

RAMADAN RECIPES

45 RECIPES FOR A HEALTHY IFTAR

DISCOVER MORE THAN 200 HAND SELECTED RECIPES FROM ALL OVER THE WORLD
AT WWW.ISLAMICITY.ORG/FOOD

Salads

These easy to make salad recipes are perfect for an entree course for iftar!

Soups

Healthy and delicious, each one can double as a main dish or a side dish!

Main Dish

Main course recipes worthy of a delightful iftar!



Table of Contents

3.....	Introduction	30.....	Bangladeshi Beef Curry
4.....	How to eat healthily in Ramadan	31.....	Indo-Pak Biryani with Chicken
<i>-Salads-</i>			
6.....	Tabbouli Salad	32.....	Indian Chicken Dahiwala
7.....	Classic Caesar Salad	33.....	Grilled Buttermilk Chicken
8.....	Lebanese Dandelion Salad (Hindbeh)	34.....	Nasi Lemak(Rice cooked in Coconut Milk)
9.....	Finnish Potato Salad	35.....	Stuffed Salmon withBroccoli and Pickled Avocado Salad
10.....	Easy California Spinach Salad	37.....	Baked Fish
<i>-Soups-</i>			
12.....	Broccoli Potato Soup	38....	German Beef Brisket with Red Cabbage
13.....	Chervil Soup	39....	German Beef Rouladen with Pan Gravy
14.....	Chunky Chicken-Vegetable Soup	40.	Escarole & Bean Stew (Scarola e Fagioli)
15.....	Finnish Salmon Soup (Lohikeitto)	41.....	Home-made Pastitsio
16.....	Wild Garlic Soup	42...	Slow-cooked Lamb, Boulangere Potatoes
<i>-Main Dishes-</i>			
18.....	Arabian Hays	43.....	Chicken Patty Melt
19.....	Arabian Talbina	44.....	Mexican Fried Fish Tacos
19.....	Arabian Rashta	45.....	Tex-Mex Burger with Cajun Mayo
20.....	Arabian Tharid	46.....	Marinated Cod
21.....	Arabian Sikbaj Tannuriya	47.....	Cuban-Style Arroz Con Pollo
22...	Upside-down Rice with Lamb (Maqlouba)	48.....	Cuban-Style Shrimp Creole
24.....	Lebanese Baked Chicken Pasta	49.....	African Steak Dinner
25.....	Kibbe from Lebanon/Syria	51.....	South African Bobotie
26.....	Chicken with Charmoula	52.....	Dahomey Fish Stew
27.....	Hen with Herbs	53.....	Samaki wa Kupaka (Grilled Fish)
29.....	Koofteh Berenji- Persian Rice Kufta	53.....	Chicken Senegal
		54.....	Mafe (Meat in Peanut Sauce)
		55.....	Closing

Introduction

The month of Ramadan is important to Muslims because in 610 A.D., Angel Jibrael visited Prophet Muhammad (PBUH) in The Cave of Hira and revealed the Holy Quran to him. Muslims fast during the month as a way to commemorate the revelation of the holy book.

“The month of Ramadan is that in which was revealed the Quran, a guidance for the people and clear proofs of guidance and criterion.” 2:185

Fasting is an act of worship, a chance to get closer to Allah and is also seen as a way to learn patience. While following the rules of fasting, one avoids many bad habits that invalidate a fast. Thus, helping to break bad habits and promoting self-control. Once self-control is achieved through fasting, a person can also avoid health issues caused by overindulgence.

More often than not, when we talk about Ramadan, we talk about food because Ramadan is a month of fasting and giving charity. When a person is fasting all day, he/she can become more compassionate to those who may not have a plate full of food three times a day, every day. It also becomes crucial to stay hydrated and eat healthy while fasting, which sometimes can be 16-hours or more.

Muslims are in every country of the world. Their food and culture are intertwined together. Oftentimes, food is associated with hospitality and an extension of friendship. Just imagine, how many types of food are out there? We have collected quite a few recipes for you to try in the comfort of your home. Experience the world!

The ingredients, the method of preparation, the language of measurements, and cultural techniques all inspire an aroma of celebration to unite around a meal. The collection of recipes here, are from all over the world to represent the plurality of Islam and Muslims as a way to celebrate the diversity among us.

We wish you a Happy and Healthy Ramadan!

Easy steps to cook Healthy this Ramadan

Be aware of your cooking methods

By making small changes in your cooking habits, you can create great tasting foods that are also healthy for you. Although special recipes are an important part of family tradition, many of those treasured favorites have too high a fat content for today's generation of health-conscious cooks. You do not have to give up those old favorites - convert them!

Here's how:

Always trim off all excess fat from before cooking or use veal, venison, chicken and soya as lower fat options. Remove poultry skin before or after cooking. Choose light meat (breast) instead of dark meat (leg, wing).

Cook onions in a small amount of water or even vegetable stock rather than oil or butter.

Use non-stick frying pans and non-stick sprays (like Spray 'n Cook) rather than oil or margarine if frying.

Bake, grill or roast foods rather than frying.

Cook roasted meat or poultry on a wire rack so that the fat can drip off.

Vegetables should be steamed or boiled with as little cream or margarine as possible.

When preparing rice, noodles and other grains, season with herbs, spices and broths rather than added fat.

Prepare soups, gravies and sauces in advance, so that they can be refrigerated and the layer of fat that forms on top removed.

Experiment with herbs and spices to add flavor and zest to low-fat cooking. Herbs, such as basil, bay leaf, oregano, or rosemary adds distinctive flavors and colors to meat and vegetables. Spices, like cinnamon, ginger and nutmeg enhance the sweet taste of foods, and seasoning blends, such as chili powder, curry powder provide a complex array of flavors.

Avoid taking in too much salt

Use garlic, dry mustard, pepper, onions, mushrooms and tomatoes to add flavor to meat and vegetables.

Add sliced lemon or lemon juice to white meats and fish.

Use your regular recipes, but start cutting the fat in half. If a recipe calls for cream or whole milk, use evaporated or fresh skim milk. If a recipe calls for a whole egg, use two egg whites, etc.

Eat enough fiber-rich carbs

These foods provide the body with energy. They are often incorrectly labeled as fattening and unnecessarily limited. They are rich in vitamins belonging to the B group, and are an excellent source of fiber. Bear in mind that high-fiber foods have a greater effect on satiety than their low-fiber counterparts. Examples of foods high in fiber include brown rice, whole-grains, fresh fruit and raw veggies.

Remember your fruits and vegetables

Fruit and vegetables add color and variety to the menu. They are often termed our 'protective' foods as they help the body fight off sickness and disease. This is because they are rich sources of a variety of vitamins and minerals. An added benefit is that they are relatively low in calories and also contribute to our daily fiber intake.

Drink sufficient fluid

Always include water in your diet and limit your intake of caffeine-containing beverages. Caffeine is a diuretic and will not provide adequate hydration.

We all know that maintaining a balanced diet by eating healthily has a vital influence on your well being. Try following the above principles so that this fast period does not sway too much from the principles of good nutrition.

Source: iafrica.com

Salads

- 6.....Tabbouli Salad
- 7.....Classic Caesar Salad
- 8.....Lebanese Dandelion Salad (Hindbeh)
- 9.....Finnish Potato Salad
- 10.....Easy California Spinach Salad



EST. SERVING SIZE

4 SERVINGS

Mediterranean Tabbouli Salad

The king of all salads, that started in the Levant (Lebanon, Syria). It is an integral part of any appetizer course called Mezze. Many different variations exist, this one is the Lebanese version. It is believed that Parsley is a potent herb that helps purify the blood.

- ¾ cup Burghul,*
the smallest grain**
- 2 Large Bunches
Parsley, chopped
(about 1 quart finely
chopped)**
- ½ tablespoon Fresh Mint,
finely chopped
(optional)**
- ½ Bunch Green Onions,
with green ends,
finely chopped**
- 1-2 Large tomatoes,
finely chopped**
- 1 Small Dried Onion,
finely chopped**
- 2-3 teaspoons Salt
Pepper to taste**
- ½ cup Fresh Lemon Juice**
- ¾ cup Olive Oil**

1. Rinse burghul, drain, then squeeze excess water out. Place in a large mixing bowl. (You can also soak bulgur in lemon juice and salt after rinsing and draining it, if you want to serve it instantly.)
2. Finely chop parsley, mint, green onion and tomatoes.
3. Place vegetables in layers on top of burghul, leaving dried onions on one-half of the top layer and diced tomatoes on the other.
4. Add seasonings to the dried onions and mix thoroughly.
5. Add Lemon juice and toss with spoon and fork.
6. Just before serving, add tomatoes and oil just and toss thoroughly.

Serve using very tender grape leaves, Romanian lettuce, or head lettuce to pick up in bite-size servings.

Note: Tabbuli may be prepared 1-2 hours ahead of time by omitting tomatoes and oil, just cover with plastic wrap and refrigerate.



EST. SERVING SIZE 4 SERVINGS

Classic Caesar Salad

This salad is not a tribute to Cesar the emperor but Cesar Cardini, a restaurateur, who invented this salad in his restaurant Cesar. It was usually made table-side to impress customers. So if you want to impress your invitees, this classic recipe will not fail!

3	Small Cloves Garlic	1. Mince garlic and anchovies in a food processor with a steel blade.
1	Flat Anchovies	2. Add and mix egg yolks, vinegars, mustard, Worcestershire, salt, and lime juice.
2	Large Egg Yolks	3. With the processor running, add olive oil. Mix well.
1	tablespoon White Vinegar	4. Toss with romaine lettuce.
2	teaspoons Balsamic Vinegar	5. Add freshly grated parmesan cheese.
1½	teaspoon Mustard	6. Just before serving, add croutons and toss.
1	teaspoon Worcestershire	
¼	teaspoon Salt	
1½	teaspoons Lime Juice	
¾	cup Olive Oil	Serve before a main course.
2	heads Romanian Lettuce	
	Fresh Parmesan Cheese, grated	
1	cup Croutons	



EST. SERVING SIZE

2-3 SERVINGS

Lebanese Dandelion Salad (Hindbeh)

Dandelion, a bitter herb that is treated like weed in the yard. But this herb is very healthy for you and for increasing the nitrogen content in your soil. We guarantee that once you try this salad, you will create a special place for it in your culinary repertoire.

