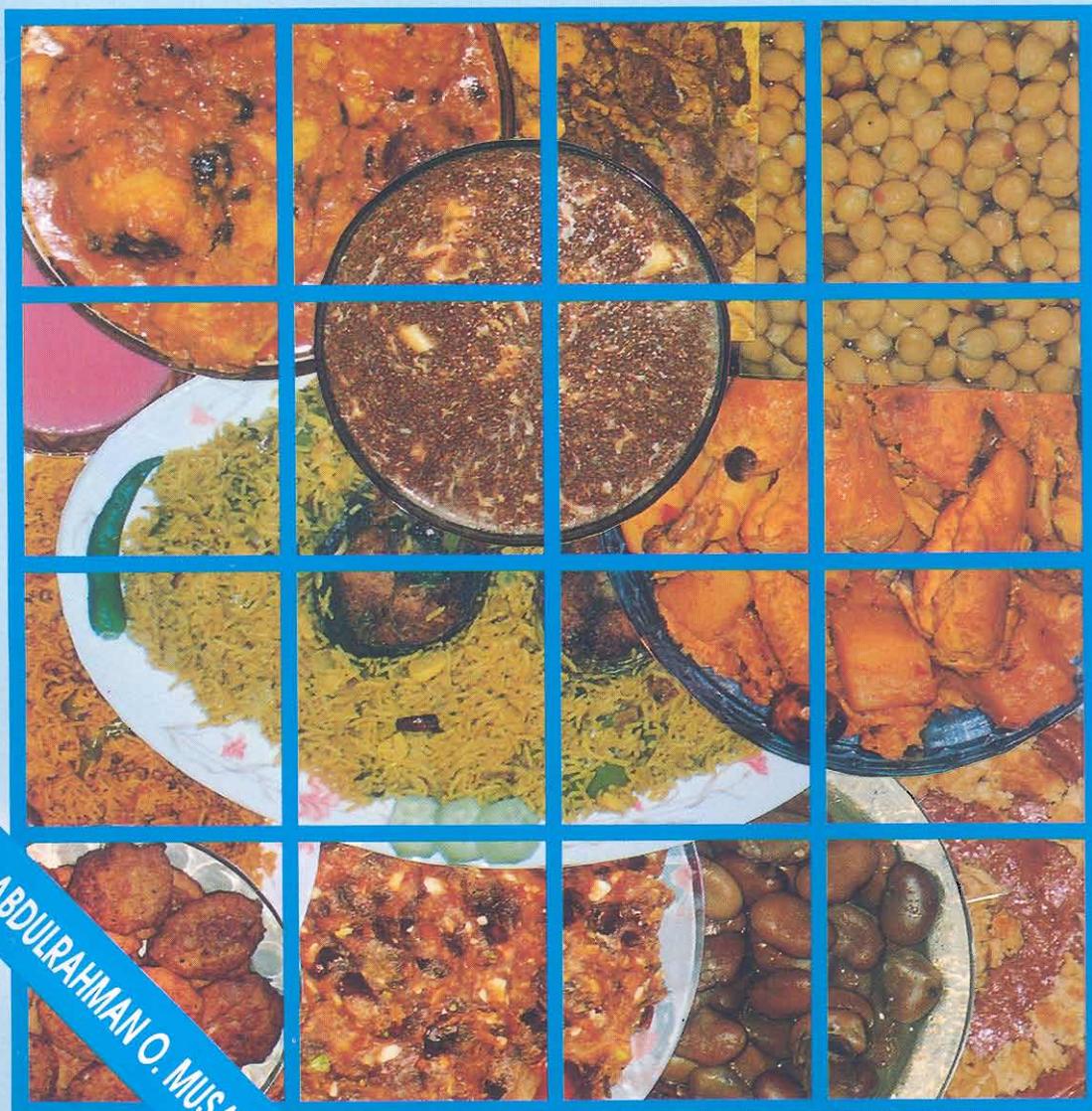


TRADITIONAL DISHES OF ARABIAN GULF

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(Methods of preparation and its nutritive value)



DR. ABDULRAHMAN O. MUSAIGER

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❖ **TRADITIONAL DISHES OF ARABIAN GULF**

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PREFACE

Recipe books published about dishes in Arabian Gulf countries lack information on their nutritive values. The present recipe book, therefore, provides a unique information on the method of preparation of traditional dishes in Arabian Gulf as well as, their nutritive values. The information on nutrients composition of the dishes provided here were extracted from direct chemical analysis and calculation from ingredients of the dishes. Data on moisture, protein, fat, fiber, carbohydrates, energy, calcium, iron and vitamin C contents of each dish are provided. Such information are very helpful for those interested in the health aspect of Arabian Gulf dishes particularly those who watch their diet for reducing weight.

It is important to mention that some of the dishes provided here were introduced by immigrants long ago, and become popular among Gulf communities. The best example is Biryani, Keema, Dahal, Aaloo, Kabab and Sambosa which were brought by Indian - subcontinents. Other dishes are mainly consumed during social occasions. For example, Thareed and Hareese are prepared during Ramadan (the fasting month), Qadah Al-Eid is mostly consumed during Eids (feasts), and Hesso and Gellab are eaten by postpartum mothers, they believe that such dishes increase milk secretion and help to clean the uterus from blood. All the other dishes are commonly consumed by Gulf families. Main dishes are mostly consumed at lunch (the main meal), while snacks are usually eaten at breakfast or supper.

I hope that this recipe book would benefit the foreigners who are interested in the dishes of Arabian Gulf states and its nutritive value.

A.O. Musaijer

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Appendix 1

Main Dishes

MACHBOUS DAJAJ

(Rice with chicken)



INGREDIENTS

- 140g chicken, boneless
- 1 cup rice (175g)
- 1 medium tomato, chopped (118g)
- 1 medium onion, chopped (88g)
- 2 tablespoons corn oil (17g)
- 3 cloves, garlic, crushed (2.5g)
- 1 tablespoon fresh coriander, ground (4g)
- 1 tablespoon butter, melted (9g)
- 1 teaspoon salt (4g)
- 1 teaspoon mixed spices (2g)
- 1/2 teaspoon black pepper, ground (1.5g)
- 3/4 teaspoon dried lemon, ground (1.5g)
- 2 1/2 cups water

NUTRITIONAL VALUE

(per 100g edible portion)

Moisture	62.4 g
Protein	5.0 g
Fat	6.0 g
Fiber	0.28 g
Carbohydrate	25.2 g
Energy	175 kcal
Calcium	35.0 mg
Iron	0.92 mg
Vitamin C	0.36 mg

METHOD

- Brown onion and garlic with little water
- Add oil and chicken; fry until half done
- Add the rest of ingredients (except rice and butter) and mix well
- Add rice; cook until rice is tender
- Pour melted butter on top
- Serve hot

1 Serving

MASLEY LAHAM (Rice with meat)



INGREDIENTS

- 200g beef
- 1 cup rice (160g)
- 1 medium potato, chopped (90g)
- 1 large onion, chopped (140g)
- 1/4 cup chickpeas (42g)
- 3 cloves garlic, crushed (3g)
- 1 tablespoon raisin (10g)
- 3 pieces of cardamoms (0.5g)
- 7 pieces of cloves (1.0g)
- 2 tablespoons corn oil (17g)
- 1 tablespoon butter, melted (9g)
- 2 teaspoons salt (8g)
- 1 teaspoon mixed spices (3g)
- 1/2 teaspoon black pepper, ground (1.5g)
- 3/4 teaspoon dried lemon, ground (1.5g)
- 4 cups water

NUTRITIONAL VALUE (per 100g edible portion)

Moisture	60.3 g
Protein	6.6 g
Fat	4.2 g
Fiber	0.22g
Carbohydrate	26.8 g
Energy	171 kcal
Calcium	18.0 mg
Iron	0.23 mg
Vitamin C	2.7 mg

METHOD

- Cook rice with water and salt until rice is tender; set aside.
- Cook meat with the rest of ingredients (except butter), until almost done.
- Add rice; cook over low heat for one hour.
- Pour melted butter on top.
- Serve hot.

1-2 Servings

BIRIYANI LAHAM

(Rice with beef)



INGREDIENTS

- 150g beef
- 1 cup rice (200g)
- 1 medium onion, chopped (94g)
- 5 cloves garlic, crushed (4g)
- 1 medium potato (104g)
- 4 tablespoons corn oil (40g)
- 1 tablespoon butter, melted (8g)
- 3 teaspoons salt (12g)
- 1 1/2 teaspoons mixed spices (4.5g)
- 1/4 teaspoon dried lemon, ground (0.5g)
- 1/4 teaspoon cardamom, ground (0.5g)
- 1 piece pepper, chopped (1g)
- 9 cups water

NUTRITIONAL VALUE

(per 100g edible portion)

Moisture	58.2 g
Protein	8.1 g
Fat	6.4 g
Fiber	0.7 g
Carbohydrate	25.4 g
Energy	192 kcal
Calcium	52.1 mg
Iron	0.9 mg
Vitamin C	3.8 mg

METHOD

- Cook meat with water and half of mixed spices until meat is nearly tender; set aside.
- Brown garlic and onion with oil; add the rest of ingredients and the meat.
- Cook until well done; set aside.
- Cook rice with water and salt until water absorbed.
- Mix the rice and the meat mixture.
- Cook over low heat for 30 minutes.
- Serve hot.

