



# Saudi Food Composition Tables

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بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ



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## Introduction to the National Nutrition Committee (NNC)

The National Nutrition Committee is a scientific advisory body dedicated to improving the nutritional and health status of the population in the Kingdom of Saudi Arabia, with the overarching goal of building a healthier society. The Committee provides evidence-based recommendations and scientific opinions on nutrition-related matters to the relevant authorities. The Committee was established within the organizational structure of the Saudi Food and Drug Authority (SFDA) pursuant to the esteemed Council of Ministers' Resolution No. (144) dated 05/03/1440 AH.



## Committee Functions

1. Assess the nutritional status of the Saudi population.
2. Evaluate the nutrient content of foods.
3. Define and periodically update reference values for nutritional elements.
4. Set priorities for interventions related to nutrition policies and reforms.
5. Conduct studies and research related to nutrition.
6. Provide scientific recommendations and expert opinions on nutrition to the relevant authorities.
7. Establish a national scientific database in the field of nutrition to support decision-makers in relevant authorities and researchers.
8. Carry out any other tasks within the Committee's mandate as assigned by the SFDA Board of Directors, based on recommendations from the National Nutrition Committee.

## Overview of the "Evaluation of Nutrient Content in Foods" Initiative

The initiative is one of the projects under the Health Sector Transformation Program, which is part of Saudi Arabia's Vision 2030. Its scope focuses on preparing a reference book for the nutrient composition of Saudi dishes by preparing the recipes using a precise scientific methodology, followed by laboratory analysis to estimate their content of macro- and micro-nutrients such as energy, carbohydrates, proteins, fats, vitamins, minerals, and dietary fiber.

## Objectives of the Initiative

The initiative aims to provide reliable national data on the composition of Saudi dishes, which can be utilized across multiple fields. It enables researchers to conduct nutritional and health studies and surveys, and allows public health and nutrition authorities to issue scientific recommendations and prepare national guidance manuals. The data also contribute to the creation or modification of food and nutrition policies. Furthermore, these data play a fundamental role in supporting the food manufacturing sector by enhancing the nutritional value and development of local products. Finally, these data can be used to raise community awareness about food and health by enabling individuals to plan balanced meals.



## Partners

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## Phases and Methodology for the initiative

### Phase One

#### Collection of Recipe Data and Preparation and Sampling of Specimens

The first phase focused on establishing structured collaboration with the Culinary Arts Commission, the national reference authority responsible for documenting Saudi dishes and preserving the Kingdom's culinary heritage. Through this collaboration, standardized recipe data for 130 Saudi dishes were obtained as part of the "Culinary Arts Documentation in the Regions of the Kingdom" project. This project aimed to systematically document ingredients, preparation procedures, cooking techniques, and traditional culinary practices, providing a comprehensive scientific record of Saudi cuisine. The documentation methodology was grounded in a nationwide field study, conducted with the participation of a representative sample of the local community across all regions of the Kingdom. Data quality was ensured through verification and validation procedures designed to confirm accuracy, consistency, and reliability, in accordance with recognized scientific and quality assurance principles. Within the framework of the "Nutritional Content Assessment of Foods" initiative, ingredients required for recipe preparation were procured periodically from verified local sources and stored under controlled conditions in appropriate facilities to maintain food safety and compositional integrity. Each dish was prepared in three independent replicates by three experienced Saudi chefs, following a standardized preparation protocol to ensure methodological consistency, reproducibility, and accurate nutritional representation. The sensory attributes of the prepared dishes were evaluated against traditionally recognized characteristics to confirm authenticity and cultural fidelity. All preparation stages were documented using standardized photographic and video recording to support transparency, traceability, and quality assurance. Subsequently, a minimum of twelve food samples was collected from each dish using validated sampling procedures tailored to the nature and composition of each recipe, under the supervision of qualified technical personnel. The samples were immediately transported under controlled conditions to food analysis laboratories accredited in accordance with ISO/IEC 17025 and approved by the Saudi Food and Drug Authority (SFDA). These measures ensured the preservation of sample integrity and nutritional stability, enabling reliable analytical outcomes in subsequent phases of the initiative.

### Phase Two

#### Laboratory Analysis of Samples

The second phase involved the analysis of the food samples immediately upon arrival at the laboratories, using accredited methods to guarantee the accuracy and reliability of the results. A total of 49 nutritional components were measured, with at least three samples analyzed per dish. The total number of analyses performed was nearly 19,000, covering both macro and micronutrients. The results were then collected in an organized database in preparation for review and processing in the subsequent phase.

### Phase Three

#### Data Review and Processing

The raw laboratory results were converted into organized data ready for the preparation of food composition tables. This included verifying accuracy and consistency, addressing missing or non-detected values using accepted scientific methodologies, and comparing results with estimated reference values to ensure reliability. The data were then converted into formats consistent with the models of the SFDA and international standards. This phase culminated in the preparation of food composition tables for 100 grams of the edible portion of each dish. Furthermore, the total nutritional values for the entire recipe were estimated. This was calculated mathematically to represent the quantity typically consumed by four to six adults, based on traditional customs and the usual serving size documented by the Culinary Arts Commission. The selection of the number of individuals was based on the fact that the average size of a Saudi household ranges between 4 and 6 persons, according to the General Authority for Statistics.

### Phase Four

#### Book Preparation

The initiative's efforts concluded in the fourth phase with the preparation and publication of the Saudi Food Composition Tables in both Arabic and English versions. The book presents 130 Saudi dishes with their ingredients, preparation steps, and nutritional values in two formats: total nutritional values per recipe, and nutritional values per 100 grams of the edible portion. The book was designed to serve as a reliable scientific reference for researchers, professionals, and practitioners in the fields of nutrition and public health. Simultaneously, it also enables the public to access accurate information about the composition and nutritional content of Saudi dishes, thereby promoting nutritional awareness and contributing to the documentation of the national food heritage.

## Reader's Guide to Understanding the Food Composition Tables

- ▶ The tables in this book present the nutritional values of Saudi dishes in two formats:

Per 100 grams of the edible portion: This is the scientific standard used for comparing different foods.

**For the full recipe:** This presents the nutritional values for the entire recipe, mathematically calculated to serve four to six adults.

### To interpret these values accurately, the following considerations should be taken into account:

- ▶ All ingredients used are commercially available in local markets, and actual values may vary slightly depending on product quality, manufacturer, or country of origin.

- ▶ Some products may contain added elements such as iron or B vitamins if they are commercially fortified.

- ▶ The nutritional composition of meats and dairy products varies depending on the animal's age, breed, and stage of growth or lactation, which is reflected in the level of fat, protein, and minerals.

- ▶ There is a natural variation in food composition even within the same type, such as differences in varieties, strains, or growing regions.

- ▶ The nutritional value of some foods is affected by the method of preparation or processing, such as the difference between liquid and powdered milk.

- ▶ Some values may be displayed as "-" to indicate that the content of the nutrient in the recipe is below laboratory detection limits.

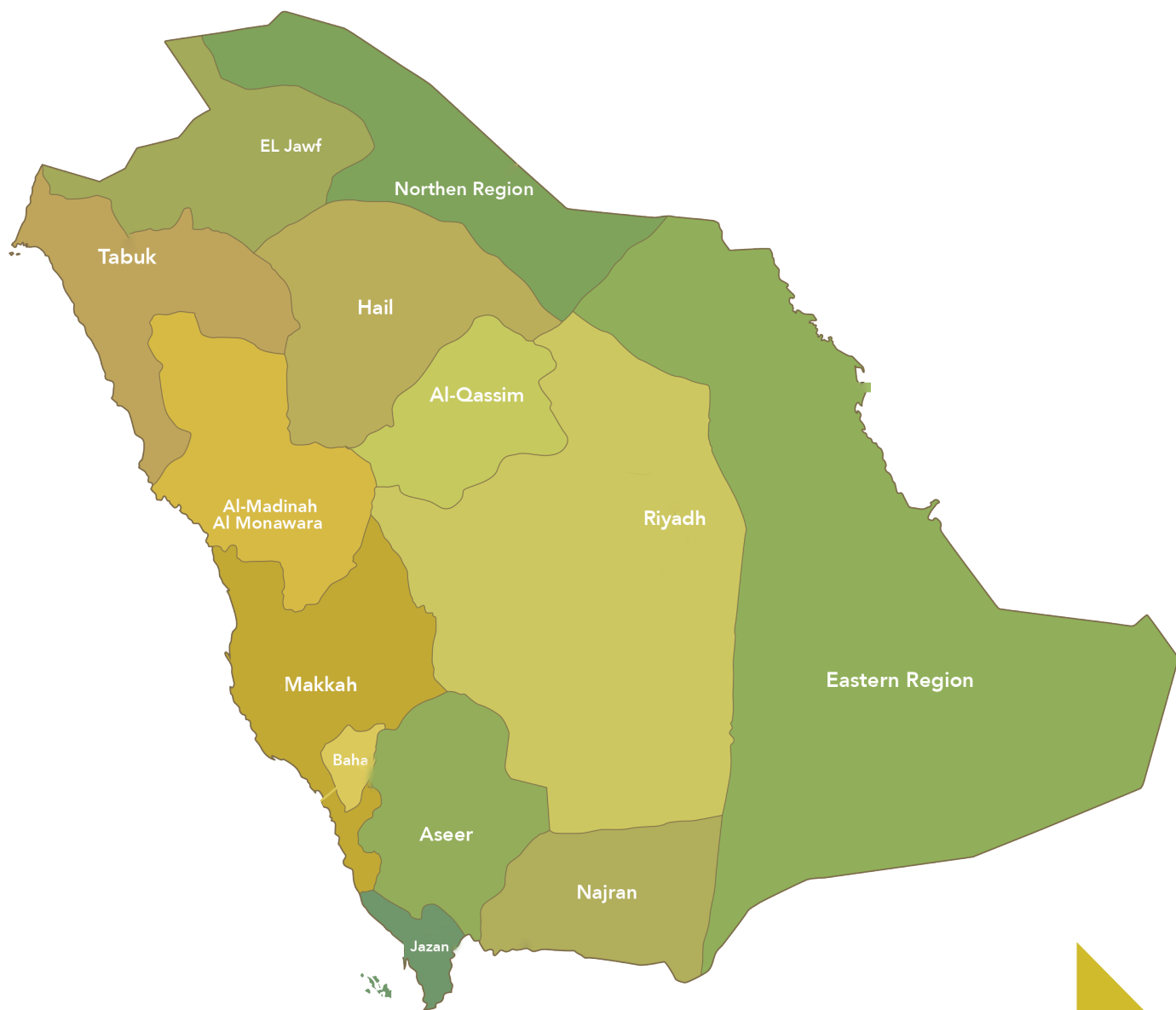
- ▶ The nutritional composition of some foods, such as fruits and vegetables, changes according to the season of cultivation or harvest, which may alter their content of macro- and micronutrients.

- ▶ The displayed values represent the average results and they may differ in home preparation depending on the specific ingredients or cooking methods used.

- ▶ Accordingly, readers are advised to use these tables as a reliable reference tool to assist in dietary planning and in understanding the nutritional value of Saudi dishes, while keeping in mind the natural and commercial factors that may lead to minor variations in actual values.



## Recipes according to the regions of the Kingdom



# Riyadh



|  |           |   |           |
|--|-----------|---|-----------|
| <p><b>Qursan</b></p>          | <p>14</p> | <p><b>Muhalla</b></p>      | <p>24</p> |
| <p><b>Al-Jareesh</b></p>      | <p>16</p> | <p><b>Hamees</b></p>       | <p>26</p> |
| <p><b>Margaouq</b></p>      | <p>18</p> | <p><b>Henaini</b></p>    | <p>28</p> |
| <p><b>Khameer Qurs</b></p>  | <p>20</p> | <p><b>Shaa'thah</b></p>  | <p>30</p> |
| <p><b>Qishd</b></p>         | <p>22</p> | <p><b>Makhameer</b></p>  | <p>32</p> |

## Recipe Name

Qursan

Approximately 4 adults

| Meat Broth Ingredients   | Quantity |
|--------------------------|----------|
| Lamb meat, medium pieces | 300 g    |
| Dried Qursan bread       | 200 g    |
| Vegetable oil            | 100 ml   |
| Tomato paste             | 30 g     |
| Green beans              | 100 g    |
| Water                    | 1.7 L    |
| Mixed spices             | 15 g     |
| Tomato, diced            | 150 g    |
| Onion, diced             | 300 g    |
| Pumpkin, medium cubes    | 200 g    |
| Eggplant, medium cubes   | 150 g    |
| Zucchini, medium cubes   | 200 g    |
| Salt                     | 15 g     |

| Kishnah (Sautéed Onion Mixture) Ingredients | Quantity |
|---|----------|
| Ghee  | 60 g     |
| Onion, diced                                | 100 g    |
| Mixed spices                                | 5 g      |
| Salt  | 2 g      |



## Preparation Method



## Preparing the Meat Broth:

1. Heat oil in a deep pot and sauté the onions over medium heat for 2 minutes.
2. Add the lamb, tomato paste, tomatoes, spices, and salt stir for 5 minutes.
3. Pour in the water and add the beans and zucchini; cook for 40 minutes.
4. Add pumpkin and eggplant, and simmer for another 10 minutes.

## Preparing the Kishnah:

1. In a frying pan, melt the ghee and add the onions; sauté for 2 minutes.
2. Add the spices and salt, and stir for 3 minutes until thickened.

## Assembling and Serving:

1. In a serving pot, pour a layer of broth with vegetables.
2. Break the dried Qursan bread and layer it over the broth; repeat until all are used.
3. Spread the Kishnah on top, cover, and simmer over low heat for 10 minutes.
4. Serve hot in a deep dish.

## The dish's nutritional content

| Analyte                     | per 100g | Full recipe | Unit |
|-----------------------------|----------|-------------|------|
| Energy (kJ)                 | 554      | 13800       | kJ   |
| Energy (kcal)               | 132      | 3290        | kcal |
| Moisture Content            | 72.5     | 1800        | g    |
| Total Protein               | 3.7      | 93          | g    |
| Total Nitrogen              | 0.6      | 15          | g    |
| Total Fat                   | 7.5      | 188         | g    |
| Available Carbohydrates     | 10.3     | 257         | g    |
| Total Carbohydrates         | 14.3     | 356         | g    |
| Total sugars                | 1.03     | 26          | g    |
| Added Sugar                 | 0.0      | 0.0         | g    |
| Total Dietary Fibre         | 4.1      | 103         | g    |
| Soluble Fibre               | 0.6      | 16          | g    |
| Insoluble Fibre             | 3.5      | 87          | g    |
| Ash Content                 | 1.6      | 40          | g    |
| Cholesterol                 | 15.7     | 389         | mg   |
| Saturated Fatty Acids       | 2.22     | 55          | g    |
| Monounsaturated Fatty Acids | 2.42     | 60          | g    |
| Polyunsaturated Fatty Acids | 2.73     | 68          | g    |
| Total Unsaturated Fat       | 5.15     | 128         | g    |
| Trans-Fat (TFA)             | -        | -           | g    |
| Sum of Omega-3 (n-3)        | -        | -           | g    |
| Sum of Omega-6 (n-6)        | 2.68     | 67          | g    |
| Sum of Omega-9 (n-9)        | 2.35     | 59          | g    |
| Calcium                     | 23       | 564         | mg   |
| Iron                        | 1.10     | 27          | mg   |

| Analyte                      | per 100g | Full recipe | Unit |
|------------------------------|----------|-------------|------|
| Magnesium                    | 25       | 627         | mg   |
| Phosphorus                   | 73       | 1810        | mg   |
| Potassium                    | 232      | 5780        | mg   |
| Sodium                       | 422      | 10500       | mg   |
| Chloride                     | 7        | 171         | mg   |
| Zinc                         | 0.77     | 19          | mg   |
| Copper                       | 0.100    | 2           | mg   |
| Manganese                    | 0.457    | 11          | mg   |
| Selenium                     | -        | -           | µg   |
| Iodine                       | 25       | 622         | µg   |
| Vitamin A (as Retinol)       | 40       | 1003        | µg   |
| Beta-carotene                | -        | -           | µg   |
| Vitamin D                    | -        | -           | µg   |
| Vitamin E (as a-Tocopherol)  | 1.8      | 45          | mg   |
| Vitamin K                    | 6.2      | 154         | µg   |
| Vitamin C (as Ascorbic Acid) | -        | -           | mg   |
| Vitamin B1                   | -        | -           | mg   |
| Vitamin B2                   | -        | -           | mg   |
| Vitamin B3 (Total)           | 1.9      | 46          | mg   |
| Vitamin B5                   | -        | -           | mg   |
| Vitamin B6                   | -        | -           | mg   |
| Vitamin B7 (Biotin)          | 5.3      | 133         | µg   |
| Vitamin B9 (Folic Acid)      | 71       | 1757        | µg   |
| Vitamin B12 (Cyanocobalamin) | 1.0      | 25          | µg   |

## Recipe Name

Al-Jareesh

Approximately 4 adults

| Ingredients                                   | Quantity |
|---|----------|
| Cracked wheat (washed and soaked for an hour) | 500 g    |
| Ghee  | 60 g     |
| Ground cumin                                  | 8 g      |
| Salt  | 15 g     |
| Water   | 500 ml   |
| Onion, finely chopped                         | 100 g    |
| Vegetable oil                                 | 100 ml   |
| Laban   | 1.5 L    |



## Preparation Method



1. In a pressure cooker over medium heat, add the chopped onions and vegetable oil, and sauté for 2 minutes.
2. Pour in the water, then add the cracked wheat and stir well.
3. Add 1 liter of laban, salt, and 5 g of cumin. Close the cooker and cook for an hour.
4. After that, add the remaining 0.5 liter of laban and the ghee, then stir in the remaining 2.5 g of cumin.
5. Return the pot to the heat and cook for an additional 30 minutes until fully done.
6. Serve hot in a deep dish and drizzle ghee on top for garnish.