- | | | |
|----------|-----------------------------------|---|
| 2 | Large Onions, large strips | 1. Cut onions into large strips. |
| | + | 2. Fry the onion strips on medium-high heat in 2 tablespoons oil until well browned, for about 20 minutes. |
| 1 | Large Onion, chopped | 3. Cut the dandelion into 1 inch pieces. |
| 4 | tablespoons, Oil | 4. Boil water in a pot. |
| 1 | Large Bunch, Dandelion | 5. Add salt to the boiling water and add the dandelions pieces. Cook for 10 minutes, until wilted. |
| 3 | Cloves Garlic, mashed | 6. Drain the dandelions using a sieve and press to get most of the water out. |
| 1 | tablespoon Salt | 7. In the remaining 2 tablespoons of oil, fry the chopped onion with 1 teaspoon of salt until translucent, about 5-7 minutes. |
| | + | 8. Add the garlic and cook for another minute. |
| 1 | teaspoon, Salt | 9. Add the dandelion and cook for another 5 minutes. |
| 1 | quart, Water | 10. Garnish with the fried onions and a squeeze of the lemon. |
| ½ | Lemon | |

Serve with Pita Bread.



EST. SERVING SIZE

8 SERVINGS

Finnish Potato Salad

If you live in Finland, you will appreciate the warmth that comes with Summer. This salad perfectly complements the Finnish outdoors.

2 pounds Potatoes, new light-skinned (small Yukon gold potatoes for example)
2 tablespoons Salt
Vinaigrette:
2 tablespoons Dijon Mustard
3 tablespoons Olive Oil
3 tablespoons White Wine Vinegar
Fresh Chives, chopped, to taste
Salt & Pepper, to taste

1. Bring potatoes, water and salt to a boil.
2. Cover, reduce heat and let water simmer until potatoes are fully cooked, a knife should slip easily into the center.
3. Drain and if there's time, let cool.
4. Cut into bite-size pieces.

Vinaigrette:

1. Mix all ingredients in a small bowl.
2. Toss Vinaigrette with either warm or cooled cooked potatoes.

Serve warm, at room temperature, or chilled.

*Note: May be made ahead of time, in fact, it may actually taste a bit better on the second day.



EST. SERVING SIZE

2 SERVINGS

Easy California Spinach Salad

Nothing says California like a quick and healthy salad with plenty of Avocado! With pops of color and texture, this one is one to memorize!

**½ package prepared
Raw Spinach
(or about 1 bunch)**
**1 can Mandarin Oranges,
drained**
1 Avocado
**Ranch dressing,
to taste**

1. Place cleaned, drained spinach in a salad bowl.
2. Cut the avocado into slices.
2. Add the mandarin oranges and sliced avocado.
3. Toss with dressing.
Serve chilled.

Soups

- 12.....Broccoli Potato Soup
- 13.....Chervil Soup
- 14.....Chunky Chicken-Vegetable Soup
- 15.....Finnish Salmon Soup (Lohikeitto)
- 16.....Wild Garlic Soup



EST. SERVING SIZE

4 SERVINGS

Broccoli Potato Soup

Recipes for soup made of pureed leeks and potatoes were common by the 19th century in France. This quick soup is definitely worth saving!

1	Small Onion, chopped	1. Place onion and hash browns in a 3-quart saucepan.
1	package frozen Hash Brown Potatoes, diced	2. Add chicken broth, it should cover the onion and hashbrowns.
4	cups Chicken Broth	3. Cover pan with lid and simmer until tender, about 10 minutes.
1	pound Broccoli, cut	4. Add broccoli and simmer for another 5 -10 minutes.
1½	cups Milk	5. Stir in milk, lemon juice, salt, pepper, and nutmeg.
1	tablespoon Lemon Juice	6. Heat until hot.
2	teaspoons Salt	
½	teaspoon Pepper	
¼	teaspoon Nutmeg, ground	
	Swiss Cheese, shredded	Serve with a garnish of shredded Swiss Cheese.



EST. SERVING SIZE

2-3 SERVINGS

Chervil Soup

Chervil sometimes called French parsley or garden chervil is a delicate annual herb related to parsley that grows wild in woods and meadows. If you're a fan of French cuisine, then you are familiar with the flavor of mild parsley with a tinge of anise.

4	Eggs, hard boiled	1. Wash and dry the chervil, remove stems and chop finely, reserving a few stems for garnish).
2	bunches Fresh Chervil	
2	Spring Onions	2. Wash and slice the spring onions.
1	tablespoon Butter	3. Lightly fry the spring onions in the butter.
13½	fluid ounces (400 ml)	
	Chicken Stock	4. Add the broth, cream and creme fraiche. Allow to come to the boil briefly.
8½	fluid ounce (250 ml)	
	Cream	5. Season with salt, pepper, sugar and lemon juice. Add the chopped chervil and keep warm without allowing the soup to boil.
½	cup Crème Fraiche	
	Salt and freshly	6. Whisk in the egg yolks into the slightly cooled soup. Pour the soup into individual dishes.
	ground Pepper to taste	
1	pinch Sugar	7. Slice the hard-boiled eggs and place them in the center of the soup.
1	teaspoon Lemon Juice	
2	Egg Yolks, beaten	

Sprinkle remaining chervil over the soup and serve.



EST. SERVING SIZE

8 SERVINGS

Chunky Chicken-Vegetable Soup

This delicious soup is a true winter warmer. It is a hearty and filling meal welcomed in every family. The soup is simple to make and brimming with nutritious ingredients to impress any nutritionist in the family!

4 cups Chicken Broth
½ cup Onions, diced
½ cup Celery, diced
¼ cup Sweet Green Peppers, diced
1 cup canned Whole Tomatoes, chopped fluid ounce (400 ml)
1 tablespoon Parsley, snipped fresh or
2 teaspoons dried
1 teaspoon Dill, snipped fresh or
½ teaspoon dried
½ cup Corn
1 cup small Pasta Shells
½ cup Peas
1 cup Zucchini, diced
1 cup Chicken Breast, cooked and diced

1. Combine the broth, onions, celery, peppers, tomatoes, parsley and dill in a 4-quart pot and bring to a boil.

2. Reduce the heat and simmer for 20 minutes.

3. Add corn and pasta.

4. Cover and simmer for 15 minutes.

5. Stir in the peas, zucchini and chicken.

6. Simmer for 10 minutes.

Serve with a garnish of parmesan cheese and fresh dill.

EST. SERVING SIZE

4 SERVINGS

Finnish Salmon Soup (Lohikeitto)

Given the traditional weather in Finland, many dishes are made with meat and vegetables that can be stored. Dill is a favorite herb used in Finnish cuisine. This dish can be considered a lighter version of clam chowder.

1 **tablespoon Butter or Olive Oil**

1 **Brown or Yellow Onion, finely chopped**

4-5 **Potatoes, firm (they need to retain their shape through cooking)**

1½ **litres Fish Stock**

½ **kilo Fresh Salmon Fillet, cubed**

100-200 **ml Cream (or Milk, for a thinner soup)**

1 **cup Fresh Dill, finely chopped**

5 **pieces Bay Leaf**

Dash of Sea Salt
Dash of Pepper
Dash of Allspice

1. Cut the potatoes roughly into 1-inch cubes and keep in water to prevent discoloration.
2. In a large saucepan, simmer the chopped onions in the butter over medium heat until soft.
3. Add peeled and diced potatoes and then add enough water to just cover the potatoes.
4. Turn up the heat to high, cover the saucepan with a lid, bring to a boil and cook the potatoes until they are just soft, adjusting the heat down as necessary.
5. Add the cubed salmon to the pot and cook until it is mostly opaque (this will take about 5 minutes, if that). Do not stir the soup- so that it does not break up the salmon.
6. If you want to keep the Salmon cubes looking like cubes, once the salmon is cooked, remove from the soup and set aside
7. Add the fish stock and cream, along with a sprinkling of salt and pepper to taste, with just a dash of Allspice. Cook for 5-10 minutes.
8. If you prefer a thicker soup, as I do, add cornstarch slurry (mix 1 tablespoon of cornstarch and 1 tablespoon of water, stir to dissolve the cornstarch) to the soup and simmer until the soup has thickened
9. Take off the heat and stir in the fresh dill
10. (If you removed the salmon cubes, transfer the cooked salmon into individual bowls and ladle the soup over.
11. If you want to add a touch of artistry to the presentation, place a small sprig of dill on top of the contents of each bowl.



Serve with rye bread and butter.



EST. SERVING SIZE

3-4 SERVINGS

Wild Garlic Soup (Ramslökssoppa)

In the spring ramslök (wild garlic, also known as ransons) can be found growing in forests in southern Sweden. Wild garlic soup has become rather fashionable!

3½	ounces Wild Garlic	1. Thoroughly wash, dry and chop the wild garlic leaves. In a mixer or food processor, purée the leaves with 1 tablespoon heavy cream and a pinch of salt.
1	cup Heavy Cream	
	Salt to Taste	
1	Onion	2. Finely chop the onion and sauté it in the butter. Dust with the flour and stir well. Continue stirring while gradually adding the vegetable stock.
2	tablespoons Butter	
2	tablespoons Flour	
1	pint Vegetable Stock	3. Add the milk and the wild garlic, season with salt, pepper, sugar and nutmeg.
1	cup Milk	
	Pepper to Taste	4. Add the remaining cream.
	Sugar to Taste	
	Nutmeg to Taste	

Serve soup with a dollop of cream.

Main Dishes

18.....	Arabian Hays	37.....	Baked Fish
19.....	Arabian Talbina	38....	German Beef Brisket with Red Cabbage
19.....	Arabian Rashta	39....	German Beef Rouladen with Pan Gravy
20.....	Arabian Tharid	40.	Escarole & Bean Stew (Scarola e Fagioli)
21.....	Arabian Sikbaj Tannuriya	41.....	Home-made Pastitsio
22...Upside-down	Rice with Lamb (Maqlouba)	42.....	Slow-cooked Lamb,Boulangere Potatoes
24.....	Lebanese Baked Chicken Pasta	43.....	Chicken Patty Melt
25.....	Kibbe from Lebanon/Syria	44.....	Mexican Fried Fish Tacos
26.....	Chicken with Charmoula	45.....	Tex-Mex Burger with Cajun Mayo
27.....	Hen with Herbs	46.....	Marinated Cod
29....	Koofteh Berenji- Persian Rice Kufta	47.....	Cuban-Style Arroz Con Pollo
30.....	Bangladeshi Beef Curry	48.....	Cuban-Style Shrimp Creole
31.....	Indo-Pak Biryani with Chicken	49.....	African Steak Dinner
32.....	Indian Chicken Dahiwala	51.....	South African Bobotie
33.....	Grilled Buttermilk Chicken	52.....	Dahomey Fish Stew
34.....	Nasi Lemak(Rice cooked in Coconut Milk)	53.....	Samaki wa Kupaka (Grilled Fish)
35.....	Stuffed Salmon withBroccoli and Pickled Avocado Salad	53.....	Chicken Senegal
		54.....	Mafe (Meat in Peanut Sauce)



EST. SERVING SIZE

2 SERVINGS

Arabian Hays

Hays is a beloved dish to the Prophet (PBUH) made from dates. It can be modified for adding new ingredients as the dish is highly versatile, full of nutrition and easy to cook.

