

TASTE OF RAMADAN TRADITION

رمضان
RAMADAN KAREEM

STARTER

Abdulrahman AlZaafaralli

Beetroot & Halloumi Salad

INGREDIENTS:

- 1 grilled or pre-cooked beetroot (cubed)
- 100g halloumi (cubed)
- 1 pack of arugula
- 1 tbsp of raw honey



INSTRUCTIONS

1. If using raw beets, grill them in the oven until tender. Store extras in the fridge for later use.
2. In a bowl, combine the arugula and beetroot cubes, mixing gently until the leaves absorb some of the beet juice.
3. Add the cubed halloumi cheese.
4. Drizzle with raw honey and toss lightly.
5. Serve and enjoy!



A recipe is more than just ingredients and steps—it's a story, a memory, a tradition. During Ramadan, every dish carries meaning, bringing us closer to our faith, our family, and our roots. This dish is special because it's not just food; it's a reminder of love, patience, and the joy of sharing.

Abdulrahman Alzaafaralli
Beetroot & Halloumi Salad



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STARTER

Ziad Shallal

Kibbeh Nayeh

INGREDIENTS:

- 1 lb ground lamb
- $\frac{1}{4}$ cup burghul
- 1 onion
- 25 mint leaves
- $\frac{1}{2}$ teaspoon seven spices
- 1 teaspoon salt
- $\frac{1}{2}$ teaspoon cinnamon



INSTRUCTIONS

1. Place the burghul in a bowl and cover with $\frac{1}{2}$ cup hot water. Set aside to soak until it absorbs the water.
2. In a food processor, combine mint leaves, spices, crushed red pepper, salt, and chopped onion.
3. Squeeze any excess water out of the burghul and add it to the food processor.
4. Process until well combined and the mint leaves are finely chopped.
5. Place the ground lamb in a large bowl and add the mixture from the food processor.
6. Mix thoroughly using your hands until evenly combined.
7. Transfer to a serving dish and use a spoon to create decorative grooves in the meat.
8. Garnish with chopped parsley, mint leaves, red peppers, lemon slices, or garlic as desired.

Strong Man Suhoor

INGREDIENTS:

- 1.5 cups milk (any type)
- ½ cup whole oats (not instant or steel-cut)
- 1 scoop vanilla or chocolate protein powder
- 10g mixed raw nuts (cashews, pistachios, almonds)
- 30g mixed berries
- 1 tbsp raw honey



INSTRUCTIONS

1. Heat the milk in a saucepan over medium heat.
2. Once the milk starts to heat, add the oats and protein powder. Stir continuously until thickened.
3. Transfer the mixture to a bowl and let it cool slightly.
4. Crush the nuts and sprinkle them over the oats.
5. Top with mixed berries and drizzle with honey.
6. Serve warm.

STARTER

Nadia Saeed Sulaiman

Soup Wheat (Serene)

INGREDIENTS:

- 1 cup wheat
- Water, as needed
- 1 chicken, chopped
- 1 onion, chopped
- 2 tomatoes, chopped
- Spices, to taste



INSTRUCTIONS

1. Place 1 cup of wheat with water in a pot over heat and cook for 30 minutes.
2. After 30 minutes, add chopped chicken and continue cooking.
3. After an additional hour, add chopped onion, tomatoes, and spices.
4. Simmer until all ingredients are well combined and flavors are infused. Serve warm.

Honey Granola

INGREDIENTS:

- 3 cups (275 grams) old-fashioned rolled oats (not instant)
- 1 cup (150 grams) whole raw almonds
- $\frac{1}{2}$ cup (75 grams) raw sunflower seeds
- $\frac{1}{2}$ cup (75 grams) raw pumpkin seeds
- $\frac{1}{4}$ cup (40 grams) raw sesame or flax seeds
- $\frac{1}{2}$ table spoon (5 grams) wheat germ (optional)
- $\frac{1}{4}$ teaspoon ground cinnamon
- $\frac{1}{4}$ teaspoon (1 gram) salt
- $\frac{1}{4}$ cup (60 ml/grams) water or fruit juice
- $\frac{1}{4}$ cup (60 ml/grams) flavorless oil (corn vegetable, canola or sunflower oil)
- $\frac{1}{2}$ cup (120 ml) (180 grams) liquid honey (orange blossom honey)
- $\frac{1}{4}$ cup (50 grams) light brown sugar
- $\frac{1}{2}$ teaspoon (2 grams) pure vanilla extract