1-2 Servings

QADAH AL-EID (Rice with meat)



INGREDIENTS

- 2/3 cup rice (131g)
- 160g beef
- 1 medium potato, chopped (110g)
- 3 tablespoons chickpeas (39g)
- 1 medium onion, chopped (99g)
- 10 pieces of almond (10g)
- 5 cloves garlic, crushed (3g)
- 1 tablespoon raisins (13g)
- 5 1/2 tablespoon corn oil (53g)
- 2 teaspoons mixed spices (5g)
- 2 teaspoons salt (8g)
- 1 tablespoon butter (8g)
- 1/2 teaspoon dried lemon, ground (1g)
- 6 cups water

NUTRITIONAL VALUE

(per 100g edible portion)

Moisture	53.0 g
Protein	8.5 g
Fat	11.8 g
Fiber	1.3 g
Carbohydrate	24.2 g
Energy	237 kcal
Calcium	79.6 mg
Iron	1.6 mg
Vitamin C	4.5 mg

METHOD

- Cook rice until tender.
- Cook meat with water and spices until meat almost tender.
- Add the rest of ingredients and cook until well done.
- Place the mixture on top of rice.
- Serve hot.

1 Serving

MOMOWASH REBIAN (Rice with shrimps)



INGREDIENTS

- 3/4 cup rice (135g)
- 1/4 cup mungbeans, soaked in water for 2 hours, drained (40g)
- 30g dried shrimps
- 1 medium onion, chopped (100g)
- 1 medium tomato, chopped (115g)
- 3 cloves garlic, crushed (2.5g)
- 2 tablespoons corn oil (17g)
- 1 tablespoon butter melted (9g)
- 2 teaspoons fresh coriander, ground (2g)
- 2 teaspoons salt (8g)
- 1 teaspoon black pepper, ground (3g)
- 2 teaspoons mixed spices (5g)
- 1 1/2 teaspoon dried lemon, ground (3g)
- 4 cups water

NUTRITIONAL VALUE (per 100g edible portion)

Moisture	66.2 g
Protein	4.6 g
Fat	4.0 g
Fiber	0.58 g
Carbohydrate	22.0 g
Energy	142 kcal
Calcium	53.0 mg
Iron	0.11 mg
Vitamin C	0.53 mg

METHOD

- Brown onion and garlic with water.
- Add the rest of ingredients (except rice and butter) and cook for one hour.
- Add rice; cook until rice is tender and water absorbed.
- Pour melted butter on top.
- Serve hot.

1 Serving

MADROUBAH REBIAN (Rice with shrimp)



INGREDIENTS

- 110g shrimps
- 2/3 cup rice (131g)
- 1 medium potato, chopped (116g)
- 1 medium onion, chopped (105g)
- 2 tablespoons corn oil (20g)
- 1 tablespoon green coriander, ground (3g)
- 5 cloves garlic, crushed (2.5g)
- 1 tablespoon butter, melted (8g)
- 1 1/4 teaspoon salt (5g)
- 1 teaspoon mixed spices (2g)
- 1/2 teaspoon dried lemon, ground (1g)
- 4 cups water

NUTRITIONAL VALUE

(per 100g edible portion)

Moisture	79.1 g
Protein	3.3 g
Fat	3.3 g
Fiber	0.3 g
Carbohydrate	13.2 g
Energy	96 kcal
Calcium	5.5 mg
Iron	0.8 mg
Vitamin C	6.2 mg

METHOD

- Brown onion, garlic and shrimps with little water.
- Add the rest of ingredients (except butter) and cook over low heat for one hour.
- Beat the mixture until smoothly blended.
- Pour melted butter on top.
- Serve hot.

1 Serving

JEREESH REBIAN (Crushed wheat with shrimps)



INGREDIENTS

- 67g fresh shrimps, cleaned
- 1 cup crushed wheat (jereesh) (118g)
- 2 tablespoons corn oil (17g)
- 1 tablespoon butter, melted (9g)
- 1 medium tomato, chopped (100g)
- 1 medium onion, chopped (100g)
- 1 tablespoon fresh coriander, chopped (3g)
- 3 cloves garlic, crushed (4g)
- 1 teaspoon salt (4g)
- 1 1/2 teaspoon mixed spices (4g)
- 3/4 teaspoon dried lemon, ground (1.5g)
- 4 cups water

NUTRITIONAL VALUE (per 100g edible portion)

Moisture	74.1	g
Protein	3.3	g
Fat	4.8	g
Fiber	0.47	g
Carbohydrate	15.8	g
Energy	120	kcal
Calcium	33.0	mg
Iron	1.0	mg
Vitamin C	0.93	mg

METHOD

- Brown onion and garlic with little water.
- Add the rest of ingredients (except jereesh and butter); cook until well done.
- Roast wheat in dry pan until brown and add to mixture.
- Cook over low heat until well done.
- Pour melted butter on top.
- Serve hot.

1 Serving

CHEBAH REBIAN (Shrimp balls in sauce)



INGREDIENTS

- 100g shrimps, cleaned
- 1 small onion, chopped (66g)
- 1/3 cup rice flour (43g)
- 1/4 cup tamarind, overripe (56g)
- 1 medium tomato, mashed (120g)
- 1 tablespoon oil (10g)
- 4 cloves garlic, ground (3g)
- 4 teaspoons green coriander, ground (4g)
- 1/2 teaspoon salt (2g)
- 1 teaspoon mixed spices (2g)
- 2 cups water

METHOD

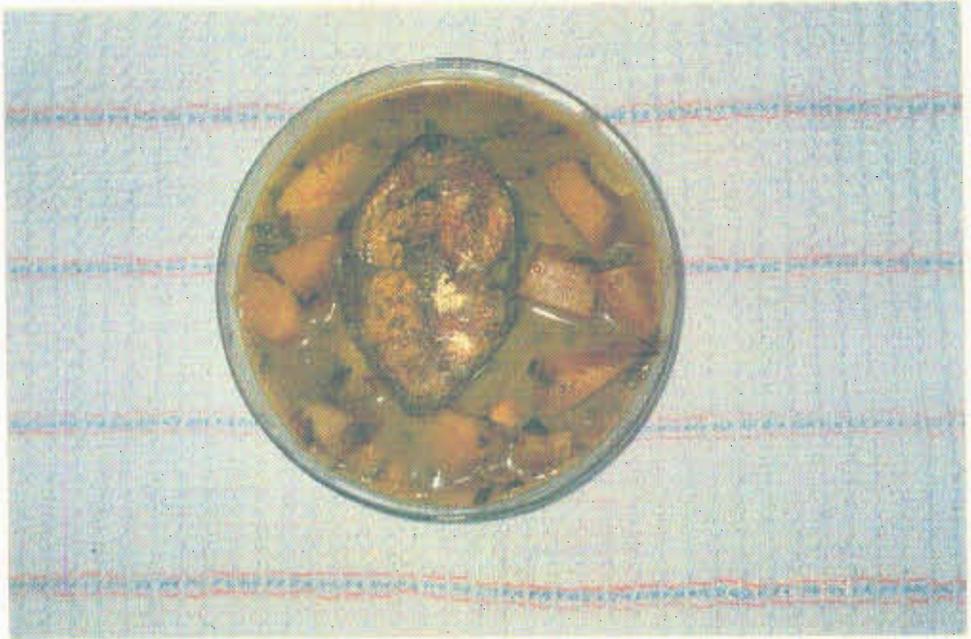
- Knead shrimps with flour, garlic salt and half of spices.
- Mince, then knead to a tender paste.
- Fry onion and spices with oil.
- Shape portion of paste into balls.
- Make a hole in each ball and fill with fried onion; close opening.
- Cook tomatoes, tamarind water until boiling point.
- Dip the shrimp balls into tamarind mixture.
- Serve hot.

1-2 Serving

NUTRITIONAL VALUE (per 100g edible portion)

Moisture	74.1	g
Protein	5.2	g
Fat	2.5	g
Fiber	0.6	g
Carbohydrate	16.3	g
Energy	109	kcal
Calcium	159.6	mg
Iron	2.1	mg
Vitamin C	14.9	mg

SALOONAT SAMAK (Fish stew)



INGREDIENTS

- 1 medium fish (250g)
- 1 medium onion, chopped (89g)
- 1 medium tomato, chopped (107g)
- 1 medium egg-plant, chopped (48g)
- 5 cloves garlic, crushed (3g)
- 4 teaspoons green coriander, chopped (4g)
- 1 tablespoon tomato paste (15g)
- 4 teaspoons corn oil (12g)
- 4 1/2 teaspoons salt (18g)
- 1 teaspoon mixed spices (2g)
- 1 tablespoon tamarind, overripe (12g)
- 1/2 teaspoon dried lemon, ground (1g)
- 2 1/4 cups water

METHOD

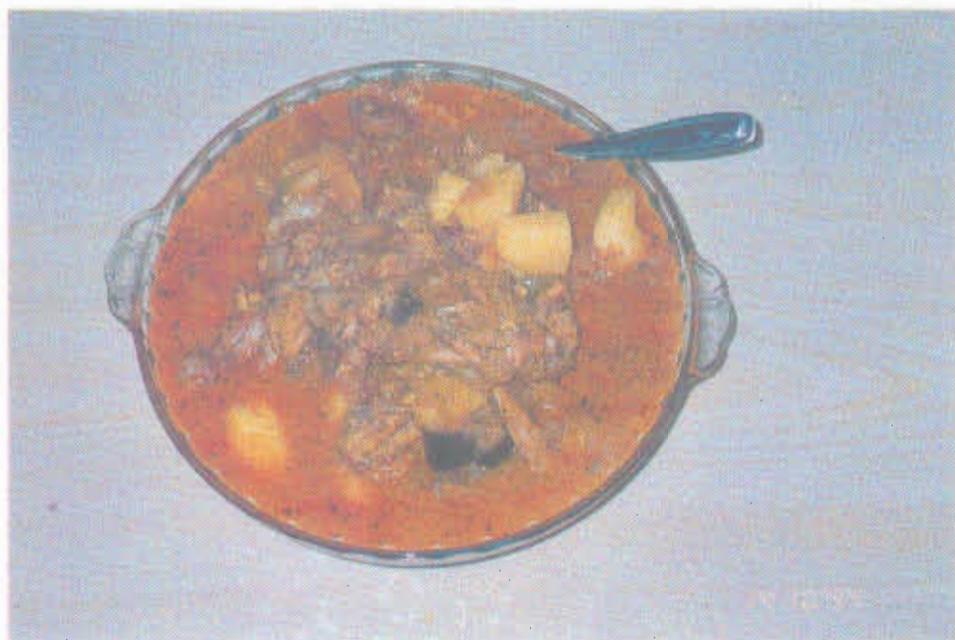
- Salt fish and let stand for one hour.
- Wash the fish and fry in hot oil.
- Brown onion and garlic with oil.
- Add the fish and the rest of ingredients.
- Cook over low heat until well done.
- Serve hot with rice or bread.