1 cup Dates, deseeded

2 tablespoons Butter

1 cups Milk

1. Heat a pan over medium heat and melt butter over it. Mince the dates coarsely or finely to suit the end texture.

2. Add the dates to the pan and fry them. Lightly frying the dates brings out their sweet flavor and gives them a nice consistency for hays.

3. Add the milk to the dates and cook for 3-5 minutes on medium heat.



EST. SERVING SIZE

2 SERVINGS

Arabian Talbina

A soup beloved by the Prophet (PBUH). It is made with barley flour and has the consistency of yogurt. “At-talbina gives rest to the heart of the patient and makes it active and relieves some of his sorrow and grief.” (Bukhari)

- 1 **tablespoons**
Barley Flour
- 1 **cup Milk or Water**

1. Simply cook one tablespoon of barley flour in one cup of milk or water for about 15 minutes or until thick, stirring several times while the mixture simmers over low heat.

2. If desired, stir in a little honey to sweeten the mixture to taste.

EST. SERVING SIZE

3-4 SERVINGS

Arabian Rashta

Lentils also held a high place in early Islamic culture, and are called “a dish of the friends of God”.

- 1 **pound**
Fatty Lamb Chunks
- 2 **teaspoons of Salt**
- 2 **tablespoons of Butter**
- 1 **stick of Cinnamon**
- ½ **cup of Lentils**
- 1 **cup Chickpeas or**
Lentils, boiled
- 1 **cup Noodles**

1. In a large pot, sauté lamb in butter on medium heat, and after 15 minutes, add salt, cinnamon, and enough water to cover the meat. Cook for an hour.

2. Once the hour has passed, add lentils and chickpeas, and continue to cook on medium for an additional 30 minutes.

3. Add noodles and cook for ten more minutes. After this is done, turn off heat and allow to cool before serving.

Arabian Tharid

The prophet (PBUH) enjoyed meat and bread. The bread at his time was made from barley which made it hard, so to soften it, people would soak it in broth. This technique is still used in many cuisines in the middle east and is similar to the Iraqi tashreeb. We might not know exactly how the prophet enjoyed his dish, but this delicious one could be a close version.

- 1 **Whole Chicken, cut into 4 to 8 pieces**
- 4 **tablespoons Vegetable Oil**
- 1-2 **Onions, chopped**
- 4 **Cloves Garlic, minced**
- 2-3 **Large Tomatoes, peeled, seeded, and chopped**
- 1 **Small Bunch Cilantro (coriander), chopped**
- 1-2 **tablespoons Curry Powder**
- 1½ **teaspoon Salt, or Salt to taste**
- ½ **teaspoon Black Pepper, or Pepper to taste**
- ½ **teaspoon Turmeric**
- 2 **cups Chicken Broth**
- 2 **cups Water**
- 1 **cup Chickpeas, cooked or canned**
- 3 **Potatoes, peeled and cubed**
- 6 **servings of Pita, Naan or other bread**

1. Wash and pat the chicken dry. If desired, remove and discard the skin.

2. Heat the oil over medium-high heat in a heavy-bottomed stock pot or Dutch oven. In batches, brown the chicken on all sides. Remove the chicken from the oil and set aside.

3. Add the onions and garlic to the oil and cook for a few minutes. Add the tomatoes, coriander and spices. Cook for several minutes, until the tomatoes begin to soften.

4. Return the chicken to the pot and add the water and broth. Bring the liquids to a boil, reduce the heat and simmer, covered, until the chicken is tender, about 45 minutes. Add the chickpeas and potatoes (and a little more water to cover if necessary – you'll want ample broth) and continue simmering until the potatoes are cooked and the chickpeas are heated through. Taste and adjust the seasoning.

5. On a large serving platter or in individual bowls, make a bed of broken or torn bread. Arrange the chicken in the middle and spoon the sauce, chickpeas and potatoes overall.

Serve immediately.





EST. SERVING SIZE

4 SERVINGS

Arabian Sikbaj Tannuriya

Vinegar has been used as a preservative and folk-remedy for hundreds of years, and was a popular condiment in early Islamic culture.

2	pounds Carrots	1. Chop the carrots, leeks, and onions into large pieces and mix together.
2	Onions	
2	pieces Leek	
2	pounds Lamb Chunks	
2	pounds Lamb Chunks	2. Add the meat, and place into a large oven-safe pot.
1/2	cup Unshelled Almonds, cut into pieces	3. Add almonds, raisins, and figs. Follow this the vinegar, dates, molasses, saffron, coriander seed, salt, and finally, water.
1	cup Figs, dried	
1/2	cup Raisins	4. Close the lid and cook in the oven for 4 hours.
3	cups Water	
3	tablespoons Salt	
1	teaspoon Coriander Seeds	
1	teaspoon Saffron	
1/2	cup Date Molasses	
1/2	cup Vinegar	

“Upside-Down” Rice With Lamb (Maqlouba)

This all-star of Palestinian dishes, literally called “upside-down,” makes a spectacular presentation. Traditionally made with lamb, Maqlouba is also wonderful with chicken or beef. This recipe can serve a hungry crowd of 8-10.

For the broth:

- 2 pounds Lamb Leg, cut in large chunks, or
- 1 Whole Chicken,
skinned and cut into 8 parts
- 1 Onion, roughly chopped
- 1 Sprig Rosemary
- 1 Bay Leaf
- 2 Small Pebbles Mastic
- 1 teaspoon Allspice Berries
- 1 teaspoon Black Peppercorns
- 1 teaspoon Cardamom Pods
- 1 Small crack whole Nutmeg
- 2 Cloves
- 1 Cinnamon stick

Remaining ingredients:

- 1 Large Onion, julienned
- 8 Cloves Garlic, peeled
- 2 Medium Potatoes, peeled and sliced
- 2 Large Tomatoes, thickly sliced
- 2 Sweet Red Pepper, cut into thick strips
- 3 Carrots, peeled and sliced
- 1 kilo Eggplant or
- 1 head of Cauliflower
- 4 tablespoons Olive Oil
- ½ cup Dried Chickpeas, pre-soaked, or
a 15 ounce can, rinsed and strained
- 2 cups Rice**
- 3 teaspoon Salt
- 1½ tablespoon Idra Spices*
- ½ teaspoon Cinnamon
- ¼ cup Pine Nuts or Almonds
- 2 tablespoon Parsley, finely minced

1. If using chicken, wash in a bowl of cold water with a fistful of flour, a little lemon juice or vinegar and 2 tablespoon of salt. Rinse and drain. If using lamb, simply rinse under water and drain.

2. Brown the chicken in a little oil. Add enough water to fully submerge, then bring to a boil and skim. If using lamb, no need to brown it, just submerge in plenty of water, bring to boil and skim.

3. Reduce heat to medium, then stir in all remaining broth ingredients. Simmer until tender (60–90 minutes). Strain, reserving the broth.

4. While the broth is simmering, salt and either fry or roast the eggplant as follows: slice eggplants uniformly, then spread them over a kitchen towel and sprinkle both sides with salt. Either fry in very hot vegetable oil until brown or slather with olive oil and oven-roast at 400°F. until golden, flipping halfway. Remove when golden and slightly charred.

5. If using cauliflower, wash, separate florets, drizzle generously with olive oil and roast in a hot oven about 25 minutes until browned.

6. Soak the washed rinsed rice in a bowl of cold water for 15 minutes.

7. Meanwhile, sauté the onions in 2 tablespoon of the olive oil on medium heat until caramelized, adding the garlic halfway through the process.

8. Strain the rice, then add the cooked onions and garlic; mix together with salt, cinnamon and idra spices. Set aside.

9. Generously grease the bottom and sides of a large non-stick pot with olive oil. Do not skip this step or your rice will burn! Arrange the potato slices on the bottom in a circular, overlapping pattern, followed by the tomato slices, red pepper, carrots, cooked chicken or lamb, roasted eggplant or cauliflower and chickpeas, all in successive layers.

CONTINUED ON PAGE 23



CONTINUED FROM PAGE 22,

“Upside-Down” Rice With Lamb (Maqlouba)

10. Pack the rice mixture into the pot on top of the vegetables, using your hand to ensure it is well compacted. Ladle the reserved broth over the rice until just covered, using approximately 1½ c of broth for every cup of rice.

11. Bring the maqlouba to a boil, then reduce heat to low and cover tightly. After 30-35 minutes, taste the rice: if still too hard, add a bit more broth, a ladleful at a time, and leave on low heat until tender, allowing steam to cook it.

12. Remove pot from heat and let rest, covered, for 30 minutes. Meanwhile pan fry the pine nuts or almonds in the remaining olive oil and set aside.

13. Uncover the rice and place a large round tray, slightly larger than the pot, serving side down, on top of the pot. Hold on carefully and swiftly—in one continuous motion—flip both pot and tray upside-down.

Take care not to burn yourself! Tap on the pot with a wooden spoon (a task ordinarily assigned to children), then gently lift it off, allowing the maqlouba to slide out, as out of a mold. It’s okay if it falls apart!

14. Adorn with the fried nuts and chopped parsley. Serve immediately with plain yogurt and a minced salad of cucumbers, tomatoes, green onions and parsley, dressed with olive oil, lemon juice and salt.

Notes:

****For Rice:extra-long grain Basmati is best
*For Idra Spice, mix and grind: ½ cup allspice;
½ cup Black Pepper; ½ cup Garlic Powder;
2 tablespoon ground Cardamom; 2 tablespoon
Cloves; 2 tablespoon dried Lime Powder (loomi,
available from most Middle Eastern grocers); 1
tablespoon red pepper; 1 tablespoon cinnamon; and
½ tablespoon nutmeg. (Makes 2 cups. Store in an
airtight container.)**

EST. SERVING SIZE

6 SERVINGS

Lebanese Baked Chicken Pasta

Although pasta is not a traditional Lebanese ingredient, this dish was a favorite, not just in Ramadan, but any time of the year. It is filling, delicious, quick to make especially with a cooked rotisserie chicken!

