

TRADITIONAL DISHES OF OMAN

(Methods of preparation and its Nutritive Value)



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SHORBAT LAHAM (Meat Soup)



INGREDIENTS

- 1/8 kg meat
- 3/4 cup balanced wheat
- 1 small onion
- 1 teaspoon ghee
- 1/4 teaspoon mixed spices
- 1/8 teaspoon ground cardamom
- 1/8 teaspoon black pepper
- 1 cinamon stick
- 1 teaspoon salt
- 6 3/4 cups of water

NUTRITIONAL VALUE (per 100g edible portion)

Protein 3.3 %
Fat 0.8 %
Carbohydrates 12%
Energy 68 kcal

METHOD

- Soak balanced wheat in 1 1/4 cup of water. Leave overnight.
- Boil meat until tender.
- Add wheat and other ingredients to boiled meat.
- Cook until tender.
- Serve hot.

ASSALYA (Date Syrup Soup)



INGREDIENTS

- 1/2 cup and 2 tablespoons dibis (date syrup)
- 4 tablespoons butter
- 1 teaspoon black pepper
- 1/2 teaspoon cardamom
- 4 tablespoons water

METHOD

- Add water to dibis, bring to boiling.
- Cook at low heat for 15 minutes.
- Add other ingredients, and mix well.
- Serve hot.

NUTRITIONAL VALUE (per 100g edible portion)

Protein 1.8 %
Fat 28 %
Carbohydrates 42 %
Energy 426 kcal

SAKANAH or HELBA (Fenugreek Soup)



INGREDIENTS

- 2 tablespoons fenugreek seeds
- 1 1/2 tablespoon wheat flour
- 1 1/2 tablespoon sugar
- 1/3 cup whole milk
- 1 tablespoon ghee
- 1/4 teaspoon cardamom
- 1/4 teaspoon black pepper
- 1/8 teaspoon salt
- 2 cups water

NUTRITIONAL VALUE (per 100g edible portion)

*Protein 1.5 %
Fat 4.1 %
Carbohydrates 16.3 %
Energy 108 kcal*

METHOD

- Boil fenugreek seeds in one cup of water until tender.
- Melt the flour in the water. Add milk, bring to boiling.
- Add other ingredients, and mix well.
- Cook at low heat until done.
- Serve hot.

MUHOGO (Cassava Soup)



INGREDIENTS

- 1/4 kg muhogo (Cassava)
- 1 hot chilli
- 1/4 cup coconut milk
- 1/4 teaspoon salt
- 2 cups water

METHOD

- Boil muhogo in water until tender.
- Add other ingredients, mash with spoon until soft.
- Serve hot with fried fish.

NUTRITIONAL VALUE (per 100g edible portion)

Protein 0.4 %
Fat 0.7%
Carbohydrates 18%
Energy 80kcal

MACHBOUS DAJAJ (Rice with Chicken)



INGREDIENTS

- 1 cup rice
- 1/4 kg chicken
- 1 small onion
- 1 medium tomato
- 1 garlic
- 1 hot green chilli
- 1 medium potato
- 1 medium eggplant
- 2 tablespoons vegetable oil
- 1/2 teaspoon mixed spices
- 1 teaspoon salt
- 2 1/2 cups of water

NUTRITIONAL VALUE (per 100g edible portion)

Protein 4.8 %
Fat 2 %
Carbohydrates 19.4 %
Energy 115 kcal

METHOD

- Soak rice in one cup of water for one hour.
- Brown onion in oil, add chicken, and garlic. Mix well.
- Add tomato, chilli and spices. Mix well.
- Add boiled water and salt to the mixture and bring to boiling.
- Cook in medium heat until chicken is done.
- Add rice, potato and eggplant. Mix until water is absorbed.
- Cook in low heat until well done.
- Serve hot.