2 Servings

NUTRITIONAL VALUE (per 100g edible portion)

Moisture	83.8	g
Protein	7.0	g
Fat	5.8	g
Fiber	0.6	g
Carbohydrate	0.5	g
Energy	82	kcal
Calcium	55.7	mg
Iron	1.0	mg
Vitamin C	12.7	mg

SALOONAT DAJAJ (Chicken stew)



INGREDIENTS

- 167g chicken
- 1 medium onion, chopped (93g)
- 1 medium tomato, chopped (118g)
- 1 medium potato, chopped (130g)
- 5 cloves garlic, crushed (3g)
- 1 tablespoon corn oil (10g)
- 2 teaspoons tomato paste (8g)
- 1 tablespoon green coriander, chopped (3g)
- 1 teaspoon salt (4g)
- 1 teaspoon mixed spices (1.5g)
- 1/2 teaspoon dried lemon, ground (1g)
- 2 cups water

METHOD

- Brown onion and garlic with little water.
- Add the rest of ingredients and mix well.
- Cook until well done.
- Serve hot with rice or bread.

1-2 Servings

NUTRITIONAL VALUE (per 100g edible portion)

Moisture	82.3	g
Protein	7.3	g
Fat	4.5	g
Fiber	0.8	g
Carbohydrate	3.6	g
Energy	83	kcal
Calcium	34.6	mg
Iron	0.8	mg
Vitamin C	13.9	mg

MARKOUKAH DAJAJ (Bread with chicken stew)



INGREDIENTS

- 140g chicken
- 1 medium tomato, chopped (100g)
- 1 medium onion, chopped (70g)
- 1 1/2 cup wheat flour (145g)
- 4 1/2 tablespoons green beans (60g)
- 4 cloves garlic, crushed (3g)
- 2 tablespoons tomato paste (30g)
- 2 tablespoons corn oil (17g)
- 1 teaspoon salt (4g)
- 1 teaspoon mixed spices (2g)
- 1/2 teaspoon black pepper, ground (1.5g)
- 3/4 teaspoon dried lemon, ground (1.5g)
- 4 cups water

NUTRITIONAL VALUE (per 100g edible portion)

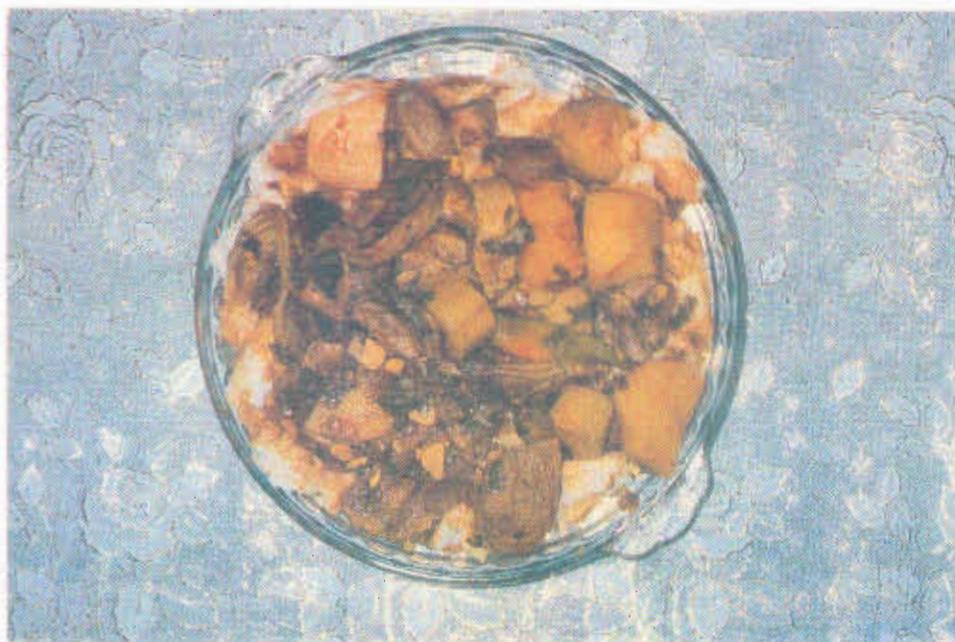
Moisture	65.6 g
Protein	5.6 g
Fat	4.1 g
Fiber	0.59 g
Carbohydrate	22.7 g
Energy	150 kcal
Calcium	26.0 mg
Iron	3.5 mg
Vitamin C	1.81 mg

METHOD

- For making bread, add water to flour; knead until a soft dough is formed.
- Roll out the dough to thin layer; bake in oven until dry.
- Mix the rest of ingredients and cook until well done.
- Cut bread into small pieces; add to mixture.
- Stir until bread absorbed with sauce.
- Serve hot.

1 Serving

THAREED (Bread with beef stew)



INGREDIENTS

- 150g beef
- 1 medium onion, chopped (93g)
- 1 medium tomato, chopped (80g)
- 1 medium potato, chopped (99g)
- 1 small piece of pumpkin (68g)
- 5 cloves garlic, crushed (2.5g)
- 1 piece of bread (flat or Arabic bread)
- 1 tablespoon tomato paste (15g)
- 4 tablespoons green coriander, chopped (4g)
- 5 teaspoons corn oil (15g)
- 1 1/2 teaspoon salt (6g)
- 1 1/2 teaspoon mixed spices (2g)
- 1/2 teaspoon dried lemon, ground (1g)
- 4 cups water

NUTRITIONAL VALUE (per 100g edible portion)

Moisture	75.0 g
Protein	6.8 g
Fat	3.5 g
Fiber	0.6 g
Carbohydrate	12.1 g
Energy	107 kcal
Calcium	48.9 mg
Iron	1.2 mg
Vitamin C	8.6 mg

METHOD

- Cook onion, garlic and meat until water is absorbed.
- Add the rest of ingredients, (except bread) and cook until well done.
- Cut bread into small cubes and arrange into a serving dish.
- Pour the mixture over the bread cubes.
- Serve hot.

1 Serving

HAREESE (Beaten wheat with beef)



INGREDIENTS

- 120g beef
- 1 cup blanched wheat (180g)
- 2 teaspoons salt (8g)
- 1 tablespoon butter, melted (8g)
- 6 cups water

METHOD

- Put meat and wheat into heavy pot; add water; cook for 3-4 hours until very tender. Add water whenever need.
- Add salt and mix well.
- Beat the mixture until smoothly blended.
- Pour into plate and pour melted butter on top.
- Serve hot.

1-2 Servings

NUTRITIONAL VALUE (per 100g edible portion)

Moisture	81.0	g
Protein	5.1	g
Fat	1.5	g
Fiber	0.5	g
Carbohydrate	10.5	g
Energy	76	kcal
Calcium	31.0	mg
Iron	1.2	mg
Vitamin C	0	mg

KEEMA (Minced beef stew)



INGREDIENTS

- 185g beef, minced
- 1 small potato; chopped (47g)
- 5 tablespoons green peas (70g)
- 1 small tomato, chopped (60g)
- 2 tablespoons tomato paste (30g)
- 1 medium onion, chopped (89g)
- 4 teaspoons corn oil (12g)
- 1 tablespoon green coriander, ground (3g)
- 3 cloves garlic, crushed (2g)
- 1 1/2 teaspoon salt (6g)
- 1/4 teaspoon dried lemon, ground (0.5g)
- 1 1/2 cup water

METHOD

- Brown onion and garlic with little water; add oil and mix well.
- Add the rest of ingredients; mix well.
- Cook over low heat until well done.
- Serve hot with bread or rice.

1-2 Servings

NUTRITIONAL VALUE (per 100g edible portion)

Moisture	77.2 g
Protein	7.5 g
Fat	4.5 g
Fiber	1.2 g
Carbohydrate	7.4 g
Energy	100 kcal
Calcium	384.0 mg
Iron	20.6 mg
Vitamin C	192.3 mg

DAHAL (Lentil stew)



INGREDIENTS

- 1/3 cup lentils (85g)
- 1 small potato, chopped (46g)
- 1 medium onion, sliced (63g)
- 1 small tomato, sliced (69g)
- 1 1/2 teaspoon tomato paste (6g)
- 4 teaspoon corn oil (12g)
- 3 cloves garlic, crushed (2g)
- 2 teaspoons green coriander, ground (2g)
- 1 teaspoon mixed spices (2g)
- 1 teaspoon salt (4g)
- 1/2 teaspoon dried lemon, ground (1g)
- 3 cups water

METHOD

- Soak lentils in one cup water for one hour.
- Add potatoes and rest of water; cook until almost tender.
- Brown onion and garlic with oil; add to the lentils.
- Add the rest of ingredients; mix well.
- Cook over low heat until well done.
- Serve hot with bread or rice.