4 **tablespoons Butter**
4 **tablespoons Flour**
2 **cups Milk**
 $\frac{1}{2}$ **teaspoon Salt**
1 **teaspoon Pepper**
 $\frac{1}{2}$ **teaspoon Nutmeg**
 $\frac{1}{2}$ **pound Mixed Frozen Vegetables**
1 **pound Chicken Breast**
 $\frac{3}{4}$ **box Elbow Pasta**
 $1\frac{1}{2}$ **cups Mozzarella Cheese, grated**
1 **cup Sharp Cheddar, Gruyere, or Swiss Cheese, grated**

1. Boil the chicken breast in water for about 20 minutes until it registers 165F in the thickest part.

2. Once the chicken is cooked, remove from the heat and let cool. Reserve the broth

3. Mince the chicken into small pieces

4. To prepare the sauce, melt the butter in a saucepan.

5. Add the flour, mix it with butter and cook for 1-2 minutes, at medium heat.

6. Add the milk slowly while whisking.

7. Reduce the heat and whisk occasionally.

8. Once the sauce thickens (about 10 minutes), add spices.

9. Add $\frac{1}{2}$ cup of the chicken broth.

10. Taste and adjust accordingly (I like to have a prominent nutmeg flavor).

11. Add the frozen vegetables and minced chicken.

12. Boil the pasta according to the instructions.

In a oven pan:

13. Mix Pasta and sauce and cover with the cheese.

14. Bake uncovered at 350F for 30-40 minutes until the cheese melts and becomes golden brown.

Let it rest for 10 minutes before serve



Kibbe from Lebanon/Syria

More than a 100 ways of preparing and cooking kibbe exist! It can be an appetizer or a main dish on its own, paired with yogurt sauce or a salad. This meat packed dish has competitions in the Levant over who can make the biggest piece without it falling apart. Kibbe is King!

2³/₄ cups Burghul-Cracked Wheat-(add additional cup when using lamb)
2 pounds Lean Lamb, ground or Beef (4c.)
1 Large Onion, grated
2 tablespoons Salt
¼ teaspoon Pepper
⅛ teaspoon Allspices

Stuffing:

2 pounds Meat, ground
1 Large Onion, chopped
¼ teaspoon Pepper
⅛ teaspoon Allspices

1. Cover burghul with cold water, soak it for 10 minutes.
2. Drain and press between palms of hand to remove excess water.
3. Work onions and spices together with fingers.
4. Knead meat and spices thoroughly; add burghul (cracked wheat) and continue kneading.
5. Generously butter a 9x12" cake pan. Spread a half inch layer of Kibbi on the bottom of the pan. (It is easier to take several large balls, pat them flat, and place in the pan, piecing the kibbi to form an even layer on the bottom of the pan.) Then go over the kibbi with your hand and smooth evenly.
6. Spread the stuffing evenly over the kibbi layer. Then spread the remaining kibbi mixture on top.
7. (The top layer should be thicker than the bottom layer, also dipping hands in cold water so the kibbi will not stick to the hands.)
8. Smooth well. Score the top layer 1/2 " deep in a diamond shaped design 1" apart.
9. Pour melted butter across the top.
10. Bake in a 400° oven for 25 minutes, lower heat to 300° and bake for 20-30 minutes more.
11. It should be golden brown. When serving, cut along diamond shaped wedges.

Stuffing:

1. Fry the onions in 1 tablespoon of oil.
2. Add meat and spices and cook until the meat is cooked, about 10 minutes.



Chicken with Charmoula

The sauce Charmoula is a versatile sauce in the Moroccan cuisine that can be used with poultry and fish. The sauce has lots of herbs and spices and is believed to have great health benefits.

4 **Chicken Breast, boneless and skinless (about 2 pounds/1 kilo)**

Charmoula:

2 **tablespoons Sweet Paprika**
 2 **teaspoons Cumin, ground**
 ½ **teaspoon Ginger, ground**
 2 **tablespoons Thyme, coarsely chopped**
 1 **tablespoons Flat-Leaf Parsley, coarsely chopped**
 2 **teaspoons Cilantro, coarsely chopped**
 2 **teaspoons Cloves Garlic, finely chopped**
 1 **cup Extra Virgin Olive Oil**
Salt and ground Black Pepper to taste

Vinaigrette:

¼ **cup**
 + 2 **teaspoons (70 ml) Extra Virgin Olive Oil**
 2 **teaspoons Lime Juice, freshly squeezed**
 1½ **tablespoons Flat-leaf Parsley, finely chopped**
 2½ **tablespoons Lemon, diced preserved**

1. Trim the chicken breasts of any excess fat and remove the tenders. Cut the breasts and tenders into 1½-inch (3 cm) pieces. Add the chicken pieces to the charmoula, turning to coat them, and refrigerate overnight, or for at least 6 hours.

2. Soak 6 long wooden skewers in cold water to cover for at least 20 minutes (or plan on using metal ones).

3. Next, make the vinaigrette: Whisk the olive oil, lime juice and parsley together. Stir in the preserved lemon and set aside.

4. Preheat a grill to medium-high heat, or heat a large cast-iron grill pan over medium-high heat on your stovetop.

5. Lift a quarter of the chicken pieces from the marinade, letting any excess stay in the bowl. Skewer the pieces, leaving about ¼ inch (6 mm) between them so the chicken will cook evenly. Repeat with the remaining chicken and skewers. Season lightly with salt and pepper.

6. Lay the skewers on the hot grill or grill pan and don't move until well marked, 2 to 3 minutes. Rotate the skewers 90 degrees and grill to mark with a crosshatch pattern, about 1 minute more. Turn the skewers over and grill until the chicken is cooked through, about 2 minutes.

7. Carefully remove the chicken from the skewers to a bowl. Add just enough of the vinaigrette to lightly coat the meat and serve with any remaining vinaigrette on the side.



Hen with Herbs

Take a journey back in time more than 2700 years to a royal banquet in the palace at Nineveh, capital of the Assyrian Empire. As you arrive, the scent of lilies and roses fills the air. Musicians play harps and pipes, sing songs and recite poems. You snack on fresh pistachios and walnuts as you wait for the entrance of the king.

2 **Cornish Game Hens, cleaned and salted**
 4 **cups Water**
 2 **cups Chicken Stock**
 1 **cup Pomegranate Vinegar**
 3 **tablespoons Butter**
 ¼ **teaspoon Asafetida**
 2 **teaspoons Dried Mint**
 2 **tablespoons Coriander Seeds**
 1 **teaspoons Cumin Seeds**
 1 **Large Sri Lankan Cinnamon Stick**
 1 **handful Baby Arugula, chopped**
 ½ **Yellow Onion**
 1 **Leek, white and green parts, well cleaned**
 10-11 **Cloves Garlic, peeled**
 ½ **cup Yogurt, lightly drained**
 3 **handfuls of fresh Mint Leaves**
 1 **handful of fresh Sage**
Water to moisten herbs
More Pomegranate Vinegar to rinse hens
 1-3 **teaspoons Semolina, to thicken sauce**

1. Clean and dry fowl and salt liberally, inside and out. Set aside. Prepare water, stock and vinegar in a large stockpot or kettle large enough to hold the hens. Add butter, asafetida, mint and arugula, and heat over a high flame, stirring occasionally. When the water has come to a boil, add the hens and return to a boil. Reduce heat a bit and cook uncovered over medium heat for 5 minutes. Then reduce heat till liquid just bubbles. Cover and cook for 5 minutes.

2. In a food processor, pulse together the onion, leek, 6 to 7 cloves of garlic and lightly drained yogurt until it is a small dice or mince. Add it to the water and chickens, and continue to cook for another 5 to 10 minutes; do not overcook. Total cooking time for hens in the pot is 15 to 20 minutes. When done, remove birds from the pot and set aside until cool enough to handle.

3. Preheat the broiler setting to high. While cooling the hens, take the stock you used to cook the hens and pour it into a clean saucepan. If you are using a cup or two of stock to make couscous, barley or some other grain, do so now and pour off about one-third to one-half of the stock that remains. Heat to a steady low boil, stirring constantly, and cook uncovered to reduce, stirring occasionally.

4. Pulse the mint and sage (or other herbs you choose) with the remaining garlic in the food processor a few times until nicely minced and add a teaspoon or so of water to moisten them. Divide hens in two, down the spine, by slicing with a large, sharp knife or cleaver. Pour pomegranate vinegar over the hens, inside and out, to wash away herbs from cooking and set aside.

CONTINUED ON PAGE 28



CONTINUED FROM PAGE 27,

Hen with Herbs

5. Rub both sides of the hens with the mint and sage herb mixture until an even coating is achieved and set aside. Continue to cook stock until it starts to thicken. Add semolina to facilitate this process; stir until dissolved.

6. Place hens rib side down on a lightly sprayed baking sheet. Cook under the preheated broiler flame 4 to 5 minutes per side. Watch constantly and be careful not to burn the hens.

7. Turn the baking sheet as necessary to ensure even cooking. When done, remove from heat and let rest 5 to 10 minutes while finishing the sauce.

8. If desired, strain the sauce. (I did not, preferring a more rustic presentation.) I served the dish in a shallow bowl, adding a layer of roasted barley and herb pilaf and sauce beneath the hen and a bit of sauce on the fowl.

Koofteh Berenji - Persian Rice Kufta

Koofteh berenji (rice meatballs) is a one-meal dish made with rice, meat, yellow split peas and finely chopped fresh herbs shaped into balls and simmered in fried onion and tomato sauce.

1½ cups Rice
⅔ cup Yellow Split Peas
1 pound Lamb or Beef, lean, ground
3 Eggs
1 Large Onion, thinly sliced
3 Cloves Garlic, minced
1 bunch Fresh Flat Leaf Parsley, washed and finely chopped
1 bunch Dill, washed, finely chopped
1 bunch Chives or Scallions (green parts only), washed, finely chopped
1 bunch Tarragon, washed, finely chopped
2 tablespoons Chickpea Flour
1 tablespoon Tomato paste *optional
1½ teaspoon Turmeric
¼ teaspoon powdered Saffron, dissolved in
2-3 tablespoons of hot water
Salt and Pepper
Oil
Water

For the Filling:

Barberries, raisins, fried onion, walnuts

1. In a large pot bring 4 cups of water to a boil on medium heat, add in the rice and 2 tablespoons of salt and boil for about 7 minutes. Drain and set aside.

2. Place yellow split peas and 4 cups of water in a medium-sized pot, bring to a boil, reduce heat, and cook for about 30 minutes on medium heat. If there's any liquid left, drain and set aside to cool.

3. In a large bowl, combine the rice, peas, ground meat, chopped vegetables, chickpea flour, turmeric, saffron, salt and pepper to taste.

4. In a small bowl whisk the eggs and then blend in well together with the rest of the ingredients. Take a handful or 1/4 cup of the mixture and shape into a ball. You make a hole in the middle and stuff some barberries, raisins, walnuts and fried onions inside.

