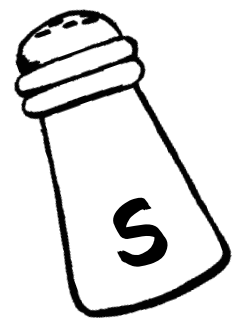
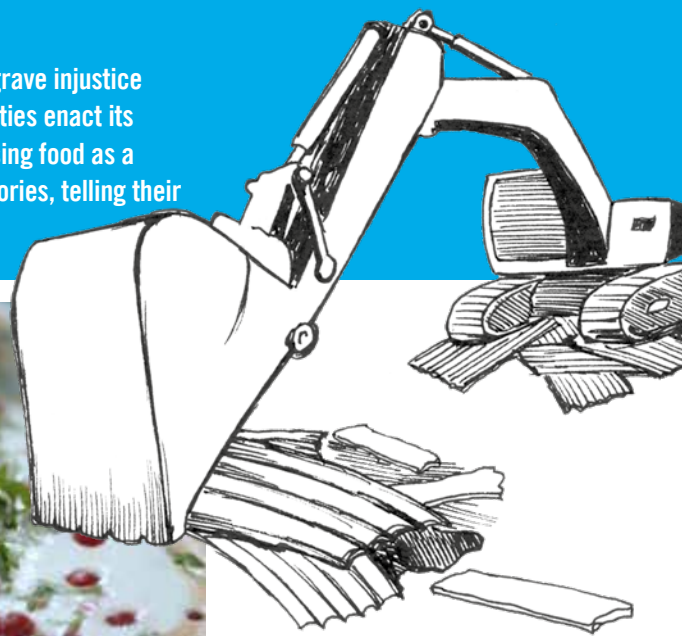


Right now, Israeli authorities are destroying Palestinian homes and lives, a grave injustice that has persisted for decades. It is one of the many ways the Israeli authorities enact its cruel and racist apartheid system over Palestinians. But, Palestinians are using food as a powerful form of resistance. Through cooking, they are preserving their histories, telling their stories, and keeping the hope of 'home' alive.



Fattet Makdous

Aubergine with tamarind and tomato sauce by Joudie Kalla

Fatteh is made in so many different ways and with so many different ingredients, which is what makes it such a fabulous dish. Fatteh is basically any dish that has fried or toasted bread at the base, which then absorbs the liquid of the dish. I love tamarind, which plays an important role in this dish, making it tangy and smooth at the same time.

Serves 6-8

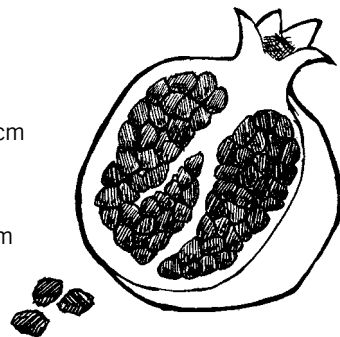
- 2 thick Pitta breads, cut into 2cm diamond shapes
- sunflower oil
- 3 aubergines, cut into thick 3cm chunks
- 1 tsp salt
- A small bunch of fresh flat leaf parsley, chopped, to garnish
- 1 pomegranate, to garnish

For the yogurt mix

- 800g thick Greek yoghurt
- 2 garlic cloves, minced
- 1 green chilli minced
- 1 tsp salt

For the tomato tamarind sauce

- 2 onions, cut into half moon slices
- 2 x 500g cartons of tomato passata
- 4-5 tbsp tamarind liquid
- 1 tsp salt



Method

Begin by making the bread. Preheat the oven to 190°C Fan (210°C/425°F/ Gas 6-7). Place the bread pieces on a tray, drizzle some sunflower oil over the top and cook until golden and crunchy, about 10-12 minutes.

While they are cooking, make the yoghurt mix. Place the yoghurt, garlic and chilli in a bowl, add the salt and place in the fridge. Next, make the tomato tamarind sauce. Sauté the onions in a little sunflower oil for about 15 minutes until golden, then add the passata, tamarind and salt and let it stew for about 30 minutes. Place enough sunflower oil in a heavy pot to fry the aubergines. You want to cook them until they are golden or a little more than that. Once they are all cooked, put some salt on them and set aside.

Now for the layering part: place the bread at the bottom of a deep dish, add the tomato mixture with the aubergines followed by the yoghurt mixture over the top. Then add the remainder of the fried aubergines, and scatter with fresh parsley and pomegranate seeds. And serve. It is literally heaven, and you won't be able to stop eating it, especially the toasted bread at the bottom which has soaked up all the flavours.