INSTRUCTIONS

1. Preheat oven to 325°F (165°C) and position rack in the center. Grease baking sheet with butter/oil or use non-stick vegetable spray.
2. In a large bowl, combine rolled oats, almonds, sunflower seeds, pumpkin seeds, sesame or flax seeds, wheat germ (if using), ground cinnamon, and salt.
3. In a saucepan, bring water or fruit juice, oil, honey, brown sugar, and vanilla extract to a boil while stirring.
4. Pour the liquid mixture over the dry ingredients, ensuring even coating.
5. Spread the mixture onto the prepared baking sheet.
6. Bake for 35–40 minutes until golden brown, stirring occasionally to prevent burning.
7. Remove from oven and set aside to cool; break up clumps while warm.
8. Once completely cooled, store the granola in an airtight container and enjoy for several weeks.

MAIN COURSE

Abdul Riyas Kolot

Finger Millet Birni

INGREDIENTS:

- 1 cup ragi (finger millet)
- 50g jaggery
- Salt, to taste
- 1 cup coconut
- Water, as needed
- 50g cashews
- 25g raisins
- 25g semolina
- 25g ghee



INSTRUCTIONS

1. Lightly roast the ragi flour in a pan until it emits a nutty aroma. This enhances the flavor and removes any raw taste.
2. In a separate pot, bring milk to a boil.
3. Slowly add the roasted ragi flour to the boiling milk while stirring continuously to avoid lumps.
4. Cook on low heat until it thickens to a pudding-like consistency.
5. Stir in jaggery and ghee, mixing well. Cook for a few more minutes.
6. Garnish with dry fruits and nuts before serving.

Maqluba

INGREDIENTS:

- 2 cups rice (washed and soaked for 30 minutes)
- 500g chicken or lamb (cut into pieces)
- 2 large eggplants (slides) or 2 medium potatoes (sliced)
- 1 large onion
- 2 medium tomatoes (sliced)
- 3 cups water or chicken broth
- 2 tbsp vegetable oil
- 1 teaspoon salt
- 1 teaspoon black pepper
- 1 teaspoon cinnamon
- 1 teaspoon allspice
- 1 teaspoon tumeric
- 1 baby leaf



INSTRUCTIONS

1. Prepare the vegetables: Fry or bake the eggplant and potatoes until golden brown. Set aside.
2. Cook the meat: In a pot, heat oil and sauté onions until soft. Add meat, spices, and bay leaf. Cook until browned, then add water or broth and simmer until the meat is tender.
3. Layer the pot: In a deep pot, arrange tomato slices at the bottom, followed by the cooked meat, fried vegetables, and drained rice on top.
4. Add broth: Pour in the hot broth (enough to cover the rice) and bring to a boil. Reduce heat, cover, and simmer for 30-40 minutes until the rice is cooked.
5. Flip and serve: Let the pot rest for 10 minutes, then carefully flip it onto a large serving plate. Serve with yogurt or salad.

Kabsa

INGREDIENTS:

Kabsa Spice Mix:

- $\frac{1}{2}$ teaspoon saffron
- $\frac{1}{2}$ teaspoon ground cinnamon
- $\frac{1}{2}$ teaspoon ground allspice
- $\frac{1}{2}$ teaspoon dried whole lime powder
- $\frac{1}{4}$ teaspoon ground cardamom
- $\frac{1}{4}$ teaspoon ground white pepper

Kabsa Dish:

- $\frac{1}{4}$ cup butter
- 1 onion, finely chopped
- 6 cloves garlic, minced
- 1 (3 pound) whole chicken, cut into 8 pieces
- $\frac{1}{4}$ cup tomato puree
- 1 (14.5 ounce) can diced tomatoes, undrained