5. In a large pot, saute sliced onions in 3 tablespoons of vegetable oil over medium. When transparent, add 1/2 teaspoon of turmeric and minced garlic, saute for another 2-3 minutes. Add in the tomato paste and continue cooking for another 5 minutes, stir well.

6. Pour 5 cups of water into the pot, bring to a gentle boil and one by one place each koofteh into the pot, cook for about 50-60 minutes on medium-low heat. Do not cover the pot completely. You may place a colander upside down over the top. Taste and adjust the seasoning and add more water if necessary. Serve with yogurt, pickles, sabzi khordan (fresh herbs) and bread.





EST. SERVING SIZE

3-4 SERVINGS

Bangladeshi Beef Curry

An extremely popular dish in Bangladesh. You can eat it with bread or rice. Just make sure you leave some for your guests!

3 **tablespoons Olive Oil**
1 **Onion, chopped**
6 **Cloves Garlic, minced**
5 **Green Chile Peppers, finely sliced**
1 **teaspoon Ginger paste**
3 **Whole Cardamom Seeds**
2 **Whole Cloves**
1½-2 **inch Cinnamon sticks**
1 **teaspoon Cumin, ground**
1 **teaspoon Coriander, ground**
1 **teaspoon Turmeric, ground**
1 **teaspoon Garlic Powder**
1 **teaspoon Cayenne Pepper**
1 **cup Water**
2 **pounds Beef, boneless chuck, cut into**
1-1½ **inch pieces**

1. Heat olive oil in a skillet over medium heat. Add onion; cook and stir until the onion has softened and turned translucent, about 5 minutes. Reduce heat to medium-low and continue cooking and stirring until the onion is very tender and dark brown, 15 to 20 minutes more.

2. Stir in the garlic, green chiles, ginger paste, cardamom seeds, cloves, and cinnamon sticks. Cook and stir until the garlic begins to brown, 3 to 5 more minutes.

3. Mix cumin, coriander, turmeric, garlic powder, cayenne pepper, and water into the onion mixture. Simmer until most of the water has evaporated and the mixture has thickened.

4- Stir in beef chuck pieces until coated with spice mixture; simmer over medium-low heat, stirring occasionally, until the beef is cooked through and tender, about 1 to 1 ½ hours.

Indo-Pak Biryani with Chicken

Biryani might be one of the most staple dishes in Indo/Pak cuisines. Fragrant and spiced rice with fall-of-the-bone meat. No dinner party is complete without Biryani. What is not to like?

- 4 pounds Chicken Legs or chicken breast, cut into 2" cubes
- 2 cup Yogurt, natural
- 2 teaspoon Ginger, ground
- 2 teaspoon Garlic Powder
- 3 teaspoon Salt (or to taste)
- 1 teaspoon Cayenne Pepper
- 2 tablespoon Lime Juice
- 4 Green Chilies, chopped (optional)
- 2 Large Onions, finely sliced and fried in oil or ghee, until golden-brown
- 4 Medium Potatoes, peeled and cut in half
- 2 tablespoon Fresh Mint, chopped or dried
- ½-1 cup Oil
- 2 Whole Cardamom Pods (black)
- 2 Whole Cloves
- 2 Whole Black Peppercorns
- 2 inch Cinnamon Stick
- 2 Bay Leaf
- 3 cups Basmati Rice
- 3 teaspoons Salt (second amount)
- 1 teaspoon Saffron*
- ½ cup Hot Milk
- 1 teaspoon Garam Masala

1. Fry the onions to golden brown and keep aside and crush it when cold. In the same oil fry the potatoes. Prepare a mixture of crushed onions, potatoes, yogurt, mint, garlic, ginger, red chili powder, salt, and green chilies (if used).
2. Marinate the meat in the mixture prepared above for at least 3 hours.
3. In a separate vessel boil the rice along with cinnamon, cloves, bay leaves, cardamom, black peppercorns, garam masala and salt till the rice is half cooked.
4. In a big pot spread one thin layer of rice and marinated chicken. On the top put the remaining rice and remaining oil.
5. Sprinkle the saffron powder mixed with milk 2 or 3 places on top of rice.
6. Cover the pot tightly and put something heavy on it.
7. Initially cook on high flame for 5-6 minutes, later simmer and continue cooking for another 30 minutes.

*Note: wash and soak rice in 6 cups cold water



Indian Chicken Dahiwala

Originally from northern India, This dish uses yogurt to cool you down. You can easily substitute the chicken with Fish or vegetables.

- $\frac{1}{4}$ cup (60 ml) **Vegetable Oil**
- 1 **tablespoon Ginger paste or finely chopped Ginger**
- 1 **tablespoon Garlic paste or 3 cloves garlic, minced**
- 2 **Medium Onions, thinly sliced**
- Salt to taste**
- 3 **pounds Chicken Thighs, boneless, skinless**
- 1 **tablespoon Tomato Paste**
- 2 **tablespoons Yogurt**
- $\frac{1}{4}$ **cups Cilantro, chopped**
- Whole Masala:**
- 3 **Medium Bay Leaves**
- $\frac{1}{2}$ **teaspoon Cumin Seeds**
- 3 **Cloves**
- 3 **Cinnamon Stick**
- 4 **Green Cardamom Pods**
- 5 **Black Peppercorns**
- Ground Masala:**
- 1 **teaspoon Turmeric**
- 1 **teaspoon Cumin**
- 1 **teaspoon Cayenne Pepper**
- 1 **teaspoon Coriander**
- 1 **teaspoon Garam Masala**

1. In a large sauté pan, heat the oil over medium heat. Add the whole masala ingredients and cook until the spices release their fragrance, 30-45 seconds. Add the ginger and garlic and fry until golden brown, 2- 3 minutes. Add the onions and 2 teaspoons salt, and cook, stirring, until the onions turn golden brown, 4-5 minutes.

2. Add the ground masala ingredients and stir for 30 seconds. Add 2 cups (480 ml) water, bring to a boil, then lower the heat to medium-low and simmer until the sauce thickens, 8-10 minutes.

3. Add the chicken, return the heat to medium, and simmer, stirring occasionally, until it is about three-quarters cooked, 10 to 15 minutes. Stir in the tomato paste, and simmer until the chicken has cooked completely, 8 to 10 minutes.

4. In a small bowl, whisk the yogurt thoroughly.

5. Just before serving, gradually mix the yogurt into the curry, stirring slowly. Cook for an additional 5 minutes or so to heat through, without letting it come to a boil. Taste, add salt, if needed, and remove from the heat.

Serve with a sprinkle of chopped cilantro.





EST. SERVING SIZE 2-4 SERVINGS

Grilled Buttermilk Chicken

If you are looking for an excuse to start that grill, look no further. Buttermilk makes for the perfect chicken coating, yielding tender meat every time.

<p>2 cups Buttermilk</p> <p>4 Cloves Garlic, crushed</p> <p>2 teaspoons Wholegrain Mustard</p> <p>2 teaspoons Hot Paprika</p> <p>3 teaspoons Sea Salt, flakes</p> <p>1 teaspoon Black Pepper, freshly ground</p> <p>2 sprigs Rosemary, leaves roughly chopped</p> <p>3 pounds Whole Chicken, cut into quarters</p> <p>Lemon halves (optional)</p>	<p>Marinating time: overnight</p> <ol style="list-style-type: none"> 1. Combine the buttermilk, garlic, mustard, paprika, salt, pepper and rosemary in a mixing bowl. 2. Place the chicken in a large zip-lock bag and pour in the buttermilk mixture. Ensure the chicken pieces are well coated. 3. Refrigerate for at least 8 hours or overnight, turning the bag occasionally to disperse the marinade. 4. Preheat a hooded barbecue grill to medium and lightly grease with oil. 5. Remove the chicken from the marinade and drain. Place the chicken onto the grill skin-side down, cover and cook for 20 minutes, turning once after 10 minutes. Turn again and cook for another 5-10 minutes until the chicken is cooked through.
---	---

Serve with lemons halves and, if desired, a green salad and barbecued potato wedges.

NASI LEMAK (Rice Cooked in Coconut Milk)

This recipe is courtesy of The Ladies Association of the Embassy of Malaysia in Washington DC. We hope you enjoy it!

Nasi Lemak:

- 2 cups Rice (preferably Basmati rice)
- 2½ cups Water
- 1 Ginger, slice
- 2 stalks Lemongrass (bruised)
- 10 teaspoons Coconut Milk
- 1 Pandan (screwpine) leaf
- 3 Shallots, sliced
- Salt to taste

Sambal Ikan Bilis

(Spicy Anchovy Sauce):

- 1 Onion (sliced)
- 4 Shallots
- 2 Cloves Garlic
- 4 tablespoons Chili, paste
- 2 tablespoons Oil
- 2 cup of Dried Anchovies
- 2 tablespoons Tamarind Juice
- Salt and Sugar to taste
- 1 teaspoon Shrimp, paste

Garnishing:

- 2 Eggs, hard boiled, halved
- ¾ cup Anchovies, fried
- ¾ cup Peanuts, fried
- Cucumber, sliced

1. Wash rice and drain. Do this several times.

2. In a pot, add rice, coconut milk and water. Add shallots, ginger, pandan leaf, lemongrass and salt.

3. Bring to boil, simmer for 10-12 minutes uncovered until water has been absorbed into the level of rice.

4. Loosen rice grains using a wooden ladle. Cover pot with lid and steam rice on a very low heat for about 10-12 minutes.

Sambal Ikan Bilis (Spicy Anchovy Sauce)

1. Grind chilli paste, shallots, shrimp paste and garlic into a paste.

2. In a wok, fry dried anchovies until crispy and put aside.

3. Using 2 tablespoons, of the same oil, saute paste until fragrant. Add in onion, tamarind juice, salt and sugar. Cook until gravy thickens to a dark reddish brown. Add fried anchovies and mix well.

Serve Nasi Lemak with Sambal Ikan Bilis (Spicy Anchovy Sauce) and garnishings.



Stuffed Salmon with Broccoli and Pickled Avocado Salad

If you have a crowd and are wondering how to serve them great and healthy food, This is your dish. Salmon, Broccoli and avocados, a power house of antioxidants, fibers and healthy omega-3 oils.

