

**NORDIC-PALESTINIAN**  

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**Cookbook**

## Huge thanks to ...

Food and Agriculture Organisation of the United Nations (FAO) in West Bank and Gaza Strip  
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Strawberry farm in Tulkarem

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- Rukkab Ice Cream, Ramallah

### Arabic Sweets:

- Al Bustan Sweets, Ramallah

### Falafel and Hummus:

- Bandali Restaurant, Ramallah

### Ka'ek:

- Atieh Bakery, Ramallah



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## Idea behind the cookbook

Some say the way to build a long-lasting relationship goes through the stomach. In diplomacy, inviting your foreign guests for a meal is a practice as old as history. Learning about other cultures or sharing your own, be it art, music, or food, can create bonds between people that go beyond the more formal aspects of international relations.

In this cookbook, the Nordic countries present in Jerusalem and Ramallah – Denmark, Finland, Norway, and Sweden - have put together recipes developed in cooperation with local and Nordic chefs. The idea is to create a fusion between the Nordic and Palestinian cuisines. Our food traditions are different in many ways, but there are also some similarities. This makes for interesting combinations.

The Palestinian agriculture and food production are important sectors for the Palestinian economy in which many Palestinians work. This is another aspect we wish to highlight through this cookbook. Therefore, we have partnered with the UNRWA Ramallah Women Training Center, the Inash Alusra Association in Al-Bireh and farms in Tulkarem and Ktaba in testing out our recipes and creating this culinary experience.

We hope that thanks to this cookbook, you will be able to learn more about our Nordic favourites and how they can be incorporated into the Palestinian kitchen, but also a little bit about the work of our diplomatic missions.

*Most importantly, we hope you enjoy your meal. Sahten!*

## A tribute to Palestinian food culture

Palestine lies in the middle of the Fertile Crescent, where humans first started to live in agricultural societies. Its central location on trade routes between east and west has left a mark on Palestinian cuisine, which enjoys a range of high-quality ingredients – from field, orchard, the wild and the sea. With creativity and heart, the Palestinian people has leveraged the diversity of their land to create a distinct and highly regarded food culture.

The influence of trade is especially significant in the use of spices. Many come from the east, India in particular. Indeed, the Arabic word for spices, baharat, comes from the name of an Indian emperor. The tangy-flavoured, dark purple sumac is used when preparing musakhan or farmer's fresh salad. Palestine has plenty of indigenous flavours, too. The za'atar herb is used on its own, mixed with other spices or even for medical purposes.



Palestine's diverse landscape ensures the availability of a variety of vegetables and fruits throughout the year. The land around Hebron provides fertile soil for the cultivation of onions, eggplant and cauliflower. The low-lying fields of Jericho and the Jordan Valley are suitable for dates and citrus, whereas apples, pears, peach and avocado are hallmarks of Jenin and Tubas districts. Gaza is famous for its tasty strawberries and the hills around Ramallah and Nablus are coloured green by olive trees. In Bethlehem and Hebron, grapes are grown both for eating and winemaking.



The fishnet pattern in the keffiyeh headscarf symbolises the deep connection between Palestinians and the sea. Today, the ancient tradition of fishing is kept alive by the people of Gaza, albeit under very difficult circumstances.

A solid breakfast is part and parcel of a Palestinian's day. A popular choice consists of falafel - balls of mashed chickpeas – served with hummus, vegetables and salads in a shared meal, mezze. The Old City of Jerusalem gives us the sesame-covered, oval ring-shaped ka'ak. Baked in underground, wood-fuelled stone ovens, this bread has a unique taste.





For lunch you may be served musakhan, a specialty of the northern cities of the Westbank, or maqlubah, particularly beloved in Hebron. Usually made in large portions, maqlubah is served by flipping the pot upside down onto the plate, hence the name, which means “upside-down”.

For dessert, knafeh – a pastry filled with cheese - is a standard choice. Knafeh from Nablus, known for their excellent dairy products, is held in especially high regard.



**DENMARK**

## Denmark in Palestine

Denmark is a longstanding partner of Palestine, including vast political, economic, cultural and developmental engagement. For decades, the promotion of the rights of Palestinians has been a major priority of Danish foreign and development policies. Alongside the EU, Denmark supports a peaceful outcome of the Israeli-Palestinian conflict and the realisation of a two-state solution, while also striving to promote stability in the region and improving the lives of ordinary Palestinians, who are caught in the conflict.

With a significant Palestinian diaspora in Denmark, Palestinian culture, and not least food culture, is commonly known in the country.

Since the establishment of the Palestinian Authority (PA) following the Oslo Accords in 1993 and 1995, Denmark has maintained a continuous diplomatic presence.

A number of Danish civil society organizations are present in Palestine, including Dan Church Aid, the Danish Red Cross, Save the Children, Oxfam-Ibis, MS-Action Aid. Also the 'Danish House in Palestine' has long promoted Palestinian culture and people-to-people exchanges.







At the core of Danish engagement is the bilateral development program, which runs in the period 2021-2025 with a total framework of DKK 450 million. It is based on three strategic objectives, which align with Palestine's own national development plan:

1. Human rights and democratic accountability with a particular focus on enhancing state-citizen interaction as well as empowering rights holders to claim their human rights, and duty bearers to fulfil their human rights obligations.
2. Creation of green, sustainable, inclusive economic growth and decent jobs with a particular focus on women and youth.
3. Resilience, peace and stability, aiming to strengthen resilience of the most vulnerable groups in Palestine to contribute to peace and stability and enable them to uphold a life in dignity where their home is and with the hope for a better future. In this context, women and youth are agents of change in increasing resilience and stability.

The support is channelled through Palestinian and international organisations, including the UN. In addition to the country program, Denmark provides ample humanitarian aid to "United Nation's Relief and Work Agency for Palestine", UNRWA.



## Danish food culture

Danish food culture has changed a lot over time. Hearty meals with meat, potatoes and gravy are now accompanied by lighter and refined Nordic dishes.