MACHBOUS LAHAM (Rice with Meat)



INGREDIENTS

- 1 cup rice
- 1/4 kg meat
- 1 medium onion
- 1 medium tomato
- 1 hot green chilli
- 2 pieces of garlic
- 2 tablespoons of vegetable oil
- 1/2 teaspoon mixed spices
- 1/4 teaspoon turmeric
- 1/4 teaspoon cumin
- 1 teaspoon salt
- 3 cups of water

NUTRITIONAL VALUE (per 100g edible portion)

Protein 5 %
Fat 2 %
Carbohydrates 21 %
Energy 126 kcal

METHOD

- Soak rice in one cup water for one hour.
- Brown onion in oil, add garlic and green chilli.
- Add tomato and mix until tender.
- Add spices, meat and water. Mix and leave at low heat until meat is tender.
- Add salt and rice. Mix and cook until rice is done.
- Serve hot.

KABOOLI LAHAM (Rice with Meat)



INGREDIENTS

- 1 cup rice
- 1/4 kg meat
- 1 small tomato
- 1 small onion
- 2 pieces of garlics
- 1 small piece of ginger
- 2 tablespoons vegetable oil
- 1/2 teaspoon mixed spices
- 1/8 teaspoon black pepper
- 1/8 teaspoon ground cardamom
- 1 teaspoon salt
- 2 1/2 cups water

NUTRITIONAL VALUE (per 100g edible portion)

Protein 7.5 %
Fat 3 %
Carbohydrates 18 %
Energy 129 kcal

METHOD

- Soak the rice in one cup of water for one hour.
- Boil meat until tender.
- Brown onion in oil, add tomato, garlic, ginger and other spices. Mix well.
- Add meat and the rest of water. Bring to boiling.
- Add rice and salt. Boil until water is absorbed.
- Cook over low heat until well done.
- Serve hot.

EISH ABIAD (Plain Rice)



INGREDIENTS

- 1 cup rice
- 1 small onion
- 1 tablespoon ghee
- 1 teaspoon salt
- 2 cups water

METHOD

- Soak the rice in one cup of water for one hour.
- Add one cup of water to the rice, bring to boiling, and then add the salt.
- Brown onions with ghee, add the boiled rice.
- Cook over low heat until tender.
- Serve hot with curry or fried fish.

NUTRITIONAL VALUE (per 100g edible portion)

Protein 1.2 %
Fat 1.8 %
Carbohydrates 28 %
Energy 132 kcal

BARANYOSH (Sweet Rice)



INGREDIENTS

- 1 cup rice (soaked in 1 1/4 cup of water for one hour)
- 1/2 cup dibis (date syrup)
- 1/4 kg fish
- 1 small onion
- 3 tablespoons vegetable oil
- 1 teaspoon ground dried lemon
- 1/2 teaspoon mixed spices
- 1 teaspoon salt
- 2 1/4 cups of water

NUTRITIONAL VALUE (per 100g edible portion)

*Protein 5.3 %
Fat 2.8 %
Carbohydrates 31 %
Energy 169 kcal*

METHOD

- Fry fish in oil, then cut the fried fish into small pieces.
- Boil dibis with 1/2 cup of water.
- Brown onion in the same oil, add water, fish, spices, dried lemon, date syrup and salt. Mix well.
- Cook over low heat until tender.
- Serve hot.

KALAMBAH (Beaten Rice with Fish)



INGREDIENTS

- 1/8 kg fish
- 3/4 cup rice
- 1/4 cup red lentil
- 1 small onion
- 1 medium tomato
- 2 pieces of garlic
- 1 tablespoon fresh coriander
- 1 piece of fresh ginger
- 2 pieces of ghillis
- 2 tablespoons vegetable oil
- 1 tablespoon ghee
- 1 1/2 teaspoons salt
- 1/4 teaspoon turmeric
- 3 1/2 cups of water

NUTRITIONAL VALUE (per 100g edible portion)

Protein 3.4 %
Fat 2.7 %
Carbohydrates 16 %
Energy 102 kcal

METHOD

- Salt the fish with 1/2 teaspoon salt, leave for 1/2 hour. Rinse before cooking.
- Mix the rice with lentil and soak in one cup water for one hour.
- Brown onion in oil, add garlic, hot chilli, ginger, fresh coriander, salt and turmeric.
- Add fish, mix for 5 minutes, add tomato. Cook to tender.
- Add the mixture of rice and lentil, bring to boiling.
- Cook over low heat for 1 1/2 hour.
- Pour melted ghee over it and serve hot.