4	Red Bell Peppers, chopped	For the salmon, preheat the oven or BBQ to 150°C. 1. Place Bell Peppers directly on the flame or bbq and cook until tender and coloured (10-15 minutes) then remove and let them cool for 5 minutes before handling. 2. Clean capsicum by cutting the top and tail off and removing the seeds, then using the back of your knife scrape the burnt skin off the flesh. Place flesh in a bowl ready for the stuffing. 3. To make pistachio pesto place pistachios, lemon juice and rind, basil, parmesan, garlic and olive oil into a food processor and blitz for 3 minutes until smooth; taste then season with salt and pepper. 4. To prepare salmon place one fillet skin side down on the chopping board, then smear with pistachio pesto then top with charred capsicums. Top with the other fillet and using a trussing string, truss your salmon together. Place salmon on a baking tray lined with baking paper and cook at 150 degrees for 45 minutes. 5. Meanwhile, make broccoli salad. Preheat your BBQ or a grill pan over medium heat. 6. Clean broccolini or broccoli then place onto the hot dry grill and cook for 5-8 minutes until charred and tender.
1	cup Pistachios, roasted and chopped	
2	Rind and juice of 2 lemons	
2	cups Basil Leaves, chopped	
½	cup Parmesan	
2	Cloves Garlic, crushed	
1	cup Olive Oil	
2	Whole Salmon, filleted and boned	
2	cup Parsley, chopped	
	Broccoli Salad	
1	Broccoli cut into florets (or use 3 bunches broccolini)	
2	tablespoons Red Wine Vinegar	
3	tablespoon Olive Oil	
	Sea Salt	
	Black Pepper	
½	cup Slivered Almonds, toasted	
¼	cup Sultanas	
	Pickled Avocados (see *Note)	
1	Lemon, cut into wedges	

CONTINUED ON PAGE 36



CONTINUED FROM PAGE 35,

Stuffed Salmon with Broccoli and Pickled Avocado Salad

7. Once cooked, remove broccoli from the grill and place on a serving platter, season with salt and pepper then dress with red wine vinegar and olive oil. Garnish with almonds, sultanas, pickled avocados and lemon wedges.

8. Once the fish has cooked, remove from the oven and let it rest for 5 minutes before serving.

Serve the baked fish on a serving plate, and garnish with chopped parsley. Season with salt, pepper and serve with lemon wedges.

*Note:

To make pickled avocado, place 1 cup apple cider vinegar, 1 cup water, ½ cup granulated sugar, 1 tablespoon kosher salt, ½ teaspoon whole black peppercorns, ½ teaspoon coriander seeds, ½ teaspoon red pepper (chilli) flakes, 1 lemon myrtle leaf and ½ garlic clove in a medium saucepan. Bring to a boil, stirring occasionally to dissolve the sugar and salt. Remove the pan from the heat and allow cool to room temperature. Then peel and pit 2 firm avocados. Cut into slices. Place in 2 (18-ounce or larger) canning jars. Pour the cooled brining liquid into the jars, completely covering the avocado pieces, and seal the jars. Refrigerate for at least 2 hours before serving. They'll last up to 2 weeks in the fridge.



EST. SERVING SIZE

6 SERVINGS

Baked Fish

Iceland has always been a nation of fishermen, so the most diverse dishes from the country are undoubtedly those with seafood. While fish is prepared and served in a wide variety of ways, perhaps the most palatable to people from all backgrounds is when it is baked in the national tradition.

- | | | |
|-----|--------------------------------------|---|
| 1 | tablespoon Butter | 1. Preheat the oven to 180° Celsius. |
| 6 | Fish Fillets or | 2. Butter a baking dish. |
| 6 | Cod Fish fillets | 3. Put the fillets into the baking dish. |
| 1 | Lemon | 4. Season the fillets with salt, pepper and freshly squeezed lemon juice. |
| | Salt and Pepper to taste | 5. Cover the fish with grated cheese. |
| 200 | grams Emmental Cheese | 6. Mix mustard with cream and pour it over fish fillets. |
| 200 | grams Tilsiter Cheese, grated | 7. Cover with bread crumbs. |
| 1 | tablespoon Mustard | 8. Bake the fillets for 35 minutes. |
| 1 | cup Cream | |
| ½ | cup Breadcrumbs | |

Serve with rice or noodles or mashed potatoes



EST. SERVING SIZE

2 SERVINGS

German Beef Brisket with Red Cabbage

We all deserve a day where food preparation takes a break. This dish can be easily prepared in a cooker, just relax and enjoy your day!

3 **tablespoons**
 Purified Butter

1 **Onion**

2 **cups Beef or other**
 Meat Stock

20 **ounces Beef Brisket**
 (600g)

1 **Carrot**

1 **Wedge of Celery root**
 Some Peppercorns

2 **Cloves**

1 **head Red Cabbage**

4 **Pears**

Sugar

Salt

Black Pepper, freshly
 ground to taste

1. In the pot of a pressure cooker melt butter. Add diced onion, sauté until translucent, and deglaze with the meat stock. Add the beef brisket, carrot, celery root, peppercorns, cloves and salt and cook everything in the pressure cooker for about 30 minutes.

2. Wash and trim red cabbage, cut it into eight wedges and add to the pressure cooker. Leaving the stem intact, peel the pears and add them 10 minutes later. Cook everything for another 20 minutes.

3. Season to taste with sugar, salt and pepper.

German Beef Rouladen with Pan Gravy

Perfectly seasoned stuffed beef rolls in a savory brown sauce make this classic German recipe a common family favorite. Serve with Herbed Spätzle for a complete meal of German comfort food.

- 4 **Large Sweet Onions, sliced**
- 3 **tablespoons Canola Oil**
- 4 **pounds Beef top round cut into ¼-inch thick by 8-inch long slices, pounded until tender**
- 1 **teaspoon Paprika**
- sea salt**
- Whole Black Peppercorns, freshly ground**
- 1 **pound Turkey Bacon**
- ¼ **cup Oil**
- 3 **cups Beef Stock (reserve 3 tablespoon for cornstarch mixture)**
- 1 **teaspoon Fresh Flat-Leaf Parsley, finely chopped**
- German Pickle, slices**
- 2 **tablespoons Cornstarch**
- Parsley, chopped for garnish**

1. Caramelize onions in 3 tablespoons oil; set aside to cool. Place pounded slices of beef on a cutting board and work with them one at a time.

2. Season each beef slice with paprika, sea salt and pepper to taste. Line each piece with 1 slice of turkey bacon, 1 tablespoon caramelized onions and 1 slice pickle, if desired. Roll the beef around the filling, folding in the sides until it becomes a bundle. Tie each bundle with string in 2 places to

3. secure; set aside. Repeat until all meat slices are used. (Reserve any leftover onions to later place in the sauce.)

4. Heat a large, heavy, stainless-steel skillet over medium heat for 1 minute; add ¼ cup oil. Increase heat to high; add some beef bundles without covering the entire surface of the pan. Sear bundles until golden on each side; remove from pan to plate. Repeat until all bundles are seared.

5. Take 3 tablespoons out of the 3 cups beef stock; refrigerate for later. Reduce heat to low in skillet; add remaining beef stock. Return all beef bundles to the skillet; add 1 teaspoon parsley and cover. Simmer for 45 minutes. Remove bundles to the serving platter; remove string.

6. Stir cornstarch and reserved 3 tablespoons beef stock in cup; stir into skillet to thicken pan juices. Bring to low boil; cook, stirring constantly until thick and glossy, about 4 minutes. Season to taste with sea salt and pepper. Ladle gravy over rouladen and garnish with additional chopped parsley.

Serve with Herbed Spätzle (egg noodles).



EST. SERVING SIZE

6 SERVINGS

Escarole and Bean Stew (Scarola e Fagioli)

Sometimes called “beans and greens,” this southern Italian dish. “It’s a simple peasant soup of cannellini beans and escarole. It’s usually served with grated Pecorino Romano cheese on top—which serves an important role in the flavor—and crusty Italian bread for dipping. It’s uncomplicated, inexpensive, delicious and nourishing.”

2 **tablespoons Extra Virgin Olive Oil**
8 **Cloves Garlic, sliced & chopped**
 $\frac{1}{2}$ **teaspoon Oregano**
 $\frac{1}{4}$ **teaspoon Red Pepper, crushed flakes**
1 **bunch Escarole**
1 **cup Cannellini Beans (soaked & boiled according to package directions) OR**
1 **32-ounce can Cannellini Beans, drained and rinsed**
6 **cup Water**
 $\frac{1}{2}$ **cup Pecorino Romano Cheese, grated**
1 **loaf Bread, high-quality crusty bread**

1. Clean escarole thoroughly by detaching leaves and washing in a tub, then chop. Heat a heavy-bottomed pot over medium high flame for 2 minutes. Add olive oil, garlic, oregano and red pepper flakes.

2. Stir with a wooden spoon until fragrant, about 1 minute. Lower flame to medium and add the escarole and a pinch of salt. Stir with a wooden spoon until it wilts down to half the volume, about 3 minutes.

3. Add the cannellini beans and water. Bring to a boil over high heat, then reduce to the lowest flame. Cover the pot and let simmer for 15 minutes to blend flavors. Serve piping hot in wide-mouthed bowls.

4. Sprinkle generously with grated Pecorino Romano and eat with a hefty piece of crusty bread torn from the loaf.



Home-made Pastitsio

When the Greeks took a shot at Lasagna, they came out with Pastitsio. This is a staple dish in many Greek households.

The Meat Sauce:

- ½ cup Olive Oil
- 2 Onions, finely chopped
- 750 grams Ground Beef
- ½ cup, Tinned Plum Tomatoes, crushed
- Salt to taste
- Pepper, freshly ground

1. First, prepare the meat mixture: Heat the oil and sauté the onions until tender. Add the ground meat and cook for 8?-10? until lightly browned. Pour in the plum tomatoes, salt and pepper and simmer for 30?-40? until liquid is reduced.

2. Next, prepare the béchamel as follows: Heat the butter and mix in the flour. Slowly pour in the milk stirring briskly all the time. Continue to stir until cream sauce thickens and add (off the heat) the kefalograviera cheese, salt, pepper, a pinch of nutmeg (optional) and the eggs one by one. Whisk well after each addition.

The Béchamel Topping:

- 8 tablespoons Flour
- 8 tablespoons Butter
- 1½ liters Milk
- 250 grams Kefalograviera cheese*, grated
- 3 Eggs
- Salt to taste
- Pepper, freshly ground
- 1 pinch Nutmeg, optional

3. Meanwhile, boil the pasta in plentiful salted water and drain thoroughly. Sprinkle with the cheese and toss with the melted butter. Add 6-7 tablespoon béchamel and transfer the pasta to a buttered and breadcrumb-dusted baking tray. Cover the pasta with a layer of meat sauce and, finally, top with the remaining béchamel.

4. Bake the Pastitsio at 200 °C for approximately 1 hour until the surface is golden brown. Cut into large rectangular pieces and serve.