## The dish's nutritional content

| Analyte                     | per 100g | Full recipe | Unit |
|-----------------------------|----------|-------------|------|
| Energy (kJ)                 | 680      | 16500       | kJ   |
| Energy (kcal)               | 163      | 3950        | kcal |
| Moisture Content            | 66.0     | 1600        | g    |
| Total Protein               | 8.4      | 205         | g    |
| Total Nitrogen              | 1.4      | 33          | g    |
| Total Fat                   | 7.4      | 180         | g    |
| Available Carbohydrates     | 14.0     | 340         | g    |
| Total Carbohydrates         | 17.3     | 421         | g    |
| Total sugars                | -        | -           | g    |
| Added Sugar                 | 0.0      | 0.0         | g    |
| Total Dietary Fibre         | 3.7      | 91          | g    |
| Soluble Fibre               | 0.5      | 11          | g    |
| Insoluble Fibre             | 3.3      | 79          | g    |
| Ash Content                 | 0.7      | 18          | g    |
| Cholesterol                 | 12.7     | 308         | mg   |
| Saturated Fatty Acids       | 2.78     | 68          | g    |
| Monounsaturated Fatty Acids | 2.03     | 49          | g    |
| Polyunsaturated Fatty Acids | 2.44     | 59          | g    |
| Total Unsaturated Fat       | 4.47     | 109         | g    |
| Trans-Fat (TFA)             | -        | -           | g    |
| Sum of Omega-3 (n-3)        | -        | -           | g    |
| Sum of Omega-6 (n-6)        | 2.38     | 58          | g    |
| Sum of Omega-9 (n-9)        | 1.93     | 47          | g    |
| Calcium                     | 63       | 1540        | mg   |
| Iron                        | 0.58     | 14          | mg   |

| Analyte                      | per 100g | Full recipe | Unit |
|------------------------------|----------|-------------|------|
| Magnesium                    | 18       | 433         | mg   |
| Phosphorus                   | 91       | 2210        | mg   |
| Potassium                    | 161      | 3920        | mg   |
| Sodium                       | 206      | 5000        | mg   |
| Chloride                     | 4        | 88          | mg   |
| Zinc                         | 0.53     | 13          | mg   |
| Copper                       | 0.08     | 2           | mg   |
| Manganese                    | 0.277    | 7           | mg   |
| Selenium                     | -        | -           | µg   |
| Iodine                       | -        | -           | µg   |
| Vitamin A (as Retinol)       | 70       | 1702        | µg   |
| Beta-carotene                | -        | -           | µg   |
| Vitamin D                    | -        | -           | µg   |
| Vitamin E (as a-Tocopherol)  | 1.8      | 44          | mg   |
| Vitamin K                    | -        | -           | µg   |
| Vitamin C (as Ascorbic Acid) | -        | -           | mg   |
| Vitamin B1                   | -        | -           | mg   |
| Vitamin B2                   | -        | -           | mg   |
| Vitamin B3 (Total)           | 0.6      | 15          | mg   |
| Vitamin B5                   | -        | -           | mg   |
| Vitamin B6                   | -        | -           | mg   |
| Vitamin B7 (Biotin)          | 5        | 122         | µg   |
| Vitamin B9 (Folic Acid)      | 26       | 632         | µg   |
| Vitamin B12 (Cyanocobalamin) | -        | -           | µg   |

## Recipe Name

## Margaouq

Approximately 4 adults

| Meat and Vegetable Broth Ingredients | Quantity |
|--------------------------------------|----------|
| Onion, finely chopped                | 100 g    |
| Pumpkin, diced                       | 100 g    |
| Small zucchini, whole                | 100 g    |
| Eggplant, diced                      | 100 g    |
| Green beans, chopped                 | 50 g     |
| Ground turmeric                      | 2 g      |
| Tomato paste                         | 20 g     |
| Tomato, blended                      | 250 g    |
| Lamb with bone, small pieces         | 400 g    |
| Ghee                                 | 30 g     |
| Water                                | 2 L      |
| Medium hot chili peppers             | 2 pieces |
| Dried black lime                     | 2 pieces |
| Mixed spices                         | 5 g      |
| Salt                                 | 3 g      |
| Ground black pepper                  | 2 g      |

| Dough Ingredients | Quantity |
|-------------------|----------|
| Whole wheat flour | 300 g    |
| Water             | 210 ml   |
| Salt              | 2 g      |



## Preparation Method



## Preparing the dough:

1. In a deep bowl, combine whole wheat flour and salt. Gradually add water and knead by hand until a firm dough forms. Cover and let rest for an hour at room temperature.
2. Lightly dust a flat surface with flour to prevent sticking, divide the dough into medium-sized balls, cover, and let rest for 15 minutes.
3. Moisten hands with water and roll out each ball into large, thin circular sheets.

## Preparing the Meat and Vegetable Broth:

1. In a deep pot, melt the ghee and sauté the onions over high heat for 2 minutes until softened.
2. Add the lamb and cook for 2 minutes, then add the blended tomatoes, tomato paste, mixed spices, turmeric, salt, black pepper, and dried black lime. Stir for 5 minutes over high heat.
3. Pour in the water and cook over medium heat for 45 minutes.
4. Once the meat is tender, add all vegetables and cook for another 30 minutes over medium heat.

## Preparing the Margaouq:

1. In the same pot, gently add the rolled dough pieces one by one, covering the pot and cooking over high heat.
2. When the dough begins to puff and cook, make space in the pot to add the next piece. Repeat until all dough is used.
3. After adding the last piece, add the remaining raw onions, cover, and cook over low heat for 30 minutes.
4. Serve hot in a deep dish.

## The dish's nutritional content

| Analyte                     | per 100g | Full recipe | Unit |
|-----------------------------|----------|-------------|------|
| Energy (kJ)                 | 412      | 9290        | kJ   |
| Energy (kcal)               | 98       | 2220        | kcal |
| Moisture Content            | 75.2     | 1700        | g    |
| Total Protein               | 6.0      | 135         | g    |
| Total Nitrogen              | 1.0      | 22          | g    |
| Total Fat                   | 2.5      | 57          | g    |
| Available Carbohydrates     | 10.3     | 233         | g    |
| Total Carbohydrates         | 16.0     | 361         | g    |
| Total sugars                | -        | -           | g    |
| Added Sugar                 | 0.0      | 0.0         | g    |
| Total Dietary Fibre         | 5.7      | 128         | g    |
| Soluble Fibre               | 0.6      | 14          | g    |
| Insoluble Fibre             | 5.1      | 114         | g    |
| Ash Content                 | 0.6      | 12          | g    |
| Cholesterol                 | 15.0     | 338         | mg   |
| Saturated Fatty Acids       | 1.39     | 31          | g    |
| Monounsaturated Fatty Acids | 0.79     | 18          | g    |
| Polyunsaturated Fatty Acids | 0.27     | 6           | g    |
| Total Unsaturated Fat       | 1.07     | 24          | g    |
| Trans-Fat (TFA)             | -        | -           | g    |
| Sum of Omega-3 (n-3)        | -        | -           | g    |
| Sum of Omega-6 (n-6)        | 0.24     | 5           | g    |
| Sum of Omega-9 (n-9)        | 0.75     | 17          | g    |
| Calcium                     | 16       | 362         | mg   |
| Iron                        | 1.33     | 30          | mg   |

| Analyte                      | per 100g | Full recipe | Unit |
|------------------------------|----------|-------------|------|
| Magnesium                    | 27       | 603         | mg   |
| Phosphorus                   | 68       | 1530        | mg   |
| Potassium                    | 262      | 5910        | mg   |
| Sodium                       | 165      | 3730        | mg   |
| Chloride                     | 2        | 50          | mg   |
| Zinc                         | 1.31     | 30          | mg   |
| Copper                       | 0.187    | 4           | mg   |
| Manganese                    | 0.720    | 16          | mg   |
| Selenium                     | 10       | 226         | µg   |
| Iodine                       | -        | -           | µg   |
| Vitamin A (as Retinol)       | -        | -           | µg   |
| Beta-carotene                | -        | -           | µg   |
| Vitamin D                    | 1.1      | 24          | µg   |
| Vitamin E (as α-Tocopherol)  | -        | -           | mg   |
| Vitamin K                    | 4.0      | 91          | µg   |
| Vitamin C (as Ascorbic Acid) | -        | -           | mg   |
| Vitamin B1                   | -        | -           | mg   |
| Vitamin B2                   | -        | -           | mg   |
| Vitamin B3 (Total)           | 1.00     | 23          | mg   |
| Vitamin B5                   | -        | -           | mg   |
| Vitamin B6                   | -        | -           | mg   |
| Vitamin B7 (Biotin)          | 2.3      | 53          | µg   |
| Vitamin B9 (Folic Acid)      | 43       | 970         | µg   |
| Vitamin B12 (Cyanocobalamin) | 1.0      | 23          | µg   |

## Recipe Name

## Khameer Qurs / Omar Qurs

Approximately 4 adults

| Ingredients       | Quantity |
|-------------------|----------|
| Whole wheat flour | 400 g    |
| Fresh cow's milk  | 330 ml   |
| Ground ginger     | 2 g      |
| Ground turmeric   | 6 g      |
| Nigella seeds     | 6 g      |
| Ground safflower  | 2 g      |
| Ground cinnamon   | 2 g      |
| Sugar             | 60 g     |
| Vegetable oil     | 80 ml    |



## Preparation Method



1. In a deep bowl, combine the milk with ginger, turmeric, black cumin seeds, safflower, cinnamon, and sugar. Mix thoroughly until well blended.
2. In another bowl, mix the flour with oil and rub by hand until combined. Gradually add the spiced milk mixture and knead by hand until a soft and cohesive dough forms. Let the dough rest for 30 minutes.
3. Lightly grease your hands with oil, divide the dough into small balls, and flatten each by hand or with a rolling pin into very thin, small discs.
4. Grease a griddle (ṣāj) lightly with oil and heat it over low flame for 5 minutes.
5. Place the discs on the griddle and cook until golden brown on both sides, about 4 minutes per side.
6. Serve hot in a flat dish. Consume dry.

## The dish's nutritional content

| Analyte                     | per 100g | Full recipe | Unit |
|-----------------------------|----------|-------------|------|
| Energy (kJ)                 | 1463     | 10600       | kJ   |
| Energy (kcal)               | 349      | 2540        | kcal |
| Moisture Content            | 21.9     | 159         | g    |
| Total Protein               | 11.8     | 86          | g    |
| Total Nitrogen              | 1.9      | 14          | g    |
| Total Fat                   | 11.2     | 81          | g    |
| Available Carbohydrates     | 45.3     | 330         | g    |
| Total Carbohydrates         | 54.7     | 397         | g    |
| Total sugars                | 8.6      | 63          | g    |
| Added Sugar                 | 8.2      | 60          | g    |
| Total Dietary Fibre         | 9.3      | 67          | g    |
| Soluble Fibre               | 1.4      | 10          | g    |
| Insoluble Fibre             | 7.9      | 57          | g    |
| Ash Content                 | 0.3      | 2           | g    |
| Cholesterol                 | 5.67     | 41          | mg   |
| Saturated Fatty Acids       | 1.82     | 13          | g    |
| Monounsaturated Fatty Acids | 2.92     | 21          | g    |
| Polyunsaturated Fatty Acids | 6.35     | 46          | g    |
| Total Unsaturated Fat       | 9.27     | 67          | g    |
| Trans-Fat (TFA)             | -        | -           | g    |
| Sum of Omega-3 (n-3)        | -        | -           | g    |
| Sum of Omega-6 (n-6)        | 6.3      | 46          | g    |
| Sum of Omega-9 (n-9)        | 2.89     | 21          | g    |
| Calcium                     | 94       | 682         | mg   |
| Iron                        | 2.36     | 17          | mg   |

| Analyte                      | per 100g | Full recipe | Unit |
|------------------------------|----------|-------------|------|
| Magnesium                    | 85       | 615         | mg   |
| Phosphorus                   | 217      | 1580        | mg   |
| Potassium                    | 377      | 2740        | mg   |
| Sodium                       | 75       | 547         | mg   |
| Chloride                     | 2        | 13          | mg   |
| Zinc                         | 1.67     | 12          | mg   |
| Copper                       | 0.293    | 2           | mg   |
| Manganese                    | 2.87     | 21          | mg   |
| Selenium                     | 30       | 218         | µg   |
| Iodine                       | -        | -           | µg   |
| Vitamin A (as Retinol)       | -        | -           | µg   |
| Beta-carotene                | -        | -           | µg   |
| Vitamin D                    | 5.7      | 42          | µg   |
| Vitamin E (as a-Tocopherol)  | 1.0      | 7           | mg   |
| Vitamin K                    | 4.0      | 29          | µg   |
| Vitamin C (as Ascorbic Acid) | -        | -           | mg   |
| Vitamin B1                   | 1.3      | 9           | mg   |
| Vitamin B2                   | 0.4      | 3           | mg   |
| Vitamin B3 (Total)           | 3.0      | 22          | mg   |
| Vitamin B5                   | -        | -           | mg   |
| Vitamin B6                   | -        | -           | mg   |
| Vitamin B7 (Biotin)          | 3.3      | 24          | µg   |
| Vitamin B9 (Folic Acid)      | 50       | 366         | µg   |
| Vitamin B12 (Cyanocobalamin) | 1.7      | 12          | µg   |

## Recipe Name

Qishd

Approximately 4 adults

| Ingredients            | Quantity |
|------------------------|----------|
| Whole wheat flour      | 40 g     |
| Butter                 | 200 g    |
| Khalas dates (maknooz) | 400 g    |



## Preparation Method



1. Place a frying pan over low heat, add the butter, and stir until completely melted (about 5 minutes).
2. Gradually add the whole wheat flour while stirring for about 7 minutes. Remove from heat and let the mixture rest until the butter separates from the date mixture.
3. After about 5 minutes, strain the butter and return the flour mixture to the pan over low heat. Add the dates (whole with pits) and stir while gently pressing for about 10 minutes until well combined.
4. Serve hot in a small deep bowl.

