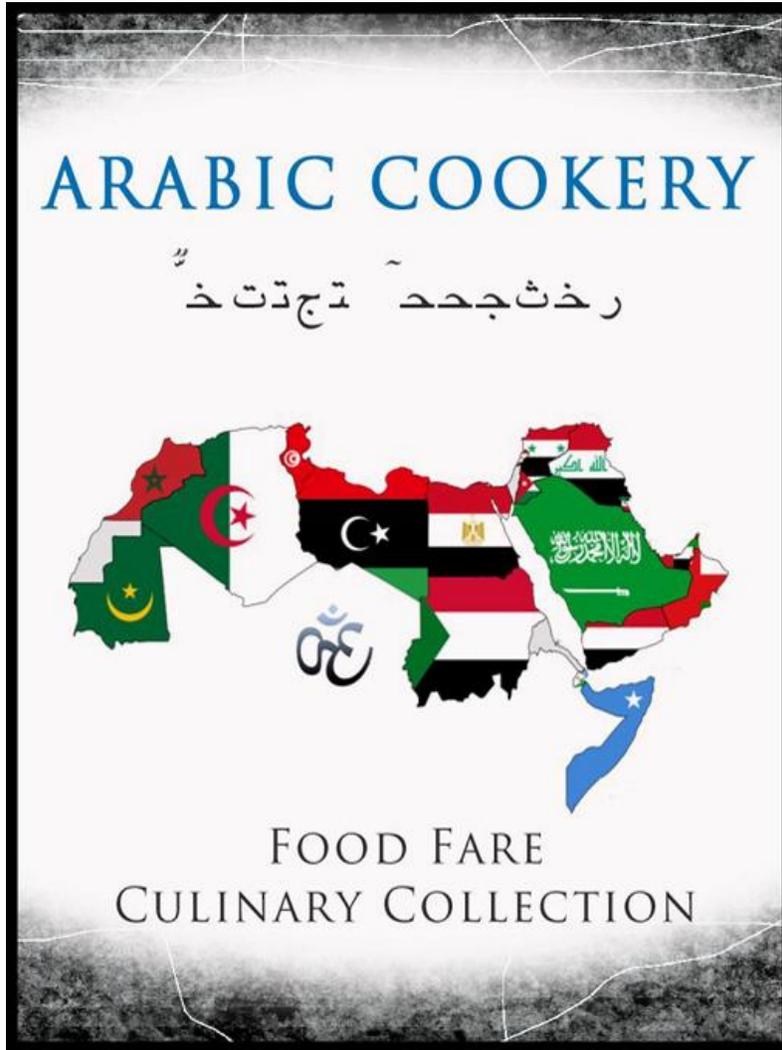


Excerpts Only
ARABIC COOKERY



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"Arabic Cookery" was written for entertainment purposes and expresses the sole opinions of the author. This e-book is not meant to be a professional chef's essay about Middle Eastern cuisine, but rather an observation about the generalities of Middle Eastern food and recipes from a home kitchen.

CULINARY NOTES

Devout followers of Islam observe "Principles of Jurisprudence" (*Usul al-fiqh*) in regards to actions or objects which are acceptable to engage in. Under Islamic Shari'ah, Muslims are only allowed to consume permissible (*halal*) foods.

Islamic Dietary Laws prohibit the consumption of alcohol and pork, with specific rules applied to the slaughter of animals. Unlawful food and drink (*haram*) includes dead meat (carcass of an animal found already dead), blood, flesh of swine (*pork*), intoxicating drinks, birds of prey (*falcons, owls, vultures*), carnivores (*lions, tigers, wolves*), animal meat sacrificed to idols, animals who died from strangulation or blunt force, and carrion that wild animals have partially eaten. An exception is made if no other food is available, when Muslims are allowed to eat *haram* edibles: "If one is forced because there is no other choice, neither craving nor transgressing, there is no sin on him." (*Surah 2:173*).

Muslims slaughter livestock by slitting an animal's throat with a sharp knife in a quick - and therefore felt to be merciful - manner, known as *Qurbani*. God's name (*Allah*) is recited during the process, the uttering of which might include "In the name of God, the Most Gracious, the Most Merciful" (*Bismillah*). The slaughter ritual (*Dhabihah*) is meant to acknowledge life as sacred, and that killing animals is only carried out to meet the need for food. Animals are completely bled before consumption. Meat prepared by the ritual is also known as *zabihah* or *halal meat*.

Alcohol or general intoxicants (*al-khamr* or *sukara*) are forbidden in the religious text of the *Quran*: "Intoxicants and games of chance are abominations of Satan's handiwork." The prophet Muhammad even forbade the intake of alcohol in small amounts, certain it made those under the influence forgetful of God and prayer. Through history to the present day, prohibited substances have come to include illegal drugs sold on the street as well.