1-2 Servings

NUTRITIONAL VALUE (per 100g edible portion)

Moisture	77.6 g
Protein	4.5 g
Fat	2.5 g
Fiber	0.9 g
Carbohydrate	13.2 g
Energy	93 kcal
Calcium	41.5 mg
Iron	1.9 mg
Vitamin C	9.6 mg

SAMAK MAGLEE (Fried fish)



INGREDIENTS

- 1 medium fish, cleaned (275g)
- 3 tablespoons corn oil (30g)
- 1 tablespoon salt (12g)
- 3/4 teaspoon mixed spices (1.5g)

METHOD

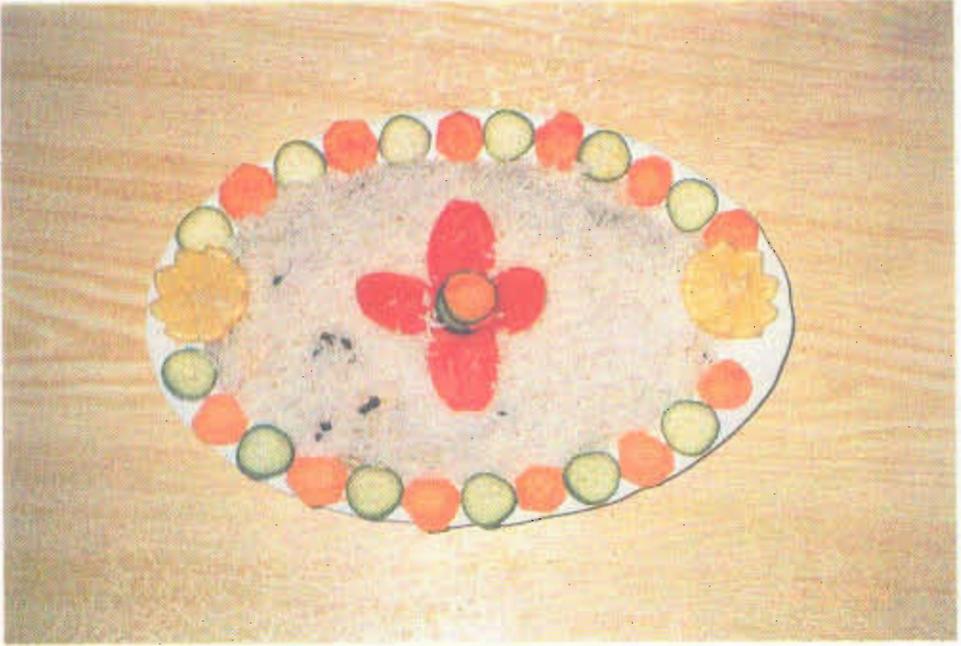
- Salt fish and let stand for one hour.
- Wash the fish and mix with spices.
- Fry in hot oil until brown.
- Serve hot with rice (Shailani).

1 Serving

NUTRITIONAL VALUE (per 100g edible portion)

Moisture	60.0 g
Protein	23.7 g
Fat	13.0 g
Fiber	0.3 g
Carbohydrate	0 g
Energy	211 kcal
Calcium	41.7 mg
Iron	1.3 mg
Vitamin C	0.2 mg

SHAILANI (Rice with onion)



INGREDIENTS

- 1 cup rice (200g)
- 1 small onion (50g)
- 1 tablespoon corn oil (10g)
- 1 tablespoon butter, melted (8g)
- 2 teaspoons salt (8g)
- 2 1/4 cups water

METHOD

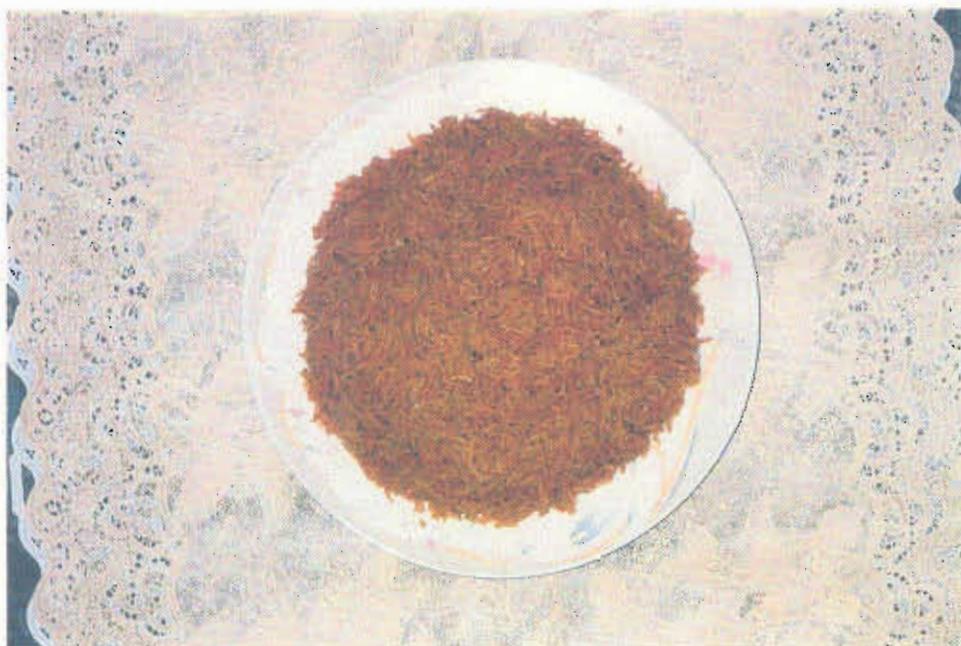
- Cook rice with water and salt until almost done; drain; set aside.
- Brown onion with oil; add rice and cook until well done.
- Pour melted butter on top.
- Serve hot with fried fish or stew.

1-2 Servings

NUTRITIONAL VALUE (per 100g edible portion)

Moisture	60.5	g
Protein	3.1	g
Fat	3.8	g
Fiber	0.5	g
Carbohydrate	31.3	g
Energy	172	kcal
Calcium	20.8	mg
Iron	0.2	mg
Vitamin C	1.0	mg

MAHAMER (Sweet rice)



INGREDIENTS

- 1 1/4 cup rice (200g)
- 1 cup sugar (216g)
- 1 tablespoon corn oil (10g)
- 1 tablespoon butter, melted (8g)
- 1/2 teaspoon fennel seed (1g)
- 5 cups water

METHOD

- Soak rice in 1 1/2 cup water for 1/2 hour, strain.
- Brown sugar in a pot; add water; cook until boil.
- Add rice and fennel seed; cook until nearly tender.
- Place rice in another oiled pot; cook over low heat
- until well done.
- Pour melted butter on top.

- Serve hot.

NUTRITIONAL VALUE

(per 100g edible portion)

Moisture	42.9	g
Protein	2.9	g
Fat	4.0	g
Fiber	0.4	g
Carbohydrate	49.0	g
Energy	244	kcal
Calcium	31.1	mg
Iron	0.2	mg
Vitamin C	0	mg

1-2 Servings

Snacks

AALOO (Fried potato with onion)



INGREDIENTS

- 3 medium potatoes (330g)
- 1 small onion, chopped (54g)
- 1/3 cup corn oil (63g)
- 3 cloves garlic, crushed (3g)
- 1/4 teaspoon chilli powder (0.5)
- 1/2 teaspoon salt (2g)
- 3 1/2 cups water

METHOD

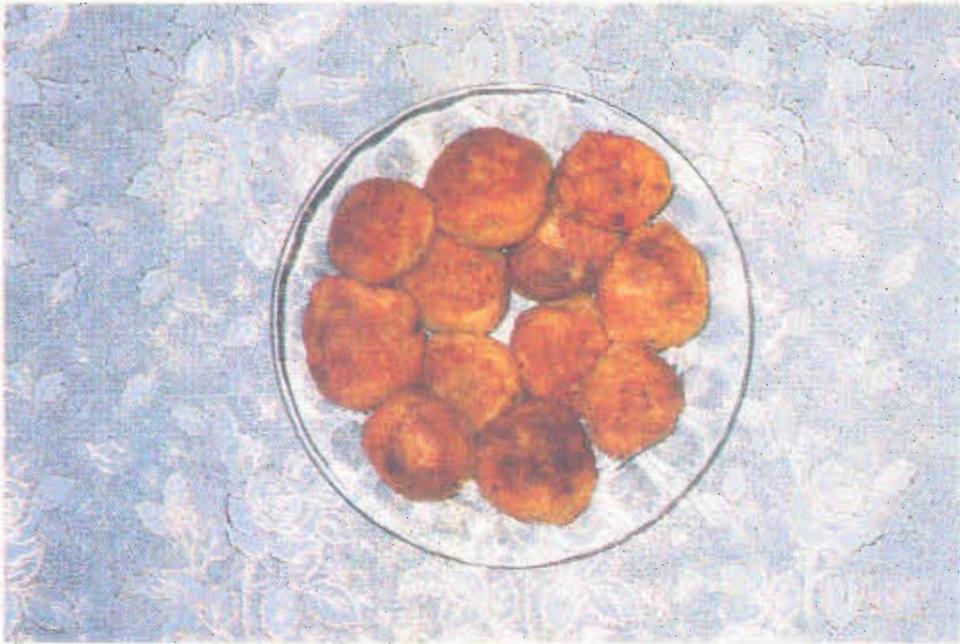
- Brown onion and garlic with oil. Add little water, chilli and salt; cook until well done.
- Boil potatoes until soft; drain and mash them; add salt and mix well.
- Shape portion of potatoes into balls.
- Make a hole into each ball and fill with mixture.
- Close opening and shape into round thick cakes.
- Fry in hot oil until brown.
- Serve hot.