## The dish's nutritional content

| Analyte                     | per 100g | Full recipe | Unit |
|-----------------------------|----------|-------------|------|
| Energy (kJ)                 | 1600     | 8970        | kJ   |
| Energy (kcal)               | 382      | 2140        | kcal |
| Moisture Content            | 17.5     | 98          | g    |
| Total Protein               | 3.1      | 17          | g    |
| Total Nitrogen              | 0.5      | 3           | g    |
| Total Fat                   | 14.3     | 80          | g    |
| Available Carbohydrates     | 56.7     | 318         | g    |
| Total Carbohydrates         | 63.3     | 355         | g    |
| Total sugars                | 52.6     | 295         | g    |
| Added Sugar                 | 0.0      | 0.0         | g    |
| Total Dietary Fibre         | 7.1      | 40          | g    |
| Soluble Fibre               | 0.2      | 1           | g    |
| Insoluble Fibre             | 6.9      | 39          | g    |
| Ash Content                 | 1.5      | 8           | g    |
| Cholesterol                 | 37.7     | 211         | mg   |
| Saturated Fatty Acids       | 8.11     | 45          | g    |
| Monounsaturated Fatty Acids | 2.6      | 15          | g    |
| Polyunsaturated Fatty Acids | 0.3      | 2           | g    |
| Total Unsaturated Fat       | 2.91     | 16          | g    |
| Trans-Fat (TFA)             | 0.42     | 2           | g    |
| Sum of Omega-3 (n-3)        | 0.16     | 1           | g    |
| Sum of Omega-6 (n-6)        | 0.21     | 1           | g    |
| Sum of Omega-9 (n-9)        | 2.66     | 15          | g    |
| Calcium                     | 52       | 290         | mg   |
| Iron                        | 0.80     | 4           | mg   |

| Analyte                      | per 100g | Full recipe | Unit |
|------------------------------|----------|-------------|------|
| Magnesium                    | 59       | 328         | mg   |
| Phosphorus                   | 80       | 451         | mg   |
| Potassium                    | 619      | 3470        | mg   |
| Sodium                       | 20       | 111         | mg   |
| Chloride                     | 1        | 5           | mg   |
| Zinc                         | 0.86     | 5           | mg   |
| Copper                       | 0.403    | 2           | mg   |
| Manganese                    | 0.363    | 2           | mg   |
| Selenium                     | -        | -           | µg   |
| Iodine                       | -        | -           | µg   |
| Vitamin A (as Retinol)       | 113      | 636         | µg   |
| Beta-carotene                | -        | -           | µg   |
| Vitamin D                    | -        | -           | µg   |
| Vitamin E (as a-Tocopherol)  | 1.2      | 7           | mg   |
| Vitamin K                    | 4.3      | 24          | µg   |
| Vitamin C (as Ascorbic Acid) | -        | -           | mg   |
| Vitamin B1                   | -        | -           | mg   |
| Vitamin B2                   | -        | -           | mg   |
| Vitamin B3 (Total)           | 1.1      | 6           | mg   |
| Vitamin B5                   | 1.7      | 10          | mg   |
| Vitamin B6                   | -        | -           | mg   |
| Vitamin B7 (Biotin)          | 3.0      | 17          | µg   |
| Vitamin B9 (Folic Acid)      | 94       | 525         | µg   |
| Vitamin B12 (Cyanocobalamin) | -        | -           | µg   |

## Recipe Name

## Muhalla

Approximately 4 adults

| Ingredients                          | Quantity |
|--------------------------------------|----------|
| Whole wheat flour                    | 500 g    |
| Khalas dates (maknooz, pits removed) | 400 g    |
| Water                                | 1.5 L    |
| Ghee                                 | 100 g    |
| Ground black pepper                  | 5 g      |
| Salt                                 | 1 g      |



## Preparation Method



1. In a medium pot over high heat, place the dates with 1 L of water. Stir with a spoon and boil for 10 minutes until the dates dissolve. Add the remaining 0.5 L of water and continue stirring for another 5 minutes.
2. In a separate frying pan, toast the flour over low heat with continuous stirring for about 5 minutes until it takes on a light golden color.
3. Add half of the ground black pepper (2.5 g) to the date mixture, then gradually add the toasted flour while stirring with a hand whisk until the mixture thickens and becomes smooth. Add the salt and cook over low heat.
4. After an hour, add 10 g of ghee, cover the pot, and let it cook for another 30 minutes over low heat.
5. In another pan, melt the remaining ghee (90 g). To serve, pour a little ghee into the bottom of a deep serving dish, then scoop in layers of the Muhalla mixture. Pour the remaining ghee over the top and sprinkle the rest of the black pepper around the edges, placing a small amount of ghee in the center.
6. Serve in a deep dish.

## The dish's nutritional content

| Analyte                     | per 100g | Full recipe | Unit |
|-----------------------------|----------|-------------|------|
| Energy (kJ)                 | 782      | 14200       | kJ   |
| Energy (kcal)               | 187      | 3380        | kcal |
| Moisture Content            | 56.1     | 1020        | g    |
| Total Protein               | 4.9      | 88          | g    |
| Total Nitrogen              | 0.8      | 14          | g    |
| Total Fat                   | 4.3      | 78          | g    |
| Available Carbohydrates     | 30.0     | 543         | g    |
| Total Carbohydrates         | 33.7     | 610         | g    |
| Total sugars                | 13.5     | 244         | g    |
| Added Sugar                 | 0.0      | 0.0         | g    |
| Total Dietary Fibre         | 3.9      | 71          | g    |
| Soluble Fibre               | 0.9      | 17          | g    |
| Insoluble Fibre             | 3.0      | 54          | g    |
| Ash Content                 | 0.9      | 16          | g    |
| Cholesterol                 | 8.67     | 157         | mg   |
| Saturated Fatty Acids       | 2.69     | 49          | g    |
| Monounsaturated Fatty Acids | 0.98     | 18          | g    |
| Polyunsaturated Fatty Acids | 0.45     | 8           | g    |
| Total Unsaturated Fat       | 1.43     | 26          | g    |
| Trans-Fat (TFA)             | -        | -           | g    |
| Sum of Omega-3 (n-3)        | -        | -           | g    |
| Sum of Omega-6 (n-6)        | 0.38     | 7           | g    |
| Sum of Omega-9 (n-9)        | 0.84     | 15          | g    |
| Calcium                     | 25       | 451         | mg   |
| Iron                        | 0.94     | 17          | mg   |

| Analyte                      | per 100g | Full recipe | Unit |
|------------------------------|----------|-------------|------|
| Magnesium                    | 48       | 861         | mg   |
| Phosphorus                   | 109      | 1980        | mg   |
| Potassium                    | 262      | 4740        | mg   |
| Sodium                       | 58       | 1060        | mg   |
| Chloride                     | 1        | 21          | mg   |
| Zinc                         | 1.18     | 21          | mg   |
| Copper                       | 0.183    | 3           | mg   |
| Manganese                    | 0.823    | 15          | mg   |
| Selenium                     | -        | -           | µg   |
| Iodine                       | -        | -           | µg   |
| Vitamin A (as Retinol)       | -        | -           | µg   |
| Beta-carotene                | -        | -           | µg   |
| Vitamin D                    | -        | -           | µg   |
| Vitamin E (as a-Tocopherol)  | -        | -           | mg   |
| Vitamin K                    | 1.7      | 30          | µg   |
| Vitamin C (as Ascorbic Acid) | -        | -           | mg   |
| Vitamin B1                   | -        | -           | mg   |
| Vitamin B2                   | -        | -           | mg   |
| Vitamin B3 (Total)           | 0.83     | 15          | mg   |
| Vitamin B5                   | 0.40     | 7           | mg   |
| Vitamin B6                   | 0.11     | 2           | mg   |
| Vitamin B7 (Biotin)          | 8.3      | 151         | µg   |
| Vitamin B9 (Folic Acid)      | 50       | 899         | µg   |
| Vitamin B12 (Cyanocobalamin) | -        | -           | µg   |

## Recipe Name

## Hamees

Approximately 4 adults

| Ingredients                    | Quantity |
|--------------------------------|----------|
| Boneless lamb, cut into pieces | 600 g    |
| Ghee                           | 40 g     |
| Ground cumin                   | 6 g      |
| Salt                           | 8 g      |
| Water                          | 600 ml   |
| Onion, finely chopped          | 200 g    |
| Ground black pepper            | 2 g      |
| Mixed spices                   | 6 g      |



## Preparation Method



1. Place the ghee in a deep pot, add the lamb, and cook over medium heat for about 5 minutes until the meat releases its juices.
2. Add all the spices (cumin, black pepper, mixed spices) along with the salt, onion, and water. Stir well, then cover and simmer over low heat for about 60 minutes until the meat is tender and the sauce thickens.
3. Serve hot in a deep dish.

## The dish's nutritional content

| Analyte                     | per 100g | Full recipe | Unit |
|-----------------------------|----------|-------------|------|
| Energy (kJ)                 | 794      | 6830        | kJ   |
| Energy (kcal)               | 190      | 1630        | kcal |
| Moisture Content            | 65.9     | 567         | g    |
| Total Protein               | 9.4      | 81          | g    |
| Total Nitrogen              | 1.5      | 13          | g    |
| Total Fat                   | 12.2     | 105         | g    |
| Available Carbohydrates     | 11.0     | 95          | g    |
| Total Carbohydrates         | 11.0     | 95          | g    |
| Total sugars                | -        | -           | g    |
| Added Sugar                 | 0.0      | 0.0         | g    |
| Total Dietary Fibre         | -        | -           | g    |
| Soluble Fibre               | 0.2      | 1           | g    |
| Insoluble Fibre             | -        | -           | g    |
| Ash Content                 | 1.7      | 14          | g    |
| Cholesterol                 | 63.7     | 548         | mg   |
| Saturated Fatty Acids       | 6.57     | 57          | g    |
| Monounsaturated Fatty Acids | 4.7      | 40          | g    |
| Polyunsaturated Fatty Acids | 0.49     | 4           | g    |
| Total Unsaturated Fat       | 5.19     | 45          | g    |
| Trans-Fat (TFA)             | 0.41     | 4           | g    |
| Sum of Omega-3 (n-3)        | -        | -           | g    |
| Sum of Omega-6 (n-6)        | 0.4      | 3           | g    |
| Sum of Omega-9 (n-9)        | 4.31     | 37          | g    |
| Calcium                     | 22       | 191         | mg   |
| Iron                        | 1.17     | 10          | mg   |

| Analyte                      | per 100g | Full recipe | Unit |
|------------------------------|----------|-------------|------|
| Magnesium                    | 22       | 186         | mg   |
| Phosphorus                   | 137      | 1180        | mg   |
| Potassium                    | 321      | 2760        | mg   |
| Sodium                       | 388      | 3340        | mg   |
| Chloride                     | 6        | 54          | mg   |
| Zinc                         | 2.08     | 18          | mg   |
| Copper                       | 0.067    | 1           | mg   |
| Manganese                    | -        | -           | mg   |
| Selenium                     | 17       | 143         | µg   |
| Iodine                       | 39       | 333         | µg   |
| Vitamin A (as Retinol)       | 70       | 605         | µg   |
| Beta-carotene                | -        | -           | µg   |
| Vitamin D                    | -        | -           | µg   |
| Vitamin E (as a-Tocopherol)  | -        | -           | mg   |
| Vitamin K                    | 3.3      | 28          | µg   |
| Vitamin C (as Ascorbic Acid) | -        | -           | mg   |
| Vitamin B1                   | -        | -           | mg   |
| Vitamin B2                   | -        | -           | mg   |
| Vitamin B3 (Total)           | -        | -           | mg   |
| Vitamin B5                   | 0.30     | 3           | mg   |
| Vitamin B6                   | -        | -           | mg   |
| Vitamin B7 (Biotin)          | 10       | 89          | µg   |
| Vitamin B9 (Folic Acid)      | 72       | 617         | µg   |
| Vitamin B12 (Cyanocobalamin) | -        | -           | µg   |

## Recipe Name

## Henaini Riyadh

Approximately 6 adults

| Ingredients                          | Quantity |
|--------------------------------------|----------|
| Whole wheat flour                    | 700 g    |
| Water                                | 1.2 L    |
| Dry qursan bread                     | 500 g    |
| Khalas dates (maknooz, pits removed) | 740 g    |
| Butter                               | 400 g    |



## Preparation Method



## Preparation of Whole Wheat Bread:

1. In a deep bowl, place the whole wheat flour and gradually add water while kneading by hand until the batter becomes semi-liquid. Let it rest for 10 minutes.
2. Heat the griddle (ṣāj) over low flame for 10 minutes.
3. Pour a portion of the batter onto the griddle, spreading it into a thin, round sheet. Cook over high heat for 2 minutes, then flip and cook the other side for about 30 seconds.

## Preparation of Henaini:

1. Grind the dry qursan bread in an electric grinder until fine.
2. In a deep bowl, combine the butter, dates, and ground qursan.
3. Tear the whole wheat bread into small pieces and add to the mixture, mixing well by hand until fully combined.
4. Transfer the mixture to a deep pot and cook over medium heat, stirring continuously for about 8 minutes until the mixture thickens and becomes uniform.
5. Serve hot in a flat dish.

## The dish's nutritional content

| Analyte                     | per 100g | Full recipe | Unit |
|-----------------------------|----------|-------------|------|
| Energy (kJ)                 | 1340     | 37800       | kJ   |
| Energy (kcal)               | 320      | 9010        | kcal |
| Moisture Content            | 27.8     | 782         | g    |
| Total Protein               | 6.4      | 181         | g    |
| Total Nitrogen              | 1.0      | 29          | g    |
| Total Fat                   | 10.2     | 288         | g    |
| Available Carbohydrates     | 46.3     | 1310        | g    |
| Total Carbohydrates         | 54.3     | 1530        | g    |
| Total sugars                | 19.7     | 556         | g    |
| Added Sugar                 | 0.0      | 0.0         | g    |
| Total Dietary Fibre         | 8.0      | 225         | g    |
| Soluble Fibre               | 0.8      | 23          | g    |
| Insoluble Fibre             | 7.2      | 202         | g    |
| Ash Content                 | 1.2      | 34          | g    |
| Cholesterol                 | 29.3     | 827         | mg   |
| Saturated Fatty Acids       | 7.21     | 203         | g    |
| Monounsaturated Fatty Acids | 2.12     | 60          | g    |
| Polyunsaturated Fatty Acids | 0.57     | 16          | g    |
| Total Unsaturated Fat       | 2.69     | 76          | g    |
| Trans-Fat (TFA)             | 0.31     | 9           | g    |
| Sum of Omega-3 (n-3)        | 0.14     | 4           | g    |
| Sum of Omega-6 (n-6)        | 0.42     | 12          | g    |
| Sum of Omega-9 (n-9)        | 1.81     | 51          | g    |
| Calcium                     | 41       | 1160        | mg   |
| Iron                        | 2.17     | 61          | mg   |

| Analyte                      | per 100g | Full recipe | Unit |
|------------------------------|----------|-------------|------|
| Magnesium                    | 75       | 2110        | mg   |
| Phosphorus                   | 160      | 4520        | mg   |
| Potassium                    | 388      | 10900       | mg   |
| Sodium                       | 115      | 3250        | mg   |
| Chloride                     | 2        | 57          | mg   |
| Zinc                         | 1.97     | 55          | mg   |
| Copper                       | 0.397    | 11          | mg   |
| Manganese                    | 1.16     | 33          | mg   |
| Selenium                     | -        | -           | µg   |
| Iodine                       | -        | -           | µg   |
| Vitamin A (as Retinol)       | 100      | 2818        | µg   |
| Beta-carotene                | -        | -           | µg   |
| Vitamin D                    | 2.6      | 74          | µg   |
| Vitamin E (as a-Tocopherol)  | 0.8      | 22          | mg   |
| Vitamin K                    | 2.7      | 75          | µg   |
| Vitamin C (as Ascorbic Acid) | -        | -           | mg   |
| Vitamin B1                   | -        | -           | mg   |
| Vitamin B2                   | 0.31     | 9           | mg   |
| Vitamin B3 (Total)           | 1.5      | 42          | mg   |
| Vitamin B5                   | 0.60     | 17          | mg   |
| Vitamin B6                   | 0.37     | 10          | mg   |
| Vitamin B7 (Biotin)          | 4.0      | 113         | µg   |
| Vitamin B9 (Folic Acid)      | 38       | 1061        | µg   |
| Vitamin B12 (Cyanocobalamin) | -        | -           | µg   |

## Recipe Name

Shaa'thah

Approximately 4 adults

| Ingredients                             | Quantity |
|---|----------|
| Khalas dates                            | 500 g    |
| Ground dried yogurt (Iqt)               | 157 g    |
| Ghee                                    | 217 g    |
| Ghee (for garnish)                      | 18 g     |
| Ground dried yogurt (Iqt) (for garnish) | 11 g     |



## Preparation Method



1. In a deep bowl, mix the iqt with the dates and knead by hand until the mixture becomes cohesive and semi-soft. Add the ghee and continue kneading for about 5 minutes until the date pits begin to separate.
2. Place the mixture in a serving dish, forming a shallow center. Pour the ghee for garnish into the middle and sprinkle the reserved ground iqt on top.