"You who believe! Do not go near prayer when you are intoxicated until you know what you say, nor when you are under an obligation to perform a bath-unless travelling on the road-until you have washed yourselves; and if you are sick, or on a journey, or one of you come from the privy or you have touched the women, and you cannot find water, betake yourselves to pure earth, then wipe your faces and your hands; surely Allah is pardoning, forgiving."

Quran, Sura 4 (al-Nisa), ayah 43.

Meals in Middle Eastern countries are often taken in communal fashion, with people choosing food from a large plate in the center of a table. Instead of using utensils, pita bread is frequently used to scoop food for consumption. People also employ their fingers to eat, although the right hand is always used rather than the left as the left-hand is considered unclean in Arab culture. However, the left-hand may be used to hold a drinking glass when greasy food is offered. It is the height of bad manners not to try every dish offered, and the host must always be complimented on their hospitality.

Apart from the month of Ramadan, typical mealtimes include **breakfast** (*bread such as croissants or pita taken with strong coffee or tea, falafel, hummus, knafa, lablabi and olives*), **lunch** (*main meal of the day, often eaten after the noon prayer, might consist of appetizers,*

bread, meats, poultry, rice, salads and vegetables) and **dinner** (lightest meal of the day usually served in early evening, which might include grains, fish, meats and vegetables). During Ramadan (*ninth month of the Islamic calendar when Muslims observe fasting or sawm from dawn to sunset*), meals consist of **Sahur** (taken just before dawn) and **Futuur** (fast-breaking at dusk). Sahur meals might include baklava, basbousa, fresh fruits, knafeh and the creamy nut-filled dumpling known as *Qatayef*. Futuur dishes typically consist of a three-course meal with an array of breads, dates, meats and soups.

Other common mealtime foods in many Arabic countries include **beverages** (*coffee, fruit juices, jallab, tea*), **bread** (*lavash, naan and pita flatbreads are typical*), **dairy** (*butter, cheese, cream, yogurt*), **fruits and nuts** (*almonds, apples, apricots, dates, figs, lemons, mango, olives, oranges, peanuts, pine nuts, pistachios, pomegranates and walnuts*), **grains** (*bulgur, cereals, cracked wheat, freekeh, rice, semolina*), **legumes** (*chickpeas, fava beans, lentils*), **meat** (*beef, chicken, goat, lamb, mutton and veal*), **oil** (*primarily olive and sesame oils*), **herbs, spices and other flavorings** (*the most common including allspice, anise seeds, baharat, black pepper, caraway, cardamom, cinnamon, cloves, cumin, garlic, mint, nutmeg, saffron, sesame, sumac, thyme, turmeric and za'atar*), **vegetables** (*beets, cabbage, carrots, cauliflower, chard, cucumbers, eggplant, green beans, okra, onions, peas, spinach, squash, tomatoes, turnips and zucchini*), and **Mezze** (*appetizers and side dishes such as baba ghannouj, hummus, olives, pickles, samboosak and tabouleh salad*).

Camel milk is also part of Arabic cuisine, particularly in Mauritania, Saudi Arabia and the United Arab Emirates (UAE). Mauritania produces cheese using camel milk, which is known as *Caravane*. It is a soft and creamy cheese with a white crust.

The earliest known Arabic cookbook appeared in 1266. *Al-Kitab Al-Tabih* (Book of Dishes) was written by Baghdadi native Ibn Sayyar al-Warraaq. Manuscripts of the original cookbook still exist in Turkey.

Ramadan

Ramadan is a month of fasting in the Islamic calendar, usually falling in mid-summer or when the crescent moon is sighted (ninth month). Muslims fast from dawn until sunset, which also includes abstaining from sexual relations, smoking and in some cases, using profanity.

Traditional foods eaten at *sufoor* (dawn) and after *iftar* (sunset) are light meals containing breads and grains, low-fat dairy products, fruits, *halal* meats, legumes and fresh vegetables. Dates usually break the fast at sunset, after which can follow appetizers, desserts, entrees, juice, salads and water. Some of the typical foods consist of chicken or lamb with rice and vegetables, along with sticky pastries and nuts.

Common Ramadan meals include *Aleecha* (mild vegetable stew), *Bamia* (meat and okra stew), *Basbousa* (nut cakes), *Chabbakia* (fried dough coated in honey and sesame seeds), *Chorba* (lamb stew with chickpeas and tomatoes), *Fasulia* (meat stew with green beans), *Fattoush* (vegetable salad with pita bread), *Ful Mudammas* (mashed fava beans served on

flatbread), *Hindbeh* (Ramadan dandelion flowers), *Khyar Bi Laban* (cucumber and yogurt salad), *Kleicha* (date cookies), *Konafa* (pastry in Atar syrup), *Mujadarra* (lentils and rice), *Qamar Eddine* (apricot juice), *Qatayef* (pancakes filled with cheese and nuts; aka *Arabic Pancakes*), *Sakhana* (wheat soup flavored with dates, milk and molasses), *Sambuusa* (savory pastries), *Tabouleh* (bulgur wheat salad with parsley and tomatoes), *Tamar Mahshi* (almond-stuffed dates), *Thareed* (lamb with vegetables) and *Umm Ali* (bread pudding), among many others.