Since the 1990s, young, up-and-coming Danish chefs have revitalised Danish cuisine by reinventing old recipes based on high-quality, locally sourced organic ingredients. This new climate friendly cooking philosophy has attracted a lot of attention around the world. Today, Danish restaurants have accumulated a total of 38 Michelin stars, more than any other Nordic country. Several times, most recently in 2021, “NOMA” in Copenhagen was voted “Best Restaurant in the World”; another Copenhagen based restaurant, “Geranium”, came in second the same year. But beyond these flagships, restaurants throughout the country offer amazing food options making Denmark one of the world’s leading gastronomic destinations. More importantly, however, this food revolution has widely entered the family kitchens and made the Danes a nation of hobby cooks.

Historically, Danish food was based on what was available locally from a rich agricultural tradition and what could be stored. Potatoes have always been central to Danish cuisine, along with cabbage, cauliflower, beetroot and carrots. Meat, especially pork, is an important part of traditional Danish cuisine. Because of the long coastline, fish and seafood are a natural element of Danish cooking too.



In general, meals are still an important part of family life and many families eat together, contributing to the sense of well-being known as hygge – cozy togetherness Danish style. Open-faced sandwiches, or “smørrebrød”, served at lunch, are a Danish national speciality: a slice of rye bread spread topped with surprising creations of fried, smoked or fresh seafood, cold cuts or roasted meats, eggs, combined with horseradish, onions and pickles. And no lunch must end without a selection of Danish cheeses. There are endless varieties.

Although New Nordic cuisine is very popular in Denmark and abroad, traditional dishes retain their followers; in 2014, “stegt flæsk”, a roast pork with potatoes and parsley sauce was named Denmark’s national dish.



# Danish-Palestinian recipes

## “Peas in Palestine”

**cold soup and cured Lotus fish**

Peas are a reminder of the arrival of summer in Denmark, where kids often grow their own to snack on. This dish combines amazing ingredients from Danish supported agricultural projects in the West Bank with fresh fish from Gaza, using old preservation techniques with just salt and sugar. The ice plating represents the coolness of the Nordic countries and is here presented on top of a beautiful Palestinian rock from Jenin. The great UNRWA students of Ramallah Women Training Center kindly helped with preparation and plating at their kitchen in Ramallah.





### Pea soup

Sear chopped shallots in half of the olive oil and add chicken broth. When boiling add the peas and cook for 4 minutes and then blend with garlic, mint, lemon zest and the rest of the olive oil. Season with salt and pepper. Leave to cool and stir in cream before serving.

### Cured Lotus fish (or similar)

Sprinkle salt and sugar evenly over the fish, wrap tightly in plastic foil and leave in the fridge for 1-2 days turning it around from time to time.

On the day of serving cut the fish into four even sized bars, heat to boiling point plenty oil (enough to just cover the fish) in a skillet, take it off the heat and leave it to cool for 5 minutes. Then add the fish and leave it for 10 minutes cooking slowly off the heat.

### Knækbrød

A Nordic classic and very versatile and healthy!

Simply mix all ingredients well, roll out thinly (2-3 mm) on baking paper and bake at 200 C for 15-20 minutes. When cool break up into flakes.

Serve fish and soup together or separately. The ice-plate used here for serving is made of simple, frozen water and a blow-torch (in case you feel inspired). We served the dish also with thinly sliced fennel salad with lemon and fresh coriander.



Sanad Latifa/FAO 2021

## Ingredients

### Pea soup

- 500 grams of peas
- 1 large shallot (about 3 tablespoons)
- 3 tablespoons of olive oil
- 0.5 l chicken broth
- 2 sprigs of mint (just the leaves)
- 100 ml heavy cream
- Salt and freshly ground pepper

### Cured Lotus fish

- 500 grams of fresh Lotus fish (or similar white fish)
- 2 tablespoons of salt
- 2 tablespoons of white sugar
- plenty olive oil for cooking

### Crunchy 'knækbrød'

- 1 dl pumpkin seeds
- 1 dl flaxseed
- 1 dl sesame seeds
- 1 dl sunflower seeds
- 1 dl oak flakes
- 2,5 dl wheat flour
- 1 dl rye flour
- 1 teaspoon fine salt
- 1 teaspoon baking powder
- 1 dl olive oil
- 2 dl water

## Lamb on Fire

Every night in Sheikh Jarrah our neighbours meet around a fire-place to discuss the political situation, and not least the dire challenges they face amidst the constant threat of evictions. From time to time meat is roasted, leaving a delicious smell in the entire neighbourhood.

This dish cooked at the Danish Residence in downtown Sheikh Jarrah uses succulent Palestinian Lamb breast/back roasted and smoked in our

cast iron outdoor oven brought in from Denmark. It is served with salt-baked beetroot and carrots - so typical for Nordic cuisine - and includes a Palestinian twist on the ever classic salad served with 'mormor' (grandmother) dressing that has convinced generations of (sometimes picky) Danish kids to finish their greens. Finally, a sweet and savoury date sauce. Again, we use old techniques of smoking and baking in salt as preservation methods giving that extra, deep flavour.

### Salt-baked beetroot

Mix flour, salt, water and oil to a smooth dough, wrap in plastic foil and leave to rest in the fridge for an hour or more. Wrap it tightly around large, clean beetroots (skin on) and bake in the oven for 30 minutes at 270 C and another hour at 200 C. Cut off the top with a breadknife and spoon out the beetroot when serving (avoiding at all cost to eat the salty dough). When cooking in salt dough all the juices of the vegies are kept inside.

### Lamb, garlic, lemon and carrots on fire

Rub the lamb in rosemary and thyme and season with salt and pepper. Roast or grill on wood or charcoal at low to medium heat with whole garlic, halved lemons and carrots for about 45 minutes. For the last five minutes close the oven/grill after adding fresh rosemary and thyme sprigs straight on the fire for extra smoky flavour.



