

Maftoul

CANAAN

PALESTINE



Organic and Fair
e 250 g



Maftoul is the traditional Palestinian food made of whole wheat bulgur and flour. This is slow food in its original form, made by women's cooperatives.

The process starts with bulgur wheat spread on a tray, misted with water, then sprinkled with whole wheat flour and hand rolled into tiny pearls. This process is repeated many times to produce the little beads we call maftoul. Maftoul is steamed in a colander over boiling water, then sun dried to share with people across the world.

Traditionally, maftoul is prepared with chicken stock, tomato sauce and chickpeas, a favorite Palestinian winter meal.

You may prepare it to compliment your favorite stew or as salad with fresh herbs and dried fruits. Maftoul has a lovely texture and great nutritional value.

Canaan Palestine is an internationally recognized ecological project with product offerings produced by small scale farmers under fair trade conditions, organized in over 50 communities across Palestine into the most innovative ecological farming practices in the middle east. Canaan supports these practices with modern organic knowledge to maintain the production with its organic-original taste and attributes and continue it's regenerative capacities as it has been for millennia by using superior processing techniques and technologies.



Ibtisam Mousa makes maftoul, Deir Ballout

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