- 3 carrots, peeled and grated
- 2 whole cloves
- 1 pinch ground nutmeg
- 1 pinch ground cumin
- 1 pinch ground coriander
- Salt and freshly ground black pepper, to taste
- 3 $\frac{1}{4}$ cups hot water, plus more if needed
- 1 cube chicken bouillon
- 2 $\frac{1}{4}$ cups unrinsed basmati rice
- $\frac{1}{4}$ cup raisins
- $\frac{1}{4}$ cup toasted silvered almonds
- 1 teaspoon allspice
- 1 teaspoon turmeric



INSTRUCTIONS

1. Make the spice mix: In a small bowl, stir together saffron, cinnamon, allspice, lime powder, cardamom, and white pepper. Set aside.
2. Cook the base: Melt butter in a large stockpot or Dutch oven over medium heat. Add onion and garlic, cooking until softened and translucent (about 5 minutes).
3. Brown the chicken: Add chicken pieces and cook over medium-high heat, stirring occasionally, until lightly browned (about 10 minutes). Mix in tomato purée.
4. Add vegetables and spices: Stir in canned tomatoes (with juice), grated carrots, cloves, nutmeg, cumin, coriander, salt, black pepper, and reserved spice mix. Cook for about 3 minutes.
5. Add liquid and simmer: Pour in hot water and add the chicken bouillon cube. Bring sauce to a boil, then reduce heat and cover. Simmer for about 30 minutes, or until chicken is cooked through.
6. Add rice: Gently stir in rice. Cover and simmer until rice is tender and almost dry (about 25 minutes). Add raisins and a little more hot water if necessary. Cover and cook until rice grains separate (5-10 minutes).
7. Serve: Transfer the rice to a large serving platter and arrange chicken pieces on top. Sprinkle with toasted slivered almonds.

Chicken Biryani

INGREDIENTS:

Fried Onions (Birista):

- Fry 3 sliced onions coated in cornflour until golden and crispy

Saffron Milk:

- Steep 1½ teaspoon saffron in 3 tbsp warm milk

Biryani Spice Blend:

- Mix garam masala, tumeric, shahi jeera, coriander powder, kasoori methi, black pepper, mace, and Kashmiri red chili powder

Chicken Marinade:

- Marinate 1 lb chicken with lemon juice, yogurt, garlic paste, ginger paste, fried onions, cilantro, mint, salt, mustard oil, and biryani spice blend for 1 hour

Rice:

- Cook 1½ cups rice with spices (baby leaves, cardamom, cloves, cumin, cinnamon, star anise and salt)

Cooking Chicken:

- Sauté sliced onion in oil or ghee, add marinated chicken, and cook until half-done

Assemble Biryani:

- Layer rice, chicken, fried onions, saffron milk, and ghee. Garnish with cilantro, mint, and optional garam masala.



INSTRUCTIONS

Fried Onions (Birista):

1. Heat oil in a pan, toss thinly sliced onions in cornflour, and fry in batches for 7-8 minutes until golden.
2. Drain on paper towels and set aside.

Saffron Milk:

1. Heat 3 tablespoons of milk for 40 seconds and add 1½ teaspoons saffron strands. Set aside.

Marinating the Chicken:

1. Clean 1 lb chicken and marinate with $\frac{1}{4}$ cup lemon juice for 30 minutes.
2. Add $\frac{1}{2}$ cup yogurt, biryani spices, ginger-garlic paste, fried onions, cilantro, and mint leaves. Toss well, cover, and refrigerate for at least 1 hour.

Preparing Rice:

1. Rinse 1½ cups rice for 20 minutes.
2. Boil 2½ cups water with whole spices and salt. Add rice and simmer for 10 minutes. Drain and set aside.

Cooking the Chicken:

1. Heat 3 tablespoons ghee in a pan. Sauté 2 bay leaves and 1 sliced onion until golden.
2. Add the marinated chicken and cook for 5-6 minutes. Remove from heat.