### Greens with 'mormor' dressing

Arrange bitter and sweet greens (here apple and fresh almonds from Palestine, but lettuce and other greens work well too). Shake up cream, lemon juice and sugar and add to the salad at the table.

The date sauce uses the world-class quality dates produced in Palestine and supported through Danish agriculture programs. The (low sodium) chicken stock with 3 spoons of balsamic vinegar glace is reduced over slow heat to 1/3, and dates are added just before serving.

## Ingredients

### Lamb and veggies

- 1 kg Lamb breast/back
- Fresh rosemary and thyme
- 2 medium to large beet-roots
- 4 carrots
- 2 whole garlic
- 2 lemons

### Beetroots in salt dough

- 2 beetroots
- 750 grams wheat flour, 750 grams of fine salt, 0,5 l of water and 50 grams of oil (just the cheap kind).

### Mormor dressing

- Juice of half a lemon
- 1 tablespoon of sugar
- 1 dl cream for cooking
- Salt and freshly ground pepper

### Date sauce

- 1 liter of low sodium chicken stock,
- 3 tablespoons of balsamic vinegar glace,
- 10 dates (halved and de-stoned)
- A dash of red wine or port can be added to the stock (optional)





## Fresh 'Rødgrød' Palestinian style

Strawberries are almost part of the Danish DNA and celebrated every June and July when the berries are ripe for a relatively short season. Palestine is blessed with having these berries for much longer, and Denmark has supported efficient quality production in both the West Bank and Gaza, like this beautiful place in Tulakrem where our version of Danish mixed berries dessert was prepared and enjoyed with the farmer and his family. Another conservation method – fermentation – is used. And the Palestinian honey - wow - here from the green jobs project – produced by a young, female entrepreneur in Ktaba– so delicious!

Fermented strawberries are made in a glass jar with 2 tablespoons of honey, 2 tablespoons of whey from yoghurt, ¼ tablespoon salt and water enough to cover the berries (14 medium sized strawberries or so). Add a zip-log plastic bag full of water for airtightness on top of berry-brine mix and leave at

room temperature covered by a towel for a couple of days.

Yoghurt-honey ice cream is made with 400 grams yoghurt, 400 grams whipped cream, 4 tablespoons of honey, a sprinkle of orange zest.

The dessert is served with fermented and fresh strawberries, meringue flakes (2 egg whites, 100 grams of powdered sugar, orange zest and a pinch of salt whipped together and baked at 120 C for 45-50 minutes), almond crust (4 tablespoons of sugar melted in a small pan, adding 2 tablespoons of butter and a handful of chopped almonds, roasting until dark brown, but not burned, and when cool served as a crunchy crumble. Finally add fresh mint to the plate, a drizzle of honey and rosemary flowers if in season. Bon appetite.





## Ingredients

- 1 kg of strawberries
- 400 gr. greek style yoghurt and 400 grams cream for whipping
- Honey
- 2 eggs
- 1 orange
- A handful of almonds
- Sugar
- 2 tablespoons of (Danish, of course) butter
- Edible flowers for decoration



**SWEDEN**



Björn OlinFolio - imagebank.sweden.se

## Sweden in Palestine

Sweden has a longstanding presence in Jerusalem that goes back to 1903, when an honorary Consulate was first established. Today's Consulate General covers the whole city of Jerusalem as well as the West Bank and Gaza. Sweden recognised the State of Palestine in 2014. The bonds between our countries are close, and Sweden is also home to a large Palestinian diaspora.

Sweden is a firm supporter of a negotiated two-state solution based on international law. Respect for international law, democracy, human rights and gender equality are at the heart of Swedish foreign policy, and also for the work of the Consulate General. Our development cooperation with Palestine is an important tool for promoting these principles. We support programs to advance democracy and human rights, prevent gender-based violence, create possibilities for young entrepreneurs, and help find sustainable solutions for the environment. Sweden also provides significant support to UNRWA in their work for Palestinian refugees in Palestine and throughout the region.

We also pay importance to finding ways to establish a dialogue with different sectors of the Palestinian society. One way is to engage in cultural activities that can create new contacts and spark a useful conversation. We hope that you will find the Nordic cookbook that you are holding in your hand a good example of this!



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## Sweden food culture

The Swedish cuisine was historically centered around products that were adapted to the colder climate and the very distinct seasons. For instance, the long winters made food preservation necessary. Today, Swedes still use the practice of pickling or fermenting vegetables and fish, as well as making jams. Crisp (dry) bread is still a common feature of breakfast or lunch.



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For centuries, root vegetables that grow easily in the Swedish soil, such as cabbage or beets, have been an important part of the Swedish diet. Since around the 18th century the potato has been cultivated and loved by Swedes and is an important side dish in many meals. The easy access to nature still makes picking berries and mushrooms a popular activity for many.

Swedes are curious about trying new things and have incorporated a lot of influences from abroad in the national cuisine. Pizza, sushi, kebab and falafel are among the most popular. Many Swedish families gather weekly for “taco Friday”, where everyone gets to make their own version of the Mexican taco. Meanwhile, traditional Swedish dishes are still popular. These are referred to as “husmanskost”. The most famous example is Swedish meatballs. Between meals, Swedes also gladly observe the practice of “fika”, taking a small break to enjoy a good cup of coffee and something sweet with family and friends.

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# Swedish-Palestinian recipes

The Swedish-Palestinian menu was created together with Palestinian chef Izzeldin Bukhari. He cooks vegetarian Palestinian food and therefore the entire menu is vegetarian. We have used traditional Swedish recipes as a basis and incorporated some key Palestinian ingredients in each dish.

## Potato salad with kishek

A potato salad is a go-to dish during any picnic or outdoor barbeque during the summer. It goes well together with for instance grilled meat or vegetables. Its content can vary but, in addition to potatoes, it often consists of vegetables such as onions, horse radish, asparagus or spinach. In our version, we have opted for red onion, fresh peas and scallions. It is mixed together with kishek, which is typically used in the Palestinian kitchen and made out of dried yoghurt.