## The dish's nutritional content

| Analyte                     | per 100g | Full recipe | Unit |
|-----------------------------|----------|-------------|------|
| Energy (kJ)                 | 1563     | 12900       | kJ   |
| Energy (kcal)               | 373      | 3090        | kcal |
| Moisture Content            | 16.1     | 134         | g    |
| Total Protein               | 9.7      | 80          | g    |
| Total Nitrogen              | 1.5      | 13          | g    |
| Total Fat                   | 14.5     | 120         | g    |
| Available Carbohydrates     | 45.3     | 375         | g    |
| Total Carbohydrates         | 57.0     | 472         | g    |
| Total sugars                | 50.0     | 414         | g    |
| Added Sugar                 | 0.0      | 0.0         | g    |
| Total Dietary Fibre         | 11.8     | 97          | g    |
| Soluble Fibre               | 0.5      | 4           | g    |
| Insoluble Fibre             | 18.4     | 153         | g    |
| Ash Content                 | 2.7      | 22          | g    |
| Cholesterol                 | 31.7     | 262         | mg   |
| Saturated Fatty Acids       | 10.1     | 83          | g    |
| Monounsaturated Fatty Acids | 3.46     | 29          | g    |
| Polyunsaturated Fatty Acids | 0.44     | 4           | g    |
| Total Unsaturated Fat       | 3.91     | 32          | g    |
| Trans-Fat (TFA)             | 0.48     | 4           | g    |
| Sum of Omega-3 (n-3)        | -        | -           | g    |
| Sum of Omega-6 (n-6)        | 0.29     | 2           | g    |
| Sum of Omega-9 (n-9)        | 2.87     | 24          | g    |
| Calcium                     | 312      | 2580        | mg   |
| Iron                        | 1.02     | 8           | mg   |

| Analyte                      | per 100g | Full recipe | Unit |
|------------------------------|----------|-------------|------|
| Magnesium                    | 64       | 530         | mg   |
| Phosphorus                   | 256      | 2120        | mg   |
| Potassium                    | 739      | 6120        | mg   |
| Sodium                       | 108      | 891         | mg   |
| Chloride                     | 2        | 20          | mg   |
| Zinc                         | 0.92     | 8           | mg   |
| Copper                       | 0.200    | 2           | mg   |
| Manganese                    | 0.115    | 1           | mg   |
| Selenium                     | -        | -           | µg   |
| Iodine                       | 26       | 218         | µg   |
| Vitamin A (as Retinol)       | -        | -           | µg   |
| Beta-carotene                | -        | -           | µg   |
| Vitamin D                    | 1.8      | 15          | µg   |
| Vitamin E (as a-Tocopherol)  | -        | -           | mg   |
| Vitamin K                    | 2.6      | 21          | µg   |
| Vitamin C (as Ascorbic Acid) | -        | -           | mg   |
| Vitamin B1                   | -        | -           | mg   |
| Vitamin B2                   | -        | -           | mg   |
| Vitamin B3 (Total)           | 0.72     | 6           | mg   |
| Vitamin B5                   | 1.3      | 11          | mg   |
| Vitamin B6                   | 0.03     | 0           | mg   |
| Vitamin B7 (Biotin)          | 4.0      | 33          | µg   |
| Vitamin B9 (Folic Acid)      | 142      | 1179        | µg   |
| Vitamin B12 (Cyanocobalamin) | 1.7      | 14          | µg   |

## Recipe Name

## Makhameer

Approximately 4 adults

| Dough Ingredients | Quantity |
|-------------------|----------|
| Whole wheat flour | 500 g    |
| Fresh milk        | 483 ml   |
| Yeast             | 5 g      |
| Melted butter     | 30 g     |
| Sugar             | 3 g      |
| Salt              | 1 g      |

| Liquid Mixture Ingredients | Quantity |
|----------------------------|----------|
| Fresh milk                 | 400 ml   |
| Onion, finely chopped      | 50 g     |
| Butter                     | 30 g     |
| Ground black pepper        | 1 g      |
| Salt                       | 1 g      |

## Preparation Method



## Preparation of Dough:

1. In a deep bowl, mix the milk, butter, salt, yeast, sugar, and flour. Knead by hand until a soft, cohesive dough forms. Cover and let it rest in a warm place for 15 minutes.
2. Heat the griddle (ṣāj) over high flame for 5 minutes.
3. Lightly oil your hands, shape the dough into small, slightly flattened balls, and place them on the griddle over low heat for 5 minutes. Flip and cook for another 5 minutes until golden and cooked through.

## Preparation of Liquid Mixture:

1. In a small pot over medium heat, melt the butter and add the onion. Stir for a minute.
2. Add the salt and black pepper, stirring for 3 minutes.
3. Pour in the milk and bring to a boil for about 5 minutes.

## Serving:

Arrange the makhameer in a deep serving dish, pour the hot liquid mixture over them, and let it sit for 5 minutes to absorb the sauce. Then, serve warm in a deep dish.



## The dish's nutritional content

| Analyte                     | per 100g | Full recipe | Unit |
|-----------------------------|----------|-------------|------|
| Energy (kJ)                 | 858      | 11200       | kJ   |
| Energy (kcal)               | 205      | 2680        | kcal |
| Moisture Content            | 49.6     | 649         | g    |
| Total Protein               | 8.5      | 112         | g    |
| Total Nitrogen              | 1.4      | 18          | g    |
| Total Fat                   | 4.5      | 59          | g    |
| Available Carbohydrates     | 28.3     | 371         | g    |
| Total Carbohydrates         | 36.0     | 471         | g    |
| Total sugars                | 6.2      | 82          | g    |
| Added Sugar                 | -        | -           | g    |
| Total Dietary Fibre         | 7.6      | 99          | g    |
| Soluble Fibre               | 0.9      | 12          | g    |
| Insoluble Fibre             | 6.6      | 87          | g    |
| Ash Content                 | 1.3      | 16          | g    |
| Cholesterol                 | 10.0     | 131         | mg   |
| Saturated Fatty Acids       | 2.68     | 35          | g    |
| Monounsaturated Fatty Acids | 1.06     | 14          | g    |
| Polyunsaturated Fatty Acids | 0.67     | 9           | g    |
| Total Unsaturated Fat       | 1.73     | 23          | g    |
| Trans-Fat (TFA)             | -        | -           | g    |
| Sum of Omega-3 (n-3)        | -        | -           | g    |
| Sum of Omega-6 (n-6)        | 0.61     | 8           | g    |
| Sum of Omega-9 (n-9)        | 0.95     | 12          | g    |
| Calcium                     | 98       | 1290        | mg   |
| Iron                        | 1.30     | 17          | mg   |

| Analyte                      | per 100g | Full recipe | Unit |
|------------------------------|----------|-------------|------|
| Magnesium                    | 79       | 1030        | mg   |
| Phosphorus                   | 245      | 3210        | mg   |
| Potassium                    | 357      | 4670        | mg   |
| Sodium                       | 117      | 1540        | mg   |
| Chloride                     | 2        | 27          | mg   |
| Zinc                         | 1.86     | 24          | mg   |
| Copper                       | 0.213    | 3           | mg   |
| Manganese                    | 0.830    | 11          | mg   |
| Selenium                     | -        | -           | µg   |
| Iodine                       | -        | -           | µg   |
| Vitamin A (as Retinol)       | -        | -           | µg   |
| Beta-carotene                | -        | -           | µg   |
| Vitamin D                    | 4.4      | 57          | µg   |
| Vitamin E (as a-Tocopherol)  | -        | -           | mg   |
| Vitamin K                    | -        | -           | µg   |
| Vitamin C (as Ascorbic Acid) | -        | -           | mg   |
| Vitamin B1                   | 0.36     | 5           | mg   |
| Vitamin B2                   | 0.22     | 3           | mg   |
| Vitamin B3 (Total)           | 7.4      | 96          | mg   |
| Vitamin B5                   | 1.3      | 17          | mg   |
| Vitamin B6                   | -        | -           | mg   |
| Vitamin B7 (Biotin)          | 3.0      | 39          | µg   |
| Vitamin B9 (Folic Acid)      | 59       | 776         | µg   |
| Vitamin B12 (Cyanocobalamin) | -        | -           | µg   |

# Makkah Al Mukarramah



|  |   |   |   |
|--|---|---|---|
| Bukhari rice with meat<br>36<br>    | Jubniyah fullah<br>48<br>        | Miro Kabab<br>60<br>                  | Savory Mutabbaq with Chicken<br>72<br> |
| Bukhari rice with chicken<br>38<br> | Al-Saleeg with chicken<br>50<br> | Mushabbak<br>62<br>                   | Ma'soub<br>74<br>                      |
| Al-Thareef<br>40<br>              | Al-Saleeg with meat<br>52<br>  | Musharmal<br>64<br>                  | Ma'amoul<br>76<br>                   |
| Khawadhah (Saweeq)<br>42<br>      | Fried fish<br>54<br>           | Sweet banana Muttabaq<br>66<br>     | Meat Mantu<br>78<br>                 |
| Aish Laham<br>44<br>              | Whole wheat Aseeda<br>56<br>   | Sweet cheese Muttabaq<br>68<br>     |   |
| Aish Dajaj<br>46<br>              | White Flour Aseedah<br>58<br>  | Savory Muttabaq with Meat<br>70<br> |   |

## Recipe Name

## Bukhari Rice with Meat

Approximately 4 adults

| Ingredients                    | Quantity |
|--------------------------------|----------|
| Lamb, cut into medium pieces   | 365 g    |
| Carrot, thinly julienned       | 320 g    |
| Tomato, cut into medium pieces | 350 g    |
| Long-grain rice, washed        | 470 g    |
| Ground cumin                   | 1 g      |
| Onion, sliced                  | 70 g     |
| Vegetable oil                  | 150 ml   |
| Water                          | 1.5 L    |
| Salt                           | 14 g     |



## Preparation Method



1. Heat the oil in a medium-sized pot over high heat for two minutes.
2. Add the lamb and onion, stirring for about five minutes until the onion softens and the meat turns brown.
3. Add the cumin, salt, and tomatoes, and stir for about five minutes until well combined.
4. Add the carrots, reduce the heat to low, cover the pot, and let cook for 10 minutes.
5. Pour in the water and boil over high heat for about five minutes, then lower the heat and simmer for 45 minutes.
6. Add the rice, cover the pot, and cook for 30 minutes until fully cooked.
7. Serve hot in a flat dish.

## The dish's nutritional content

| Analyte                     | per 100g | Full recipe | Unit |
|-----------------------------|----------|-------------|------|
| Energy (kJ)                 | 680      | 16300       | kJ   |
| Energy (kcal)               | 163      | 3910        | kcal |
| Moisture Content            | 69.4     | 1670        | g    |
| Total Protein               | 5.1      | 123         | g    |
| Total Nitrogen              | 0.8      | 19          | g    |
| Total Fat                   | 8.1      | 194         | g    |
| Available Carbohydrates     | 17.3     | 416         | g    |
| Total Carbohydrates         | 17.3     | 416         | g    |
| Total sugars                | -        | -           | g    |
| Added Sugar                 | 0.0      | 0.0         | g    |
| Total Dietary Fibre         | -        | -           | g    |
| Soluble Fibre               | -        | -           | g    |
| Insoluble Fibre             | 0.3      | 6           | g    |
| Ash Content                 | 0.1      | 3           | g    |
| Cholesterol                 | 9.0      | 216         | mg   |
| Saturated Fatty Acids       | 1.82     | 44          | g    |
| Monounsaturated Fatty Acids | 2.66     | 64          | g    |
| Polyunsaturated Fatty Acids | 3.49     | 84          | g    |
| Total Unsaturated Fat       | 6.15     | 148         | g    |
| Trans-Fat (TFA)             | -        | -           | g    |
| Sum of Omega-3 (n-3)        | -        | -           | g    |
| Sum of Omega-6 (n-6)        | 3.46     | 83          | g    |
| Sum of Omega-9 (n-9)        | 2.59     | 62          | g    |
| Calcium                     | 14       | 335         | mg   |
| Iron                        | 0.43     | 10          | mg   |

| Analyte                      | per 100g | Full recipe | Unit |
|------------------------------|----------|-------------|------|
| Magnesium                    | 9        | 219         | mg   |
| Phosphorus                   | 46       | 1090        | mg   |
| Potassium                    | 151      | 3630        | mg   |
| Sodium                       | 313      | 7530        | mg   |
| Chloride                     | 5        | 112         | mg   |
| Zinc                         | 0.59     | 14          | mg   |
| Copper                       | 0.100    | 2           | mg   |
| Manganese                    | -        | -           | mg   |
| Selenium                     | -        | -           | µg   |
| Iodine                       | -        | -           | µg   |
| Vitamin A (as Retinol)       | -        | -           | µg   |
| Beta-carotene                | 1567     | 37631       | µg   |
| Vitamin D                    | 1.0      | 25          | µg   |
| Vitamin E (as a-Tocopherol)  | 1.7      | 42          | mg   |
| Vitamin K                    | -        | -           | µg   |
| Vitamin C (as Ascorbic Acid) | -        | -           | mg   |
| Vitamin B1                   | -        | -           | mg   |
| Vitamin B2                   | -        | -           | mg   |
| Vitamin B3 (Total)           | -        | -           | mg   |
| Vitamin B5                   | 0.84     | 20          | mg   |
| Vitamin B6                   | -        | -           | mg   |
| Vitamin B7 (Biotin)          | 3.0      | 72          | µg   |
| Vitamin B9 (Folic Acid)      | 70       | 1681        | µg   |
| Vitamin B12 (Cyanocobalamin) | 1.0      | 24          | µg   |

## Recipe Name

## Bukhari Rice with Chicken

Approximately 4 adults

| Ingredients                     | Quantity |
|---------------------------------|----------|
| Chicken, cut into medium pieces | 365 g    |
| Carrot, thinly julienned        | 320 g    |
| Tomato, cut into medium pieces  | 350 g    |
| Long-grain rice, washed         | 470 g    |
| Ground cumin                    | 1 g      |
| Onion, sliced                   | 70 g     |
| Oil                             | 150 ml   |
| Water                           | 1.5 L    |
| Salt                            | 14 g     |



## Preparation Method



1. Heat the oil in a medium-sized pot over high heat for two minutes.
2. Add the chicken and onion, stirring for about five minutes until the onion softens and the chicken turns light brown.
3. Add the cumin, salt, and tomatoes, and stir for about five minutes until well combined.
4. Add the carrots, reduce the heat to low, cover the pot, and let cook for 10 minutes.
5. Pour in the water and boil over high heat for about five minutes, then lower the heat and simmer for 25 minutes.
6. Add the rice, cover the pot, and cook for 30 minutes until fully cooked.
7. Serve hot in a flat dish.

### The dish's nutritional content

| Analyte                     | per 100g | Full recipe | Unit |
|-----------------------------|----------|-------------|------|
| Energy (kJ)                 | 541      | 13100       | kJ   |
| Energy (kcal)               | 129      | 3130        | kcal |
| Moisture Content            | 74.6     | 1810        | g    |
| Total Protein               | 5.7      | 138         | g    |
| Total Nitrogen              | 0.9      | 22          | g    |
| Total Fat                   | 5.6      | 136         | g    |
| Available Carbohydrates     | 14.0     | 340         | g    |
| Total Carbohydrates         | 14.0     | 340         | g    |
| Total sugars                | -        | -           | g    |
| Added Sugar                 | 0.0      | 0.0         | g    |
| Total Dietary Fibre         | -        | -           | g    |
| Soluble Fibre               | 0.6      | 14          | g    |
| Insoluble Fibre             | 2.4      | 58          | g    |
| Ash Content                 | 0.2      | 6           | g    |
| Cholesterol                 | 10.7     | 259         | mg   |
| Saturated Fatty Acids       | 0.77     | 19          | g    |
| Monounsaturated Fatty Acids | 1.74     | 42          | g    |
| Polyunsaturated Fatty Acids | 3.07     | 75          | g    |
| Total Unsaturated Fat       | 4.81     | 117         | g    |
| Trans-Fat (TFA)             | -        | -           | g    |
| Sum of Omega-3 (n-3)        | -        | -           | g    |
| Sum of Omega-6 (n-6)        | 3.05     | 74          | g    |
| Sum of Omega-9 (n-9)        | 1.68     | 41          | g    |
| Calcium                     | 12       | 291         | mg   |
| Iron                        | 0.43     | 10          | mg   |

| Analyte                      | per 100g | Full recipe | Unit |
|------------------------------|----------|-------------|------|
| Magnesium                    | 8        | 205         | mg   |
| Phosphorus                   | 49       | 1200        | mg   |
| Potassium                    | 139      | 3370        | mg   |
| Sodium                       | 224      | 5440        | mg   |
| Chloride                     | 4        | 108         | mg   |
| Zinc                         | 0.45     | 11          | mg   |
| Copper                       | 0.103    | 3           | mg   |
| Manganese                    | -        | -           | mg   |
| Selenium                     | -        | -           | µg   |
| Iodine                       | -        | -           | µg   |
| Vitamin A (as Retinol)       | -        | -           | µg   |
| Beta-carotene                | 1000     | 24300       | µg   |
| Vitamin D                    | -        | -           | µg   |
| Vitamin E (as a-Tocopherol)  | 2.3      | 56          | mg   |
| Vitamin K                    | 3.4      | 83          | µg   |
| Vitamin C (as Ascorbic Acid) | -        | -           | mg   |
| Vitamin B1                   | -        | -           | mg   |
| Vitamin B2                   | -        | -           | mg   |
| Vitamin B3 (Total)           | 2.0      | 48          | mg   |
| Vitamin B5                   | -        | -           | mg   |
| Vitamin B6                   | -        | -           | mg   |
| Vitamin B7 (Biotin)          | 2.0      | 49          | µg   |
| Vitamin B9 (Folic Acid)      | 101      | 2446        | µg   |
| Vitamin B12 (Cyanocobalamin) | 2.0      | 49          | µg   |

## Recipe Name

Al-Thareef

Approximately 4 adults

| Ingredients         | Quantity |
|---------------------|----------|
| Millet flour        | 660 g    |
| Salt                | 2 g      |
| Honey (for garnish) | 30 g     |
| Hot milk            | 700 ml   |
| Water               | 500 ml   |
| Ghee (for garnish)  | 20 g     |



## Preparation Method



1. Place the millet flour in a deep bowl, add the salt, and stir until well combined.
2. Gradually add the water and knead until a cohesive dough forms, then let it rest for about three minutes.
3. Spread the dough on a hot griddle (şāj) over medium heat and cook for 10 minutes, then flip and cook the other side until fully cooked.
4. Remove and place on a flat dish to cool slightly, then crumble into medium-sized pieces.
5. Transfer to a deep serving bowl, pour the hot milk over, and garnish with ghee and honey. Serve warm in a deep dish.