LIBYA

The State of Libya is located in the North African region of Maghreb. It is bordered by Algeria, Chad, Egypt, Niger, Sudan, Tunisia and the Mediterranean Sea. Libya has a population of 6.5 million (2011 estimate), 97% of which are Sunni Muslims. The capitol city is **Tripoli**.



Food in Libya is a mix of North African and Mediterranean cuisines. Breads and couscous are common accompaniments to almost every meal. Italian influence is heavier felt in Tripoli, where pasta frequently takes the place of couscous. Oft-eaten fruits and vegetables include apricots, dates, figs, melons, olives and oranges.

The spicy lamb and tomato soup known as *Sherba* can be found just about anywhere in Libya. Other popular soups include portions of fish, lentils, octopus and vegetables. Camel, chicken, fish and lamb fare common offerings as are lamb tajeens flavored with basil, mint and tomatoes. In rural areas, meals are often built around bread, dates, honey and milk. Desert nomads (*Tuaregs*) cook bread by burying it underneath the hot sand. The hard bread *Bazin* is typically eaten with date syrup, olive oil or yogurt, but is also used for dipping in sauces and soups. Minced garlic is frequently added to honey and olive oil for use as a bread dip. Strongly-brewed sweet black tea is usually served with peanuts or roasted almonds, while Libyan green tea is often flavored with mint.

Common Libyan dishes include *Asida* (cooked wheat flour lump of dough, often served with butter or honey), *Awdaina* (pastry dipped in syrup with sesame seeds, cardamom and orange flower water), *Batata Mbattina* (lamb & potato sandwiches), *Bsisa* (breakfast dish made with ground chickpeas, coriander seeds, fenugreek and olive oil), *Boureek* (savory meat turnovers), *Dajaj Maghli* (fried chicken), *Debia* (pastry flowers), *Eijjat Gazar* (carrot fritters), *Ghreyba* (butter cookies), *Halwah bil-Fawaaki* (sweetmeats), *Hassaa* (gravy), *Ikerkoushen* (sun-dried meat fried in oil), *Imthawoma* (potatoes in tomato sauce), *Kifta Lil Atfaal* (cinnamon meatballs), *Kronb Mbatan* (lamb and cauliflower patties), *Lebrak* (rice-stuffed *esselk* vine leaves), *Leka'ek* (circular shortbread which can be either salty or sweet), *Magrood* (date cookies), *Mbekbka* (pasta with chickpeas, garlic and lamb in tomato sauce), *Megetta* (homemade flat pasta used in soups and stews), *Mhalbiya* (rice pudding), *Rishtat Borma* (dried meat stew with beans), *Ruzz bil Khaloot* (rice with liver & almonds), *Salata Mashwia* (bell pepper salad), *Sfinz* (deep-fried breakfast pastry often eaten with honey or egg), *Shakshouka* (breakfast dish made with aged mutton or lamb jerky), *Sherba* (lamb and vegetable soup flavored with mint and tomato paste), *Slatha* (summer salad with cucumbers, green chili peppers, olives and tomatoes), *Tajeen* (spiced lamb in paprika and

tomato sauce), *Torshi* (mashed potatoes and squash with caraway and coriander seeds), *Usban* (traditional Libyan sausage) and *Xarba Arbija* (beef & vegetable soup), among many others.

LIBYAN RECIPES

Batata Mbattina (*lamb & potato sandwiches*)

- 6 potatoes, peeled & thinly sliced
- 1/2 LB ground lamb (*sub with beef if desired*)
- 1 bunch fresh cilantro or coriander, chopped
- 2 onions, finely chopped
- 2 tomatoes, finely chopped
- Salt & black pepper to taste
- 1/2 chili pepper, finely chopped
- 1/4 tsp. ground cinnamon
- 4 eggs, beaten
- Flour for dusting
- Vegetable oil for frying



Preheat oven to 350-degrees F. Peel potatoes and rinse under cold water; slice lengthwise into thin slices. In a bowl, combine ground lamb, cilantro or coriander, onions, tomato, salt and black pepper, chili pepper and cinnamon. Mix well and form into a ball. Take a small amount of meat mixture and place between two slices of potato so that it resembles a sandwich with meat in the middle. Repeat with remaining potato slices and meat mixture. Heat a few tablespoons of vegetable oil in a skillet; dip potato sandwiches in beaten eggs before coating evenly in flour. Fry for about three minutes per side or until crisp and golden; transfer to a lightly-greased baking dish. Bake sandwiches for about fifteen to twenty minutes or until potatoes are tender. Serve. **Suggestion:** Serve with tomato ketchup for dipping.