## Ingredients

- 1kg yellow potatoes
- 2 tbsp olive oil
- 3 stalks of scallions
- 1 medium red onion
- 3 cloves of garlic
- 250g fresh peas
- 150g dried kishek yoghurt (substitute with parmesan if unavailable)
- 2 tsp black pepper
- A pinch of salt



## Method

- Preheat the oven to 230°C.
- Dice the potatoes into medium-sized cubes.
- Toss the potatoes in the olive oil, adding black pepper and a pinch of salt
- Place on a baking sheet and bake for 30-35 minutes until brown and tender.
- In the meantime, slice the scallions, shell the peas, and grate the dried kishek yoghurt/ parmesan.
- Once the potatoes are done, allow them to cool.
- Place the potatoes on a plate, add as much of the grated dried kishek yoghurt or parmesan as you desire.
- Top it with the fresh peas and scallions and enjoy!



## Vegetarian meatballs with mushrooms

Swedish meatballs is perhaps the most famous Swedish dish. The meatballs are traditionally eaten together with lingonberry jam, mashed potatoes and gravy. Here, the minced meat that make the meatballs is exchanged for a mixture of mushrooms, scallions, flaxseeds and flour. To provide a characteristic flavour, the mashed potatoes contain a handful of fresh zaatar leaves, used in many Palestinian dishes.





# Ingredients

## Vegetarian meatballs:

- 500g mushrooms
- 1 red and 1 white onion (600g)
- 2 garlic cloves
- 2 tsp black pepper
- 1 tsp salt/salt to taste
- 1 tsp allspice
- 2 tbsp flour
- 2 tbsp ground flaxseed + 4 tbsp water
- 1 stalk of scallions chopped (optional)

## Gravy:

- 3 tbsp butter
- 3 tbsp plain flour
- 1.5 cups of heavy cream
- 1 tbsp soy sauce
- 1/2 tsp black pepper
- Salt to taste

## Mashed Potatoes:

- 1200g or 5 large potatoes
- 4 tbsp olive oil
- A handful of fresh zaatar leaves or oregano
- 2 tsp salt
- 1 tsp black pepper



# Method

## Vegetarian meatballs:

- Pre-heat the oven to 200°C.
- Dice the onions and slice the mushrooms.
- Cook in a bit of oil on medium heat until the onion is soft and the mushrooms are starting to brown and the water they release has evaporated.
- Take off the heat and leave to cool.
- Mix the flaxseed with the water well and let it sit for 10 minutes.
- In the meantime, mix the cooled onions and mushrooms in a food processor until it forms into a paste.
- Place the paste in a bowl and add the spices, chopped scallions, flaxseed mix, and flour, and mix well.
- Shape into balls and place them in a tray lined with a baking sheet (about 20 meatballs).
- Bake for 20-30 minutes until they brown.

## Gravy:

- Melt the butter in a large skillet.
- Add flour and let it bubble for a few minutes.
- Gradually add the cream and whisk well after each addition.
- Add the soy sauce, salt and pepper, then mix well.

## Mashed potatoes:

- Peel the potatoes and dice into small pieces.
- Place in a pot filled with water with a bit of salt, bring to a boil and cook until very tender.
- Drain the water, setting some of it aside.
- Add the salt, black pepper, and olive oil (or butter if you prefer) and mash it till it turns smooth. Add a bit of the water that was set aside if you feel it is needed.
- Add the zaatar leaves and mix well.

## Strawberry cake with pomegranate and mint leaves

Strawberries are a popular part of many Swedish and Palestinian desserts. During the summer months in Sweden, many meals are rounded off with a classical strawberry cake. The main ingredients are a base (often consisting of sponge cake but could also be for instance meringue), whipped cream, and strawberries. To our version of the cake, we have also added pomegranates and mint leaves, which are commonly grown in Palestine.



# Ingredients

## Cake:

- 2 eggs
- 80g caster sugar
- 30ml of warm water
- $\frac{2}{3}$  tsp baking powder
- 30g self-rising flour
- 20g potato flour

## Filling and Topping:

- 120ml double cream
- 1 tbsp and 1 tsp icing sugar
- $\frac{1}{3}$  tsp vanilla extract
- 120 g strawberries, hulled
- 60 g pomegranate seeds
- A handful of fresh mint leaves



# Method

- Pre-heat oven to 170°C. Line a medium-sized round cake tin with baking paper.
- Whisk the eggs with the sugar until light and fluffy; mix the dry ingredients together and then gently fold them to the whisked eggs. Add the boiled water and then mix until all merged, but do not over mix.
- Pour the cake mixture into the prepared tin and bake for 20-25 minutes, until it has risen and is golden brown. Turn out of the tin and allow to cool on a wire rack.
- Meanwhile, make the Chantilly cream by whisking the cream, icing sugar and vanilla extract together until the cream holds firm peaks; cover it and store in the fridge until needed.
- When the cake is cold, spoon the cream over the cake, then decorate with the strawberries, pomegranate seeds, and mint leaves.



**NORWAY**



## Norway in Palestine

Norway supports the establishment of a Palestinian state through a negotiated two-state solution. Since the Oslo agreements, Norway has been leading the international donor group for Palestine, the Ad Hoc Liaison Committee (AHLC). The aim of the AHLC is to develop the institutional and economic foundation for a Palestinian state, by supporting Palestinian institution building and joint efforts to strengthen the Palestinian economy. Improving the situation for people in Gaza and supporting efforts to achieve unity in Palestine, is also very important.



In addition to the provision of budget support to the Palestinian Authority, education, health and energy are key priorities for Norway in Palestine. Human rights, and in particular, women's rights, are core values in our interaction both with the Palestinian authorities and with Palestinian civil society. Anti-corruption is another important issue. Moreover, Norway promotes Palestinian cultural rights and cultural institutions. Since 2021, Norway has stepped up its assistance to UNRWA, providing crucial services to millions of Palestine refugees, pending a just and agreed political solution.