2 Servings

NUTRITIONAL VALUE (per 100g edible portion)

Moisture	57.8	g
Protein	2.1	g
Fat	19.7	g
Fiber	2.2	g
Carbohydrate	16.5	g
Energy	252	kcal
Calcium	61.3	mg
Iron	0.8	mg
Vitamin C	20.9	m

AALOO CHAB (Fried potato with meat)



INGREDIENTS

- 3 medium potatoes (320g)
- 1 small onion, chopped (37g)
- 50g beef, minced
- 1/2 cup corn oil (90g)
- 1 egg (51g)
- 4 tablespoons breadcrumbs (20g)
- 2 cloves garlic, crushed (2g)
- 3/4 teaspoon salt (2.5g)
- 3/4 teaspoon mixed spices (1.5g)
- 3 1/2 cups water

METHOD

- Brown onion and garlic with oil.
- Add beef, spices and salt, cook until meat brown.
- Boil potatoes until soft, drain and mash them, add salt and mix well.
- Shape portion of potatoes into balls.
- Make a hole into each ball and fill with mixture.
- Close opening and shape into round thick cakes.
- Dip in beaten egg, then in breadcrumbs.
- Fry in hot oil until brown.
- Serve hot.

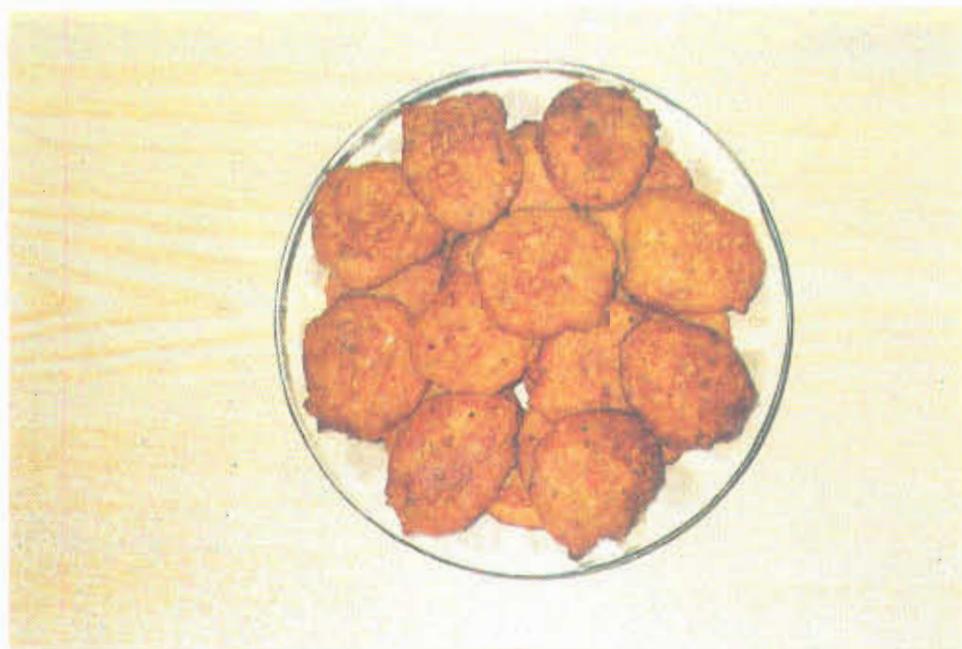
NUTRITIONAL VALUE

(per 100g edible portion)

Moisture	56.7 g
Protein	6.6 g
Fat	13.3 g
Fiber	2.6 g
Carbohydrate	19.3 g
Energy	223 kcal
Calcium	53.3 mg
Iron	1.3 mg
Vitamin C	11.4 mg

2 Servings

KABAB (Chickpea flour with egg)



INGREDIENTS

- 1 cup chickpea flour (93g)
- 1 small onion, chopped (30g)
- 6 cloves garlic, crushed (6g)
- 1 egg (59g)
- 3 small green peppers, chopped (3g)
- 3/4 teaspoon mixed spices (2g)
- 1/2 teaspoon salt (2g)
- 1/4 teaspoon baking soda (1g)
- 1/3 cup corn oil (70g)
- 1/2 cup water

METHOD

- Beat egg with onion, garlic, pepper and salt.
- Add flour and water; knead to paste.
- Shape paste into round thick cakes.
- Fry in hot oil until brown on each side, drain.
- Serve hot.

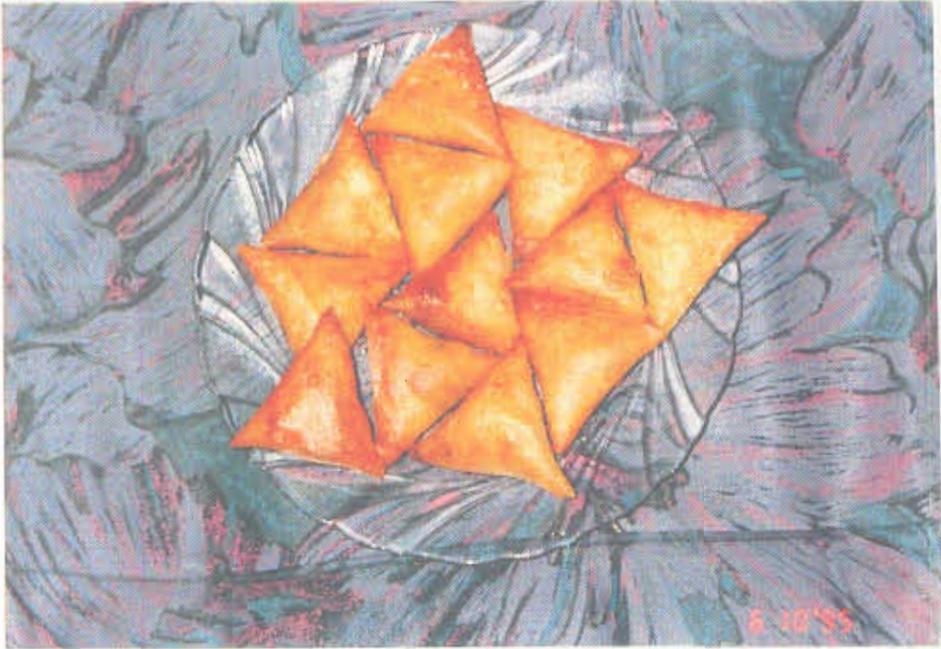
3 Servings

NUTRITIONAL VALUE

(per 100g edible portion)

Moisture	42.9 g
Protein	8.1 g
Fat	12.6 g
Fiber	1.2 g
Carbohydrate	33.7 g
Energy	281 kcal
Calcium	358.5 mg
Iron	10.5 mg
Vitamin C	9.7 mg

SAMBOSA (Mungbean pie)



INGREDIENTS

Stuff

- 1 small onion, chopped (37g)
- 1 medium potato, boiled and chopped (140g)
- 3 tablespoons mungbeans, boiled (40g)
- 1/3 cup corn oil (70g)
- 2 cloves garlic, crushed (3g)
- 1/2 teaspoon salt (2g)
- 1/2 teaspoon chilli powder (1g)

Paste

- 3/4 cup wheat flour (122g)
- 1 1/2 teaspoon corn oil (5g)
- 1/4 teaspoon salt (1g)
- 1/8 cup water

NUTRITIONAL VALUE

(per 100g edible portion)

Moisture	47.8 g
Protein	6.6 g
Fat	10.0 g
Fiber	1.0 g
Carbohydrate	32.6 g
Energy	247 kcal
Calcium	93.2 mg
Iron	2.8 mg
Vitamin C	7.4 mg

METHOD

- Knead the ingredients of paste until tender dough.
- Set aside for 1/2 hour, shape to rectangle.
- Brown onion and garlic with little oil.
- Add the rest of ingredients and cook until well done.
- Place about one tablespoon of mixture on each rectangle of dough.
- Fold into triangle shape close the edge by wet flour.
- Fry in hot oil until brown, drain.
- Serve hot.

2 Servings

TIKKAH (Grilled meat)



INGREDIENTS

- 160g beef
- 2 teaspoons dried lemon, ground (4g)
- 1/2 teaspoon black pepper, ground (1g)
- 1/4 teaspoon salt (1g)

METHOD

- Cut meat into small pieces and mix with the rest of ingredients.
- Let to stand overnight.
- Grill over an open flame until well done.

1 Serving

NUTRITIONAL VALUE (per 100g edible portion)

Moisture	55.1 g
Protein	35.3 g
Fat	3.9 g
Fiber	0.8 g
Carbohydrate	1.2 g
Energy	181 kcal
Calcium	16.0 mg
Iron	4.2 mg
Vitamin C	2.4 mg

NEKHEE (Boiled chickpeas)



INGREDIENTS

- 1 cup chickpeas (185g)
- 2 teaspoons salt (8g)
- 7 cups water

METHOD

- Soak chickpeas in 2 cups of water for 12 hours.
- Add the rest of water and cook until boiling point.
- Cook over low heat for 1-2 hours until chickpeas are tender.
- Add salt and mix well.
- Serve hot.