Boureek (*lamb turnovers*)

- 1 tsp. butter
- 1/2 LB ground lamb
- 1 small onion, chopped
- 4 sprigs fresh parsley, chopped
- Salt & black pepper to taste
- 1/8 tsp. cinnamon
- 8 phyllo pastry sheets (*12 x 17 each*)
- 3 TBS melted butter
- 1 egg, beaten
- Sesame seeds (*for garnish*)



Preheat oven to 350-degrees F. Melt butter in a skillet over medium heat; add ground lamb and fry for about two or three minutes. Add the onion, parsley, salt, black pepper and

cinnamon; cook over medium-low heat until lamb is cooked through. Fold both sides of a phyllo sheet to the center length-wise; sprinkle lightly with melted butter. Place two tablespoons of meat filling at one end of phyllo; press until about four inches wide and one-inch deep. Roll dough over three times (so that it resembles a spring roll). Sprinkle with more butter and brush with beaten egg to seal. Repeat with remaining phyllo and meat mixture; place turnovers in a lightly-greased baking dish. Bake for about fifteen to twenty minutes; sprinkle with sesame seeds for garnish. Recipe makes about eight servings.

Dajaj Maghli (*fried chicken*)

- Juice of 1 lemon
- 1/2 tsp. each of salt & black pepper
- 1/2 tsp. turmeric
- 1 garlic clove, minced
- 12 chicken pieces (*legs, thighs & wings*)
- 1 egg, beaten
- 1-1/4 C breadcrumbs
- Vegetable oil (*for deep-frying*)

In a bowl, combine lemon juice, salt, black pepper, turmeric and garlic; add chicken pieces and toss to coat. Remove chicken; beat egg into marinade. Return chicken pieces to the bowl; cover with plastic wrap and refrigerate for ninety minute to two hours. Heat vegetable oil in a deep skillet or wok. Roll chicken pieces in breadcrumbs to coat evenly. Add chicken to hot oil and fry until browned and cooked through, about fifteen to twenty minutes. Drain on paper towels. Serve.

Ghreyba (*butter cookies*)

- 1 C lukewarm vegetable oil or melted butter ("samn")
- 1/2 C powdered sugar
- 3 to 4 C of flour
- Whole almonds for garnish

Preheat oven to 400-degrees F. In a bowl, mix "samn" and sugar well. Gradually add flour; mix well. Shape dough into walnut-sized balls; place on a greased cookie sheet about one inch apart. Press dough balls to flatten into shape. Bake for ten to fifteen minutes. Remove from cookie sheet and cool on a rack before serving. **Similar recipes:** *Ghorabiyeh* (Lebanese butter nut cookies) and *Ghuraiba* (Kuwaiti almond cookie balls).

Haraimi (*lemon tomato fish*)

- 1 garlic clove, minced
- 1/2 tsp. Kamoon Hoot (*spice blend; recipe on following page*)
- 1/2 tsp. salt
- Juice of 1 lemon
- 6 thick-cut fish filets (*cod, flounder, mullet or sole*)
- 3 TBS olive oil
- 1 onion, chopped

- 1/4 C tomato purée
- 1 C tomato juice
- 1 C water
- 1/4 C fresh coriander, chopped (*for garnish*)
- Lemon wedges (*for garnish*)

In a large bowl, combine half the garlic, Kamoon Hoot, salt and lemon juice. Add the fish; toss to coat. Cover and set aside to marinate for about ten minutes. Heat olive oil in a skillet; add onions and remaining garlic and cook until golden, about ten minutes. Add the tomato purée and tomato juice; simmer for about eight minutes. Add the fish, marinade and water. Simmer mixture over low heat for about fifteen minutes, or until the fish is cooked through and flakes easily with a fork. Transfer fish to a serving plate; garnish with chopped coriander and lemon wedges. Serve with remaining sauce.

Hararat (*Libyan 5-Spice blend*)

- 2 cinnamon sticks, broken into 4 pieces each
- 4 tsp. cumin seeds
- 4 tsp. coriander seeds
- 2 tsp. dried chilies
- 1 tsp. allspice

Heat a large non-stick frying pan; add spices and dry-fry, stirring constantly, until spices release fragrance (about four minutes). Transfer to a coffee grinder; grind mixture to a fine powder. Store in a sealable container in a dry place. **Note:** *Hararat* is typically used in a variety of Libyan soup recipes such as *Xarba Arbija* (recipe on following pages).