## The dish's nutritional content

| Analyte                     | per 100g | Full recipe | Unit |
|-----------------------------|----------|-------------|------|
| Energy (kJ)                 | 761      | 12600       | kJ   |
| Energy (kcal)               | 181      | 3010        | kcal |
| Moisture Content            | 54.1     | 898         | g    |
| Total Protein               | 6.8      | 113         | g    |
| Total Nitrogen              | 1.1      | 18          | g    |
| Total Fat                   | 3.0      | 50          | g    |
| Available Carbohydrates     | 28.3     | 470         | g    |
| Total Carbohydrates         | 35.0     | 581         | g    |
| Total sugars                | 1.9      | 31          | g    |
| Added Sugar                 | 1.8      | 30          | g    |
| Total Dietary Fibre         | 7.2      | 120         | g    |
| Soluble Fibre               | 0.8      | 13          | g    |
| Insoluble Fibre             | 6.4      | 107         | g    |
| Ash Content                 | 0.8      | 14          | g    |
| Cholesterol                 | 4.33     | 72          | mg   |
| Saturated Fatty Acids       | 1.19     | 20          | g    |
| Monounsaturated Fatty Acids | 0.82     | 14          | g    |
| Polyunsaturated Fatty Acids | 0.97     | 16          | g    |
| Total Unsaturated Fat       | 1.79     | 30          | g    |
| Trans-Fat (TFA)             | -        | -           | g    |
| Sum of Omega-3 (n-3)        | -        | -           | g    |
| Sum of Omega-6 (n-6)        | 0.91     | 15          | g    |
| Sum of Omega-9 (n-9)        | 0.79     | 13          | g    |
| Calcium                     | 52       | 870         | mg   |
| Iron                        | 1.89     | 31          | mg   |

| Analyte                      | per 100g | Full recipe | Unit |
|------------------------------|----------|-------------|------|
| Magnesium                    | 67       | 1120        | mg   |
| Phosphorus                   | 196      | 3250        | mg   |
| Potassium                    | 301      | 5000        | mg   |
| Sodium                       | 83       | 1370        | mg   |
| Chloride                     | 2        | 27          | mg   |
| Zinc                         | 1.19     | 20          | mg   |
| Copper                       | 0.257    | 4           | mg   |
| Manganese                    | 0.617    | 10          | mg   |
| Selenium                     | 23       | 387         | µg   |
| Iodine                       | -        | -           | µg   |
| Vitamin A (as Retinol)       | -        | -           | µg   |
| Beta-carotene                | -        | -           | µg   |
| Vitamin D                    | -        | -           | µg   |
| Vitamin E (as a-Tocopherol)  | -        | -           | mg   |
| Vitamin K                    | -        | -           | µg   |
| Vitamin C (as Ascorbic Acid) | -        | -           | mg   |
| Vitamin B1                   | -        | -           | mg   |
| Vitamin B2                   | -        | -           | mg   |
| Vitamin B3 (Total)           | 1.1      | 18          | mg   |
| Vitamin B5                   | -        | -           | mg   |
| Vitamin B6                   | -        | -           | mg   |
| Vitamin B7 (Biotin)          | 4.0      | 66          | µg   |
| Vitamin B9 (Folic Acid)      | 73       | 1212        | µg   |
| Vitamin B12 (Cyanocobalamin) | 1.0      | 17          | µg   |

## Recipe Name

Khawadhah (Saweeq)

Approximately 4 adults

| Ingredients                | Quantity   |
|----------------------------|------------|
| Finely ground millet flour | 30 g       |
| Ghee                       | 15 ml      |
| Dates                      | (optional) |



## Preparation Method



1. Melt the ghee, then place it in a deep bowl and add the millet flour. Mix well until fully combined.
2. Serve warm in a small deep bowl with dates and Saudi coffee.

## The dish's nutritional content

| Analyte                     | per 100g | Full recipe | Unit |
|-----------------------------|----------|-------------|------|
| Energy (kJ)                 | 2073     | 918         | kJ   |
| Energy (kcal)               | 495      | 219         | kcal |
| Moisture Content            | 10.6     | 5           | g    |
| Total Protein               | 8.5      | 4           | g    |
| Total Nitrogen              | 1.4      | 1           | g    |
| Total Fat                   | 33.5     | 15          | g    |
| Available Carbohydrates     | 42.7     | 19          | g    |
| Total Carbohydrates         | 48.7     | 22          | g    |
| Total sugars                | -        | -           | g    |
| Added Sugar                 | 0.0      | 0.0         | g    |
| Total Dietary Fibre         | 5.9      | 3           | g    |
| Soluble Fibre               | 0.8      | 0           | g    |
| Insoluble Fibre             | 5.1      | 2           | g    |
| Ash Content                 | 1.1      | 0           | g    |
| Cholesterol                 | 71.3     | 32          | mg   |
| Saturated Fatty Acids       | 19.9     | 9           | g    |
| Monounsaturated Fatty Acids | 7.32     | 3           | g    |
| Polyunsaturated Fatty Acids | 2.45     | 1           | g    |
| Total Unsaturated Fat       | 9.77     | 4           | g    |
| Trans-Fat (TFA)             | 1.55     | 1           | g    |
| Sum of Omega-3 (n-3)        | 0.38     | 0.2         | g    |
| Sum of Omega-6 (n-6)        | 2.06     | 1           | g    |
| Sum of Omega-9 (n-9)        | 6.5      | 3           | g    |
| Calcium                     | 15       | 7           | mg   |
| Iron                        | 2.97     | 1           | mg   |

| Analyte                      | per 100g | Full recipe | Unit |
|------------------------------|----------|-------------|------|
| Magnesium                    | 100      | 44          | mg   |
| Phosphorus                   | 256      | 114         | mg   |
| Potassium                    | 332      | 147         | mg   |
| Sodium                       | 33       | 15          | mg   |
| Chloride                     | 1        | 0           | mg   |
| Zinc                         | 2.22     | 1           | mg   |
| Copper                       | 0.377    | 0           | mg   |
| Manganese                    | 0.927    | 0           | mg   |
| Selenium                     | 57       | 25          | µg   |
| Iodine                       | -        | -           | µg   |
| Vitamin A (as Retinol)       | 170      | 75          | µg   |
| Beta-carotene                | -        | -           | µg   |
| Vitamin D                    | 1.0      | 0           | µg   |
| Vitamin E (as a-Tocopherol)  | 0.8      | 0           | mg   |
| Vitamin K                    | 3.4      | 2           | µg   |
| Vitamin C (as Ascorbic Acid) | -        | -           | mg   |
| Vitamin B1                   | 0.50     | 0           | mg   |
| Vitamin B2                   | -        | -           | mg   |
| Vitamin B3 (Total)           | 0.44     | 0           | mg   |
| Vitamin B5                   | -        | -           | mg   |
| Vitamin B6                   | -        | -           | mg   |
| Vitamin B7 (Biotin)          | 2.0      | 1           | µg   |
| Vitamin B9 (Folic Acid)      | 115      | 51          | µg   |
| Vitamin B12 (Cyanocobalamin) | 1.0      | 0           | µg   |

## Recipe Name

## Aish Laham

Approximately 6 adults

| Dough Ingredients  | Quantity | Filling Ingredients        | Quantity |
|--------------------|----------|----------------------------|----------|
| White flour        | 400 g    | Ground beef                | 293 g    |
| Milk powder        | 67 g     | Water (for tahini)         | 300 ml   |
| Nigella seeds      | 1 g      | Beaten egg                 | 1 piece  |
| Aish Laham spices  | 8 g      | Salt                       | 7 g      |
| Salt               | 7 g      | Onion, finely chopped      | 133 g    |
| Yeast              | 3 g      | Leek, finely chopped       | 133 g    |
| Ghee               | 67 g     | Tahini                     | 400 g    |
| Water              | 240 ml   | Black vinegar              | 8 ml     |
| Oil (for greasing) | 3 ml     | Sesame seeds (for garnish) | 1 g      |

## Preparation Method



## Preparation of Dough:

1. In a deep bowl, combine the flour, milk powder, nigella seeds, Aish Laham spices, yeast, and salt. Mix by hand, then gradually add the ghee and rub until fully incorporated.
2. Gradually add the water while kneading until a cohesive dough forms. Cover and let it rise for 30-45 minutes or until it doubles in size.
3. Lightly grease a baking tray with oil, spread the dough evenly with raised edges, and leave it for an additional 15 minutes to rise.



## Preparation of Filling:

1. Place the minced beef in a frying pan over high heat, then add the onion and salt. Stir for about 10 minutes until the onion softens and the meat is fully cooked.
2. To prepare the tahini sauce, mix the vinegar with the tahini, then gradually add water until the mixture becomes semi-liquid. Add the sauce to the cooked meat in a bowl, then mix in the leek and half of the beaten egg. Stir until well combined.

## Baking and Serving:

1. Spread the filling evenly inside the dough, keeping the edges raised to hold the mixture. Brush the edges with the remaining beaten egg and sprinkle sesame seeds on top as desired.
2. Bake in a preheated oven at 150 °C for 40 minutes.
3. Serve hot in a flat dish.

## The dish's nutritional content

| Analyte                     | per 100g | Full recipe | Unit |
|-----------------------------|----------|-------------|------|
| Energy (kJ)                 | 1323     | 21000       | kJ   |
| Energy (kcal)               | 316      | 5010        | kcal |
| Moisture Content            | 38.3     | 607         | g    |
| Total Protein               | 13.6     | 216         | g    |
| Total Nitrogen              | 2.2      | 35          | g    |
| Total Fat                   | 18.5     | 294         | g    |
| Available Carbohydrates     | 20.7     | 327         | g    |
| Total Carbohydrates         | 27.7     | 438         | g    |
| Total sugars                | 2.6      | 41          | g    |
| Added Sugar                 | 0.0      | 0.0         | g    |
| Total Dietary Fibre         | 7.2      | 115         | g    |
| Soluble Fibre               | 1.0      | 16          | g    |
| Insoluble Fibre             | 6.2      | 98          | g    |
| Ash Content                 | 1.7      | 28          | g    |
| Cholesterol                 | 29.3     | 465         | mg   |
| Saturated Fatty Acids       | 5.42     | 86          | g    |
| Monounsaturated Fatty Acids | 7.07     | 112         | g    |
| Polyunsaturated Fatty Acids | 5.85     | 93          | g    |
| Total Unsaturated Fat       | 12.9     | 205         | g    |
| Trans-Fat (TFA)             | -        | -           | g    |
| Sum of Omega-3 (n-3)        | 0.11     | 2           | g    |
| Sum of Omega-6 (n-6)        | 5.73     | 91          | g    |
| Sum of Omega-9 (n-9)        | 6.98     | 111         | g    |
| Calcium                     | 46       | 727         | mg   |
| Iron                        | 2.43     | 38          | mg   |

| Analyte                      | per 100g | Full recipe | Unit |
|------------------------------|----------|-------------|------|
| Magnesium                    | 86       | 1360        | mg   |
| Phosphorus                   | 211      | 3340        | mg   |
| Potassium                    | 294      | 4660        | mg   |
| Sodium                       | 311      | 4920        | mg   |
| Chloride                     | 5        | 85          | mg   |
| Zinc                         | 2.15     | 34          | mg   |
| Copper                       | 0.517    | 8           | mg   |
| Manganese                    | 0.370    | 6           | mg   |
| Selenium                     | -        | -           | µg   |
| Iodine                       | -        | -           | µg   |
| Vitamin A (as Retinol)       | -        | -           | µg   |
| Beta-carotene                | -        | -           | µg   |
| Vitamin D                    | 3.0      | 48          | µg   |
| Vitamin E (as a-Tocopherol)  | -        | -           | mg   |
| Vitamin K                    | 9.9      | 157         | µg   |
| Vitamin C (as Ascorbic Acid) | -        | -           | mg   |
| Vitamin B1                   | -        | -           | mg   |
| Vitamin B2                   | 0.16     | 3           | mg   |
| Vitamin B3 (Total)           | 4.6      | 73          | mg   |
| Vitamin B5                   | -        | -           | mg   |
| Vitamin B6                   | 2.1      | 33          | mg   |
| Vitamin B7 (Biotin)          | 1.0      | 16          | µg   |
| Vitamin B9 (Folic Acid)      | 24       | 375         | µg   |
| Vitamin B12 (Cyanocobalamin) | -        | -           | µg   |

## Recipe Name

## Aish Dajaj

Approximately 6 adults

| Dough Ingredients  | Quantity |
|--------------------|----------|
| White flour        | 400 g    |
| Milk powder        | 67 g     |
| Nigella seeds      | 1 g      |
| Aish Laham spices  | 8 g      |
| Salt               | 7 g      |
| Yeast              | 3 g      |
| Ghee               | 67 g     |
| Water              | 240 ml   |
| Oil (for greasing) | 3 ml     |

| Filling Ingredients        | Quantity |
|----------------------------|----------|
| Minced chicken             | 294 g    |
| Water (for tahini)         | 300 ml   |
| Beaten egg                 | 1 piece  |
| Salt                       | 7 g      |
| Onion, finely chopped      | 133 g    |
| Leek, finely chopped       | 133 g    |
| Tahini                     | 400 g    |
| Black vinegar              | 8 ml     |
| Sesame seeds (for garnish) | 1 g      |

## Preparation Method



## Preparation of Dough:

1. In a deep bowl, combine the flour, milk powder, nigella seeds, Aish Laham spices, yeast, and salt. Mix by hand, then gradually add the ghee and rub until fully incorporated.
2. Gradually add the water while kneading until a cohesive dough forms. Cover and let it rise for 30-45 minutes or until it doubles in size.
3. Lightly grease a baking tray with oil, spread the dough evenly with raised edges, and leave it for an additional 15 minutes to rise.

## Preparation of Filling:

1. Place the minced chicken in a frying pan over high heat, then add the onion and salt. Stir for about 10 minutes until the onion softens and the chicken is fully cooked.
2. To prepare the tahini sauce, mix the vinegar with the tahini, then gradually add water until the mixture becomes semi-liquid. Add the sauce to the cooked chicken in a bowl, then mix in the leek and half of the beaten egg. Stir until well combined.

## Baking and Serving:

1. Spread the filling evenly inside the dough, keeping the edges raised to hold the mixture. Brush the edges with the remaining beaten egg and sprinkle sesame seeds on top as desired.
2. Bake in a preheated oven at 150 °C for 40 minutes.
3. Serve hot in a flat dish.