MARRAG DAJAJ (Chicken Curry)



INGREDIENTS

- 1/4 kg chicken
- 1 medium onion
- 1 medium tomato
- 2 pieces of garlic
- 1 medium potato
- 1 medium eggplant
- 4 pieces of okras
- 1 small squash
- 1 hot chilli
- 2 tablespoons tomato paste
- 3 tablespoons vegetable oil
- 1/4 teaspoon mixed spices
- 1/4 teaspoon black pepper
- 1/4 teaspoon coriander
- 1/4 teaspoon cumin
- 3/4 teaspoon salt
- 2 cups water

NUTRITIONAL VALUE (per 100g edible portion)

- Protein 4.7 %
- Fat 4.3 %
- Carbohydrates 6.6 %
- Energy 84 kcal

METHOD

- Brown onion in oil, add chicken and mix.
- Add garlicks, tomato, tomato paste and other vegetables. Mix well, cook for 5 minutes.
- Add spices, salt and water. Bring to boiling. Cook at low heat until chicken is done.
- Serve hot with rice or bread.

MOOZ MATBOKH (Banana Stew)



INGREDIENTS

- 1/4 kg green banana
- 1/8 kg meat
- 1/4 cup of coconut milk
- 1 piece of garlic
- 1 piece of hot chilli
- 1 medium tomato
- 1/8 teaspoon black pepper
- 1/4 teaspoon salt
- 5 cups water

NUTRITIONAL VALUE (per 100g edible portion)

- Protein 6 %
- Fat 1 %
- Carbohydrates 6 %
- Energy 57 kcal

METHOD

- Boil meat, add garlic and black pepper, and mix.
- Add banana, tomato, hot chilli. Boil at low heat until well done.
- Add coconut milk and salt and mash all the ingredients with spoon until soft.
- Cook for 15 minutes or more until well done.
- Serve hot.

DAHAL (Lentil Stew)



INGREDIENTS

- 1/2 cup of lentils (soaked in one cup water for one hour)
- 1 small onion
- 1 medium tomato
- 1 teaspoon tomato paste
- Juice of half lemon
- 2 teaspoons vegetable oil
- 1/4 teaspoon mixed spices
- 1/4 teaspoon cumin
- 1/4 teaspoon turmeric
- 1/4 teaspoon coriander
- 1/4 teaspoon black pepper
- 1 stick cinamon
- 1 1/2 cup water

NUTRITIONAL VALUE (per 100g edible portion)

*Protein 6 %
Fat 4.3 %
Carbohydrates 16 %
Energy 128 kcal*

METHOD

- Boil lentil until tender.
- Brown onion in oil. Add tomato, tomato paste and spices, mix well.
- Add lentils, salt, lemon juice and water, mix well.
- Cook at low heat until all done.
- Serve hot.

BABLOH SAMAK (Fish Stew)



INGREDIENTS

- 1 small piece fish (100g)
- 1 medium onion
- 1 small tomato
- 1 hot chilli
- 2 pieces garlic
- 1 tablespoon fresh coriander
- Juice of half lemon
- 1 teaspoon wheat flour
- 1 teaspoon vegetable oil
- 1/4 teaspoon mixed spices
- 1/4 teaspoon turmeric
- 1/2 teaspoon salt
- 2 cups water

NUTRITIONAL VALUE (per 100g edible portion)

*Protein 3.6 %
Fat 0.6 %
Carbohydrates 4.5 %
Energy 37 kcal*

METHOD

- Boil water, add onion and tomato. Cook until tender.
- Add hot chilli, garlic, fresh coriander and flour, boil.
- Add fish, oil, salt and spices. Cook at low heat until done.
- Pour lemon juice on the top, serve hot.