2 Servings

NUTRITIONAL VALUE

(per 100g edible portion)

Moisture	75.0 g
Protein	5.0 g
Fat	2.0 g
Fiber	1.4 g
Carbohydrate	15.0 g
Energy	98 kcal
Calcium	70.5 mg
Iron	1.7 mg
Vitamin C	0.8 mg

LOOBAH (Boiled blackeye beans)



INGREDIENTS

- 1 cup blackeye beans, (135g)
- 2 teaspoons baking soda (2g)
- 1/2 teaspoon salt (2g)
- 5 cups water

METHOD

- Soak beans in water for 12 hours.
- Cook until boiling point.
- Add the rest of ingredients and cook over low heat until beans are tender.
- Serve hot.

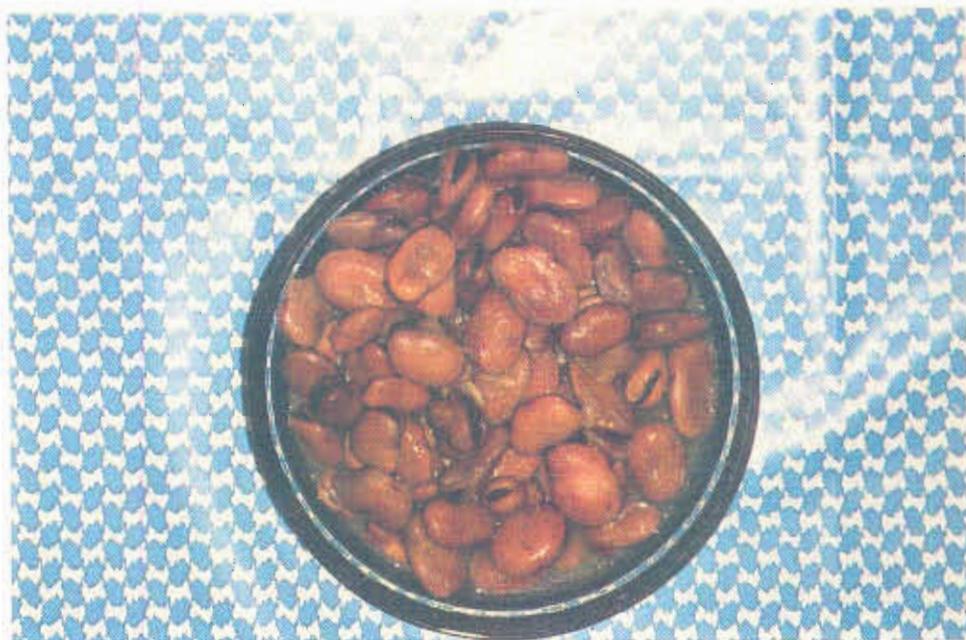
1-2 Servings

NUTRITIONAL VALUE

(per 100g edible portion)

Moisture	76.4 g
Protein	5.9 g
Fat	0.9 g
Fiber	0.9 g
Carbohydrate	15.1 g
Energy	92 kcal
Calcium	69.4 mg
Iron	1.1 mg
Vitamin C	0.2 mg

BAJELAH (Boiled broad beans)



INGREDIENTS

- 1 cup broad beans, dry (120g)
- 2 teaspoons baking soda (2g)
- 1/2 teaspoon salt (2g)
- 6 1/2 cups water

METHOD

- Soak beans in water for 12 hours.
- Cook beans until boiling point.
- Add the rest of ingredients and cook over low heat until beans are tender.
- Serve hot.

1-2 Servings

NUTRITIONAL VALUE

(per 100g edible portion)

Moisture	75.0 g
Protein	6.2 g
Fat	1.0 g
Fiber	0.8 g
Carbohydrate	16.3 g
Energy	99 kcal
Calcium	65.9 mg
Iron	0.7 mg
Vitamin C	0 mg

Sweets

AASEEDAH (Sweet flour with eggs)



INGREDIENTS

- 1/2 cup sugar (107g)
- 1 cup wheat flour, roasted in dry pan (125g)
- 7 tablespoons butter (58g)
- 2 cups water
- Topping**
- 2 eggs (102g)
- 1 small onion, chopped (37g)
- 1/2 teaspoon cardamom, ground (1g)
- 1/4 teaspoon ginger, ground (1.5g)
- 1/8 teaspoon salt (0.5g)
- 1/2 teaspoon mixed spices (1g)
- 3 teaspoons corn oil (8g)

METHOD

- Brown sugar, add water and cook until all the sugar is dissolved, bring to boil.
- Knead flour with water until tender paste.
- Mix with sugar.
- Add the rest of ingredients and cook until it becomes a thick mixture.
- For topping, beat all the ingredients.
- Fry in oil until brown.
- Place on top of the mixture.
- Serve hot.

2 Servings

NUTRITIONAL VALUE (per 100g edible portion)

Moisture	51.8 g
Protein	4.3 g
Fat	11.9 g
Fiber	2.0 g
Carbohydrate	29.6 g
Energy	243 kcal
Calcium	29.2 mg
Iron	1.3 mg
Vitamin C	0.6 mg

AIGALEE (Cardamom cake)



INGREDIENTS

- 2 eggs (102g)
- 1/2 cup sugar (80g)
- 1/2 cup wheat flour, roasted in dry pan (68g)
- 2 teaspoons butter, melted (5g)
- 1/2 teaspoon cardamom, ground (1g)
- 1 teaspoon sesame (4g)

METHOD

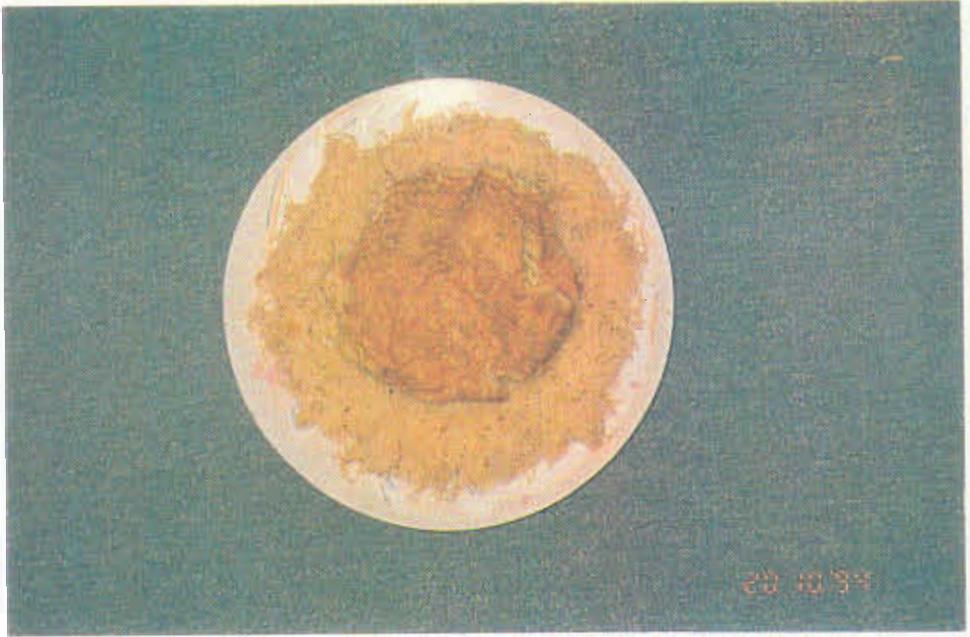
- Beat eggs, sugar, flour and cardamom well
- Pour into buttered pan.
- Top with sesame.
- Bake until light brown.

2-3 Servings

NUTRITIONAL VALUE (per 100g edible portion)

Moisture	22.1 g
Protein	10.1 g
Fat	9.4 g
Fiber	0.6 g
Carbohydrate	56.7 g
Energy	352 kcal
Calcium	41.4 mg
Iron	2.4 mg
Vitamin C	0 mg

BALAALEET (Sweet vermicelli)



INGREDIENTS

- 1/2 small packet, vermicelli (140g)
- 1 teaspoon cardamom, ground (3g)
- 1/3 cup sugar (80g)
- 1 tablespoon corn oil (10g)
- 2 1/2 cups water

Topping

- 1 small onion, chopped (33g)
- 2 eggs (102g)
- 1/8 teaspoon salt (0.5g)
- 1/2 teaspoon mixed spices (1g)
- 4 teaspoons corn oil (12g)

METHOD

- Boil vermicelli and drain.
- Add the rest of ingredients and cook until well done.
- For topping, beat eggs, onion, salt and spices well.
- Fry in hot oil until brown each side.
- Place on top of vermicelli.
- Serve hot.

1-2 Servings

NUTRITIONAL VALUE (per 100g edible portion)

Moisture	57.1 g
Protein	5.5 g
Fat	6.1 g
Fiber	0.6 g
Carbohydrate	30.4 g
Energy	199 kcal
Calcium	51.0 mg
Iron	1.2 mg
Vitamin C	0.9 mg

BETHEETH (Dates with flour)



INGREDIENTS

- 1 cup dried dates (140g)
- 1/2 cup wheat flour, roasted in dry pan (68g)
- 1/4 cup butter (50g)
- 1 teaspoon cardamom, ground (2g)

METHOD

- Knead all the ingredients until thick mixture.
- Cook over low heat until brown.
- Serve hot or cold.

