

Fair Trade Lebanon Magazine

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# لبنان

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**FAIR TRADE  
LEBANON  
TO AUSTRALIA**

**SO FAIR  
SO GOOD**

**WFTD 2016  
FACTS & FIGURES**

**تجارة وعادلة وبلبنان؟**

**#AGENTFORCHANGE**



## CHEF JOE BARZA A CULINARY TERROIR ARTIST FAITHFUL TO THE ROOTS.

International Lebanese Chef and Master of Lebanese Cuisine Chef Joe Barza is not only faithful to his roots but also to his heritage.

For this reason, Chef Joe currently follows a "Back to the Roots" approach combining international standards with the genuine Lebanese Terroir making each and every food creation unique and innovative!

Lebanese cuisine today competes very well on an international scale when it comes to healthy food taste and quality. As a Lebanese Terroir Artist Chef Joe Barza is a pioneer in transmitting our culinary culture and traditions to the world.

His food is rooted in traditional Lebanese cuisine but has a modern Mediterranean touch. He uses alternative ingredients instead of usual ones to create new recipes. Chef Joe tries to show the best of local produce but uses tiny tweaks in order to create radical effects and redefine Lebanese cuisine.

He questions "we've been making the same food for thousands of years...but why does hummus have to be made with tahini?". "What if we use Zaatar (thyme) instead?"

Believing in the value of the Lebanese product, its benefits and the importance of our heritage and tradition has always been the key of his successful dish. Chef Joe likes to use in his everyday cuisine many traditional substantial ingredients like bourghul, Moghrabieh, hummus and many more. The seasonal "Mouneh" prepared by the rural farmers in different villages across Lebanon as well as the old forgotten products like for example the "Freekeh" which Chef Joe believes that this ingredient is turning into true Superfood, with its smoky taste and green color.

## CHEF JOE BARZA

GUEST CHEF OF  
HONOR AT THE  
WORLD FAIR TRADE  
DAY 2017 EDITION

With Chef Joe's passion, creativity and his drive to revisit Lebanon's "Terroir" cuisine, it was only natural for us to invite him to be our Guest Chef of Honor at the World Fair Trade Day 2017. His interaction with our producers and his inspiration from our Terroirs du Liban authentic Lebanese range of products will surely result in an amazing new collection of exclusive Saj recipes, and bring an added-value to our Saj, the pride of our Lebanese cuisine and culinary heritage.

## CHICKPEA SALAD WITH APPLE VINEGAR DRESSING

Preparation time: 15 minutes.

Portion: 2 people.

### INGREDIENTS

- 150g of TDL chickpeas.
- A dozen cherry tomatoes cut in half.
- 2 small diced onions.
- Handful of chopped fresh mint leaves.
- 100g of feta cheese.
- 50 ml of TDL extra virgin olive oil.
- 50 ml of TDL apple vinegar.
- 50 ml of lemon juice.
- Salt and pepper.

### PREPARATION

To cook the chickpeas: Soak 150g of dried chickpeas in water overnight (*in triple their volume of water as they expand in size*).

Drain them the next day, rinse them with water and drain them again, then boil them over high heat for approximately 2 hours (add a little salt to the water); turn off heat once cooked and drain them.

NOTE: 150g of dried chickpeas will yield around 330g of cooked chickpeas, the quantity needed for the salad. Place chickpeas, tomatoes, onions and mint in salad bowl. Crumble the feta cheese and toss over the salad ingredients. Mix the dressing ingredients: extra virgin olive oil, apple vinegar, lemon juice, salt and pepper. Pour over the salad and mix.

This salad tastes great when prepared an hour ahead of serving.

Tip: cooked chickpeas can be kept in the freezer up to a year but must be drained completely from water.



Check out more recipes on our website  
[WWW.TERROIRSDULIBAN.ORG](http://WWW.TERROIRSDULIBAN.ORG)