Imthawoma (*potatoes in tomato sauce*)

- 2 LBS small red or white potatoes
- Water (*for boiling potatoes*)
- 1/2 tsp. sea salt (*for boiling potatoes*)
- 3 garlic cloves, crushed
- 1 tsp. ground cumin
- 1 tsp. paprika
- 2 TBS olive oil or clarified butter (*ghee*)
- 1 TBS tomato purée
- 1/2 tsp. ground turmeric
- 1/2 C water

Peel potatoes and rinse under cold water. Bring a pot of lightly-salted water to a boil; add potatoes and cook for about twenty minutes, or until almost cooked through. Drain. In a small bowl, mix together garlic, cumin, salt and paprika. Heat olive oil or clarified butter in a small skillet; add garlic mixture and tomato purée and cook for a few minutes. Stir in turmeric and 1/2 cup water; simmer for about five minutes. Stir potatoes into sauce to coat. Continue to cook for a few minutes or until potatoes are tender; transfer mixture to a large bowl and serve.

Kamoon Hoot (*seafood spice blend*)

- 15 dried hot red chilies
- Hot water
- 1 tsp. caraway seeds
- 1 tsp. dried mint
- 3 tsp. cumin seeds
- 5 garlic cloves
- 1 tsp. coriander seeds
- Olive oil (*for storage*)

Place chilies in a bowl; cover with hot water and allow to stand for about fifteen minutes or until soft. Place chilies and remaining ingredients in a blender; puree until smooth. Thin mixture using same water used to soak chilies; mixture should have the consistency of thick paste. **Note:** Kamoon Hoot is mainly used in seafood dishes, such as *Haraimi* (lemon tomato fish, recipe on previous page). **Storage:** Place prepared Kamoon Hoot in a jar and cover with a thin layer of olive oil; it will keep for in the refrigerator for up to two months.

Kifta Lil Atfaal (*cinnamon meatballs*)

- 1 LB ground lamb (*sub with beef if preferred*)
- 2 onions, finely chopped
- 1/2 TBS ground cinnamon
- 1/2 tsp. black pepper
- 1 tsp. salt
- 2 TBS olive oil or clarified butter (*ghee*)
- 2-1/2 C hot water

In a bowl, combine meat, onions, cinnamon and black pepper; mix well. Shape mixture into small meatballs; set aside. Add salt and clarified butter to a large skillet; pour in hot water and bring mixture to a boil. Add the meatballs; cook for about twenty-five minutes or until meat is cooked through. Drain meatballs and serve. **Suggestions:** Serve as an appetizer or as an entrée with hot-cooked white rice and a green salad.

Ruzz bil Khaloot (*rice with liver & almonds*)

- 2 C white rice
- 2 TBS butter
- 1 tsp. salt
- Water
- 1/2 C peanut oil
- 1/4 C slivered almonds
- 1/2 LB beef or lamb liver, sliced

Combine rice, one tablespoon butter and salt in a skillet; fry and stir gently until rice turns golden. Add enough water to just cover rice; cover and cook over low heat until the rice is tender, about thirty to forty minutes. Add peanut oil to another skillet; stir in slivered

almonds and cook until golden brown. Remove from heat and set aside. Melt one tablespoon butter in another skillet; add liver and fry over low heat until cooked through, about six minutes. Add liver to rice; arrange on a serving platter and pour almond mixture over the top. Serve at once.

Salata Mashwia (*bell pepper salad*)

- 2 tomatoes, chopped
- 4 green chilies, chopped
- 1 garlic clove, finely chopped
- 2 green bell peppers, sliced
- 1 tsp. ground coriander seeds
- 1 tsp. caraway seeds, crushed
- 2 tsp. lemon juice
- 2 tsp. salt
- 3 TBS olive oil

In a bowl, combine tomatoes, chilies, garlic and green bell pepper. Line a baking dish with aluminum foil; pour vegetable mixture on top. Bake in a 350-degree F oven, stirring occasionally, until mixture begins to blacken. Remove from oven; cut away blackened parts on vegetables. Place vegetables in a bowl; mash well. Add ground coriander seeds, crushed caraway seeds, lemon juice, salt and olive oil; stir to combine. **Suggestion:** Serve as a starter dish with bread. **Similar recipe:** *Salata Mishwiyya* (Tunisian grilled peppers, tomatoes & tuna salad).