## The dish's nutritional content

| Analyte                     | per 100g | Full recipe | Unit |
|-----------------------------|----------|-------------|------|
| Energy (kJ)                 | 1193     | 20500       | kJ   |
| Energy (kcal)               | 285      | 4890        | kcal |
| Moisture Content            | 42.7     | 733         | g    |
| Total Protein               | 13.1     | 225         | g    |
| Total Nitrogen              | 2.1      | 36          | g    |
| Total Fat                   | 15.4     | 264         | g    |
| Available Carbohydrates     | 20.3     | 349         | g    |
| Total Carbohydrates         | 27.3     | 469         | g    |
| Total sugars                | -        | -           | g    |
| Added Sugar                 | 0.0      | 0.0         | g    |
| Total Dietary Fibre         | 6.7      | 115         | g    |
| Soluble Fibre               | 0.4      | 7           | g    |
| Insoluble Fibre             | 6.3      | 108         | g    |
| Ash Content                 | 1.7      | 29          | g    |
| Cholesterol                 | 29.7     | 509         | mg   |
| Saturated Fatty Acids       | 4.16     | 71          | g    |
| Monounsaturated Fatty Acids | 5.97     | 103         | g    |
| Polyunsaturated Fatty Acids | 5.11     | 88          | g    |
| Total Unsaturated Fat       | 11.1     | 190         | g    |
| Trans-Fat (TFA)             | -        | -           | g    |
| Sum of Omega-3 (n-3)        | 0.1      | 2           | g    |
| Sum of Omega-6 (n-6)        | 4.99     | 86          | g    |
| Sum of Omega-9 (n-9)        | 5.86     | 101         | g    |
| Calcium                     | 51       | 880         | mg   |
| Iron                        | 2.86     | 49          | mg   |

| Analyte                      | per 100g | Full recipe | Unit |
|------------------------------|----------|-------------|------|
| Magnesium                    | 88       | 1510        | mg   |
| Phosphorus                   | 210      | 3600        | mg   |
| Potassium                    | 313      | 5380        | mg   |
| Sodium                       | 310      | 5330        | mg   |
| Chloride                     | 5        | 86          | mg   |
| Zinc                         | 1.66     | 28          | mg   |
| Copper                       | 0.470    | 8           | mg   |
| Manganese                    | 0.440    | 8           | mg   |
| Selenium                     | -        | -           | µg   |
| Iodine                       | 30       | 515         | µg   |
| Vitamin A (as Retinol)       | -        | -           | µg   |
| Beta-carotene                | -        | -           | µg   |
| Vitamin D                    | 2.3      | 39          | µg   |
| Vitamin E (as a-Tocopherol)  | -        | -           | mg   |
| Vitamin K                    | 6.4      | 109         | µg   |
| Vitamin C (as Ascorbic Acid) | -        | -           | mg   |
| Vitamin B1                   | -        | -           | mg   |
| Vitamin B2                   | 0.27     | 5           | mg   |
| Vitamin B3 (Total)           | 3.7      | 63          | mg   |
| Vitamin B5                   | 0.64     | 11          | mg   |
| Vitamin B6                   | 1.7      | 30          | mg   |
| Vitamin B7 (Biotin)          | 6.0      | 103         | µg   |
| Vitamin B9 (Folic Acid)      | 78       | 1334        | µg   |
| Vitamin B12 (Cyanocobalamin) | 2.0      | 34          | µg   |

## Recipe Name

## Jubniyah Fullah

Approximately 4 adults

| Fullah Ingredients | Quantity  |
|--------------------|-----------|
| Local sheep cheese | 80 g      |
| Oil (for frying)   | As needed |
| Baking powder      | 5 g       |
| Ground cardamom    | 2 g       |
| Ghee               | 20 g      |
| White flour        | 80 g      |

| Syrup Ingredients | Quantity |
|-------------------|----------|
| Water             | 200 ml   |
| Fine sugar        | 400 g    |



## Preparation Method



## Preparation of Syrup:

1. In a small pot over high heat, combine the sugar and water, stirring with a spoon for about 15-17 minutes until the mixture thickens to a syrup consistency.
2. Remove from heat and pour the syrup into a side dish to cool.

## Preparation of Fullah:

1. In a deep bowl, combine the cheese, cardamom, ghee, flour, and baking powder. Knead by hand until a cohesive dough forms. Cover and let rest for 15 minutes.
2. Roll out the dough with a rolling pin to about 2 cm thickness, then cut into equal-sized round discs using a small coffee cup.
3. Pour oil into a deep-frying pan until it reaches about halfway up the sides, and heat it over high flame for about 10 minutes.
4. Fry the discs in the hot oil for about two minutes until golden brown, then flip and fry the other side for another two minutes. Drain from the oil and immediately dip in the prepared syrup.
5. Serve the Jubniyah Fullah hot in a flat dish.

## The dish's nutritional content

| Analyte                     | per 100g | Full recipe | Unit |
|-----------------------------|----------|-------------|------|
| Energy (kJ)                 | 1743     | 6320        | kJ   |
| Energy (kcal)               | 417      | 1510        | kcal |
| Moisture Content            | 18.3     | 66          | g    |
| Total Protein               | 5.6      | 20          | g    |
| Total Nitrogen              | 0.9      | 3           | g    |
| Total Fat                   | 19.9     | 72          | g    |
| Available Carbohydrates     | 53.0     | 192         | g    |
| Total Carbohydrates         | 54.3     | 197         | g    |
| Total sugars                | 32.8     | 119         | g    |
| Added Sugar                 | 32.8     | 119         | g    |
| Total Dietary Fibre         | 1.7      | 6           | g    |
| Soluble Fibre               | 0.6      | 2           | g    |
| Insoluble Fibre             | 1.1      | 4           | g    |
| Ash Content                 | 1.6      | 6           | g    |
| Cholesterol                 | 22.7     | 82          | mg   |
| Saturated Fatty Acids       | 5.25     | 19          | g    |
| Monounsaturated Fatty Acids | 5.07     | 18          | g    |
| Polyunsaturated Fatty Acids | 9.24     | 34          | g    |
| Total Unsaturated Fat       | 14.3     | 52          | g    |
| Trans-Fat (TFA)             | 0.37     | 1           | g    |
| Sum of Omega-3 (n-3)        | -        | -           | g    |
| Sum of Omega-6 (n-6)        | 9.19     | 33          | g    |
| Sum of Omega-9 (n-9)        | 4.9      | 18          | g    |
| Calcium                     | 87       | 316         | mg   |
| Iron                        | 1.45     | 5           | mg   |

| Analyte                      | per 100g | Full recipe | Unit |
|------------------------------|----------|-------------|------|
| Magnesium                    | 14       | 51          | mg   |
| Phosphorus                   | 222      | 804         | mg   |
| Potassium                    | 92       | 332         | mg   |
| Sodium                       | 525      | 1910        | mg   |
| Chloride                     | 5        | 20          | mg   |
| Zinc                         | 0.94     | 3           | mg   |
| Copper                       | 0.147    | 1           | mg   |
| Manganese                    | 0.407    | 1           | mg   |
| Selenium                     | -        | -           | µg   |
| Iodine                       | -        | -           | µg   |
| Vitamin A (as Retinol)       | -        | -           | µg   |
| Beta-carotene                | -        | -           | µg   |
| Vitamin D                    | 2.7      | 10          | µg   |
| Vitamin E (as a-Tocopherol)  | 0.7      | 3           | mg   |
| Vitamin K                    | 1.2      | 4           | µg   |
| Vitamin C (as Ascorbic Acid) | -        | -           | mg   |
| Vitamin B1                   | -        | -           | mg   |
| Vitamin B2                   | 0.60     | 2           | mg   |
| Vitamin B3 (Total)           | 1.3      | 5           | mg   |
| Vitamin B5                   | 3.5      | 13          | mg   |
| Vitamin B6                   | -        | -           | mg   |
| Vitamin B7 (Biotin)          | 3.0      | 11          | µg   |
| Vitamin B9 (Folic Acid)      | 49       | 178         | µg   |
| Vitamin B12 (Cyanocobalamin) | 1.7      | 6           | µg   |

## Recipe Name

## Al-Saleeg with Chicken

Approximately 4 adults

| Ingredients           | Quantity |
|-----------------------|----------|
| Egyptian rice, washed | 320 g    |
| Mastic                | 4 g      |
| Chicken               | 660 g    |
| Salt                  | 20 g     |
| Boiling water         | 1.2 L    |



## Preparation Method



1. Pour the boiling water into a medium-sized pot over medium heat, then add the chicken, 1 g of mastic, and salt. Boil for about 20 minutes.
2. Skim off the foam that forms on the surface using a spoon, then cover the pot and simmer for about five minutes until the chicken is cooked.
3. Remove the chicken from the pot, add the rice to the broth, cover, and cook for 30 minutes until the rice is fully cooked.
4. In a small frying pan, melt the ghee with the remaining mastic (3 g) over medium heat for a minute.
5. Place the rice on a flat serving dish, arrange the chicken on top, and drizzle the ghee and mastic mixture over the surface.
6. Serve hot in a flat dish.

## The dish's nutritional content

| Analyte                     | per 100g | Full recipe | Unit |
|-----------------------------|----------|-------------|------|
| Energy (kJ)                 | 610      | 9160        | kJ   |
| Energy (kcal)               | 146      | 2190        | kcal |
| Moisture Content            | 67.5     | 1010        | g    |
| Total Protein               | 8.3      | 125         | g    |
| Total Nitrogen              | 1.3      | 20          | g    |
| Total Fat                   | 4.2      | 64          | g    |
| Available Carbohydrates     | 18.3     | 275         | g    |
| Total Carbohydrates         | 18.3     | 275         | g    |
| Total sugars                | -        | -           | g    |
| Added Sugar                 | 0.0      | 0.0         | g    |
| Total Dietary Fibre         | -        | -           | g    |
| Soluble Fibre               | -        | -           | g    |
| Insoluble Fibre             | -        | -           | g    |
| Ash Content                 | 1.6      | 24          | g    |
| Cholesterol                 | 25.7     | 385         | mg   |
| Saturated Fatty Acids       | 1.98     | 30          | g    |
| Monounsaturated Fatty Acids | 1.55     | 23          | g    |
| Polyunsaturated Fatty Acids | 0.7      | 11          | g    |
| Total Unsaturated Fat       | 2.25     | 34          | g    |
| Trans-Fat (TFA)             | -        | -           | g    |
| Sum of Omega-3 (n-3)        | -        | -           | g    |
| Sum of Omega-6 (n-6)        | 0.66     | 10          | g    |
| Sum of Omega-9 (n-9)        | 1.4      | 21          | g    |
| Calcium                     | 9        | 129         | mg   |
| Iron                        | 0.25     | 4           | mg   |

| Analyte                      | per 100g | Full recipe | Unit |
|------------------------------|----------|-------------|------|
| Magnesium                    | 12       | 178         | mg   |
| Phosphorus                   | 81       | 1220        | mg   |
| Potassium                    | 166      | 2490        | mg   |
| Sodium                       | 542      | 8140        | mg   |
| Chloride                     | 9        | 137         | mg   |
| Zinc                         | 0.62     | 9           | mg   |
| Copper                       | 0.063    | 1           | mg   |
| Manganese                    | 0.143    | 2           | mg   |
| Selenium                     | -        | -           | µg   |
| Iodine                       | 44       | 665         | µg   |
| Vitamin A (as Retinol)       | -        | -           | µg   |
| Beta-carotene                | -        | -           | µg   |
| Vitamin D                    | -        | -           | µg   |
| Vitamin E (as α-Tocopherol)  | -        | -           | mg   |
| Vitamin K                    | 10       | 150         | µg   |
| Vitamin C (as Ascorbic Acid) | -        | -           | mg   |
| Vitamin B1                   | -        | -           | mg   |
| Vitamin B2                   | -        | -           | mg   |
| Vitamin B3 (Total)           | 3.5      | 53          | mg   |
| Vitamin B5                   | -        | -           | mg   |
| Vitamin B6                   | -        | -           | mg   |
| Vitamin B7 (Biotin)          | 2.0      | 30          | µg   |
| Vitamin B9 (Folic Acid)      | 64       | 961         | µg   |
| Vitamin B12 (Cyanocobalamin) | 1.0      | 15          | µg   |

## Recipe Name

## Al-Saleeg with Meat

Approximately 4 adults

| Ingredients                           | Quantity |
|---------------------------------------|----------|
| Egyptian rice, washed                 | 320 g    |
| Mastic                                | 4 g      |
| Lamb ghee                             | 40 g     |
| Lamb with bone, cut into large pieces | 660 g    |
| Salt                                  | 20 g     |
| Boiling water                         | 1.2 L    |



## Preparation Method



1. Pour the boiling water into a medium-sized pot over medium heat, then add the meat, 1 g of mastic, and salt. Boil for about 20 minutes.
2. Skim off the foam that forms on the surface using a spoon, then cover the pot and simmer for 45 minutes until the meat is tender.
3. Remove the meat from the pot, add the rice to the broth, cover, and cook for 30 minutes until the rice is fully cooked.
4. In a small frying pan, melt the ghee with the remaining mastic (3 g) over medium heat for a minute.
5. Place the rice on a flat serving dish, arrange the meat on top, and drizzle the ghee and mastic mixture over the surface.
6. Serve hot in a flat dish.

## The dish's nutritional content

| Analyte                     | per 100g | Full recipe | Unit |
|-----------------------------|----------|-------------|------|
| Energy (kJ)                 | 885      | 12400       | kJ   |
| Energy (kcal)               | 212      | 2970        | kcal |
| Moisture Content            | 58.8     | 824         | g    |
| Total Protein               | 6.6      | 93          | g    |
| Total Nitrogen              | 1.1      | 15          | g    |
| Total Fat                   | 10.8     | 151         | g    |
| Available Carbohydrates     | 21.7     | 304         | g    |
| Total Carbohydrates         | 21.7     | 304         | g    |
| Total sugars                | -        | -           | g    |
| Added Sugar                 | 0.0      | 0.0         | g    |
| Total Dietary Fibre         | -        | -           | g    |
| Soluble Fibre               | -        | -           | g    |
| Insoluble Fibre             | -        | -           | g    |
| Ash Content                 | 1.8      | 25          | g    |
| Cholesterol                 | 30.3     | 425         | mg   |
| Saturated Fatty Acids       | 6.06     | 85          | g    |
| Monounsaturated Fatty Acids | 3.84     | 54          | g    |
| Polyunsaturated Fatty Acids | 0.46     | 6           | g    |
| Total Unsaturated Fat       | 4.3      | 60          | g    |
| Trans-Fat (TFA)             | 0.40     | 6           | g    |
| Sum of Omega-3 (n-3)        | -        | -           | g    |
| Sum of Omega-6 (n-6)        | 0.37     | 5           | g    |
| Sum of Omega-9 (n-9)        | 3.56     | 50          | g    |
| Calcium                     | 13       | 176         | mg   |
| Iron                        | 0.39     | 5           | mg   |

| Analyte                      | per 100g | Full recipe | Unit |
|------------------------------|----------|-------------|------|
| Magnesium                    | 9        | 124         | mg   |
| Phosphorus                   | 68       | 949         | mg   |
| Potassium                    | 117      | 1630        | mg   |
| Sodium                       | 584      | 8180        | mg   |
| Chloride                     | 8.81     | 123         | mg   |
| Zinc                         | 1.41     | 20          | mg   |
| Copper                       | 0.100    | 1           | mg   |
| Manganese                    | -        | -           | mg   |
| Selenium                     | -        | -           | µg   |
| Iodine                       | 45       | 630         | µg   |
| Vitamin A (as Retinol)       | -        | -           | µg   |
| Beta-carotene                | -        | -           | µg   |
| Vitamin D                    | -        | -           | µg   |
| Vitamin E (as a-Tocopherol)  | -        | -           | mg   |
| Vitamin K                    | 3.8      | 53          | µg   |
| Vitamin C (as Ascorbic Acid) | -        | -           | mg   |
| Vitamin B1                   | -        | -           | mg   |
| Vitamin B2                   | -        | -           | mg   |
| Vitamin B3 (Total)           | -        | -           | mg   |
| Vitamin B5                   | 0.50     | 7           | mg   |
| Vitamin B6                   | -        | -           | mg   |
| Vitamin B7 (Biotin)          | 2.0      | 28          | µg   |
| Vitamin B9 (Folic Acid)      | 94       | 1312        | µg   |
| Vitamin B12 (Cyanocobalamin) | 2.0      | 28          | µg   |

## Recipe Name

## Fried Fish

Approximately 4 adults

| Ingredients            | Quantity  |
|------------------------|-----------|
| Whole Najel fish       | 1.2 kg    |
| Ground dried coriander | 4 g       |
| Ground cumin           | 4 g       |
| Citric acid            | 2 g       |
| Salt                   | 2 g       |
| Oil (for frying)       | As needed |



## Preparation Method



1. Heat the oil in a deep-frying pan until it reaches about halfway up the sides, and heat over high flame for about 10 minutes.
2. Place the whole fish in the hot oil and turn occasionally using a spoon until golden brown, about 20 minutes.
3. Remove the fish from the oil and sprinkle with cumin, coriander, salt, and citric acid.
4. Serve hot in a flat dish.