One example of a project recently supported by Norway, is the Wadi Gaza project. This UNDP project aims to protect the natural resources and the public health of the population in the Gaza Strip through the restoration of Wadi Gaza as a recognized natural reserve. The area will be cleaned, rehabilitated, greened, fenced, and protected. Pollution will be minimized to protect the population and the biodiversity in the Wadi.

## Norwegian food culture

Norway is a long country stretching towards the North. The coastline has countless fjords and islands, Many places the sea splashes against steep mountain walls with little room for agricultural land. The country sees four distinct seasons where relative abundance in short periods is followed by long stretches of scarcity.

Late winter is the time for the traditional cod fishery in the North. In autumn, grains and potatoes are harvested in the fertile valleys of Eastern and Central Norway. After a summer of grazing on patches of green, livestock is butchered on the West Coast.

Food preservation has been an essential Norwegian tradition to ensure a steady supply of nutrition throughout the year. Potatoes stored correctly – ideally in a cold, dark basement, surrounded by soil – will last for months. Depending on available raw materials, fish is dried, salted or both, creating, klippfisk, a Northern Norwegian specialty and the main ingredient in bacalao. In Western Norway, leg of lamb is cured and hung to dry in cold winter months to create tender and salty fenalår. Milk is soured into rømme, a process that gives it a tangy flavor and adds days to its shelf life.

The Norwegian climate also affects the quality and taste of berries and fruit. Strawberries, usually picked in late June or July, acquire a unique sweetness from the cool nights and long days so characteristic of midsummer in the north. And apples reap the same climactic benefit as they slowly ripen ahead of harvest time in September.



## Norwegian- Palestinian recipes

Our menu is composed of well-known Palestinian ingredients and dishes, with a touch of flavors known from Norwegian cuisine. The appetizer is fried artichoke, served with sour cream, similar to the Norwegian rømme. The main course is kebab, made with Norwegian salmon, served with mashed potatoes, and seasoned with spices commonly used both in Palestine and Norway. The dessert is stuffed baked apple with a strawberry sauce.

## Fried artichoke

# Ingredients

### Fried artichoke

- 1 liter Sunflower oil - for deep frying
- 8 pieces Artichoke - hearts cut in half

### Seasoning before frying:

- 300 gram Flour
- 10 gram Paprika powder
- 5 gram Garlic powder
- 1 Teaspoon Salt
- 1 Teaspoon Black Pepper

### Sour cream base

- 500 gram Sour cream
- 1 Table spoon Fresh Thyme,
- 1 Tablespoon Fresh Dill,
- 1 Teaspoon Minced garlic

### For decorating the dish:

- One Gaza chili pepper
- 2 pieces Baby Radish
- 4 pieces Cherry tomatoes
- 4 pieces Dried figs
- Fresh green leaves
- Olive oil



### Preparing dish:

This plate is prepared in three steps:  
First, boil the artichoke hearts for about 20 minutes. After boiling, cool them down by putting them in iced water. Meanwhile, mix spices with the flour, and then keep cooked artichoke and seasoned flour on the side for now. Note: we can use canned artichoke hearts

Second, put sour cream in a mixing bowl, add fresh dill, thyme, garlic, and salt, and mix it.  
Third, cut cherry tomatoes in half, and slice the

radish and the chili pepper into thin pieces.  
Heat the oil in a deep-frying pan, using medium temperature. Dip the artichokes in seasoned flour and coat them well, then deep fry them until golden color.

### Serving dish:

Place the herbed sour cream on a serving plate, place artichokes on top of the sour cream and decorate the plate with cherry tomatoes, radish, figs, green leaves, and chili pepper. Finally, add a few drops of olive oil for the perfect taste.



## Salmon kebabs

# Ingredients

### Mashed potatoes:

- 1 kilogram Potatoes
- 5 gram Thyme
- 50 gram Butter
- 2 gram Nutmeg
- Salt

### Salmon kebabs:

- 600 gram Fresh Norwegian salmon (minced)
- 1 Tablespoon Fresh chopped Coriander
- 1 Tablespoon Fresh chopped Parsley
- 1 Tablespoon Fresh chopped Shallots
- 1 Teaspoon Minced fresh Garlic
- 1 Tablespoon Fresh chopped Spring onions
- 1 Teaspoon Salt
- 1 Teaspoon Black pepper
- Olive oil