Sfinz (*deep-fried breakfast pastry*)

- 2 eggs, beaten
- 2 TBS granulated sugar
- 2 TBS olive oil
- 1 tsp. baking powder
- 1 C flour (*use more if needed*)
- 1 TBS water
- Canola oil (*for deep-frying*)
- Honey (*optional*)
- Egg for topping (*optional*)



Mix all ingredients together (*except canola oil and optional ingredients*) in a bowl; knead into smooth but slightly sticky dough. Add more flour if dough is too sticky. Form dough into ball; flatten into the shape of a plate. The dough edges should be slightly thicker than the center, about 1/2-inch. Heat canola oil in a deep skillet over moderate heat until hot; reduce heat to low. Carefully add flattened dough to hot oil; fry until golden on both sides and cooked through, about two to three minutes. If center rises, poke a hole in the middle. Transfer to paper towels to drain. If desired, drizzle with honey while still hot. **Egg Topping:** If using egg, crack one egg into the center of dough after it rises while still in the skillet; spoon hot oil over egg to set and cook until golden-brown. Drain on paper towels; serve.

Sherba (*lamb & tomato soup*)

- 3 TBS olive oil
- 1 onion, peeled & finely chopped
- 1 LB stewing lamb, finely chopped
- 1 can (7 oz.) chickpeas (*garbanzo beans*), drained & rinsed
- 3 TBS tomato paste or puree
- 1 tsp. ground coriander
- 1 tsp. turmeric
- 1/2 tsp. chili powder
- Salt to taste
- 4 C water
- 1 TBS dried mint or parsley leaves (*chopped*)
- Juice of 1 lemon

Heat olive oil in a skillet over medium heat; add chopped onion and sauté for two or three minutes, or until soft. Add chopped lamb, chickpeas, tomato paste, spices and salt; cook for a few minutes more, stirring occasionally. Cover the mixture with water (about four cups) and simmer over medium heat for thirty to forty-five minutes, or until the lamb is fully cooked. Add more water if necessary. Near the end of cooking time, stir in dried mint or chopped parsley and lemon juice. Serve.

Torshi (*mashed potatoes & squash*)

- 4 medium potatoes, peeled & diced
- 1 butternut squash, diced
- 1 or 2 C water
- Dash of salt (*for boiling*)
- 2 TBS olive oil
- 1 TBS butter
- 2 TBS lemon juice
- 1 garlic clove, minced
- 1 tsp. ground coriander seeds
- 1 tsp. ground caraway seeds
- Salt, black pepper & chili powder to taste
- 4 TBS fresh cilantro leaves, chopped
- 6 black olives, chopped



Peel, rinse and dice the potatoes. Peel, de-seed and dice butternut squash. Combine in a cooking pot with one or two cups of water and a dash of salt. Bring mixture to a boil; reduce to simmer and cook for about twenty minutes or until potatoes and squash are tender. Drain. Return cooked potatoes and squash to cooking pot and mash. Add olive oil, butter, lemon juice, garlic, coriander seeds, caraway seeds, salt, black pepper and chili powder; mix thoroughly to combine. Place the mixture in a serving bowl; garnish with chopped cilantro leaves and chopped black olives. Serve. **Shenanchie's Note:** When I prepared *Torshi* for the

first time, I omitted the coriander and caraway seeds because I was cooking for a group of people with dentures. The result was just as tasty as the original recipe.

Xarba Arbija (*Libyan Soup*)

- 1 TBS vegetable oil (*for frying*)
- 1 onion, finely chopped
- 2 garlic cloves, finely chopped
- 1/2 LB ground beef
- 1 tsp. chili powder
- 2 TBS Hararat (*Libyan 5-Spice blend; recipe on previous pages*)
- 1 small potato, cubed
- 1/4 carrot, cut into thin slices
- 5 TBS tomato purée
- 1 tsp. sugar
- Salt to taste
- 1/2 C red lentils
- 3 C beef broth or stock
- 3/4 C cooked or canned chickpeas
- 1/2 tsp. dried mint, crumbled
- Lemon wedges (*for serving*)

Heat vegetable oil in a large skillet or cooking pot; add onions and garlic and cook until softened, about six minutes. Stir in ground beef, chili powder and Hararat spice blend. Continue frying until meat is browned. Add cubed potato, sliced carrot, tomato purée, sugar and salt. Stir to combine; cook for about one minute before adding red lentils and beef stock. Bring mixture to a boil; reduce heat to simmer, cover and cook for about forty-five minutes. Stir in chickpeas. Simmer mixture for an additional fifteen minutes; stir-in dried mint. Ladle into soup bowls and serve with lemon wedges.

