

# SUNNAH TRADITIONAL RAMADAN RECIPES

From the Prophet's ﷺ Palate



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## From the Prophet's ﷺ Palate

Welcome to "Sunnah Traditional Ramadan Recipes," a collection of healthy Ramadan recipes inspired by the timeless wisdom of Prophet Muhammad ﷺ. As we embark on the sacred journey of Ramadan, we are reminded not only of spiritual devotion but also of the importance of nourishing our bodies with wholesome foods.

In this blessed month, food takes on a deeper significance, embodying sustenance, gratitude, and generosity – values deeply ingrained in the teachings of our beloved Prophet.

Despite life's scarcity, he exemplified the virtues of sharing and gratitude, ensuring that no one went hungry. His teachings emphasize mindful eating, gratitude, and generosity – principles that resonate profoundly during Ramadan.

In "Sunnah Traditional Ramadan Recipes," we draw inspiration from the Prophet's Sunnah, offering a selection of healthy and hydrating recipes to nourish both body and soul during the fasting hours.

As we delve into this culinary journey, let us honor the legacy of our beloved Prophet by embracing his teachings on gratitude, moderation, and sharing.

May these recipes not only nourish our bodies but also deepen our spiritual connection, guiding us towards a Ramadan filled with blessings, compassion, and joy. Welcome to "Sunnah's from the Prophet's Kitchen" – where the wisdom of the Prophet meets the delights of wholesome cooking.



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## 01 Prophets ﷺ Beloved Tharid



Once upon a time, Anas shared a tale of his encounter with the beloved Prophet Muhammad ﷺ. Umm Sulaim, known for her generosity, sent Anas with a basket of fresh dates for the Prophet ﷺ. Anas went to Prophet ﷺ Place.

However, The Prophet ﷺ was not there. Anas found out that Prophet ﷺ went to visit a freed slave who had prepared a humble feast. As Anas joined the gathering, he witnessed the Prophet ﷺ indulging in a dish of Tharid, accompanied by savory meat and tender gourd. The gourd seemed to captivate the Prophet's ﷺ plate, and Anas eagerly gathered more for him.

After the meal, as they returned home, Anas finally presented the basket of dates. The Prophet ﷺ, in his usual gracious manner, shared and savored each date until the basket was empty, leaving behind a heartwarming memory of sharing and kindness.

Sunan Ibn Majah 3303 (Book 29, Hadith 53)

# Prophets ﷺ Beloved Tharid Recipe

## Ingredients

- 500g lamb or beef
- 2 large onions
- 3 cloves garlic
- 2 tomatoes
- 2 carrots
- 2 potatoes
- 1 tbsp tomato paste
- 1 tsp ground cumin
- 1 tsp ground coriander
- 1 tsp ground turmeric
- Salt and pepper to taste
- 4 cups water
- 4 pieces of flatbread or pita bread

**Servings:** 4

**Cooking Time:** 1 hr 15 mins

**Cost of Ingredients:** USD \$26

- Lamb/beef: \$8-10
- Onions: \$1-2
- Garlic: \$0.50-1
- Tomatoes: \$1-2
- Carrots: \$1-2
- Potatoes: \$1-2
- Tomato paste: \$0.50-1
- Spices: \$2-3
- Flatbread/pita bread: \$2-3

## Instructions

- In a large pot, sauté onions and garlic in oil until translucent.
- Brown the meat. Stir in diced tomatoes, tomato paste, spices, and cook until tomatoes soften.
- Add carrots, potatoes, and water. Simmer for 45 minutes to 1 hour until meat is tender and vegetables are cooked.
- Tear flatbread into pieces and place in a serving dish. Ladle stew over bread. Serve hot. Enjoy your Tharid!



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for Video of the  
Recipe

## 02 Refreshing Nabeedh

In this ancient teaching, the Prophet Muhammad ﷺ imparts wisdom on making Nabeedh, a drink of dates. He advises against mixing different types of dates, urging for each to be used separately. This lesson extends beyond the kitchen, reminding us to maintain balance and distinction in life.



By keeping things separate, we preserve their unique qualities, avoiding confusion and finding harmony. It's a timeless reminder to embrace diversity and strive for balance in all aspects of our lives.

Sunan Abi Dawud 3704  
(Book 27, Hadith 36)

## Refreshing Nabeedh Recipe

### Ingredients

- 5 dates (double the amount for extra sweetness or larger servings)
- 500ml water

**Servings:** 2-3

**Cooking Time:** soak over night

**Cost of Ingredients:** USD \$2

- Dates: \$1-2

### Equipment:

Knife for washing and de-seeding dates  
Jar or container

### Instructions

- To prepare Nabeedh, start by washing and de-seeding dates before placing them in a jar or container.
- Pour 500ml of boiling water over the dates. Sterilize the container as well.
- Once water cools down seal the container, and refrigerate overnight to soak.
- The next day, strain the infused water into a glass, discard the dates, and relish the refreshing and nutritious Nabeedh!



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Recipe

## 03 Talbinah Delight

During times of mourning, Ayesha, the wife of Prophet Muhammad ﷺ, prepared a comforting dish. She instructed the making of talbinah in a small cauldron, followed by pouring tharid over it. She then served it, citing the Prophet Muhammad's ﷺ words praising talbinah for comforting the grieving heart and lessening grief.

Sahih Muslim 2216 (Book 39, Hadith 121)



According to a Hadith Prophet ﷺ recommended Talbinah as a remedy for grief, stating, ‘Talbinah gives rest to the heart of the patient and makes it active and relieves some of his sorrow and grief.

Sahih al-Bukhari



## Talbinah Delight Recipe

### Ingredients

- 1/4 cup barley flour
- 2 cups milk
- Honey or sugar to taste
- Nuts for garnish

**Servings:** 2-3

**Cooking Time:** 15 mins

**Cost of Ingredients:** USD \$10

- Barley flour: \$1-2
- Milk: \$1-2
- Honey or sugar: \$1-2
- Nuts: \$3-4

### Equipment:

Saucepan

### Instructions

- Whisk barley flour and milk in a saucepan, simmer until thick. Sweeten with honey, then pour into bowls.
- Garnish with nuts serve warm or chilled for a healthy treat.



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for Video of the  
Recipe

## 04 Heavenly Stuffed Dates

Dates were another favorite of Rasūlullāh. He ate them fresh or dried, or with melon. He broke his fast with dates in Ramadan. Sometimes, when there was nothing else to eat, he had a few dates for dinner. And when there were no dates, the family went hungry.



Sa'd narrated a hadith highlighting the significance of eating seven Ajwa dates in the morning, believed to offer protection against poison and magic. This underscores the potency of these dates and promotes the consumption of healthy foods like fruits for overall well-being. The hadith serves as a reminder to be mindful of our daily consumption, as it can impact both our physical and mental health.

Sahih al-Bukhari 5445 (Book 70, Hadith 74)

## Heavenly Stuffed Dates Recipe

### Ingredients

- Dates
- Nuts (such as almonds or walnuts)
- Honey or syrup

**Servings:** Depends on the number of dates

**Cooking Time:** 10 mins

**Cost of Ingredients:** USD \$20

- Dates: \$3-5 per pound
- Nuts (such as almonds or walnuts): \$5-10 per pound
- Honey or syrup: \$3-5 per bottle

### Instructions

- Make a lengthwise slit in each date and remove the pit. Stuff with your choice of nut.
- Arrange on a plate and drizzle with honey or syrup. Serve the stuffed dates, as a sweet treat for Iftar parties.



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