2 Servings

NUTRITIONAL VALUE (per 100g edible portion)

Moisture	17.6 g
Protein	2.6 g
Fat	6.4 g
Fiber	1.4 g
Carbohydrate	71.0 g
Energy	352 kcal
Calcium	132.0 mg
Iron	5.2 mg
Vitamin C	0 mg

ELBAH (eggs with milk)



INGREDIENTS

- 2 eggs (102g)
- 1 cup whole milk, liquid
- 1/4 cup sugar (68g)
- 1/4 teaspoon cardamom, ground (0.5g)
- Saffron

METHOD

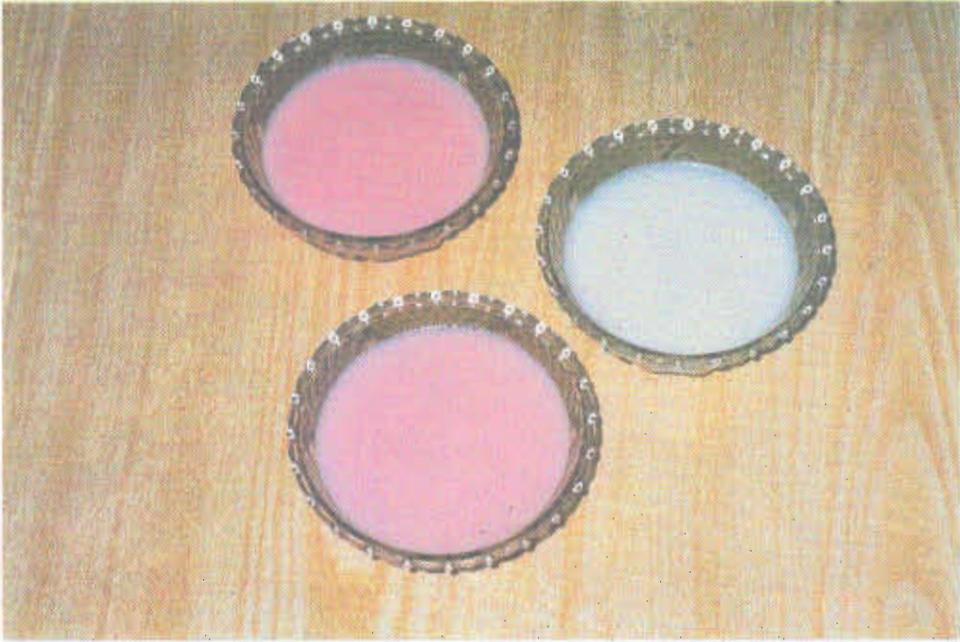
- Dissolve sugar in milk.
- Add the rest of ingredients and beat well.
- Place the pot into a larger pot contain water.
- Cook until it becomes a thick mixture.
- Chill.
- Serve cold

1-2 Servings

NUTRITIONAL VALUE (per 100g edible portion)

Moisture	73.9 g
Protein	4.3 g
Fat	3.3 g
Fiber	0.2 g
Carbohydrate	17.8 g
Energy	118 kcal
Calcium	96.1 mg
Iron	0.7 mg
Vitamin C	1.0 mg

FALOODAH (Sweet agar)



INGREDIENTS

- 4 g agar
- 1/3 cup sugar (80g)
- 2/3 cup whole milk, liquid (146g)
- 1 1/2 cup water

METHOD

- Combine all ingredients and cook until boil, drain.
- Pour into plate.
- Chill.
- Serve cold.

2 Servings

NUTRITIONAL VALUE (per 100g edible portion)

Moisture	79.0 g
Protein	0.9 g
Fat	0.9 g
Fiber	0.2 g
Carbohydrate	18.4 g
Energy	85 kcal
Calcium	125.4 mg
Iron	0.8 mg
Vitamin C	0.5 mg

GELLAB (Flour and watercress sweet)



INGREDIENTS

- 5 teaspoons watercress-seeds (15g)
- 3/4 cup wheat flour (119g)
- 1 cup butter, melted (273g)
- 1/3 cup sugar (80g)
- 1/2 teaspoon ginger, ground (2g)
- 1 1/2 cup water

METHOD

- Brown flour with butter.
- Boil water, add watercress-seeds, sugar and ginger, mix well.
- Add the mixture to flour and cook until it becomes thick.
- Serve hot.

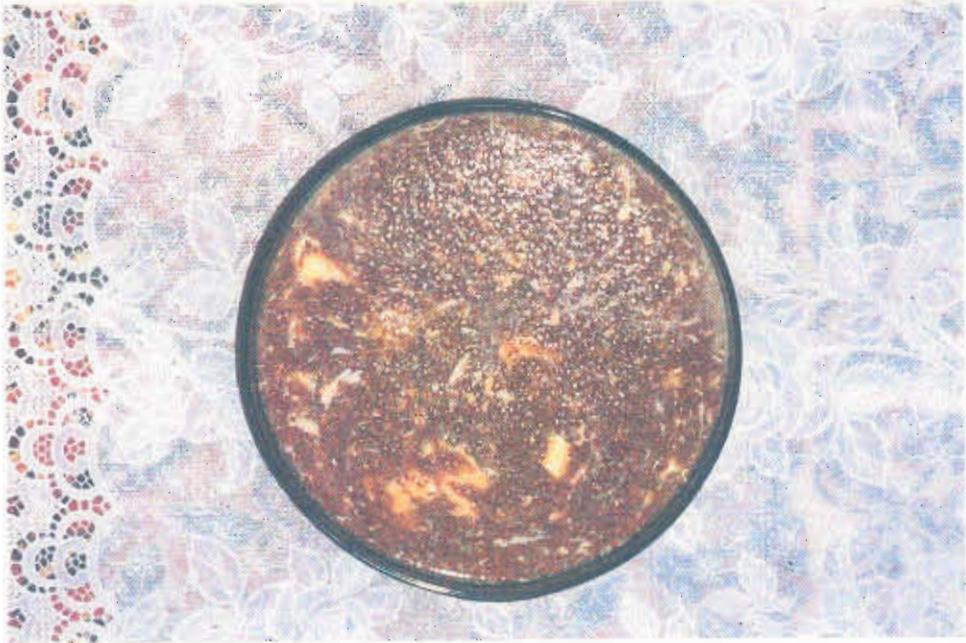
2-3 *Servings*

NUTRITIONAL VALUE

(per 100g edible portion)

Moisture	43.8 g
Protein	3.1 g
Fat	25.0 g
Fiber	3.8 g
Carbohydrate	24.0 g
Energy	333 kcal
Calcium	22.3 mg
Iron	0.8 mg
Vitamin C	0 mg

HESSO (Egg and watercress sweet)



INGREDIENTS

- 2 tablespoons watercress-seeds (20g)
- 1 egg (51g)
- 2 tablespoons corn oil (20g)
- 1/4 cup sugar (68g)
- 1 1/4 teaspoon mixed spices (2g)
- 2 1/2 cups water

METHOD

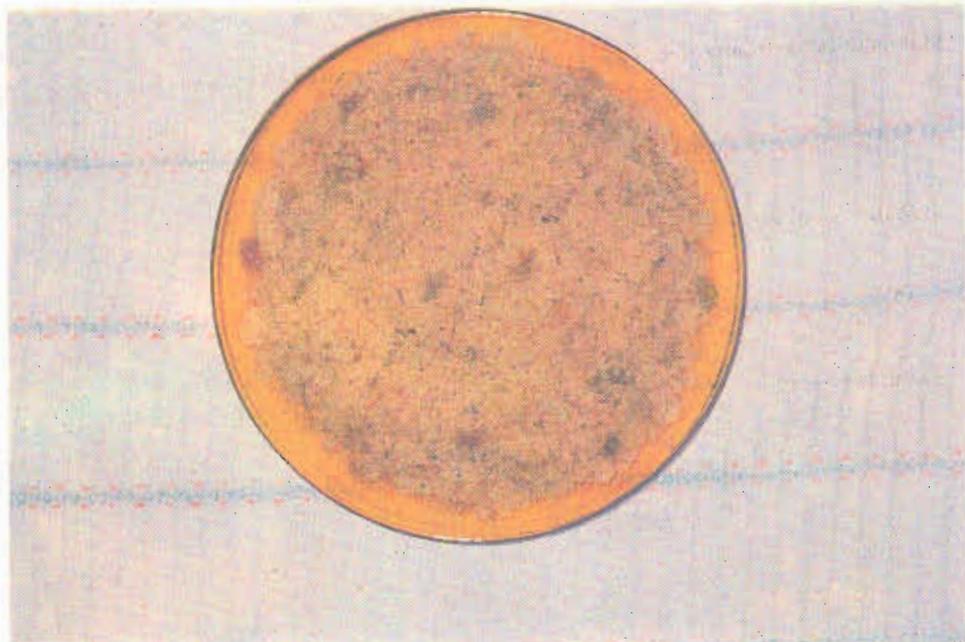
- Soak watercress-seeds in water for 8 hours.
- Add all the ingredients and cook until become thick mixture.
- Serve hot.

1-2 Servings

NUTRITIONAL VALUE (per 100g edible portion)

Moisture	73.0 g
Protein	2.9 g
Fat	7.1 g
Fiber	1.7 g
Carbohydrate	14.9 g
Energy	135 kcal
Calcium	121.7 mg
Iron	5.5 mg
Vitamin C	6.6 mg

KHABESSAH (Semolina sweet)



INGREDIENTS

- 1 cup semolina (150g)
- 1/3 cup sugar (80g)
- 1/4 cup butter (50g)
- 1/4 teaspoon cardamom, ground (1g)
- 1/4 cup raisin (39g)
- 1/2 cup water

METHOD

- Dissolve sugar in water, cook until boil.
- Roast semolina in dry pan.
- Add butter, sugar syrup and the rest of ingredients, combine.
- Cook over low heat until well done.
- Serve hot or cold.