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Tahini (*sesame seed paste*)
Za'atar (*spice blend*)

Kuwait

Balaleet (*Vermicelli Omelet*)

Biryani (*spicy chicken & rice casserole*)
Buharat (*Kuwaiti spice blend*)
Dijaj Machboos (*Chicken with Rice; also see Bahraini Machbous*)
Ghuraiba (*almond cookie balls*)
Jireesh (*cracked wheat soup*)
Kaikat Al Tamar (*date & walnut cake*)
Shai (*traditional tea*)

Lebanon

Adas Bsbaanegh (*Lentil & Spinach Soup*)
Byde b'Banadoura (*eggs with tomatoes*)
Djej w Batata Bil Sayniyyeh (*Garlic Chicken & Potatoes*)
Ghorabiyeh (*butter nut cookies*)
Kibbeh (*bulgur lamb patties*)
Koussa bil-Laban (*stuffed zucchini in yogurt sauce*)
Lebanese 7-Spices (*spice blend*)
Limoonada (*lemonade*)
Makhlouta (*Whole Grains Stew*)
Malfouf (*cabbage rolls*)
Meghli (*rice pudding with nuts*)
Samke Harra (*Spicy Fish*)
Yakhnit Loobyeh (*Green Bean Stew*)

Libya

Batata Mbattina (*lamb & potato sandwiches*)
Boureek (*lamb turnovers*)
Dajaj Maghli (*fried chicken*)
Ghreyba (*butter cookies*)
Haraimi (*lemon tomato fish*)
Hararat (*Libyan 5-Spice blend*)
Imthawoma (*potatoes in tomato sauce*)
Kamoon Hoot (*seafood spice blend*)
Kifta Lil Atfaal (*cinnamon meatballs*)
Ruzz bil Khaloot (*rice with liver & almonds*)
Salata Mashwia (*bell pepper salad*)
Sfinz (*deep-fried breakfast pastry*)
Sherba (*lamb & tomato soup*)
Torshi (*mashed potatoes & squash*)
Xarba Arbija (*Libyan Soup*)

Mauritania

Banaf (*meat & vegetable stew*)
Bonava (*lamb stew*)
Cherchem (*millet in tomato sauce*)
Leksour (*lamb stew with pancakes*)
Mahfe (*meat & pumpkin stew in peanut sauce*)

Maru we-llham (*chicken in mustard sauce*)
Pudim d'Avocat (*Avocado Pudding*)

Morocco

Café Nss Nss (*Moroccan coffee; also known as half-and-half*)
Charmoula (*seafood marinade or dipping sauce*)
Djedad (*apricot chicken*)
Hut bel Charmoula (*fried fish with Charmoula*)
Hut Benoua (*fish with almond paste*)
Kefta Mkaouara (*Meatball, Tomato & Egg Tajine*)
Kouclas bi Ruz (*rice dumplings*)
Mechoui (*roasted lamb*)
Mhalbi (*milk & almond pudding*)
Mrouzia (*salty-sweet tajine*)
Ras el Hanout (*spice mix*)
Seksu Tanjaoui (*Tangier Couscous*)
Shlada Bellecheen (*orange & walnut salad*)
Smen (*Moroccan Butter*)
Tabikha B'salk (*vegetarian stew*)
Tajine Msir Zeetoon (*chicken & lemon*)

Oman

Asabea Zeinabs (*pastry fingers*)
Bapalo (*fish soup*)
Bizar a'Shuwa (*Omani Spice Mix*)
Djaj Fouq El-Eish (*chicken & rice stew*)
Halawet Ahmad (*noodle dessert*)
Jazar Halwa (*carrots & pistachios*)
Sako (*tapioca with nuts & saffron*)
Shurba (*vegetable soup*)
Thandai (*spicy milk*)

Qatar

Algeemaat (*sticky custard balls*)
Esh Asaraya (*sweet bread with cream*)
Kabsa (*chicken & rice; also known as Machbous*)
Motabel (*eggplant dip*)
Qahwa Helw (*Qatari Coffee*)
Tharid (*lamb & chickpea stew*)

Saudi Arabia

Aish As-Saraya (*sweet bread*)
Almento (*steamed lamb dumplings*)
Ashta (*homemade clotted cream*)
Dajaj bil Hamod (*lemon chicken*)
Hawayij (*spice blend*)

Haysa Al-Tumreya (*dip for dates*)
Jajeek (*cucumber & yogurt salad*)
Kimaje (*flat bread*)
Kleeja (*cardamom cookie biscuits*)
Zurbian (*lamb & rice*)

Somalia

Bajiy (*Red Lentil Fritters*)
Besan (*chickpea flour*)
Iskudheh Karis (*chicken pilaf*)
Jubina (*cream cheese dessert*)
Kac Kac (*sweet biscuits or bread*)
Kalluun Duban (*spicy baked fish*)
Maraq Bilaash (*Cherry Tomato Sauce*)
Muufo Baraawe (*Somali Flatbread*)
Nafaqo (*Potato Stuffed with Egg*)
Qumbe (*Coconut Squares*)
Shaah (*Somali Tea*)
Shigni (*hot sauce*)
Vibibi (*rice pancakes*)

