

Qallayet Bandora [Farmers Lunch with lamb]



Meals in the field are one of the favorite memories of any Palestinian. Farmers Lunch, with tomatoes, hot pepper, garlic and olive oil cooked over a fire and eaten with bread, is made with food readily available in any farmer's field. Here is a dinner version. All portions are approximate, use what you have!

Ingredients:

8 small red tomatoes cut in half

1 garlic head

1 pound lamb cut in cubes then sliced 1/4"

1 green or yellow pepper

2 onions sliced

2 jalapeños sliced thin

Canaan olive oil

Salt and pepper, & your favourite meat spice

Recipe:

Use separate fry pans so all ingredients cook and don't stew. Don't turn (especially meat) until almost done. Cook all fry pans on high heat at same time, with some of Canaan's organic extra virgin olive oil.

Fry pan 1: Add your favourite meat spice, salt & pepper to lamb. Fry with a thin payer of olive oil, and do not stir until almost cooked, then stir once.

Fry pan 2: Add green &/or yellow pepper, onions, jalapeños and half the garlic together, fry with 3 tbsp of olive oil.

Fry pan 3: Tomatoes, single layer, skin side down, and other half of the garlic. Flip when more than halfway cooked, then flip and add the other two skillet to it.

Mix and serve with rice or bread for dipping.

Enjoy and "Sahha w Afyeh" – Bon Appetit!