi Simple*.

FALASTIN

A COOKBOOK

SAMI TAMIMI

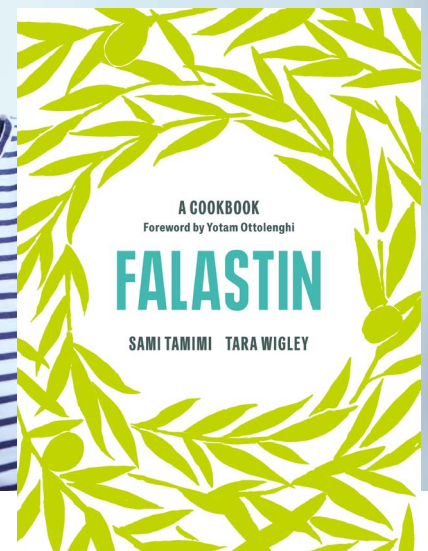
TARA WIGLEY

'This is the book I've wanted to write for many years. There are so many Palestinian recipes and Palestinian stories I want to share...*Falastin*, which is the name of the book I've created with Ottolenghi long-timer Tara Wigley as my co-author, is our chance to home in and focus on the food, people and stories of Palestine.'

— SAMI TAMIMI

In *Falastin*, Tara and Sami have picked up the baton where it was left after Jerusalem. Once again, this is a purely delicious affair (you can take my word for it; I was lucky enough to be there when they tested the recipes). It is based on Sami's childhood in Palestine and Tara's journey into the universe of tahini, za'atar and shatta. Being the two formidable culinary forces that they are, Tara and Sami are the best guides I can possibly think of to take you into this world, to learn, like me, to enjoy it and absolutely love it.

— YOTAM OTTOLENGHI



PUBLISHED BY EBURY PRESS ON 26TH MARCH 2020, £27 HBK

A ground-breaking and modern Middle Eastern cookbook, FALASTIN is a love letter to a place and its people. From Ottolenghi co-founder Sami Tamimi and co-collaborator Tara Wigley, this is an evocative collection of over 110 unforgettable recipes written for the busy home cook and stories that will make you want to find out more.

Travelling through Bethlehem, East Jerusalem, Nablus, Haifa, Akka, Nazareth, Galilee and the West Bank, Sami and Tara invite you to experience and enjoy unparalleled access. As each region has its own distinct identity and tale to tell, there are endless new flavour combinations for you to discover.

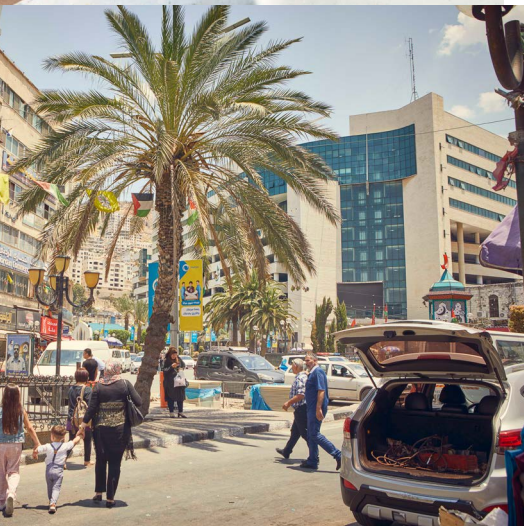
The food is the perfect mix of traditional and contemporary, with recipes that have been handed down through the generations and reworked in the Ottolenghi test kitchen, for the modern home kitchen. Other dishes are inspired by Sami and Tara's collaborations with producers and farmers throughout Palestine. Still other dishes have evolved from salads and dishes created by Sami and his team throughout the Ottolenghi restaurants. Wherever they come from, the recipes are at once traditional but also fresh – a pop of sumac onions inside the traditional falafel, for example, or the classic tabbouleh made this time with rice –and always made with the home cook in mind. These are recipes for the home cook to fall for and make their own, from the easy tray bake chicken with lemon and za'atar to a more elaborate fisherman's stew. These are recipes which always showcase – and sometimes shine a new light on – the Palestinian pantry: the olive oil and za'atar, for example, the pulses and flatbreads, the tahini, yoghurt, feta, date syrup, allspice, sumac, ground cumin, green chillies, dill, garlic, fresh coriander and lemon.

With stunning food and travel photography from Jenny Zarins plus stories from unheard Palestinian voices, this important cookbook will transport you to the lands of Palestine.

So get ready to laden your table with the most delicious of foods – from vibrant salads, silky soups and wholesome grains to fluffy breads, indulgent one pot dishes and perfumed sweet treats – there are feasts to be shared and everyday meals to be enjoyed. These are stunning Palestinian-inspired dishes that you will want to cook, eat, fall in love with and make your own.



**FOR FURTHER INFORMATION, INTERVIEWS AND PUBLICITY RECIPES PLEASE CONTACT SARAH BENNIE
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SAMI TAMIMI was born and raised in Jerusalem and was immersed in food from childhood. He started his career as commis-chef in a Jerusalem hotel and worked his way up, through many restaurants and types of cooking, to become head chef at Lilith, one of the top restaurants in Tel Aviv in the 1990's. Sami moved to London in 1997 and worked at Baker and Spice as head chef, where he set up a traiteur section with a rich Middle-Eastern and Mediterranean spread. In 2002 he partnered with Noam Bar and Yotam Ottolenghi to set up Ottolenghi in Notting Hill. The company now has two delis and four restaurants, including NOPI and ROVI, all in central London. In his position as the executive head chef, Sami is involved in developing and nurturing young kitchen talents and creating new dishes and innovative menus. Alongside Yotam Ottolenghi, Sami Tamimi is co-author of two bestselling cookbooks; *Ottolenghi: The Cookbook* And *Jerusalem: A Cookbook*.

TARA WIGLEY worked in publishing for the best part of a decade before switching to food and writing in 2010. She trained at the Ballymaloe cookery school in Ireland (taking young twins and a big Bosnian dog with her) before starting to work with Yotam in 2011. For the first year she tested recipes with Yotam in his West London flat before taking on the role of writing collaborator. Tara was very involved with the creation of *Plenty More* and is credited on the title page with the writing of *Nopi: The Cookbook*, *Sweet*, the re-launched edition of *Ottolenghi: The Cookbook* and *Simple*.

Tara first visited Jerusalem and Bethlehem 20 years ago. During the course of researching and writing *FALASTIN*, she has returned to the area many times both with and without Sami. Tara has done a culinary tour around Palestine and, separately, ran the Bethlehem marathon in 2018. She lives in South London with her husband Chris and their three children.

FALASTIN

A COOKBOOK

A maximum of three recipes may be used free of charge.
All recipes and images must be accompanied by the following credit line:

Extracted from FALASTIN: A COOKBOOK by Sami Tamimi and Tara Wigley (Ebury Press, £27)
Photography by Jenny Zarins



LABNEH TABAT BALLS

Roasted cauliflower
and burnt aubergine
with tomato salsa



BURNT AUBERGINE YOGHURT, SMACKED CUCUMBER AND SHATTA



CHICKEN MUSAKHAN

National dish with sumac
scented roast chicken



ROASTED COD

with a coriander crust



MUSAQA'A

Aubergine, chickpea
and tomato bake



LABNEH CHEESECAKE

with roasted apricots,
honey and cardamom



SWEET TAHINI ROLLS

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