***Note: Kefalograviera Cheese is type of yellow, hard cheese.**

The Pasta:

- 500 grams Pastitsio Tubular Pasta
- 4 tablespoons Butter
- 250 grams Kefalotyri & Feta Cheese, grated
- Salt to taste
- Pepper, freshly ground
- fine dry breadcrumbs: for the baking tray





EST. SERVING SIZE

4 SERVINGS

Slow-cooked Lamb with Boulangere Potatoes

Do not let the name fool you, Boulangere potatoes are just small potatoes that are available in most stores. This is a hearty dish that will fill your Ramadan hunger!

- 3 **Medium Onions, thinly sliced**
- 6 **Large Waxy Potatoes, peeled and thinly sliced**
- 1 **bunch Thyme, leaves picked**
- Salt and Black Pepper**
- 1 **Whole Lamb Shoulder**
- 1 **Bulb Garlic, peeled and separated into cloves**
- 1 **pint Chicken Stock, (568ml)**

1. Preheat the oven to 130C/275F/Gas 1.
2. In a bowl combine the onions, potatoes and thyme. Season with salt and pepper.
3. Layer the potatoes and onions in a roasting tin and place the lamb on top skin-side up.
4. Cut small incisions in the lamb using a small knife and stick the whole garlic cloves in the holes, pushing them into the meat to prevent them burning while the meat cooks.
5. Pour the chicken stock over and place in the oven for 4-5 hours, or until the potatoes are crisp on top and soft inside.
6. When cooked, remove the lamb from the oven, cover with aluminium foil and set aside to rest for 20 minutes.
7. Serve with French beans (or any green vegetable of your choice).



EST. SERVING SIZE

1-2 SERVINGS

Chicken Patty Melt

Sandwiches always have a place in our heart. Simple, no frill food that can be quickly prepared and enjoyed by kids and adults alike.

1 **pound Boneless Chicken,
cut into ½-inch pieces**

1 **Salt to taste**

2 **loaves Bread or
Baguette**

1 **teaspoon Cumin**

2 **Large Onions,
thinly sliced**

1 **tablespoon Garlic
Powder**

4-5 **teaspoon Mayonnaise**

1 **teaspoon Black Pepper,
ground**

½ **block Cabot Cheese,
sliced**

Vegetable oil

To toast bread:

1. Spread 1-2 teaspoon of Mayonnaise and place Mayo face down in the skillet until brown 1-2 minutes.

2. In a large skillet, fry onions until tender, remove aside.

3. Turn heat on high, in the same skillet, add chicken, garlic powder, salt, cumin and pepper, Fry.

4. Once the chicken is done, place chicken slices on toasted bread, place fried onions and cheese on top.

Mexican Fried Fish Tacos

Imagine you are laying down at the beach, under a palm tree, hot sun warming your heart and sipping juice from a coconut. You get hungry! What is the perfect meal for this situation? Fried fish tacos!

- 2 pounds Red Snapper, skinless or other mild white fish fillets
- 1 cup All-Purpose Flour
- 1 cup White Rice Flour
- 2 teaspoons Kosher Salt
- 2 cups Club Soda
- 8 cups Vegetable Oil, for frying

Assembly:

- 16-32 small Corn Tortillas
- Cabbage and Jicama Slaw
- Fresno Chile Hot Sauce, for serving;
- Sliced avocado, cilantro leaves with tender stems, Sliced pickled jalapeños, and lime wedges for serving



1. Prepare and Cut Fish: Remove any pin bones from fish fillets (using tweezers makes this easy). Cut each fillet in half lengthwise. Cut each half on a diagonal into 1" strips. (Work with the natural shape of the fish as you cut; this will help the pieces stay together instead of falling apart when frying.)

2. Make Batter: Whisk all-purpose flour, rice flour, and salt in a medium bowl. Gradually whisk in club soda until no lumps remain; adjust with more club soda or rice flour as needed to make it the consistency of thin pancake batter—it should be pourable, but thick enough to coat the fish.

3. Heat Oil: Fit a large pot with a deep-fry thermometer and pour in oil to measure 2". Heat over medium-high heat until the thermometer registers 350°.

4. Batter and Fry Fish: Working in batches of 5-7 pieces at a time, coat fish in batter, letting excess drip off, then carefully place in oil (to avoid splattering, lower fish into oil pointing away from you). Don't overcrowd the pot: The oil temperature will drop dramatically and fish may stick together.

5. Fry fish, turning occasionally with a fish spatula or slotted spoon and maintaining oil temperature at 350°, until the crust is puffed, crisp, and golden brown, about 5 minutes.

6. Transfer to a wire rack set inside a rimmed baking sheet; season immediately with salt.

7. Warm Tortillas: While fish is frying, use tongs to heat tortillas one at a time directly over a gas burner, moving them often, until lightly charred and puffed in spots, about 1 minute per side.

8. Transfer to a plate; cover with a clean kitchen towel to keep warm. (If you don't have a gas stove, wrap up a stack of tortillas in a sheet of foil and heat in a 350° oven until warmed through.)



EST. SERVING SIZE

2 SERVINGS

Tex-Mex Burger with Cajun Mayo

As much as Burger is a staple in the US cuisine, with as many variations as there are households, but most cuisines have a variation of bread and meat. If you want a vegetarian option, you can easily substitute the meat with any meat alternatives available in the market today.

½ cup Mayonnaise
1 teaspoon Cajun seasoning
1⅓ pounds Beef Sirloin, ground
1 Jalapeno Pepper, seeded and chopped
½ cup White Onion, diced
1 Clove Garlic, minced
1 tablespoon Cajun seasoning
1 teaspoon Worcestershire sauce
4 slices Pepper Jack Cheese
4 Hamburger buns, split
4 leaves Lettuce
4 slices Tomato

1. Preheat grill for medium-high heat. In a small bowl, mix together the mayonnaise and 1 teaspoon of Cajun seasoning. Set aside.

2. In a large bowl, mix together the ground sirloin, jalapeno pepper, onion, garlic, 1 tablespoon Cajun seasoning, and Worcestershire sauce using your hands. Divide into 4 balls, and flatten into patties.

3. Lightly oil the grilling surface, and place the patties on the grill. Cook for about 5 minutes per side, or until well done. During the last 2 minutes, lay a slice of cheese on top of each patty. Spread the seasoned mayonnaise onto the insides of the buns.

Put burgers in the buns, and top with lettuce and tomato to serve.



EST. SERVING SIZE

2-3 SERVINGS

Marinated Cod

Cod is a light delicious white fish that is very versatile. Make sure to buy them from sustainable sources.

2 pounds Ling Cod,
or any other White
Fleshed Fish
½ cup Onion, chopped
2 tablespoons Olive Oil
½ teaspoon Thyme
½ teaspoon Rosemary
½ teaspoon Pepper
¼ teaspoon Salt
½ cup Lemon juice
1 Clove Garlic, minced

1. Combine all ingredients and marinate fish for 30 to 60 minutes.
2. Barbecue or broil until fish flakes.

EST. SERVING SIZE

2 SERVINGS

Cuban-Style Arroz Con Pollo

A classic, one-pot Cuban-style dish made with chicken, rice, tomato sauce, bell peppers, and spices. The best comfort food!

- 3 **tablespoons Olive Oil, divided**
- 1 **pound Chicken Thighs, bone in, with skin**
- 1 **Pinch of Salt, Pepper, Cumin for Chicken Thighs**
- ½ **cup Onion, chopped**
- ½ **cup Red Bell Pepper, chopped**
- 4 **cloves Garlic, minced**
- 2 **cups Long-Grain White Rice, uncooked, rinsed and washed**
- 3½ **cups Chicken Stock**
- 8 **ounces Tomato Sauce**
- ½ **teaspoon Annatto Powder, Bijol, or Turmeric (to color the Rice)**
- 1 **Bay Leaf**
- 2 **teaspoons Oregano, dried**
- 2 **teaspoons Cumin, ground**
- Salt and Pepper to taste**
- ½ **cup Peas, frozen**

1. Season chicken thighs with salt, pepper, and cumin. In a wide Dutch oven or large saucepan, heat 2 tablespoons of olive oil. Over medium-high heat, place chicken thighs in the pan and brown on both sides. Transfer to a plate.

2. In the same saucepan, add remaining olive oil and sauté onion, garlic and red pepper, stirring frequently, until the onion is translucent and the garlic is fragrant.

3. Stir in the rice, chicken stock, tomato sauce, annatto powder, bay leaf, oregano, cumin, salt, and pepper. Bring to a boil then add chicken. Cover and reduce heat to medium-low.

4. Simmer until liquid is absorbed and rice is tender, about 45 min. Add frozen peas, stirring until warm.

Fluff rice with a fork, serve, and enjoy!





EST. SERVING SIZE

2-3 SERVINGS

CUBAN-STYLE SHRIMP CREOLE

Shrimps are a very healthy alternative to meat. Very low in fat and high in proteins. This recipe is even better, you can do it in 30 min!

- | | | |
|----|---|--|
| 1 | tablespoon Olive Oil, divided | 1. In a dutch oven or large pot, heat olive oil over medium heat. Add onions, green peppers and garlic. Sauté for 2 minutes. |
| ½ | cup Onions, finely chopped (or 1 small) | 2. Stir in tomato sauce, wine (or stock), vinegar, pimientos, bay leaf, parsley, oregano, salt and pepper. Bring to a boil then cover. Reduce heat to low and simmer for 15 minutes. |
| ½ | cup Green Bell Pepper, finely chopped | |
| 3 | Cloves Garlic, minced | |
| 12 | ounces Tomato Sauce | 3. Add shrimp and cook for 3-4 minutes, stirring occasionally until they are fully cooked. |
| ½ | cup sub Vegetable Stock | |
| 1 | tablespoon White Wine Vinegar | |
| ⅓ | cup Red Pimientos, sliced jarred | Serve over rice or with veggies. Enjoy! |
| 1 | Bay Leaf | |
| 2 | tablespoons Parsley, fresh, finely chopped | |
| ½ | teaspoon Oregano | |
| | Salt and Pepper to taste | |
| 2 | pounds Large Shrimp, peeled and deveined (tails off, optional) | |



EST. SERVING SIZE

3-4 SERVINGS

African Steak Dinner

This dish truly represents Somali and East African culture, using ingredients that can be easily found.