## The dish's nutritional content

| Analyte                     | per 100g | Full recipe | Unit |
|-----------------------------|----------|-------------|------|
| Energy (kJ)                 | 667      | 5650        | kJ   |
| Energy (kcal)               | 159      | 1350        | kcal |
| Moisture Content            | 64.1     | 543         | g    |
| Total Protein               | 27.7     | 234         | g    |
| Total Nitrogen              | 4.4      | 37          | g    |
| Total Fat                   | 4.2      | 36          | g    |
| Available Carbohydrates     | 2.0      | 17          | g    |
| Total Carbohydrates         | 2.0      | 17          | g    |
| Total sugars                | -        | -           | g    |
| Added Sugar                 | 0.0      | 0.0         | g    |
| Total Dietary Fibre         | -        | -           | g    |
| Soluble Fibre               | -        | -           | g    |
| Insoluble Fibre             | -        | -           | g    |
| Ash Content                 | 1.7      | 14          | g    |
| Cholesterol                 | 69.7     | 590         | mg   |
| Saturated Fatty Acids       | 0.83     | 7           | g    |
| Monounsaturated Fatty Acids | 1.21     | 10          | g    |
| Polyunsaturated Fatty Acids | 2.15     | 18          | g    |
| Total Unsaturated Fat       | 3.36     | 28          | g    |
| Trans-Fat (TFA)             | -        | -           | g    |
| Sum of Omega-3 (n-3)        | 0.28     | 2           | g    |
| Sum of Omega-6 (n-6)        | 1.86     | 16          | g    |
| Sum of Omega-9 (n-9)        | 1.14     | 10          | g    |
| Calcium                     | 43       | 360         | mg   |
| Iron                        | -        | -           | mg   |

| Analyte                      | per 100g | Full recipe | Unit |
|------------------------------|----------|-------------|------|
| Magnesium                    | 32       | 274         | mg   |
| Phosphorus                   | 215      | 1820        | mg   |
| Potassium                    | 387      | 3270        | mg   |
| Sodium                       | 100      | 844         | mg   |
| Chloride                     | 2        | 14          | mg   |
| Zinc                         | 0.82     | 7           | mg   |
| Copper                       | 0.063    | 1           | mg   |
| Manganese                    | -        | -           | mg   |
| Selenium                     | 73       | 621         | µg   |
| Iodine                       | 67       | 567         | µg   |
| Vitamin A (as Retinol)       | -        | -           | µg   |
| Beta-carotene                | -        | -           | µg   |
| Vitamin D                    | 3.3      | 28          | µg   |
| Vitamin E (as a-Tocopherol)  | 1.0      | 8           | mg   |
| Vitamin K                    | -        | -           | µg   |
| Vitamin C (as Ascorbic Acid) | -        | -           | mg   |
| Vitamin B1                   | -        | -           | mg   |
| Vitamin B2                   | -        | -           | mg   |
| Vitamin B3 (Total)           | 3.0      | 25          | mg   |
| Vitamin B5                   | -        | -           | mg   |
| Vitamin B6                   | -        | -           | mg   |
| Vitamin B7 (Biotin)          | -        | -           | µg   |
| Vitamin B9 (Folic Acid)      | 35       | 296         | µg   |
| Vitamin B12 (Cyanocobalamin) | 2.0      | 17          | µg   |

## Recipe Name

## Whole Wheat Aseedah

Approximately 4 adults

| Ingredients                 | Quantity |
|-----------------------------|----------|
| Whole wheat flour           | 100 g    |
| Khalas dates (pits removed) | 500 g    |
| Ghee                        | 80 g     |
| Ground cardamom             | 4 g      |
| Water                       | 800 ml   |



## Preparation Method



1. In a medium pot over low heat, combine the flour and ghee, stirring with a hand whisk for a minute until well blended.
2. Add the cardamom and dates, and stir for about two minutes until evenly mixed.
3. Gradually pour in the water while stirring continuously for about five minutes until the mixture thickens and reaches a smooth consistency.
4. Serve at room temperature in a deep dish.

## The dish's nutritional content

| Analyte                     | per 100g | Full recipe | Unit |
|-----------------------------|----------|-------------|------|
| Energy (kJ)                 | 743      | 10400       | kJ   |
| Energy (kcal)               | 177      | 2470        | kcal |
| Moisture Content            | 59.0     | 824         | g    |
| Total Protein               | 1.6      | 22          | g    |
| Total Nitrogen              | 0.2      | 3           | g    |
| Total Fat                   | 5.1      | 72          | g    |
| Available Carbohydrates     | 28.7     | 400         | g    |
| Total Carbohydrates         | 33.7     | 470         | g    |
| Total sugars                | 25.9     | 361         | g    |
| Added Sugar                 | 0.0      | 0.0         | g    |
| Total Dietary Fibre         | 4.6      | 64          | g    |
| Soluble Fibre               | 0.5      | 7           | g    |
| Insoluble Fibre             | 4.0      | 56          | g    |
| Ash Content                 | 0.9      | 13          | g    |
| Cholesterol                 | 8.67     | 121         | mg   |
| Saturated Fatty Acids       | 3.46     | 48          | g    |
| Monounsaturated Fatty Acids | 1.16     | 16          | g    |
| Polyunsaturated Fatty Acids | 0.39     | 5           | g    |
| Total Unsaturated Fat       | 1.55     | 22          | g    |
| Trans-Fat (TFA)             | -        | -           | g    |
| Sum of Omega-3 (n-3)        | 0.09     | 1           | g    |
| Sum of Omega-6 (n-6)        | 0.3      | 4           | g    |
| Sum of Omega-9 (n-9)        | 0.92     | 13          | g    |
| Calcium                     | 27       | 377         | mg   |
| Iron                        | 0.46     | 6           | mg   |

| Analyte                      | per 100g | Full recipe | Unit |
|------------------------------|----------|-------------|------|
| Magnesium                    | 37       | 510         | mg   |
| Phosphorus                   | 50       | 704         | mg   |
| Potassium                    | 303      | 4220        | mg   |
| Sodium                       | 9        | 129         | mg   |
| Chloride                     | 1        | 17          | mg   |
| Zinc                         | 0.55     | 8           | mg   |
| Copper                       | 0.153    | 2           | mg   |
| Manganese                    | 0.423    | 6           | mg   |
| Selenium                     | -        | -           | µg   |
| Iodine                       | -        | -           | µg   |
| Vitamin A (as Retinol)       | -        | -           | µg   |
| Beta-carotene                | -        | -           | µg   |
| Vitamin D                    | -        | -           | µg   |
| Vitamin E (as a-Tocopherol)  | 0.6      | 8           | mg   |
| Vitamin K                    | -        | -           | µg   |
| Vitamin C (as Ascorbic Acid) | -        | -           | mg   |
| Vitamin B1                   | 0.05     | 1           | mg   |
| Vitamin B2                   | -        | -           | mg   |
| Vitamin B3 (Total)           | 0.40     | 6           | mg   |
| Vitamin B5                   | -        | -           | mg   |
| Vitamin B6                   | -        | -           | mg   |
| Vitamin B7 (Biotin)          | 2.7      | 37          | µg   |
| Vitamin B9 (Folic Acid)      | 33       | 456         | µg   |
| Vitamin B12 (Cyanocobalamin) | -        | -           | µg   |

## Recipe Name

## White Flour Aseedah

Approximately 4 adults

| Ingredients                 | Quantity |
|-----------------------------|----------|
| White flour                 | 100 g    |
| Khalas dates (pits removed) | 500 g    |
| Ghee                        | 80 g     |
| Ground cardamom             | 4 g      |
| Water                       | 800 ml   |



## Preparation Method



1. In a medium pot over low heat, combine the flour and ghee, stirring with a hand whisk for a minute until well blended.
2. Add the cardamom and dates, and stir for about two minutes until evenly mixed.
3. Gradually pour in the water while stirring continuously for about five minutes until the mixture thickens and reaches a smooth consistency.
4. Serve at room temperature in a deep dish.

## The dish's nutritional content

| Analyte                     | per 100g | Full recipe | Unit |
|-----------------------------|----------|-------------|------|
| Energy (kJ)                 | 582      | 8160        | kJ   |
| Energy (kcal)               | 139      | 1950        | kcal |
| Moisture Content            | 68.3     | 958         | g    |
| Total Protein               | 1.2      | 17          | g    |
| Total Nitrogen              | 0.2      | 3           | g    |
| Total Fat                   | 4.3      | 61          | g    |
| Available Carbohydrates     | 21.7     | 304         | g    |
| Total Carbohydrates         | 25.7     | 360         | g    |
| Total sugars                | 26.4     | 370         | g    |
| Added Sugar                 | 0.0      | 0.0         | g    |
| Total Dietary Fibre         | 3.9      | 54          | g    |
| Soluble Fibre               | 0.4      | 5           | g    |
| Insoluble Fibre             | 3.5      | 49          | g    |
| Ash Content                 | 0.5      | 7           | g    |
| Cholesterol                 | 11.3     | 159         | mg   |
| Saturated Fatty Acids       | 3.03     | 42          | g    |
| Monounsaturated Fatty Acids | 0.94     | 13          | g    |
| Polyunsaturated Fatty Acids | 0.28     | 4           | g    |
| Total Unsaturated Fat       | 1.21     | 17          | g    |
| Trans-Fat (TFA)             | -        | -           | g    |
| Sum of Omega-3 (n-3)        | -        | -           | g    |
| Sum of Omega-6 (n-6)        | 0.22     | 3           | g    |
| Sum of Omega-9 (n-9)        | 0.75     | 11          | g    |
| Calcium                     | 23       | 325         | mg   |
| Iron                        | 0.39     | 6           | mg   |

| Analyte                      | per 100g | Full recipe | Unit |
|------------------------------|----------|-------------|------|
| Magnesium                    | 25       | 357         | mg   |
| Phosphorus                   | 25       | 355         | mg   |
| Potassium                    | 280      | 3930        | mg   |
| Sodium                       | 7        | 96          | mg   |
| Chloride                     | 1        | 9           | mg   |
| Zinc                         | 0.41     | 6           | mg   |
| Copper                       | 0.137    | 2           | mg   |
| Manganese                    | 0.277    | 4           | mg   |
| Selenium                     | -        | -           | µg   |
| Iodine                       | -        | -           | µg   |
| Vitamin A (as Retinol)       | 44       | 617         | µg   |
| Beta-carotene                | -        | -           | µg   |
| Vitamin D                    | -        | -           | µg   |
| Vitamin E (as a-Tocopherol)  | 0.7      | 9           | mg   |
| Vitamin K                    | -        | -           | µg   |
| Vitamin C (as Ascorbic Acid) | -        | -           | mg   |
| Vitamin B1                   | -        | -           | mg   |
| Vitamin B2                   | -        | -           | mg   |
| Vitamin B3 (Total)           | 0.50     | 7           | mg   |
| Vitamin B5                   | 0.25     | 4           | mg   |
| Vitamin B6                   | -        | -           | mg   |
| Vitamin B7 (Biotin)          | 5.7      | 79          | µg   |
| Vitamin B9 (Folic Acid)      | 44       | 617         | µg   |
| Vitamin B12 (Cyanocobalamin) | -        | -           | µg   |

## Recipe Name

## Miro Kabab (Camel Kabab)

Approximately 4 adults

| Ingredients                     | Quantity |
|---------------------------------|----------|
| Minced young camel meat (hashi) | 160 g    |
| Minced garlic                   | 24 g     |
| Ground cumin                    | 1 g      |
| Ground black pepper             | 1 g      |

| Ingredients            | Quantity  |
|------------------------|-----------|
| Ground dried coriander | 2 g       |
| Millet flour           | 48 g      |
| Salt                   | 2 g       |
| Oil (for frying)       | As needed |

## Preparation Method



1. In a deep bowl, mix the minced young camel meat with millet flour, garlic, salt, black pepper, cumin, and ground coriander. Knead by hand for about three minutes until a cohesive mixture forms, then shape into small balls.
2. Pour oil into a deep-frying pan until it reaches about halfway up the sides, and heat over medium flame for about four minutes.
3. Add the meat balls to the oil and fry, turning occasionally, for about 10 minutes until golden brown.
4. Serve the kabab hot in a flat dish.



## The dish's nutritional content

| Analyte                     | per 100g | Full recipe | Unit |
|-----------------------------|----------|-------------|------|
| Energy (kJ)                 | 1120     | 2100        | kJ   |
| Energy (kcal)               | 267      | 501         | kcal |
| Moisture Content            | 42.1     | 79          | g    |
| Total Protein               | 21.8     | 41          | g    |
| Total Nitrogen              | 3.5      | 7           | g    |
| Total Fat                   | 11.5     | 22          | g    |
| Available Carbohydrates     | 16.0     | 30          | g    |
| Total Carbohydrates         | 22.3     | 42          | g    |
| Total sugars                | -        | -           | g    |
| Added Sugar                 | 0.0      | 0.0         | g    |
| Total Dietary Fibre         | 6.6      | 12          | g    |
| Soluble Fibre               | 0.3      | 1           | g    |
| Insoluble Fibre             | 6.2      | 12          | g    |
| Ash Content                 | 2.2      | 4           | g    |
| Cholesterol                 | 32.7     | 61          | mg   |
| Saturated Fatty Acids       | 2.02     | 4           | g    |
| Monounsaturated Fatty Acids | 3.53     | 7           | g    |
| Polyunsaturated Fatty Acids | 5.8      | 11          | g    |
| Total Unsaturated Fat       | 9.32     | 17          | g    |
| Trans-Fat (TFA)             | -        | -           | g    |
| Sum of Omega-3 (n-3)        | 0.1      | 0.2         | g    |
| Sum of Omega-6 (n-6)        | 5.7      | 11          | g    |
| Sum of Omega-9 (n-9)        | 3.48     | 7           | g    |
| Calcium                     | 24       | 45          | mg   |
| Iron                        | 2.85     | 5           | mg   |

| Analyte                      | per 100g | Full recipe | Unit |
|------------------------------|----------|-------------|------|
| Magnesium                    | 64       | 120         | mg   |
| Phosphorus                   | 286      | 536         | mg   |
| Potassium                    | 437      | 821         | mg   |
| Sodium                       | 381      | 716         | mg   |
| Chloride                     | 6        | 11          | mg   |
| Zinc                         | 2.29     | 4           | mg   |
| Copper                       | 0.170    | 0           | mg   |
| Manganese                    | 0.520    | 1           | mg   |
| Selenium                     | 20       | 38          | µg   |
| Iodine                       | 42       | 79          | µg   |
| Vitamin A (as Retinol)       | -        | -           | µg   |
| Beta-carotene                | -        | -           | µg   |
| Vitamin D                    | -        | -           | µg   |
| Vitamin E (as a-Tocopherol)  | -        | -           | mg   |
| Vitamin K                    | 1.4      | 3           | µg   |
| Vitamin C (as Ascorbic Acid) | -        | -           | mg   |
| Vitamin B1                   | -        | -           | mg   |
| Vitamin B2                   | -        | -           | mg   |
| Vitamin B3 (Total)           | 4.5      | 8           | mg   |
| Vitamin B5                   | -        | -           | mg   |
| Vitamin B6                   | -        | -           | mg   |
| Vitamin B7 (Biotin)          | -        | -           | µg   |
| Vitamin B9 (Folic Acid)      | 22       | 41          | µg   |
| Vitamin B12 (Cyanocobalamin) | -        | -           | µg   |

## Recipe Name

## Mushabbak

Approximately 4 adults

| Mushabbak Ingredients | Quantity  |
|-----------------------|-----------|
| White flour           | 187 g     |
| Instant yeast         | 3 g       |
| Baking powder         | 13 g      |
| Saffron threads       | 0.3 g     |
| Starch                | 33 g      |
| Water                 | 267 ml    |
| Oil (for frying)      | As needed |

| Syrup Ingredients | Quantity |
|-------------------|----------|
| Water             | 533 ml   |
| Ground cardamom   | 3 g      |
| Lemon juice       | 7 ml     |
| Fine sugar        | 420 g    |



## Preparation Method



## Preparation of Syrup:

Place the sugar, water, cardamom, and lemon juice in a medium pot over low heat, and simmer for about 20 minutes until the syrup thickens.