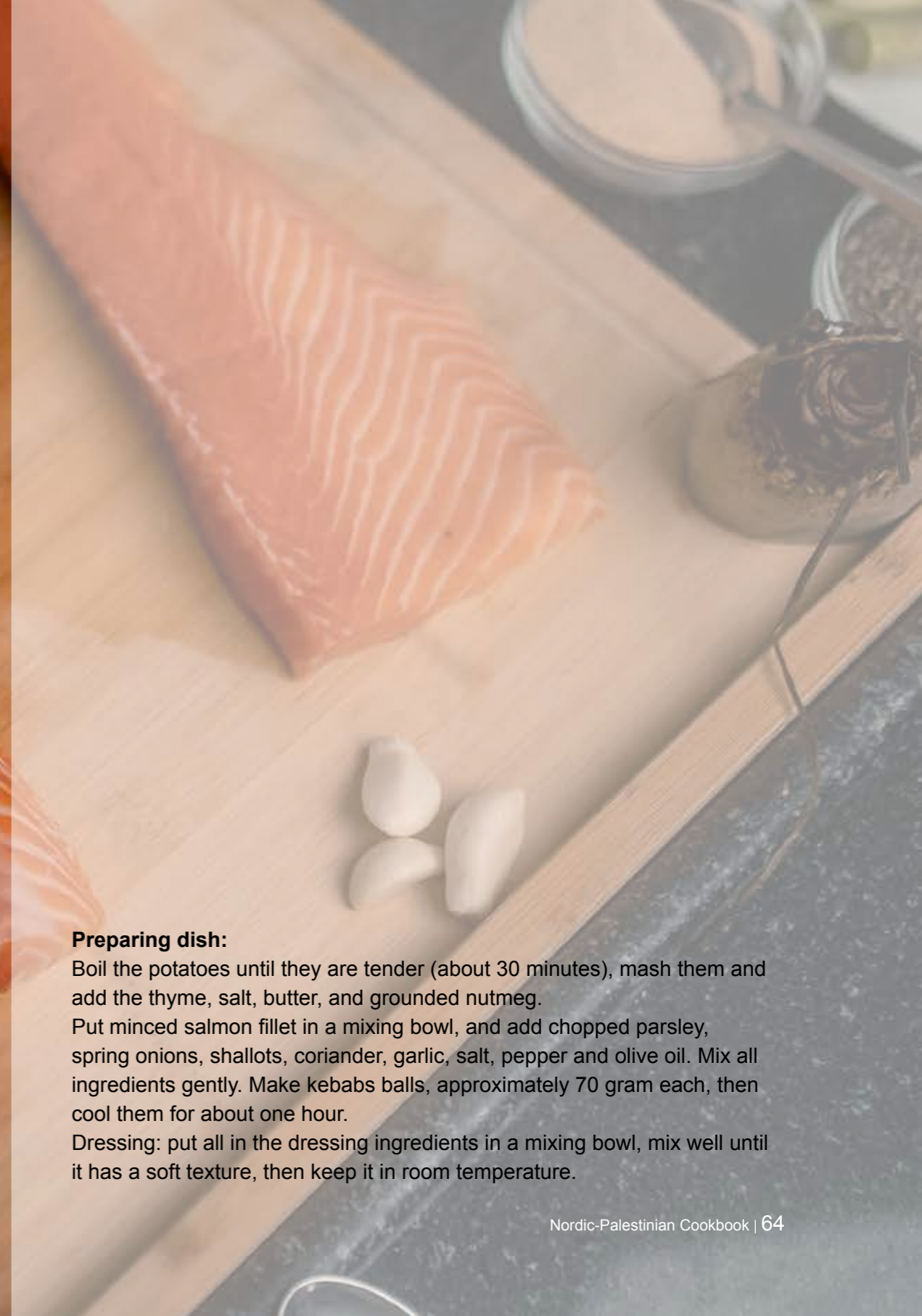


### Dressing:

- 100 milliliter Tahini (sesame paste)
- 50 milliliter Lemon juice
- 50 milliliter Cold water
- 2 gram Salt
- 1 Teaspoon Fresh garlic
- 10 Capers

### Plate's toppings:

- 6 pieces baby eggplants
- Coriander leaves and shallots
- Toasted Palestinian shrak bread
- Fried thin Beetroot chips for decoration
- 20 gram Fried Pine seeds



**Preparing dish:**

Boil the potatoes until they are tender (about 30 minutes), mash them and add the thyme, salt, butter, and grounded nutmeg.

Put minced salmon fillet in a mixing bowl, and add chopped parsley, spring onions, shallots, coriander, garlic, salt, pepper and olive oil. Mix all ingredients gently. Make kebabs balls, approximately 70 gram each, then cool them for about one hour.

Dressing: put all in the dressing ingredients in a mixing bowl, mix well until it has a soft texture, then keep it in room temperature.

**Toppings:**

Cut Shrak bread in 1" inch square pieces, then place the pieces on an oven tray and toast them in the oven for 14 minutes at 140° C.

Cut eggplants in half, bake in oven (cut side up) at 190° C. for 20 minutes.

Frying the kebabs: Heat olive oil in a low pan. Add the kebabs, and shallow fry them with a lid on. Keep rotating the kebabs (lift the lid and use a spatula or a fork) until well cooked.

**Serving dish:**

Put the mashed potatoes on a serving plate. Place the kebabs above the mashed potatoes. Pour the dressing on top, and then add the eggplants, beetroots, fresh herbs and pine seeds.



## Baked apple

# Ingredients

- 2 Apples

### Stuffing:

- 200 gram Walnuts
- 100 gram Jericho dates
- 50 gram Raisins
- 50 gram Butter
- 3 gram Cinnamon
- 40 milliliter Honey
- 30 gram Sugar

### Sauce:

- 500 gram strawberry
- 100 gram sugar
- 1 Tablespoon Mint chopped

**Preparing dish:**

Making the sauce takes about 45 minutes. Cut the strawberries in small pieces, add the sugar, and mix it together. Keep mixing every 5 minutes, gently, until you get the strawberries done in sugar. Then add the fresh mint.

Cut off the tops off the apples. Use a spoon or apple corer, to take out the middle flesh, and make a bowl for the filling. Remove the skin.

Cut the dates and the raisins into small pieces, chop the walnuts, put all stuffing ingredients in a mixing bowl and mix well with honey. Then put the mix inside the apples with a spoon and fill them to the top.

Brush the whole apples with butter and bake them in the oven for 20 minutes at 180° C.

Add vanilla ice cream for extra taste





**FINLAND**

## Finland in Palestine

Finland and Palestine enjoy good relations. Finland opened a representative office in Ramallah in 1999. Palestine has been represented in Finland since 1980's. Finland granted the Palestinian mission in Helsinki full diplomatic privileges and immunity in 2014. The same year the status of the Head of Mission of the Representative Office of Finland in Ramallah was upgraded to the level of Ambassador.

Finland contributes to the state-building of Palestine based on the two-state solution, which means the establishment of an independent, viable and democratic state of Palestine. Defending the respect for international law and human rights are key values in our foreign policy. We contribute to these goals both politically and through development cooperation.

The education sector is a central element in our cooperation. Apart from it, we support the strengthening of resilience of Palestinians living in the most vulnerable areas (East Jerusalem, Area C and Gaza) of the occupied Palestinian territory, and the strengthening of Palestinian civil society.