Sudan

Aseeda (*wheat porridge*)
Baseema (*lemon cake*)
Creme Caramela (*caramel custard*)
Dama be Potaatas (*beef & potato stew*)
Fuul (*broad bean paste*)
Kissra (*thin pancakes*)
Maschi (*tomatoes stuffed with beef*)
Nyaba (*peanut & greens paste*)
Tagalia (*Meat Sauce*)
Tamia (*chickpea patties*)
White Nile Fish

Syria

Ayran (*cold yogurt drink*)
Bazella Riz (*peas with rice*)
Butternut Kibbeh (*squash patties*)
Dawood Basha (*Syrian Meatballs*)
Fasoliyyeh bi Zayt (*green beans with olive oil*)
Fattoush (*pita & vegetable salad*)
Fette (*cheese spread*)
Jallab (*summer drink*)
Rishta (*lentil & pasta soup*)
Zahara (*fried cauliflower*)

Tunisia

Ajlouk Qura'a (*zucchini salad*)
Harissa (*spice blend*)
Houria (*carrot salad*)
Lablabi (*chick-pea & garlic soup*)
Maasems (*Fatima's Little Fingers*)
Mechoiua (*roasted vegetable salad*)
Mzoura (*spiced parsnips*)
Phyllo Dough (*for use with Samsa*)
Poulet Mehshi (*chicken roast*)
Salata Mishwiyya (*grilled peppers, tomatoes & tuna salad*)
Samsa (*almond & sesame pastries*)
Tajine d'artichauts Tunisienne (*Artichoke Tajine; aka Tunisian Meatloaf*)
Tourchi Batata (*potato salad with cumin*)

United Arab Emirates

Banana & Milk Juice
Bzar (*Emirian Spice Mix*)
Chammi (*homemade cottage cheese*)
Dhal (*boiled lentils; aka Addis*)
Gress (*fried crushed bread*)
Kheema (*fried ground beef*)
Peshew (*gelatin custard; aka Cooz*)
Shouroba Tamata (*tomato soup*)
Thareed Laham (*lamb stew with flatbread*)

Yemen

Baal Canaf (*poultry-stuffed cantaloupe*)
Bint al Sahn (*honey cakes*)
Hareesh (*pearl barley with chicken*)
Malawah (*skillet bread*)
Qishr (*ginger coffee*)
Saltah (*meat stew*)
Saniyeh (*meatloaf*)
Zhoug (*herb & spice blend*)



<http://shenanchie.tripod.com/FoodFare/arabic.htm>

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PICTURE CREDITS

Please Note: More than one hundred food images and nation flags are available in the Adobe Digital edition of "Arabic Cookery." Because of time-consuming and costly formatting issues, food images or nation flags are not displayed in Kindle or Nook editions of the e-book.

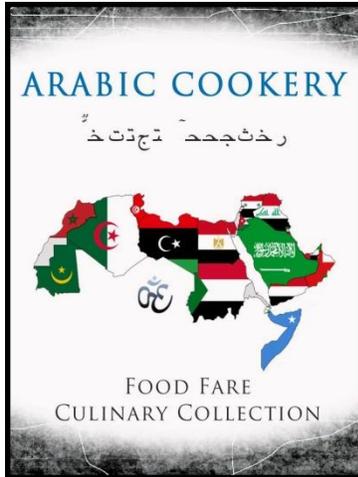
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"Arabic Cookery" is available at Amazon (*Kindle*), Barnes & Noble (*Nook*) and Kobo Books (*multiple formats*). The Adobe Digital edition (*PDF*) contains all graphics and a recipe index.

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ABOUT FOOD FARE

Food Fare offers recipes from a variety of countries and cultures around the world. Their official web site also contains a collection of personal recipes, many of them "comfort foods" inherited through the generations.

Food Fare is also home to the *Ambrosia Cookbook*, *Community Garden Cookbook*, *Food Fare Cookbook*, *Furry Friends Cookbook*, *Recipes-on-a-Budget Cookbook* and the fiction-novel-inspired *Larkin Community Cookbook*.

Food Fare's exclusive Culinary Collection features more than thirty books in Kindle, Kobo, Nook and Adobe Digital Editions. The titles include information about the food and culture of different countries across the globe, holidays and food-specific topics. They also contain history, food traditions, lifestyle and dishes native to various countries, as well as authentic recipes, words and phrases in the native tongue of the subject, along with food and cooking terms.

Shenanchie O'Toole is chief-editor of Food Fare and sole writer of all articles, newsletters and content. She also writes fiction under the literary pseudonyms Deborah O'Toole and Deidre Dalton. She is the author of *Celtic Remnants*, *Mind Sweeper*, the eight-part *Collective Obsessions Saga* and *The Bloodline Trilogy*.

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Appetizing Muse (*Shenanchie's food blog*):

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