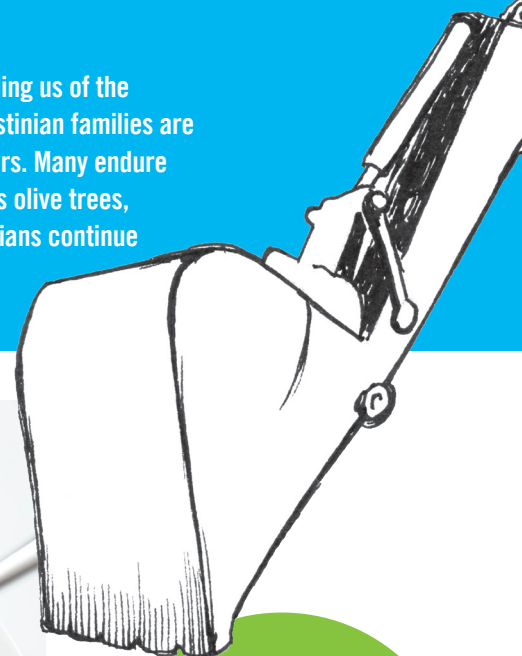


Food has an incredible way of uniting us, connecting us to our families, cultures and reminding us of the comforting feeling of home. But, for many, the precious right of home is being eroded. Palestinian families are being forcibly expelled from their homes by Israeli authorities to make way for Israeli settlers. Many endure deliberate water deprivation and often witness the burning of their crops, including precious olive trees, by state-backed settlers. In the face of the Israeli authorities' system of apartheid, Palestinians continue resisting, using cooking as a powerful tool to preserve their heritage and tell their stories.



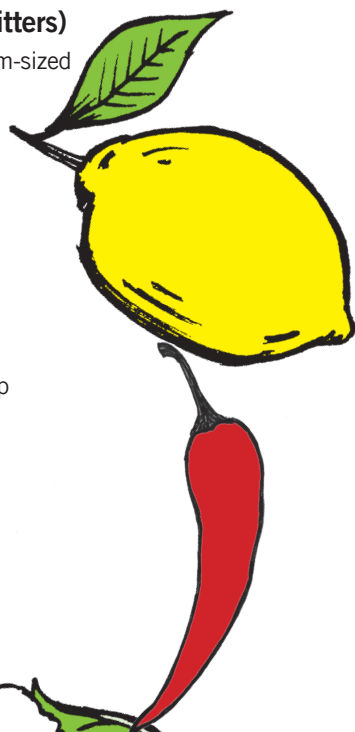
Did you know
Up to 1 million Palestinian olive trees have been uprooted by the Israeli military since 1967
Source: Visualising Palestine

Mshat

Cauliflower and cumin fritters with mint yoghurt by Sami Tamimi

Serves 4-6 (makes 10-12 fritters)

- 1 small cauliflower, cut into 4-5 cm-sized florets (300g)
- 120g plain flour
- 20g parsley, finely chopped
- 1 onion, finely chopped (100g)
- 2 eggs
- 1½ tsp ground cumin
- ¾ tsp ground cinnamon
- ½ tsp ground turmeric
- ½ tsp Aleppo chilli flakes (or ¼ tsp regular chilli flakes)
- ½ tsp baking powder
- 250ml sunflower oil, to fry
- Sauce (optional)
- 250g Greek-style yoghurt
- ½ tsp dried mint
- 2 tbspl lemon juice
- 1 tbspl olive oil



Method

Place all the ingredients for the sauce in a bowl with ½ teaspoon of salt. Mix to combine and keep in the fridge until ready to serve.

Bring a medium pan full of salted water to the boil and add the cauliflower. Simmer for 4 minutes and then (making sure to reserve 3 or 4 tablespoons of the cooking water) drain into a colander. Using a fork or potato masher, slightly crush the cauliflower and then transfer to a large bowl along with all the remaining ingredients for the fritters (apart from the sunflower oil), 1¼ teaspoon of salt and a good grind of black pepper. Add 3 tablespoons of the cooking water and mix well, until the mix has the consistency of a slightly runny batter.

Add the oil to a large sauté pan – about 22 centimetres – and, once very hot (120C if you have a cooking thermometer) carefully spoon 2-3 tablespoons of batter per fritter into the oil. You'll need to do this in batches – 3 fritters at a time – so as not to overcrowd the pan and use a fish slice to keep them apart. Fry for about 4 minutes, flipping them over half way through, until both sides are golden-brown. Transfer to a kitchen paper-lined plate and set aside whilst you continue with the remaining batches. Serve warm or at room temperature, with the yoghurt sauce on the side.