2 Servings

NUTRITIONAL VALUE (per 100g edible portion)

Moisture	29.7 g
Protein	3.5 g
Fat	6.3 g
Fiber	1.6 g
Carbohydrate	58.6 g
Energy	305 kcal
Calcium	82.0 mg
Iron	2.3 mg
Vitamin C	0 mg

KHANFAROOSH (Semolina with eggs)



INGREDIENTS

- 1 cup semolina (150g)
- 2 eggs (118g)
- 1/3 cup corn oil (70g)
- 1/4 teaspoon baking soda (1g)
- 1/2 teaspoon cardamom, ground (1g)
- 1/4 cup water

METHOD

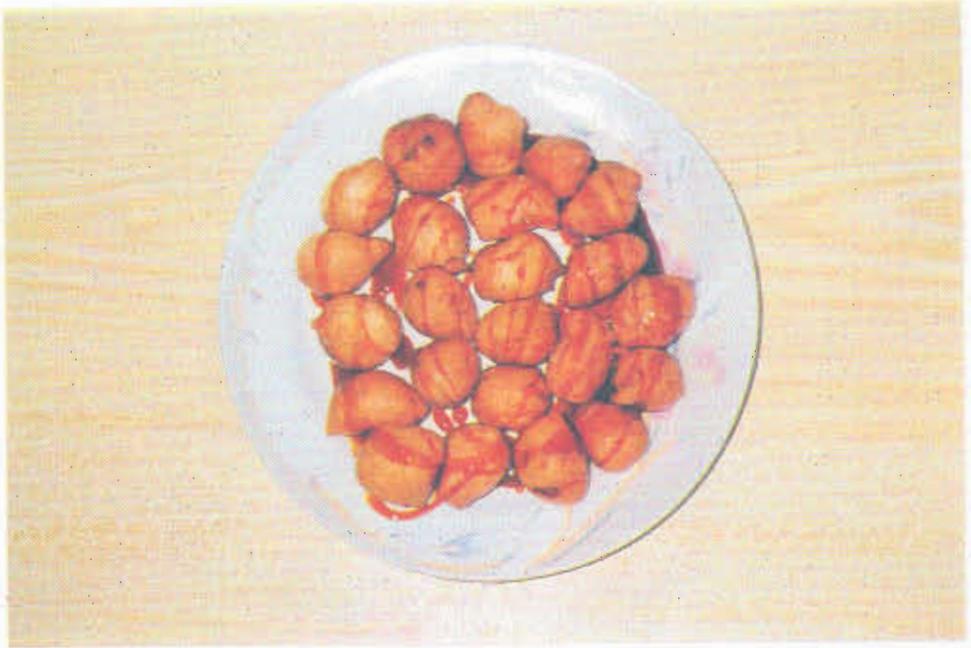
- Beat eggs with sugar.
- Add the rest of ingredients (except oil) and knead to tender paste.
- Shape the paste into round thick cakes and fry them in hot oil until brown.
- Serve hot or cold.

3 Servings

NUTRITIONAL VALUE (per 100g edible portion)

Moisture	32.3 g
Protein	6.3 g
Fat	10.1 g
Fiber	0.9 g
Carbohydrate	50.1 g
Energy	316 kcal
Calcium	184.5 mg
Iron	3.4 mg
Vitamin C	0 mg

LEGAIMAAT (Doughnut cake)



INGREDIENTS

- 1 cup wheat flour (136g)
- 1/8 teaspoon sugar (1g)
- 1/2 cup corn oil (86g)
- 1/8 teaspoon yeasts (0.3g)
- 1/4 cup water

Syrup

- 1/2 cup sugar (136g)
- 1 cup water
- 3 ml lemon juice
- 1/4 teaspoon cardamom, ground (0.5g)

METHOD

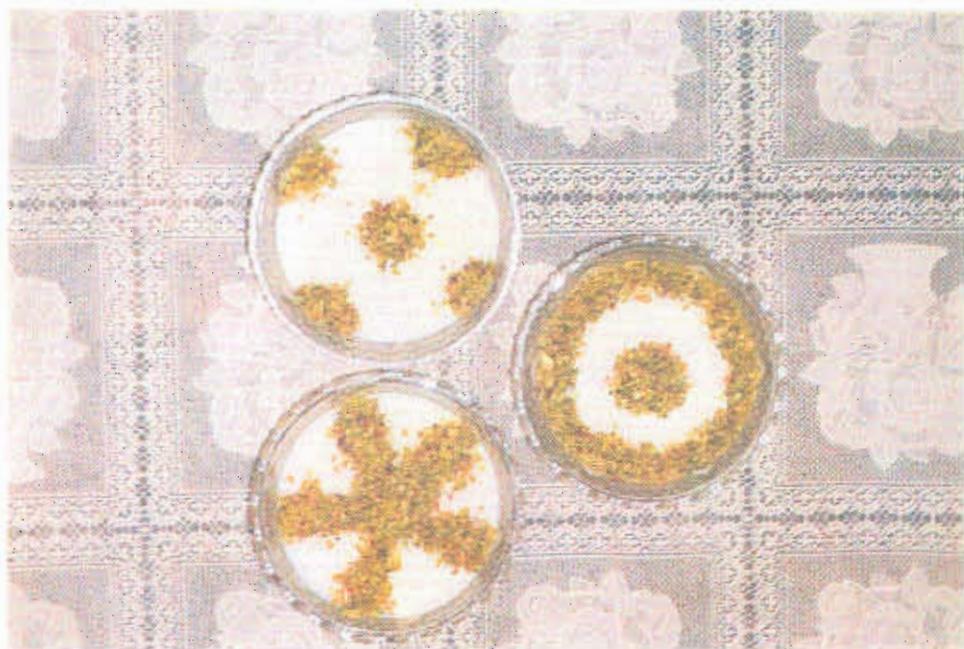
- Dissolve sugar and yeasts in warm water, leave until foam produce.
- Add flour and water, knead to tender paste.
- Cover and let stand for one hour.
- Shape the paste into small balls.
- Fry in hot oil until brown drain.
- Dip into sugar syrup.
- For syrup, cook all the ingredients together to the consistency desired.
- Serve hot or cold.

NUTRITIONAL VALUE (per 100g edible portion)

Moisture	42.5 g
Protein	3.0 g
Fat	9.5 g
Fiber	0.5 g
Carbohydrate	44.4 g
Energy	275 kcal
Calcium	0 mg
Iron	0 mg
Vitamin C	0 mg

3 Servings

MAHLABIYYEH (Rice pudding)



INGREDIENTS

- 1 1/4 cup whole milk, liquid (275g)
- 1/8 cup sugar (33g)
- 2 tablespoons rice flour (15g)
- 4 drops vanilla

METHOD

- Cook milk with sugar until boil.
- Add rice flour gradually, stirring constantly.
- Cook until boil, add drops of vanilla.
- Chill.

1-2 Servings

NUTRITIONAL VALUE (per 100g edible portion)

Moisture	75.9 g
Protein	2.9 g
Fat	2.9 g
Fiber	0.1 g
Carbohydrate	17.6 g
Energy	108 kcal
Calcium	136.9 mg
Iron	0.2 mg
Vitamin C	1.7 mg

QURS AL-TAABI (Fried egg with flour)



INGREDIENTS

- 1 egg (51g)
- 1/2 cup wheat flour (68g)
- 1/2 cup sugar (30g)
- 1/4 cup corn oil (43g)
- 1/2 teaspoon cardamom, ground (1g)
- 1/4 cup water

METHOD

- Beat egg with cardamom.
- Dissolve flour in water; add to egg.
- Knead until tender dough.
- Shape into large thin cakes.
- Fry in hot oil until brown each side, drain.
- Sprinkle sugar on top.
- Serve hot or cold.

1-2 Servings

NUTRITIONAL VALUE

(per 100g edible portion)

Moisture	35.0 g
Protein	6.7 g
Fat	18.9 g
Fiber	2.0 g
Carbohydrate	36.9 g
Energy	345 kcal
Calcium	1.9 mg
Iron	1.8 mg
Vitamin C	0 mg

SAGO (Boiled sago)



INGREDIENTS

- 1/2 cup sago (90g)
- 1/3 cup sugar (80g)
- 21 pieces of cashew nuts (25g)
- 1/2 teaspoon cardamom, ground (1g)
- 2 1/2 cups water

METHOD

- Soak sago in two third of water for one hour.
- Add the rest of ingredients.
- Cook until it becomes a thick mixture and all sago dissolved.
- Cool.
- Serve cold

2 Servings

NUTRITIONAL VALUE

(per 100g edible portion)

Moisture	70.7 g
Protein	1.0 g
Fat	2.2 g
Fiber	0.5 g
Carbohydrate	25.5 g
Energy	126 kcal
Calcium	17.6 mg
Iron	1.6 mg
Vitamin C	0 mg

Appendix 1

Measures

1 cup	=	250 ml	
1/2 cup	=	125 ml	
1 tablespoon	=	15 ml	= 3 teaspoons
1 teaspoon	=	5 ml	

Mixed spices

Mixed spices can be made by grinding equal quantities (or as desired) of coriander seeds, cumin seeds, cinnamon bark, black peppercorns, whole cloves, chilli powder (optional) and cardamom pods (optional).

This book provides a unique information on the recipe of traditional dishes in Arabian Gulf as well as their nutritive values. Therefore, this book will be helpful to the foreigners who are interested in the dishes of Arabian Gulf states, particularly those who keep a close watch on their diet.