Rice:

- 2 **tablespoons**
Vegetable Oil
- 2 **Cloves Garlic, minced**
- 1 **Cinnamon Stick**
- 1 **Jalapeño Pepper, whole**
- ½ **Medium Onion,**
finely chopped
- ½ **Small or ¼-Large**
Green Bell Pepper,
finely sliced
- ½ **Small or ¼-Large**
Red Bell Pepper,
finely sliced
- ½ **teaspoon Curry Powder**
- 1 **teaspoon Cumin**

Rice:

1. Heat the oil in a medium saucepan over medium heat.
2. Add the garlic, cinnamon stick and jalapeño and sauté for a few seconds, until fragrant.
3. Add the onion and peppers and sauté until the onions are translucent, 3 to 5 minutes. Stir in the curry powder and cumin.
4. Add the stock or water, salt and bring to a boil.
5. Add the rice and cilantro, and bring back to a boil.

CONTINUED ON PAGE 50

CONTINUED FROM PAGE 49,

African Steak Dinner

5 cups Chicken Stock
or Water, or a
combination

1½ teaspoons Salt,
Salt to taste

3 cups Long-grain
White Rice

¼ cup Cilantro, chopped

1-2 tablespoons Golden
Raisins (optional)

Steak Sauce:

1-2 tablespoons
Vegetable Oil

2 Cloves Garlic,
finely chopped

2 pounds Sirloin Steak,
thickly sliced

2 teaspoons
Berbere spice mix

½ tablespoon
Adobo Seasoning

1 teaspoon Chicken Stock
powder

1 Medium Onion, sliced

½ medium Green Bell
Pepper, sliced

½ medium Red Bell
Pepper, sliced

½ cup Tomatoes, puréed

1 tablespoon Cilantro,
chopped and more to
garnish

6. Then reduce the heat to very low and cook, covered, until the rice has absorbed the water, about 20 minutes. Turn off the heat and let stand for 5 minutes with the lid on. Then fluff with a fork, remove the jalapeño and mix in the golden raisins, if using.

To make the steak sauté:

1. Heat the vegetable oil in a large sauté pan.

2. Add the garlic followed by the steak and sear the meat for about 30 seconds on each side.

3. Season the meat in the pan with the berbere spice, adobo and chicken-stock powder.

4. Reduce the heat to medium, add the onions and mixed peppers and cook until the vegetables have softened and the liquid in the pan has evaporated, about 3 minutes.

5. Add the tomato purée and cilantro and cook until the steak is prepared to your liking and the liquid has reduced to a sauce consistency, 5 to 7 minutes.

Serve the meat atop the rice, garnished with chopped cilantro.

South African Bobotie

This dish is a result of food and spices brought with slaves from Java and Indonesia in the 1600's. It is Infused with Cape Malayan spices. (Cape Malay/an refers to Muslim and not necessarily from a particular region in Malaysia).

3	slices of Bread	1. Preheat your oven to 350°F.
1	cup + ½ cup Milk, divided	2. Soak the bread in 1 cup of the milk.
2	tablespoons Olive Oil	3. Heat the olive oil in a wide skillet set over medium heat. Once the oil is hot, add the onions, and cook until soft.
2	Large Onions, roughly chopped	4. Add the curry powder, mixed herbs, cumin, turmeric and garlic, and stir constantly, allow to cook for a minute or two until the garlic is soft.
4	teaspoons Curry Powder	5. Add the ground beef, and cook, stirring frequently to break up any big chunks, until browned.
1	teaspoon dried herbs (whatever you've got around – oregano, basil, marjoram, etc.)	6. Once the beef is browned, remove the skillet from the heat, and stir in the chutney, apricot jam, all the lemon zest, half the lemon juice, tomato paste, and salt and pepper to taste. Mix well, give it a taste, and add more lemon juice, salt, and pepper as desired. It should be delightfully zingy!
1	teaspoon Cumin, ground	7. Squeeze the milk from the bread, reserving the milk for later, and smooshing and tearing the bread into small pieces. Mix the bread into the beef mixture, and spread evenly into an oven proof dish.
½	teaspoon Turmeric, ground	8. Strain the milk that has come from the bread, and add the remaining ½ cup of milk. Beat in the eggs, and season with ¼ teaspoon salt and pepper to taste. Pour this over the meat, and decoratively scatter the bay leaves on top.
2	Cloves Garlic, finely chopped	9. Bake, uncovered, at 350°F for 45 minutes, or until golden brown.
1½	pound Beef, ground	
½	cup Fruit Chutney	
1	tablespoon Apricot Jam	
	Zest and Juice of one medium Lemon, divided	
4	teaspoons Tomato Paste	
	Salt and Pepper	
2	Large Eggs	
4	Bay Leaves	





EST. SERVING SIZE

2 SERVINGS

Dahomey Fish Stew

Dahomey is the old name for Benin, an old African kingdom in west Africa.

- | | | |
|----------|--|---|
| 3 | pounds Porgies (or sea bream, scrup, tilapia, or any firm flesh, low-fat fish), cleaned | 1. Cut the fish crosswise, into two-inch sections. Mix the flour, salt, and pepper in a bowl. Roll the fish in the flour mixture. |
| | Flour to dredge fish | 2. Heat the oil in a skillet. Cook the fish in the oil, turning it until it is golden brown all over. Remove the fish and set aside. |
| | Salt and Black Pepper (to taste) | 3. Fry the onions in the skillet for a few minutes. Add the tomatoes. Stir and cook for about ten minutes. Add the fish stock (or water). Reduce heat, cover and simmer for ten minutes more. |
| ½ | cup Red Palm Oil (or cooking oil) | 4. Return the fish to the skillet. Add red pepper if desired. Simmer for 20 to 30 minutes. |
| 2 | Onions, finely chopped | |
| 2 | Tomatoes, chopped | |
| 1 | cup Fish Stock or Water | |
| | Red Pepper Flakes or Cayenne Pepper or Red Pepper (to taste) | Serve with rice. |



EST. SERVING SIZE

3-4 SERVINGS

Samaki wa Kupaka (Grilled Fish)

When fish gets elevated to the next level! With Coconut milk and tamarind and spices this dish will tantalize your senses!

- 4 **pounds Fish**
(OR 1 whole fish that will not fall apart on the grill)
- 2 **teaspoons Ginger, freshly chopped**
- 6 **Cloves Garlic, chopped**
- 3 **cups Coconut Milk**
- 1 **tablespoon Tamarind paste or tamarind powder to taste**
(use just a little if you like, but you must use some)
- 1 **teaspoon Curry Powder**

Cayenne Pepper or Red Pepper and Salt
(to taste)

1. Clean fish, remove scales and tail. Cut a long gash on each side of the fish. Grind together the ginger, garlic, and chile pepper, and salt until it forms a paste. Rub this mixture all over the fish, into the stomach cavity, and into the gash on each side. Cover and leave to sit for an hour or two.

2. In a saucepan stir together the coconut milk, tamarind, curry powder, salt and cayenne pepper. Simmer the sauce over a low heat.

3. Place the fish on an outdoor grill (a metal grill basket with a hinged top is very useful); or cook the fish in the oven broiler. When fish is half done begin spooning the sauce over the fish. Spoon more of the sauce onto the fish each time you turn it. If using the broiler, move the fish to the oven's middle rack, and turn the broiler off and the oven on. Continue cooking until fish is done.



EST. SERVING SIZE

4 SERVINGS

Mafe (Meat in Peanut Sauce)

This dish originated in Mali and spread in west Africa during the colonial period as a way to increase cultivation of Peanuts. Peanuts are rich in unsaturated fats, protein and are low in carbs.

2 tablespoons Oil
2 pounds Stewing Beef, cut into cubes
1 Onion, minced
3-6 Cloves Garlic, minced
1 tablespoon Ginger (optional), minced
2 tablespoons Tomato paste
2 cups Tomatoes, peeled, seeded and chopped
1-2 cups Water or stock
1 cup Natural, unsalted peanut butter
Salt and Pepper to taste

1. Heat the oil in a large pot over medium-high flame. Add the beef and saute until lightly browned on all sides, 5 or 6 minutes. Remove to a bowl and set aside.
2. Add the onion to the oil in the pot and saute until translucent, about 3 or 4 minutes. Stir in the garlic and ginger and saute another 1 or 2 minutes.
3. Return the beef to the pot, stir in the tomato paste and cook for about 1 minute. Stir in the chopped tomatoes and bring to a boil. Reduce heat to medium-low and simmer for 8 to 10 minutes to reduce the volume of the tomatoes somewhat.
4. Add enough water or stock to loosen the dish to a stew like consistency. Simmer for another 10 minutes.
5. Stir in the peanut butter and salt and pepper to taste. Cover loosely with a lid and simmer for another 40 minutes, or until the beef is tender and oil rises to the surface of the dish. Add water as necessary to keep the dish stew like.

Adjust seasoning and serve with rice or couscous.

About us



IslamiCity was launched in February 1995 to provide a non-sectarian, comprehensive, and holistic view of Islam and Muslims. We cultivate peace, inspire action, explore positive solutions, and encourage purposeful living through Islam's universal teachings.

Our mission is to empower, nurture, protect and promote values that affirm human dignity, human rights, and creation's integrity while making the world healthier, peaceful, and more beautiful.

IslamiCity reaches more than 1 million visitors each month, coming from every corner of the world, including the north pole! Our visitors can search our extensive repository of more than 35,000 articles, videos, and audio recordings about Islam, Politics, Science, and Culture. We also distribute Islamic literature and Quran, for free, to those seeking to understand Islam, including prisons and mental health institutions. We fulfill more than 200 English and Spanish translations of the Quran requests every month, with a follow-up from IslamiCity's representatives. Alhamdu Lillah, every month more than 5 people take shahada due to this initiative.

Among our online services is the most advanced and comprehensive Quran search engine. You can search the Quran in Arabic, English, Phonetically, topic or idea. We have accumulated and curated more than 30,000 questions and answers from various imams to help you get the answer you are looking for. Last but not least, we have several

educational apps, ads-free and for free, to help the young ones learn about Islam and identify with their religion.

All of these services are available at your fingertips: IslamiCity.org

We, at IslamiCity, invite you to please join our grass-root members to support the oldest and largest online Islamic community.

IslamiCity is operated and maintained by HADI, a nonprofit 501 (c)(3) organization. (EIN: 95-4348674)

We would like to hear from you, contact us at: icinfo@islamicity.org

To help support our efforts, please go to: www.islamicity.org/donate



Human Assistance & Development International (HADI) aims to develop humankind without any boundaries as to race, creed, or color. Since 1991 HADI has been working for the educational, socio-economic, and scientific development of people worldwide. HADI leverages advanced electronics, information, and communication technologies to assist in Connecting Humanity. HADI is incorporated in the State of California as a public benefit charitable, educational and scientific organization.



malihabdi14@gmail.com