Assembling the Biryani:

1. Grease a pot and layer with half-cooked chicken.
2. Add parboiled rice, saffron milk, fried onions, and fresh herbs.
3. Drizzle ghee, cover tightly with a cloth, and cook on low heat for 10-15 minutes.

Serving:

1. Let the biryani rest for 5-10 minutes, fluff gently, and serve hot with raita or a side of your choice. Enjoy!

MAIN COURSE

Suraida Talib

Chicken Abodo

INGREDIENTS:

- 2 lbs chicken, sliced into serving pieces
- 1 piece Knoor Chicken Cube
- 1 head garlic, crushed
- 6 tbsp white vinegar
- 6 tbsp soy sauce
- 1½ teaspoons whole peppercorn
- 5 pieces dried baby leaves
- ½ cup water
- 1 teaspoon sugar
- 4 tbsp cooking oil



INSTRUCTIONS

1. In a cooking pot, combine chicken, $\frac{1}{4}$ of the garlic, whole peppercorn, dried bay leaves, soy sauce, vinegar, and water. Cover and bring to a boil. Stir to blend the ingredients.
2. Add the Knorr Chicken Cube and sugar. Stir well. Cover and cook for 10 minutes.
3. Turn the chicken over and cook the opposite side for another 10 minutes. Set aside.
4. Heat oil in a clean pan and sauté the remaining garlic until light brown.
5. Pan-fry the chicken for 1 minute per side.
6. Pour the adobo sauce into the pan and bring to a boil until it reduces to half.
7. Transfer to a serving plate and serve with warm rice.

Palak Paneer

INGREDIENTS:

- 50g fresh spinach, chopped
- 1-2 green chilies, chopped
- 1 inch ginger, chopped
- 1-2 garlic cloves, chopped (optional)
- 3 cup water (for blanching and ice bath)
- 2 tbsp oil, ghee, or butter
- $\frac{1}{2}$ teaspoon cumin seeds
- 1 baby leaf
- 1 cup chopped onions
- 1 teaspoon chopped garlic
- 1 cup chopped tomatoes
- $\frac{1}{4}$ teaspoon tumeric, $\frac{1}{2}$ teaspoon red chili powder, $\frac{1}{4}$ to $\frac{1}{2}$ teaspoon garam masala
- Salt, to taste

Garnish:

- 1-2 teaspoon cream or butter
- 1/2-1 inch ginger, julienned
- Lemon or lime wedges (optional)



INSTRUCTIONS

Making Spinach Puree:

1. Rinse spinach and remove tough stems.
2. Boil 3 cups of water with $\frac{1}{4}$ teaspoon salt, then add spinach. Let sit for 1 minute.
3. Transfer to ice water to preserve color, then blend with ginger, garlic, and chilies into a smooth puree.

Sautéing Onions and Tomatoes:

1. Heat oil/ghee in a pan, add cumin seeds and bay leaf.
2. Sauté onions until golden, then add garlic and cook until fragrant.
3. Add tomatoes, cook until soft, then stir in turmeric, chili powder, and asafoetida.

Making Palak Paneer:

1. Add spinach puree to the pan with $\frac{1}{2}$ cup water, simmer for 6-7 minutes.
2. Season with salt, stir in garam masala, and add paneer. Cook for 30 seconds.
3. Stir in cream, garnish with ginger and lemon wedges. Serve hot with naan, roti, or rice.
4. Serve hot with naan, roti, or rice.

Recipe Notes:

Blanching the spinach in hot water and then placing it in an ice bath helps retain its vibrant green color.

Do not overcook the paneer, as it can become chewy.