MARRAG AL-SAMAK (Fish Curry)



INGREDIENTS

- 1/5 kg fish
- 1 medium onion
- 1 medium tomato
- 1 hot chilli
- 2 pieces of garlic
- 2 tablespoons fresh coriander
- 2 tablespoons tomato paste
- 1 medium potato
- Juice of one lemon
- 2 tablespoons vegetable oil
- 3/4 teaspoons mixed spices
- 1/2 teaspoon cumin
- 1/4 teaspoon turmeric
- 3/4 teaspoon salt
- 1 1/2 cup water

NUTRITIONAL VALUE (per 100g edible portion)

Protein 4.3 %
Fat 3 %
Carbohydrates 7 %
Energy 72 kcal

METHOD

- Brown onion in oil. Add tomato, tomato paste, chilli and garlic. Mix well
- Add potato, lemon juice, spices, salt and water, bring to boiling.
- Add fish, cook at low heat until done.
- Serve hot with rice or bread

HAREESE (Beaten Wheat with Beef)



INGREDIENTS

- 1 cup blanched wheat
- 1/8 kg meat
- 1 tablespoon ghee
- 1 teaspoon salt
- 5 cups water

METHOD

- Soak blanched wheat in 2 cups of water over night.
- Boil meat in 2 cups of water until tender.
- Add wheat to boiled meat and mix well.
- Add salt and some water (if needed), leave at low heat until tender.
- Pour ghee on the top.
- Serve hot.

NUTRITIONAL VALUE (per 100g edible portion)

Protein 5.4 %
Fat 1.4 %
Carbohydrates 12 %
Energy 82 kcal

AL-LAHAM AL-MUFAOUR (Boiled Meat)



INGREDIENTS

- 1/4 kg meat
- 1 medium tomato
- 1 small onion
- 2 pieces of garlic
- 1/4 teaspoon black pepper
- 1/2 teaspoon salt
- 3 cups water

METHOD

- Boil meat until tender.
- Add all the ingredients, mix well.
- Leave at low heat until done.
- Serve hot.

NUTRITIONAL VALUE (per 100g edible portion)

Protein 6.7 %
Fat 1 %
Carbohydrates 8 %
Energy 68 kcal

QAHWAT AL-SUKAR AL-AHMER (Brown Sugar Coffee)



INGREDIENTS

- 1/4 cup brown sugar
- 1 teaspoon ghee
- 1 stick cinamon
- 1 piece ginger
- 1/2 teaspoon black pepper
- 2 cups water

METHOD

- Boil water, add all the ingredients.
- Boil for 5 minutes.
- Strain, serve hot.

NUTRITIONAL VALUE (per 100g edible portion)

Protein Traces
Fat 0.28 %
Carbohydrates 11.5 %
Energy 49 kcal

CHOLA BIL-ASSAL (Bread with Honey)



INGREDIENTS

- 1/2 cup wheat flour
- 1/4 teaspoon salt
- 1/8 teaspoon black pepper
- 2 tablespoons ghee
- 2 tablespoons honey
- 3 tablespoons water

METHOD

- Add salt to flour, knead the dough by adding water until the dough becomes soft.
- Knead the dough in thick circles.
- Grill the bread in the griddle on both sides. Pour one tablespoon of ghee on top and brown the bread until it is golden.
- Cut bread into small pieces. Mix honey, ghee and black pepper and pour the mixture over the pieces of bread.
- Serve hot or cold.

NUTRITIONAL VALUE (per 100g edible portion)

Protein 6.4 %
Fat 13.4 %
Carbohydrates 56 %
Energy 372 kcal

AASSEDA (Sweet Flour with Ghee)



INGREDIENTS

- 1 cup wheat flour
- 1 1/2 tablespoon sugar
- 2 tablespoons ghee
- 1/2 teaspoon salt
- 2 1/2 cups water

METHOD

- Boil water, add salt. Divide the salted water to two sections, each one in a separate pot.
- Add wheat, sugar to the water in the first pot, heat and mix well.
- Add boiled water to the mixture as needed while mixing until the mixture become soft and tender paste.
- Add ghee, leave at low heat until well done.
- Serve hot.

NUTRITIONAL VALUE (per 100g edible portion)

Protein 3.9 %
Fat 4.7 %
Carbohydrates 25 %
Energy 158 kcal



- ❑ This book provides methods of preparation of 20 traditional dishes commonly consumed in the Sultanate of Oman, as well as their nutritive values.

- ❑ Protein, fat, carbohydrates and energy contents are included, based on chemical analysis.

- ❑ The Book provides an important information for those who interested in the Omani culture and the health aspects of the traditional dishes in the Sultanate of Oman.