## Finnish Food Traditions

Authentic, pure, delicious and innovative – that is Finnish food today. Finnish ingredients grow in the cleanest soil, air and water of the world. Food production is conducted under strict supervision and ingredients can often be traced all the way to farms. Finns appreciate simplicity and pure flavors in their cuisine.

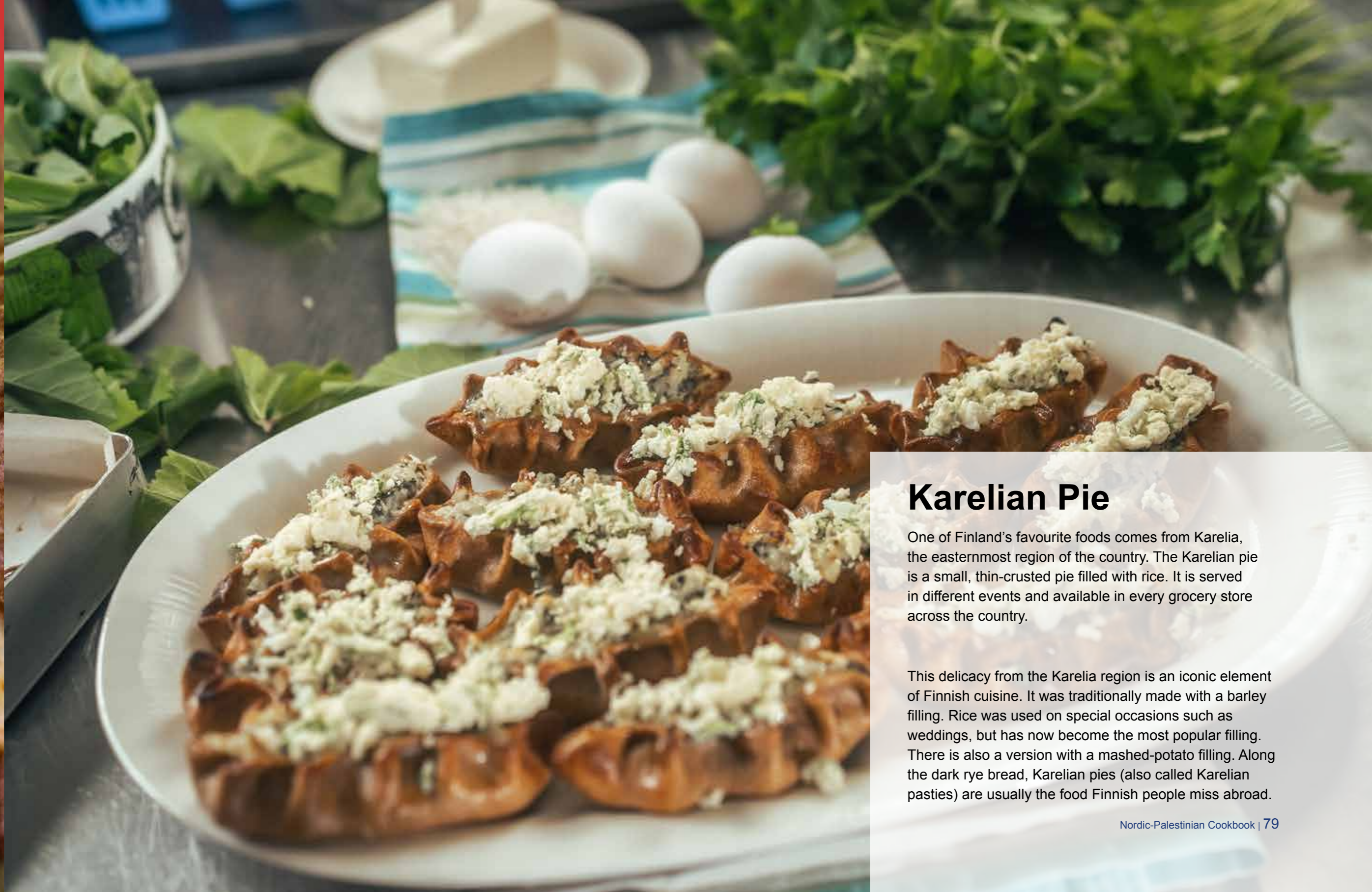
Seasonal vegetables and fish are the corner stones of the Finnish food tradition. Traditional recipes use plenty of root vegetables and other vegetables. Finnish food culture have been influenced by the East and West and over time, these influences have fused into the local tradition. Globalisation and travelling keep bringing in more enriching influences.

The locality of food is emphasised in Finnish food trends, for example in use of pure freshwater fish, mushrooms, grains as well as seasonal vegetables and berries. The growing seasons and harvest periods are short and make berries and vegetables especially tasty. The role that wild nature plays in our food culture is a story of its own. We fish and hunt, and pick wild berries and mushrooms in the forests. Delicacies of each season are looked forward to: sweet strawberries and new potatoes in June and mushrooms, blueberries and lingonberries in the autumn.

Bread is very important in the Finnish cuisine. Finns want their bread fresh and baked with domestic flour. Fresh rye bread is something many Finns living abroad miss the most, but also oat and barley breads are popular. Oatmeal is a traditional breakfast food.

Every school in Finland has offered a free lunch since 1948. The free warm school lunch and catering at workplaces have also influenced Finnish views about the healthy food.





## Karelian Pie

One of Finland's favourite foods comes from Karelia, the easternmost region of the country. The Karelian pie is a small, thin-crust pie filled with rice. It is served in different events and available in every grocery store across the country.

This delicacy from the Karelia region is an iconic element of Finnish cuisine. It was traditionally made with a barley filling. Rice was used on special occasions such as weddings, but has now become the most popular filling. There is also a version with a mashed-potato filling. Along the dark rye bread, Karelian pies (also called Karelian pasties) are usually the food Finnish people miss abroad.