Adjust the spice levels according to your preference.

chicken Madhrouba

INGREDIENTS:

- 1 whole chicken
- 2 small onions, chopped
- 3 cloves garlic, minced
- 1 tbsp fresh ginger, minced
- 3 dried lemons
- 3 tbsp olive oil

Spices:

- 1 teaspoon mixed spices
- 1 teaspoon tumeric
- 1 teaspoon black pepper
- 1 teaspoon paprika
- 1 tbsp salt
- 2 tomatoes

- 3 tbsp tomato paste
- 1 cup chopped parsley and coriander plus a bit of dill
- $\frac{1}{2}$ cup lemon juice
- 1 can of oats (net weight: 500g)



INSTRUCTIONS

1. Clean the chicken and remove the skin. Cut into four parts, keeping the bones.
2. In a cooking pot, heat 3 tbsp olive oil and sauté the onions until golden.
3. Add garlic and ginger, then stir in the tomato paste and chopped tomatoes.
4. Mix in all the spices and the dried lemons.
5. Add the chicken and enough hot water to cover it.
6. Add the chopped parsley, coriander, and lemon juice, then cover the pot and let the chicken cook thoroughly.
7. Once the chicken is cooked, remove it from the pot and shred it into small pieces.
8. In a separate bowl, mix 500g of oats with 1 cup of room-temperature water.
9. Add the oat mixture to the pot with the shredded chicken. Stir and cook for 10-15 minutes until well combined.

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A recipe is more than a set of instructions—it's a piece of our history, a connection to those who came before us. During Ramadan, every meal is infused with meaning, bringing us closer to our faith, our loved ones, and cherished traditions. This dish is special not just for its flavors, but for the love, patience, and togetherness it represents.

Salama Al Farsi

Chicken Madhrouba

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Kunafa

INGREDIENTS:

- 1 lb (500g) kunafa dough
- 1 lb (500g) akkawi cheese
- 0.70 lb (300g) mozzarella cheese
- 1 ¼ melted ghee
- ¼ cup sugar
- 1 teaspoon orange blossom water
- 1 teaspoon rose water
- 3 tbsp butter
- ½ teaspoon kubafar patry coloring (powder)

To Serve:

- Kunafa syrup
- Minced pistachio

Cooking Tips:

- Soak akkawi and mozzarella cheese in water, changing it frequently to remove excess salt
- Use high-quality ghee for a rich flavour
- Serve hot with extra syrup for the best taste



INSTRUCTIONS

1. Slice the Akkawi cheese, cover with water, and soak for about 7 hours, changing the water every hour to reduce its saltiness. Strain and set aside.
2. Soak the Mozzarella cheese in water, changing the water several times to reduce saltiness. Strain and set aside.
3. Mix orange blossom water, rose water, and sugar in a strainer and leave aside.
4. Using your hands, mix the kunafa dough with 1 cup of ghee until well combined.
5. Prepare a 12-inch round cake tin.
6. Mix the remaining ghee with the kunafa pastry coloring and rub it on the bottom and sides of the tin.
7. Place three-quarters of the kunafa dough at the bottom of the tin and slightly up the sides.
8. Spread the cheese evenly over the kunafa layer, completely covering the surface.
9. Press the cheese into an even layer.
10. Place a piece of kitchen paper on top of the cheese and press lightly to absorb excess moisture, then discard the paper.
11. Spread the remaining kunafa dough over the cheese, press lightly, and spread the remaining ghee over the surface.
12. Bake in a preheated oven at 200°C (400°F) for about 35 minutes, or until the top and bottom of the kunafa turn golden and crisp.
13. Let it cool for a few minutes, then carefully invert onto a serving plate.
14. Pour syrup over the kunafa and garnish with minced pistachio.
15. Serve hot with additional syrup if desired.

Carrot Halwa

INGREDIENTS:

- 1 kg grated carrots
- $\frac{1}{2}$ litre milk
- Saffron, $\frac{1}{2}$ teaspoon cardamom
- 1 $\frac{1}{2}$ tbsp ghee
- 60g sugar
- A pinch of salt
- Almonds, cashews (semi crushed)



INSTRUCTIONS

1. Heat an earthenware pot or pan for added flavour. Add saffron and $\frac{1}{2}$ teaspoon of ghee, tossing in the cardamom.
2. Add the grated carrots and simmer for 3-4 minutes until they release some water.
3. Pour in the milk and simmer on medium heat for 35-40 minutes until it thickens and forms soft lumps.
4. Stir occasionally to prevent sticking, adjusting the flame as needed.
5. In a separate pan, heat 1 tablespoon of ghee and roast the almonds and cashews until golden brown.
6. Add the roasted nuts and ghee to the simmered carrots and mix well.
7. Stir in the sugar and cook for another 3-4 minutes.
8. Add a pinch of salt to enhance the flavours.
9. Turn off the heat and serve warm for the best taste. Can also be enjoyed cold.

