

### About the Growers & Producers

Currently the Palestine Fair Trade Association (PFTA) works with 1,700 farmers in 39 olive producing areas throughout the West Bank.

PFTA also includes four women's cooperatives that produce sun-dried couscous and za'atar, one women's cooperative producing sun-dried tomatoes. All raw materials used in the women's cooperatives are supplied by PFTA farmers' cooperatives.

PFTA also has three organic wild collection cooperatives producing thyme (za'atar), capers, and sumac. All three wild collections areas are managed under strict organic regulations to ensure plant sustainability and are included in the organic certification program.

### Web Recipes & Resources (also search online on your own)

- ✓ Haaretz, *Za'atar and the Conflict* [tinyurl.com/yaber2qt](http://tinyurl.com/yaber2qt)
- ✓ Flat Bread Baked with za'atar from scratch [tinyurl.com/yceatmww](http://tinyurl.com/yceatmww)
- ✓ Many more za'atar recipes [tinyurl.com/ybqjagcp](http://tinyurl.com/ybqjagcp)
- ✓ Nouveau za'atar - Fusion recipes [tinyurl.com/ybu2aful](http://tinyurl.com/ybu2aful)
- ✓ Palestinian cuisine recipes [tinyurl.com/yccnq6y7](http://tinyurl.com/yccnq6y7)

### About Za'atar

Za'atar, is Arabic for wild thyme and is common to Middle Eastern cooking. It is also spelled za'tar, zaatar, and zahtar.

Rarely sold as a single herb, it is usually packaged in combination with thyme and sumac. The thyme gives it an elegant perfume and the sumac a slight lemony edge. The flavours work together beautifully. Za'atar often sold in a mix with sesame seeds and salt.

Za'atar mixtures vary by country, variously containing, hyssop (an aromatic minty plant), cumin, marjoram, oregano, savory, coriander, paprika or fennel seed. The one imported by Zatoun, made in the Jenin area is the traditional Palestinian recipe.

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to learn more: [www.zatoun.com](http://www.zatoun.com); [info@zatoun.com](mailto:info@zatoun.com)

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translation: "Easy & Tasty"



## Za'atar from Zatoun

Fair Trade from Palestine  
Women's Cooperative in Jenin

### Recipes for Easy and Tasty Snacks, Dips, Marinades and dishes using

*Zatoun Fair Trade Extra Virgin Olive Oil  
with Fair Trade Za'atar Thyme/Sumac Herb Mix*

Available through the grassroots  
and community retailers across North America  
or online via [www.zatoun.com](http://www.zatoun.com)

## Appetizers, Salads, Dips, Garnishes & Marinades, etc.

### **Classic: Zatoun Olive Oil & Za'atar Dip**

Nothing is easier than this. Take 2 bowls in one pour Zatoun extra virgin olive oil. In the other a quantity of Zatoun za'atar. Cut rough Italian or French bread into 1 inch squares or use pita.

Dip bread only in the olive oil to appreciate the oil only. With another piece dip first in oil and then in the za'atar to taste both. Easiest is to mix oil and za'atar in same bowl and dip only once.

### **Classic: Za'atar Pita Crisps**

Not a strict recipe - please experiment. Can be with any bread and brush with za'atar and Zatoun olive oil to taste.

Use pita with or without pocket; whole wheat or white

Make a thick paste of olive oil and za'atar

1/4 cup Zatoun extra virgin olive oil

1/4 cup Zatoun za'atar

If pocket pita, use scissors or knife to split pita horizontally into 2 rounds. In bowl, stir together oil and za'atar.

Using pastry brush, brush rough/inside sides of pita halves with oil-za'atar mix. Cut each round into 8 wedges.

Arrange wedges, oiled sides up, on 2 large baking sheets. Bake in batches in middle of preheated 350F oven 8 minutes or until crisp golden. Serve hot.

Can also be served room temperature.

### **Yogurt Za'atar Veggie Dip**

Not a strict recipe - please experiment. In a small bowl, mix 1 cup yogurt, optional: add 1/2 cup sour cream, 1/4 cup Zatoun za'atar. Serve veggie spears (cucumber, peppers, celery, carrot, etc.). Or dip pita crisps.

Alternate use: flavour cottage cheese and make it exciting!

### **Za'atar Salad Dressing**

The easiest dressing. Za'atar gives any Greek-style salad a flavour lift. Serve with Za'atar Pita Crisps (see recipe above).

1/2 cup Zatoun extra virgin olive oil

1/4 cup balsamic vinegar

1 tbsp Zatoun za'atar

1 tbsp lemon juice

Salt & pepper to taste

### **Classic: Marinade for roasting or BBQ Vegetables**

In large mixing bowl, multiple the salad dressing recipe (on facing page) to quantity needed. Marinade mixed vegetables for 15-20 minutes or longer as desired. Roast or BBQ to taste.

### **Classic: Marinade for roasting or BBQ meats**

In large mixing bowl, multiple the salad dressing recipe (on facing page) to quantity needed. Marinade meat, chicken, lamb for 45-60 minutes or longer as desired in refrigerator. Roast or BBQ to taste.

### **Za'atar Eggs**

Scramble eggs as per usual or preferred method. About 2 minutes before removing from heat, sprinkle Zatoun za'atar on eggs and continue folding until ready.

### **Za'atar Garnish for hummus, dips, soups, vegetables**

Freely and liberally sprinkle Zatoun za'atar on any of the above or where ever herbs such as herbes de Provence, oregano, etc. might be used. A tasty, healthy and colourful garnish.

### **Mashed Potatoes with olive oil & za'atar**

Instead of butter use Zatoun olive oil for a healthy "comfort food". Also taste with a healthy and liberal sprinkling of za'atar.

### **Mediterranean Pizza with olives, feta & za'atar**

Easy to make. Using purchased pizza dough or from scratch top with Zatoun olive oil, whole or sliced olives, feta cubes (1/4 inch) and sprinkle za'atar liberally. Bake in preheated oven. Lovely light, white pizza. Add other veggies if desired.

### **Mediterranean Pasta Salad with olives, feta & za'atar**

Make any shaped pasta. Pour Zatoun olive oil to liking (lots). Add whole or sliced olives, feta cubes (1/4 inch) and sprinkle za'atar liberally. Add other veggies if desired.

### **Mediterranean night or summer snack**

This is traditional refreshing late night or summer snack enjoyed by Palestinians and other Mediterraneans. Cut up wedges of watermelon, wedges of feta cheese, bowl of Zatoun za'atar, pita and serve with hot mint tea. Mediterranean Sea optional.