## Use of fish in Finnish Cuisine

Finland is often called the land of a thousand lakes. Our 168,000 clean lakes provide a wonderful opportunity to go fishing for white lake fish like perch, vendace and roach. Lapland, Finland's northernmost region, is famous for its salmon rivers.

Fish has always been one of the cornerstones of Finnish food culture. Different types of fish can be found on the menus of fine-dining restaurants or grilled over the campfire.

Salmon soup is a standard meal that appears on dinner tables and restaurant menus all over the country. For the recipe, you can use different types of fish, but in Finland the most common one is salmon.



## Åland

Åland is a Swedish-speaking, 6,700-island archipelago, an autonomous part of Finland, located between Sweden and Finland with a population of 29,000. The Åland Islands solution is an example of a successful and peaceful international disputes settlement.

Åland is also known for island-hopping bicycle tourists, apple orchards and seafaring traditions.

Åland's traditional baked pancake, Åland pancake, is a type of oven-baked pancake made with semolina and flavoured with cardamom. It can be served either warm or cold, and with whipped cream and prunes.



## Finnish-Palestinian recipes

The Finnish-Palestinian menu was created together with Chef Lone Nielsen, and we collaborated with the Inash Al-Usra Association in Al-Bireh in creating this culinary experience.

To create a fusion between the Finnish and Palestinian cuisines, we used traditional Finnish recipes as a basis and incorporated some key Palestinian ingredients in each dish. To provide a taste of Palestine to Karelian pies, we added kobeizeh green leaves, which are commonly grown in Palestine. To the Salmon soup we added maftoul, prepared by Palestinian women.

## Karelian Pies with Palestinian Khobeizeh

# Ingredients

### Dough for about 30 medium size

#### Karelian Pies:

- 180 g white flour
- 180 g whole wheat flour or 360 g white flour only
- 200 ml tap water
- 1 tsp salt
- 50 g butter

#### Filling:

- 1 liter milk
- 200 ml tap water
- 200 g round rice
- 1 big handful of khobeizeh green leaves, washed, dried and chopped coarsely

#### Coating for the baked Karelian Pies:

- 100 g butter
- 150 ml tap water

#### Egg-Butter Spread:

- 2 hard-boiled eggs
- 100 g butter
- 1 tbsp chopped parsley
- Salt to taste





## Method

- Sift the flour and mix them.
- Add butter and salt, and mix well, until it has consistency of rubble.
- Add water to the dough, not all at once.
- Gather the dough quickly, and be careful not to overwork it.
- Cover with cling film, and leave to rest in the fridge, at least for 1 hour.
- Place the water and the rice with the salt in a pot, and bring to boil.
- Cook for a few minutes, and then add the milk, and bring to boil again.
- Cook for about 10 min, and then add the chopped and rinsed Khobeizeh to the pot, and continue to cook until it turns into a nice, fairly stiff porridge.
- Place in a flat dish, cover with cling film, and leave to cool completely in the fridge.
- Roll out the dough to a thin leave, and cut ovals, preferably with a cutter.
- Place a spoonful of the cold porridge on the oval, and form the 2 into a nice pie.
- Place on a baking sheet
- Bake in a preheated oven (200 degrees) and bake until golden brown
- Leave to cool.
- Place butter in a deep dish on the gas, melt the butter with a bit of water, and then add the cooled Karelian Pies to the pan. Give them a good coating with the butter. Remove and leave to cool.

### Egg butter:

- Grate 2 hard-boiled eggs.
- Add the soft butter, a little salt, and a spoon of chopped parsley. Mix to a smooth texture.
- Warm up again the Karelian pies, and serve them with topping of the egg butter.



## Salmon Soup with Maftoul

### Ingredients

- 1 fillet of salmon about 1.6 kg, skinned and cut into bite size squares
- 3 liters of water, or fish stock
- ½ liter cream 38% fat
- 4 onions
- 2 leeks
- 8 carrots
- 1 kg Maftoul
- Salt, pepper to taste
- Few bay leaves
- One bunch of Dill or Parsley



## Method

- Chop all the vegetables to small cubes.
- Chop the dill, or the parsley, and leave on the side.
- Place the butter in a pot, and melt until it starts to sizzle.
- Add the vegetables and fry until nicely caramelized. Add the spices and the salt.
- Add the water, or the fish stock, and bring to a boil.
- Leave to cook on low heat for app 10-12 min, until the carrots begin to soften a bit.
- Add the cubed salmon, and let cook for about 5 min. check the taste, and add more spices if needed.
- Add the cream to the pot, and let warm up until almost boiling.
- Add the dill, or the parsley, and bring to boil.
- Turn off the heat, and serve in deep plates with the Maftoul.

## Åland Pancake served with Fruit Salad and Whipped Cream

### Ingredients

#### Porridge made of:

- 1 liter milk
- 200 g semolina
- 1 tbsp crushed cardamom
- 1 tsp salt

#### Add to cooled porridge:

- 10 g flour
- 2 eggs
- 100 g sugar

#### Fruit salad:

- 2 oranges
- 1 pomelo
- 3 mandarines
- 2 blood oranges
- 12 fresh strawberries
- 250 ml of cream for whipping





# Method

- Place the milk in a pot with the cardamom. Bring to boil.
- Add the semolina and the salt, and cook to a nice, sticky porridge. You might need to add more semolina to make it stiff enough.
- Place in a flat dish, cover with cling film, and leave to cool.
- Place the cooled porridge in a bowl, and mix well with the eggs, the flour, and the sugar.
- Coat a baking dish generously with butter. Place the batter in the baking dish, and bake in a preheated oven (180 degrees) until nicely golden, and baked through.
- Cut the citrus fruits in nice fillets without the white membranes over a deep bowl to save the nice juices. Add the sliced strawberries.
- Whip the cream to a nice, soft texture.
- Serve the warm pancake with the fruit salad and the whipped cream.



