

عندك عكوب؟

ANDEK AKKOUB?

= *Do you have akkoub?*

Akkoub عكوب is an artichoke-like thistle plant (Gundelia or Tumble Thistle) that's been foraged, wild-harvested and part of Palestinian, Jordanian, and Levantine cuisine for generations. In 2005, the Israeli Nature Authority enforced a ban on foraging Akkoub, making the act of harvesting it a criminal offense punishable by fines and imprisonment.

As the permitted amount of picking is limited to 5kg per person, Palestinians started their own micro economy selling Akkoub in villages, and 'andek akkoub?' becomes the golden question to ask whether anyone has any of this sacred plant left.

Foragers are conservationists by nature and are in tune with the earth, knowing where to harvest and how much to keep regenerating.

Akkoub has become more than just about cuisine; it has become about land and other basic rights of Palestinians. Today, it's a symbol of resistance, culture, hope, survival, and community.



Learn more about Akkoub
and its significance on

[@andek_akkoub](https://twitter.com/andek_akkoub)

Special thanks to Janine Kaselitz for this initiative and collaboration.

Illustration
by Radina Galabova

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SEASONAL AKKOUB MENU

To celebrate Akkoub season, BOCA has put together a small menu dedicated to this rare ingredient. Due to the nature of this micro-seasonal ingredient, this menu is available by pre-order and on a first-come, first-served basis.

ICE PACKED MANZANILLA OLIVES

Pitted Spanish Manzanilla Olives Stuffed with Lemon & Calamansi, Orange Zest (GF)(VE)

AKKOUB MOUTABAL, HOME-MADE ARTICHOKE BREAD

Pomegranate, Pickled Chili, Sumac, Fresh Herbs (V)(D)

AKKOUB in 'ESPARRAGAO'

Beef Pancetta, Jerusalem Artichoke, Traditional Andalusian Garlic, Paprika & Almond Dressing (GF)(N)

AKKOUB & LAMB STEW

Roasted Lamb Shoulder, Cannellini Beans, Spring Onions (GF)

PISTACHIO KUNAFI ROLLS

Caramelized Walnuts Ganache, Emirati Honey, Pistachio Ice Cream (V)(D)(N)

BE WTR

House Filtered Water

Seasonal Akkoub menu & hand embroidered 'Andek Akkoub?' t-shirt _____ AED 395



The story of Akkoub doesn't end with this meal. You can get your hands on one of the limited 'Andek Akkoub?' hand embroidered t-shirts. The t-shirt serves as a conversation starter to tell the story of a wild plant native to Palestinian land but forbidden to be foraged. A story about both, Palestinians and Akkoub who are deeply rooted to their land, yet not free to live off it. A story about care, family traditions, resilience, and love.

100% of the proceeds of the t-shirt will be donated to Palestinian land and nature cultivation projects and organisations who preserve nature in Palestine. Follow @andek_akkoub to stay up to date on all projects.



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