World Refugee Day Cookbook 2021
Table of Contents

African Beans & Chicken..............2
Falafel & Tahini Sauce................3
Kubba Stuffed With Lamb...........4
Lubia Polo................................5
Iraqi Rice and Chicken.............6
Shiro & Injera...........................7
Chicken Cutlets..........................8

A Little About JFS....

Jewish Family Services of Washtenaw County
is a private nonprofit human services agency
serving a diverse international population since
1993. Originally established by the Jewish
Federation of Greater Ann Arbor to assist the
growing number of refugee families in Ann Arbor
from the former Soviet Republics, JFS has since
grown into an organization providing programs
and services ranging from older adult and caregiving
support to immigrant resettlement and career services.
The mission of Jewish Family Services is to create
solutions, promote dignity and inspire humanity.
African Beans + Chicken
By Marie Mweza
Interviewer & Interpreter: Kyrie Philbrook

Ingredients (Serves 7):
- 36 ounces Yellow Beans
- 1 cup Canned Peeled & Diced Tomatoes
- 1/2 Onion (Large)
- 8 Garlic Cloves
- 1 Green Pepper
- 2 Chicken Breasts & Thighs
- 2 tbsp of Royco Mchuzi Mix Spicy Beef Flavor Seasoning to taste
- 3 tbsp of Olive Oil
- Salt & Pepper to taste

Directions:
1. Boil beans in a large pot of water until soft. This will take about 4 hours. (You may soak them in water overnight first to cut this time in half. Soak them in 5 cups of water for every cup of beans). Drain and set aside cooked beans.
2. Chop chicken into chunks and sauté in pan with olive oil.
3. Chop onion, green pepper, and garlic and add to chicken. Add flavor seasoning. Cook for about a few minutes.
4. Add tomato and cook for another few minutes.
5. Add mixture to beans. Add salt and pepper to taste. Serve.
Falafel and Tahini Sauce

By Maha Qamheyyah
Interviewer: Sue Sefansky

Ingredients (Makes 10 Balls):

**Falafel**
- 16 oz Dried Chickpeas (soaked in water for 24 hours)
- 1 cup Chopped Onions
- 1/4 cup Chopped Parsley
- 4 Cloves Fresh Garlic
- 1/2 tsp Salt, 1/2 tsp Black Pepper
- 2 tbsp Cumin
- 1 tbsp Ground Coriander
- 1 tbsp Coriander Seeds
- 1/2 tsp Nutmeg
- 1 tsp Baking Soda

**Tahini Sauce**
- 1 cup Tahini
- 2 cups Plain Yogurt
- 1 Clove Mashed Garlic
- Juice of 1 Lemon

*Mix together all ingredients.

*For a sandwich, use pita bread and the falafel and add green onion, fresh mint, lettuce, tomatoes, pickles & tahini sauce.

Directions:

1. Combine all ingredients and grind in a food processor until fine.
2. Let mixture sit for at least 4 hours until it is like a dough.
3. Heat olive oil in a pot on the stove.
4. Make the dough into balls and fry in oil.
5. Remove and set aside until cool enough to serve.
Kubba Stuffed With Lamb
By Rafaat AlKordi
Interviewer: Linda Levy

Ingredients (Makes 8 Balls):

Lamb Stuffing
- 1 lb Ground Lamb
- 1 Onion, chopped
- 1 tbsp Corn Oil
- 1 tsp Salt
- 1 tsp Pepper
- 1 tsp Sumac
- 2 tsp Pinenuts

Kubba Shell
- 2 lb Bulgur Wheat (fine grain)
- 1 tsp Cumin
- 1 tsp Caraway Seeds
- 1 tsp Seven Spices
- 1 tsp Salt
- 3 tsp Pepper
- 2 lb Fine Ground Lean Beef
- 1 Onion, chopped

Directions:

1. Sauté onions in corn oil (~ 5 minutes over medium heat).
2. Add salt, pepper, sumac, and pine nuts.
3. Add lamb and cook, covered, over medium heat until done medium (around 145°F).
4. In a separate bowl, mix 1 cup of the beef/bulgur mixture with 1 tsp salt and 1/8 cup water.
5. Wet hands and roll into 2-inch balls. Use thumb to hollow out the center and create a torpedo shape.
6. Fill middle with the lamb mixture and seal the bottom closed.
7. Let the balls rest for 30-60 minutes before frying.
8. Heat corn oil (2-inch depth) over medium-high heat & fry kubba balls in oil (~5 minutes, stirring occasionally).