Carrot Cake

INGREDIENTS:

- 2 cups flour
- 1 tbsp baking soda
- 1 teaspoon salt
- $\frac{1}{3}$ cup white sugar
- $\frac{1}{3}$ cup brown sugar
- 1 tbsp cinnamon powder
- 1 cup vegetable oil
- 1 teaspoon vanilla

- 4 medium eggs
- $2\frac{1}{2}$ cups grated carrots
- 1 cup crushed pecan nuts
- 1 bar philadelphia cream cheese
- $\frac{1}{3}$ cup icing sugar



INSTRUCTIONS

1. Preheat the oven to 350°F (175°C).
2. In a large bowl, mix the dry ingredients: flour, baking soda, salt, white sugar, brown sugar, cinnamon, and crushed pecans.
3. In a separate bowl, combine the wet ingredients: grated carrots, eggs, vanilla, and vegetable oil.
4. Gradually mix the dry ingredients into the wet ingredients until well combined.
5. Pour the batter into a greased baking pan and bake for 45 minutes or until a toothpick inserted in the centre comes out clean.
6. For the topping, mix cream cheese and icing sugar until smooth. Spread over the cooled cake and sprinkle with pecans for texture.

Rose Milk

INGREDIENTS:

- 1 cup cold milk (dairy or plant-based)
- 1-2 tbsp rose syrup (adjust to taste)
- Ice cubes (optional)
- Water (optional, for a lighter flavour)



INSTRUCTIONS

1. Pour cold milk into a glass. If a lighter taste is preferred, dilute with a small amount of water.
2. Add 1–2 tablespoons of rose syrup and stir well until fully dissolved.
3. Add ice cubes for a refreshing cold drink (optional).
4. Serve and enjoy!

Healthy Beetroot Juice

INGREDIENTS:

- 1 kg beetroot
- 200 grams ginger
- 200 grams sugar
- 1.5 litres water



INSTRUCTIONS

1. Peel and cut the beetroot and ginger into small pieces.
2. Boil water and add the beetroot and ginger. Allow to boil for 20 minutes.
3. Make sugar syrup in another pan.
4. Filter the beetroot and ginger mix, then combine the juice with the sugar syrup.
5. Refrigerate before serving.

Date Milkshake

INGREDIENTS:

- 7 dates, pitted
- 1 banana, sliced
- 150 ml milk
- 1 teaspoon ground cinnamon
- 7 almonds, soaked, peeled, and chopped
- 1 tbsp natural unsweetened yogurt
- Ice cubes (optional)



INSTRUCTIONS

1. In a blender, combine pitted dates, milk, banana, ground cinnamon, yogurt, and chopped soaked almonds.
2. Blend until the mixture reaches a smooth and creamy consistency.
3. If desired, add ice cubes for a refreshing chill.
4. Pour into a glass, and garnish with a sprinkle of cinnamon or crushed almonds.

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A recipe is not just about flavors—it's about memories, connection, and tradition. During Ramadan, every dish serves as a reminder of faith, family, and the blessings of togetherness. This meal is special because it embodies love, gratitude, and the joy of sharing with those we cherish.

Dr. Summia Zaher
Date Milkshake

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Avil Milk

INGREDIENTS:

- 3 cups of pasteurized milk
- 2 bananas
- Dates (as per sweetness preference)
- Handful of nuts
- Fresh cut fruits
- 2 cups of Avil or Poha (flattened rice flakes)



INSTRUCTIONS

1. Mash bananas and soaked dates in a bowl.
2. Add milk to the bowl and stir well.
3. Add Avil, nuts, and garnish with fresh cut fruits like grapes or pomegranate.
4. For cold Avil Milk, add some ice cubes.



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