

Preparation

Cut the meat into medium pieces, wash and drain. Put oil in saucepan, fry onion until golden, add meat and fry until light brown. Add tomatoes, boiling water, dried limes and cinnamon. Cook on low heat until meat is tender. Rinse rice and add meat. Liquid should be one half inch above rice. Cook on high until stock has almost evaporated, then turn down heat to simmer and cook for 20-30 minutes. Serve hot.

A Few Popular Ramadan Recipes

Saudi Wheat Soup (*Shorobat Il - Jereesh*)

This soup traditionally is consumed when breaking the fast during the month of Ramadan in Saudi Arabia and other Arab states. It is made with tomatoes, meat, and cracked wheat, and is enhanced with cinnamon. In addition to its popularity for breaking the Ramadan fast, it's a very filling and hearty soup for brisk days and can be a natural hot lunch for kids and adults alike.



Ingredients:

- 2 Tablespoons olive oil
- 2 onions, finely chopped
- 3/4 pound beef or lamb, cut into bite-size cubes
- 5 cups water
- 6 tomatoes, peel and puree
- 1 teaspoon cinnamon

- 1/2 teaspoon salt
- 1/2 teaspoon black pepper
- 1/2 cup bulgur

Preparation

Heat the oil in a large saucepan and toss in the onions. Fry for a few minutes, then stir in the meat cubes and fry on all sides. Pour in the 5 cups of water, bring to a boil, reduce heat, cover, and simmer until tender—for about an hour. Pour in the pureed tomatoes and season with cinnamon, salt, and pepper. Add the bulgur to the soup, bring to a boil, reduce heat, cover, and simmer for about 30 minutes, until the bulgur is tender. Pour the soup into a tureen, sprinkle with cinnamon. Serve hot. Serves 4-6

Saudi Sambousak

Dough Ingredients:

- 3 cups of white flour
- 1 1/2 cup of oil
- 1 teaspoon bread spice
- Oil for frying
- Water
(Yeast, fennel, poppy seed)

Stuffing Ingredients:

- 1 lb. ground beef or lamb
- Salt as desired
- 2 grated onions
- 1 teaspoon ground black pepper
- 1 teaspoon cumin

Preparation

Put the flour in a deep bowl, add the bread, spice, and salt. Add the oil and rub with fingertips. Add water and a pinch of salt a little at a time, mixing thoroughly until dough is binding. Leave the dough for 2 hours, then divide it into small pieces, then roll it into a round ball and about 1/16 inch thick.



Place one table spoon of ground meat in the center of each round ball, seal and then twist the edges. Heat the oil and deep fry the samboosak on both sides. Serve hot with green salad. Serves 8-10 people

Saudi Dumplings (*LooQemat*)



Sweet dumpling, Saudi Ramadan dessert.

Dough Ingredients

- 3 cups of white flour
- 1/4 cup of milk
- 1 teaspoon yeast with a pinch of salt
- 1/4 cup warm water
- 1 egg
- 1 teaspoon baking powder
- Oil for frying

Preparation

Add the flour, salt, water, milk, and yeast, and then mix together till you get a thick batter. Then leave the batter to ferment for 6 hours or until the batter rises. After batter rises, add 1 egg, then add a little of baking powder then mix well. Heat the oil in a frying pan. Use a tablespoon to shape batter into little balls and then put them in a few at a time and deep fry until it turns to a golden brown color. Dumplings should be completely covered with oil during the frying process. When frying is complete, soak the dumplings in cold syrup and serve as soon as you finish soaking it.

LooQemat Syrup

- 2 cups of sugar
- 1 cup of water
- 1 teaspoon rose water
- 2 tablespoons of lemon juice

Saudi Arabian Recipes



HISTORY OF FOOD IN SAUDI ARABIA

Saudi culture today still practices many of the traditions of the past, including food. However, the Saudi diet does observe religious restrictions: Islam does not allow for Muslims to eat pork or drink alcohol. Modern Saudis are eating the same foods as their nomadic ancestors did: dates, breads, yogurt, wheat, rice and meat, all with specially mixed spices.

Gahwa: Saudi Arabian Hospitality

Serving coffee (*gahwa*) in Saudi Arabia is a sign of hospitality and generosity. Traditionally, the host used to roast, cool and grind the coffee beans in front of guests. Then, using a mortar and pestle, the host would add cardamom pods to the coffee beans during the grinding process. Once the coffee is brewed, the host poured the coffee for his guests. Today, *gahwa* is not prepared in front of the guests, just elegantly served in a *dallah* and poured into small cups, *finjal*.



Guests are served hot coffee and dates as a symbol of generosity and hospitality. The same practice is carried out in the month of Ramadan. Muslims in Saudi Arabia break their fast with dates, water and Arabic coffee. The caffeine in the coffee and the protein and iron in dates give the fasting person full energy to perform the extended prayers held on the evenings of Ramadan – these prayers are called *Taraweeh*.

Arabic Coffee Ingredients:

2-3 tablespoons of light brown Arabic coffee
2 teaspoons of ground cardamom
2 cups of water
Saffron, a pinch (optional)

Preparation

Add the coffee, cardamom, and water together. Boil on the stove. Then put in the Arabic coffee pot and add a little additional crushed cardamom, and a pinch of saffron for added flavor.

Dip for Dates (*Haysa Al-Tumreya*)

Ingredients:

3/4 cup flour, either white or brown
1/2 cup shortening or vegetable oil
Dates, pitted

Preparation

Combine the flour and shortening or oil in a saucepan. Heat over low heat, stirring constantly with a wooden spoon, until the mixture is golden brown. Remove from heat and pour onto a plate. Serve while hot with a bowl of pitted dates. Serves 6 to 8 as a snack.

Spices in Saudi Food

Saudi food was greatly influenced by the ancient spice trade routes. The important spices in Saudi cooking are black pepper, coriander, cinnamon, clove, nutmeg, cumin, cardamom, paprika, and curry.



Recipe for a Special Saudi Spice Mix

Saudi Spice Mix (*Baharat*)

1/3 cup black pepper
1/4 cup coriander powder
1/4 cup cinnamon
1/4 cup clove, ground
1/3 cup cumin
1/4 cup nutmeg
1/2 cup paprika
1/3 cup curry powder
1/4 cup dried limes, ground
2 teaspoons cardamom, ground
Mix all ingredients, store in tightly sealed jar.
Makes 2 cups.

A Few Popular Saudi Recipes

Saudi Beans (*Foul*)

Ingredients:

One can of fava beans
1 onion
1 tomato
3 minced garlic gloves
2 spoons of tehaini paste
Olive oil
Lemon Juice
Salt and pepper to taste

Preparation

To make a dip made of fowl madamis with pita bread; first drain the beans, and then add olive oil and heat up for a few minutes. If you prefer it spicy; add a few cuts of chili green pepper, minced garlic, lemon juice, and stir well. Leave on low heat for 3 minutes or less. Add the tehaini paste, and then arrange the mix in a flat dish. Add more of the lemon juice on top and drizzle olive oil on top. Sprinkle some onions and tomatoes on the side.

Rice with Chicken / Lamb (*Kabsa*)

Ingredients:

1 ¼ - 1 ¾ pounds choice of chicken, lamb
1 ¾ pounds chopped tomatoes
1 medium onion finely chopped
2 pieces of cinnamon sticks
2-3 pieces of dried lime
4-5 pods of cardamom
1/4 cup oil
2-3 pieces of green chiles (to taste)
1 ½ cups of rice
4 cups boiling water

