PALESTINIAN · LUNCH · DINNER

Sumagiyya (Gaza Sumac, Chard and Tahini Stew with Beef)

السماقية الفلسطينية

180 min · plus overnight chickpea soaking · Serves 12 · 551 kcal a serve

Video 11:44 in Arabic · Manar Waleed مطبخ منار

No nuts listed

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A slow-cooked chard, onion and beef stew with 32 g protein, 9 g fibre and 28 g net carbs a serve; tahini and olive oil make it rich, and the greens give plenty of vitamins K, A and C.

Diet notes: Low saturated fat (5.4 g, 9% of the energy).

Ingredients 16 · SERVES 12

- [ ] 1 kg **boneless beef or lamb**, cut into cubes
- [ ] 1 **onion**, for the broth
- [ ] 75 g **chickpeas**, soaked overnight
- [ ] 250 g whole **sumac berries**, boiled, blended and strained (only the sour red liquid goes in)
- [ ] 1 kg **onions** (about 5 large), diced
- [ ] 180 ml **vegetable oil**
- [ ] 1 tbsp **ghee** (samneh)
- [ ] 3 kg **chard leaves**, washed and chopped
- [ ] 1 head **garlic** (about 10 cloves), peeled
- [ ] **Chilli**: 2 long green chillies and hot chilli to taste
- [ ] 2 tbsp **dried dill seeds** (jarada)
- [ ] a little **ground black pepper**
- [ ] **salt** to taste
- [ ] 1 large mug (about 300 ml, 150 g) **plain flour**
- [ ] 200 g **red tahini**
- [ ] 60 ml **olive oil**

Amounts in metric units, converted from the cook's and rounded — the video has the originals.

Allergens found in the listed ingredients: Gluten, Milk, Sesame. Worked out from the ingredient list, not tested. Stock, sauces, spice mixes and other packaged foods can contain allergens, so always read the labels on what you buy. If you have a food allergy, don't rely on this.

Method TIMES = THE MOMENT IN THE VIDEO

1. Put the cubed meat in a large pot with a piece of fat or a bone if you like, cover with water, boil and skim. Add a whole onion and the soaked chickpeas, cover and simmer 1½–2 hours until tender; salt only at the end, then lift out the fat. 1:30
2. Cover the sumac berries with water, boil 20–30 minutes, then leave 30 minutes to cool. Blend the berries with their water and strain several times until the red liquid is clear; discard the pulp. 3:08
3. In a big pot, cook the diced onions in the vegetable oil and ghee over medium heat, stirring often, until soft but not browned. 4:51
4. Add the chard a handful at a time, stirring so it wilts and makes room. Lower the heat, cover and let it release all its water. 5:33
5. Pound or blend the garlic, chillies and dill seeds with a little pepper and salt (the dagga). Stir it into the chard once its water has come out, cover and cook gently, stirring now and then, until the chard and onion are very soft. 5:56
6. Add the meat, chickpeas and their broth, bring to the boil, then cover and simmer until the chard and onions are completely cooked. Adjust the salt. 7:28
7. Whisk the flour into the sumac liquid until smooth and strain it through a fine sieve. Pour it into the pot, stirring fast with the other hand so it doesn't stick; the stew will thicken. 8:20
8. Stir in the red tahini and the olive oil, check the salt and let it bubble well, right up through the centre. Turn off the heat and spoon onto plates; eat hot or cold. 9:44

> **Tip** Serves about 12 (our estimate: about 6 kg in the pot, 500 g a plate). In Gaza it is scooped up with bread, with olive oil, pickles, olives and green chillies on the side; keeps 4 days in the fridge and freezes well.

The method is a summary in our words, in English — the video (in Arabic) shows every step.

One serve gives you 1 OF 12 · ESTIMATE

ENERGY	PROTEIN	CARBOHYDRATE	FIBRE	FAT	SODIUM
551 kcal 2,310 kJ	**32** g 63% of a day	**37** g 28 g net · 7.7 g sugars 13% of a day	**9** g 32% of a day	**34** g 5.4 g saturated 43% of a day	**990** mg 43% of a day

Energy from net carbs 21% · protein 23% · fat 56% — low carb (under 26% of the energy from carbs)

High in (20%+ of a day) Vitamin K 1742% · Vitamin C 96% · Vitamin A 87% · Omega-3 87% · Vitamin B12 71% · Zinc 69% · Selenium 64% · Magnesium 61% · Vitamin E 54% · Iron 49% · Vitamin B6 46% · Potassium 31% · Folate 26% · Calcium 20%

Recipe and video: Manar Waleed مطبخ منار (@manarwaleed1103) on YouTube — youtube.com/watch?v=sa-PR04fBI8, published 11 April 2023. All credit for the recipe goes to the cook; please watch and support their channel.

By Notbroken: the method summary, the unit conversions, the diet notes and the nutrition estimate — worked out from the ingredient list with USDA FoodData Central values; % of a day compares one serve with the US FDA daily values on food labels (2,000 kcal). Brands, portions and cooking change the real numbers.

General information about food, not medical or dietary advice. Free, no sign-up: notbroken.io/eat/sumagiyya-gaza-sumac-chard-stew