*Spiced yogurt to serve with kubba balls: Yogurt with olive oil, paprika & black seed (nigella & turmeric)
Lubia Polo
By Tahereh Malekshadi
Interviewer: Julia Sofo

Ingredients (Serves 5):
- 1 lb Beef (cut into 1-inch cubes)
- 1 lb Green Beans (cut into 1-inch lengths)
- 1 medium Onion (finely diced)
- 4 cups Basmati rice
- 8 tbsp Oil
- 3 tbsp Tomato Paste
- 1/2 tsp Cinnamon
- 1/2 tsp Turmeric
- 1/8 tsp Saffron Threads
- 2 tsp Salt (can add more for taste)
- 1 tsp Pepper

Directions:
1. Grind the saffron threads into a powder. Add to 1/3 cup warm water and set aside.
2. Rinse 4 cups of rice until clear. Soak rice in 8 cups of salted warm water for 1.5 hrs.
3. Heat 3 tbsp olive oil in pan and add green beans. Fry over medium heat for 5-6 minutes; set aside in bowl.
4. Heat 3 tbsp oil over medium-high heat. Add onions and sauté until golden brown. Reduce heat to medium; then add 2 tbsp oil to the onions and add the beef. Stir until each side is evenly slightly browned.
5. Add the turmeric and tomato paste, mix with spatula. Stir for 2 min, stirring constantly to avoid burning.
6. Mix in 1 3/4 cup water and add the green beans to the meat. Cook 5-10 min to thicken. Drain soaked rice and set aside. Pour water in pot until 3/4 full (about 8 cups) and add 1 tbsp salt. Bring to boil.
7. Over high heat, add rice to boiling water and cook uncovered until rice is half cooked and a bit crunchy. This will take about 10 minutes, but check the tendereness of the rice every 2 minutes. Stir once or twice. Remove the rice, drain in colander, and rinse with warm water to stop the rice from cooking.
8. Pour 3 tbsp oil in casserole cooking pot, and then add a layer of rice, and then a layer of the green beans/meat mixture. Sprinkle with 1/8 –1/2 tsp cinnamon over each meat layer. Keep layering until all the rice and green bean/meat mixture is used. Using the opposite end of a wooden spoon, make several holes in the rice. Pour saffron water over the mixture. The saffron water will be a rich golden color.
9. Add lid and cook over medium-high heat until it begins to steam. This takes about 3-4 minutes. Then place a clean dish towel between the rice and pot lid to absorb the steam. Reduce to low heat and cook, covered with the towel under the lid, for about 20-30 minutes. To make sure the dish is cooked, use a spatula to hit the rice. If the mixture shakes, the dish is ready to serve.
Iraqi Rice and Chicken
By Sanaa Alsalman
Interviewer: Kyrie Philbrook

Ingredients (Serves):
- 4 Chicken Thighs
- 3 tsp Dried Dill
- 1 White Onion
- 4 Cloves Garlic
- 3 tbsp Olive Oil
- 2 cups Basmati Rice
- Salt, Pepper, Curry and Turmeric to taste

Directions:
1. Boil basmati rice in 4 cups water for 5 minutes.
2. Cut onion and garlic into small pieces.
4. Add dried dill and spices. Put heat on low and cook for an additional 3-4 minutes.
5. Add to the rice.
6. Let rice simmer with onion and garlic on low heat for about 10 minutes.
7. Fry chicken thighs in pan with olive oil until cooked. Internal temperature should be 165 degrees.
8. Serve cooked chicken thighs on top of rice.
Shiro and Injera
By Simone Kerya and Betre Getahun
Interviewer: Simone Yehuda

Ingredients (Makes 8 Balls):

**Shiro**
- 1 cup Canned Chickpeas
- 1/2 cup Olive Oil
- 2 medium Onions, chopped
- 4 Roma Tomatos, chopped
- 4 Cloves Garlic, chopped
- 2 tbsp Niter Kibbeh (Ethiopian spiced clarified butter)
- 2 to 2 1/2 cups water
- 3 tsp Berbere Spice (Ethiopian chili powder)
- Salt to taste

**Injera**
- 1/4 cup Teff Flour
- 1 cup Water

Directions:
1. Add teff flour to a mixing bowl. Slowly stir in water.
2. Put the batter aside for at least 1 day but no more than 3 days. It will start to bubble.
3. Heat a nonstick lightly oiled pan.
4. Put a thick layer of batter in the pan.
5. Cook until holes appear on the surface of the bread.

Directions:
1. Bring a heavy-bottomed stockpot to medium heat. Add chopped onions to the dry pan and sauté until brown (about 4-5 minutes).
2. Add the olive oil and berbere spice. Sauté for 1-2 minutes until fragrant.
3. Add chopped tomato, about 2 cups of water and chopped garlic. Sautéd for 2-3 minutes.
4. Start whisking in about half of the chickpea flour; whisk until mixture is very smooth.
5. Heat until the shiro begins to pop.
6. Then add the niter kibbeh and salt, while stirring, until the oil separates from the shiro.
7. Serve with injera.
Chicken Cutlets

By Raisa Levinskaya
Interviewer: Marina Sarafian

Ingredients (Serves 4):
- 2 lbs Ground Chicken
- 2 Eggs
- 2 slices Bread or 1/2 cup Bread Crumbs
- 1 minced Onion
- A small amount of Butter and Vegetable Oil
- Salt and Pepper to taste
- A little Water

Directions:
1. Tear bread into small pieces and soak in a little water. If you do not want to use bread, you can use 1/2 cup breadcrumbs.
2. Add chicken to soaked bread or breadcrumbs.
3. Add one tablespoon of softened butter.
4. Add minced onion.
5. Add salt and black pepper.
6. Separate egg whites from the yolk and beat.
7. Add beaten egg whites and yolks to meat mixture.
8. Mix all of the ingredients together and form oblong or round patties.
9. Fry in a pan in vegetable oil until both sides are cooked.
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