## Preparation of Mushabbak:

1. In a deep bowl, combine flour, baking powder, yeast, starch, saffron, and water. Whisk by hand for about two minutes until a smooth, pourable batter forms.
2. Heat oil in a deep-frying pan until it reaches about halfway up the sides, and heat over medium flame for about five minutes.
3. Pour the batter into a piping bag and pipe it into the hot oil in circular, interlaced shapes of equal size. Fry for about half a minute until golden brown.
4. Remove the mushabbak rings from the oil and immediately immerse them in the syrup, then lift and drain.
5. Serve hot in a flat dish.

## The dish's nutritional content

| Analyte                     | per 100g | Full recipe | Unit |
|-----------------------------|----------|-------------|------|
| Energy (kJ)                 | 1533     | 12100       | kJ   |
| Energy (kcal)               | 367      | 2910        | kcal |
| Moisture Content            | 30.5     | 242         | g    |
| Total Protein               | 2.3      | 18          | g    |
| Total Nitrogen              | 0.3      | 3           | g    |
| Total Fat                   | 18.9     | 150         | g    |
| Available Carbohydrates     | 45.7     | 362         | g    |
| Total Carbohydrates         | 47.7     | 378         | g    |
| Total sugars                | 26.2     | 207         | g    |
| Added Sugar                 | 26.2     | 207         | g    |
| Total Dietary Fibre         | 1.7      | 14          | g    |
| Soluble Fibre               | 0.5      | 4           | g    |
| Insoluble Fibre             | 1.3      | 10          | g    |
| Ash Content                 | 0.5      | 4           | g    |
| Cholesterol                 | -        | -           | mg   |
| Saturated Fatty Acids       | 2.14     | 17          | g    |
| Monounsaturated Fatty Acids | 5.45     | 43          | g    |
| Polyunsaturated Fatty Acids | 11.0     | 87          | g    |
| Total Unsaturated Fat       | 16.5     | 130         | g    |
| Trans-Fat (TFA)             | 0.28     | 2           | g    |
| Sum of Omega-3 (n-3)        | -        | -           | g    |
| Sum of Omega-6 (n-6)        | 11.0     | 87          | g    |
| Sum of Omega-9 (n-9)        | 5.4      | 43          | g    |
| Calcium                     | 7        | 54          | mg   |
| Iron                        | 1.18     | 9           | mg   |

| Analyte                      | per 100g | Full recipe | Unit |
|------------------------------|----------|-------------|------|
| Magnesium                    | 6        | 49          | mg   |
| Phosphorus                   | 171      | 1350        | mg   |
| Potassium                    | 79       | 627         | mg   |
| Sodium                       | 291      | 2310        | mg   |
| Chloride                     | 1        | 10          | mg   |
| Zinc                         | 0.37     | 3           | mg   |
| Copper                       | 0.060    | 0           | mg   |
| Manganese                    | -        | -           | mg   |
| Selenium                     | -        | -           | µg   |
| Iodine                       | -        | -           | µg   |
| Vitamin A (as Retinol)       | 52       | 412         | µg   |
| Beta-carotene                | -        | -           | µg   |
| Vitamin D                    | -        | -           | µg   |
| Vitamin E (as a-Tocopherol)  | 2.2      | 17          | mg   |
| Vitamin K                    | -        | -           | µg   |
| Vitamin C (as Ascorbic Acid) | -        | -           | mg   |
| Vitamin B1                   | -        | -           | mg   |
| Vitamin B2                   | -        | -           | mg   |
| Vitamin B3 (Total)           | 1.3      | 10          | mg   |
| Vitamin B5                   | -        | -           | mg   |
| Vitamin B6                   | -        | -           | mg   |
| Vitamin B7 (Biotin)          | 3.0      | 24          | µg   |
| Vitamin B9 (Folic Acid)      | 117      | 930         | µg   |
| Vitamin B12 (Cyanocobalamin) | -        | -           | µg   |

## Recipe Name

## Musharmal

Approximately 4 adults

| Main Ingredients         | Quantity  |
|--------------------------|-----------|
| Liquid tahini            | 230 ml    |
| Fresh coriander, chopped | 25 g      |
| Onion, chopped           | 50 g      |
| Garlic, minced           | 8 g       |
| Ground black pepper      | 5 g       |
| Ground turmeric          | 1 g       |
| Oil                      | 30 ml     |
| Water                    | 400 ml    |
| Black vinegar            | 8 ml      |
| Fine sugar               | 4 g       |
| Salt                     | 5 g       |
| Oil (for frying)         | As needed |

| Fish Marinade Ingredients   | Quantity |
|-----------------------------|----------|
| Whole grouper fish (qaroos) | 1.4 kg   |
| Ground dried coriander      | 4 g      |
| Fresh lemon                 | 1 piece  |
| Ground black pepper         | 2 g      |
| Ground cumin                | 5 g      |
| Water                       | 30 ml    |
| Ground turmeric             | 5 g      |
| Black vinegar               | 3 ml     |
| Salt                        | 2 g      |



## Preparation Method



## Preparation of Fish Marinade:

1. Place the fish on a flat dish and score both sides with a knife. Squeeze the lemon over the fish and place the lemon peel inside the cavity.
2. In a bowl, mix the salt, black pepper, cumin, dried coriander, turmeric, vinegar, and water, stirring until well combined.
3. Pour the mixture over the fish and rub it by hand for about two minutes to allow the marinade to soak in.

## Preparation of the Dish:

1. In a deep bowl, mix the salt, black pepper, turmeric, and sugar with the tahini, vinegar, and water. Stir until a smooth sauce forms.
2. Heat oil in a frying pan over medium heat, add the garlic, and stir for a minute.
3. Add the onion and sauté for about three minutes until golden, then remove from heat.
4. Pour frying oil into a deep pan until it reaches about halfway up the sides, and heat over medium flame for about 10 minutes.
5. Fry the fish for about 10 minutes, then turn and fry the other side for another 10 minutes until cooked through.
6. Return the pan with onions to the heat, add the tahini sauce and 10 g of the fresh coriander, and stir for about two minutes until combined.
7. Pour half of the sauce onto a flat serving dish, place the fish on top, then pour the remaining sauce over it. Sprinkle with the remaining fresh coriander.
8. Serve the musharmal hot in a flat dish.

## The dish's nutritional content

| Analyte                     | per 100g | Full recipe | Unit |
|-----------------------------|----------|-------------|------|
| Energy (kJ)                 | 890      | 14200       | kJ   |
| Energy (kcal)               | 212      | 3390        | kcal |
| Moisture Content            | 59.0     | 942         | g    |
| Total Protein               | 18.7     | 298         | g    |
| Total Nitrogen              | 3.0      | 48          | g    |
| Total Fat                   | 13.2     | 211         | g    |
| Available Carbohydrates     | 1.67     | 27          | g    |
| Total Carbohydrates         | 8.33     | 133         | g    |
| Total sugars                | -        | -           | g    |
| Added Sugar                 | 0.0      | 0.0         | g    |
| Total Dietary Fibre         | 6.3      | 101         | g    |
| Soluble Fibre               | 0.4      | 6           | g    |
| Insoluble Fibre             | 5.9      | 94          | g    |
| Ash Content                 | 0.8      | 13          | g    |
| Cholesterol                 | 47.7     | 760         | mg   |
| Saturated Fatty Acids       | 2.18     | 35          | g    |
| Monounsaturated Fatty Acids | 4.84     | 77          | g    |
| Polyunsaturated Fatty Acids | 6.09     | 97          | g    |
| Total Unsaturated Fat       | 10.9     | 174         | g    |
| Trans-Fat (TFA)             | -        | -           | g    |
| Sum of Omega-3 (n-3)        | 0.23     | 4           | g    |
| Sum of Omega-6 (n-6)        | 5.85     | 93          | g    |
| Sum of Omega-9 (n-9)        | 4.74     | 76          | g    |
| Calcium                     | 48       | 767         | mg   |
| Iron                        | 1.59     | 25          | mg   |

| Analyte                      | per 100g | Full recipe | Unit |
|------------------------------|----------|-------------|------|
| Magnesium                    | 65       | 1040        | mg   |
| Phosphorus                   | 193      | 3070        | mg   |
| Potassium                    | 338      | 5390        | mg   |
| Sodium                       | 204      | 3260        | mg   |
| Chloride                     | 2        | 34          | mg   |
| Zinc                         | 1.10     | 18          | mg   |
| Copper                       | 0.173    | 3           | mg   |
| Manganese                    | 0.200    | 3           | mg   |
| Selenium                     | 20       | 319         | µg   |
| Iodine                       | -        | -           | µg   |
| Vitamin A (as Retinol)       | -        | -           | µg   |
| Beta-carotene                | -        | -           | µg   |
| Vitamin D                    | 5.3      | 85          | µg   |
| Vitamin E (as a-Tocopherol)  | 1.2      | 19          | mg   |
| Vitamin K                    | -        | -           | µg   |
| Vitamin C (as Ascorbic Acid) | -        | -           | mg   |
| Vitamin B1                   | -        | -           | mg   |
| Vitamin B2                   | -        | -           | mg   |
| Vitamin B3 (Total)           | 2.7      | 44          | mg   |
| Vitamin B5                   | -        | -           | mg   |
| Vitamin B6                   | -        | -           | mg   |
| Vitamin B7 (Biotin)          | 1.3      | 21          | µg   |
| Vitamin B9 (Folic Acid)      | 28       | 441         | µg   |
| Vitamin B12 (Cyanocobalamin) | -        | -           | µg   |

## Recipe Name

## Sweet Banana Muttabaq

Approximately 4 adults

| Dough Ingredients | Quantity |
|-------------------|----------|
| White flour       | 300 g    |
| Water             | 113 ml   |
| Salt              | 2 g      |
| Oil               | 50 ml    |
| Egg               | 1 piece  |

| Filling Ingredients | Quantity |
|---------------------|----------|
| Mashed banana       | 250 g    |
| Ground cardamom     | 1 g      |
| Fine sugar          | 75 g     |
| Eggs                | 2 pieces |

## Preparation Method



## Preparation of Dough:

1. In a deep bowl, combine flour, salt, egg, and oil. Gradually add the water while kneading by hand for about five minutes until a cohesive dough forms. Cover and let rest for 20 minutes.
2. Divide the dough into medium-sized balls and let rest for another five minutes.

## Preparation of Filling:

Mash the bananas in a deep bowl, then add the eggs, sugar, and cardamom. Mix well for about two minutes until smooth and combined.

## Main Preparation:

1. Roll out one ball of dough on an oiled surface using a rolling pin into a very thin, medium-sized square (to serve as the base).
2. Roll out another ball into a very thin, large circular sheet. Place the square base in the center, add the filling on top, and fold the edges inward to form a square parcel. Repeat the process with the remaining dough and filling.
3. Place each muttabaq square on a pan over medium heat and cook for about five minutes, then flip and cook the other side for another five minutes until golden brown.
4. Serve the sweet muttabaq hot in a flat dish.



## The dish's nutritional content

| Analyte                     | per 100g | Full recipe | Unit |
|-----------------------------|----------|-------------|------|
| Energy (kJ)                 | 1213     | 9080        | kJ   |
| Energy (kcal)               | 290      | 2170        | kcal |
| Moisture Content            | 38.6     | 289         | g    |
| Total Protein               | 7.1      | 53          | g    |
| Total Nitrogen              | 1.1      | 8           | g    |
| Total Fat                   | 10.1     | 75          | g    |
| Available Carbohydrates     | 41.3     | 309         | g    |
| Total Carbohydrates         | 44.0     | 329         | g    |
| Total sugars                | 12.7     | 95          | g    |
| Added Sugar                 | 6.3      | 47          | g    |
| Total Dietary Fibre         | 2.3      | 17          | g    |
| Soluble Fibre               | 1.1      | 8           | g    |
| Insoluble Fibre             | 1.2      | 9           | g    |
| Ash Content                 | 0.6      | 5           | g    |
| Cholesterol                 | 41.7     | 312         | mg   |
| Saturated Fatty Acids       | 1.71     | 13          | g    |
| Monounsaturated Fatty Acids | 3.08     | 23          | g    |
| Polyunsaturated Fatty Acids | 5.16     | 39          | g    |
| Total Unsaturated Fat       | 8.24     | 62          | g    |
| Trans-Fat (TFA)             | -        | -           | g    |
| Sum of Omega-3 (n-3)        | 0.11     | 1           | g    |
| Sum of Omega-6 (n-6)        | 5.07     | 38          | g    |
| Sum of Omega-9 (n-9)        | 3.01     | 23          | g    |
| Calcium                     | 14       | 104         | mg   |
| Iron                        | 2.82     | 21          | mg   |

| Analyte                      | per 100g | Full recipe | Unit |
|------------------------------|----------|-------------|------|
| Magnesium                    | 21       | 156         | mg   |
| Phosphorus                   | 77       | 579         | mg   |
| Potassium                    | 223      | 1670        | mg   |
| Sodium                       | 135      | 1010        | mg   |
| Chloride                     | 2        | 16          | mg   |
| Zinc                         | 0.99     | 7           | mg   |
| Copper                       | 0.163    | 1           | mg   |
| Manganese                    | 0.457    | 3           | mg   |
| Selenium                     | -        | -           | µg   |
| Iodine                       | -        | -           | µg   |
| Vitamin A (as Retinol)       | -        | -           | µg   |
| Beta-carotene                | -        | -           | µg   |
| Vitamin D                    | 3.4      | 25          | µg   |
| Vitamin E (as a-Tocopherol)  | -        | -           | mg   |
| Vitamin K                    | 1.2      | 9           | µg   |
| Vitamin C (as Ascorbic Acid) | -        | -           | mg   |
| Vitamin B1                   | 0.40     | 3           | mg   |
| Vitamin B2                   | -        | -           | mg   |
| Vitamin B3 (Total)           | 2.6      | 19          | mg   |
| Vitamin B5                   | 0.37     | 3           | mg   |
| Vitamin B6                   | -        | -           | mg   |
| Vitamin B7 (Biotin)          | 2.7      | 20          | µg   |
| Vitamin B9 (Folic Acid)      | 43       | 322         | µg   |
| Vitamin B12 (Cyanocobalamin) | 1.0      | 7           | µg   |

## Recipe Name

## Sweet Cheese Muttabaq

Approximately 4 adults

| Dough Ingredients | Quantity |
|-------------------|----------|
| White flour       | 300 g    |
| Water             | 113 ml   |
| Salt              | 2 g      |
| Oil               | 50 ml    |
| Egg               | 1 piece  |

| Filling Ingredients | Quantity |
|---------------------|----------|
| Fresh cow's cheese  | 250 g    |
| Ground cardamom     | 1 g      |
| Fine sugar          | 75 g     |
| Eggs                | 2 pieces |

## Preparation Method



## Preparation of Dough:

1. In a deep bowl, combine the flour, salt, egg, and oil. Gradually add the water while kneading by hand for about five minutes until a cohesive dough forms. Cover and let rest for 20 minutes.
2. Divide the dough into medium-sized balls and let rest for another five minutes.

## Preparation of Filling:

Crumble the cheese in a deep bowl, then add the eggs, sugar, and cardamom. Mix well by hand for about two minutes until smooth and well combined.

## Main Preparation:

1. Roll out one ball of dough on an oiled surface using a rolling pin into a very thin, medium-sized square (to serve as the base).
2. Roll out another ball into a very thin, large circular sheet. Place the square base in the center, add the filling on top, and fold the edges inward to form a square parcel. Repeat the process with the remaining dough and filling.
3. Place each muttabaq square on a pan over medium heat and cook for about five minutes, then flip and cook the other side for another five minutes until golden brown.
4. Serve the sweet muttabaq hot in a flat dish.



## The dish's nutritional content

| Analyte                     | per 100g | Full recipe | Unit |
|-----------------------------|----------|-------------|------|
| Energy (kJ)                 | 1297     | 10300       | kJ   |
| Energy (kcal)               | 310      | 2470        | kcal |
| Moisture Content            | 36.2     | 289         | g    |
| Total Protein               | 8.9      | 71          | g    |
| Total Nitrogen              | 1.4      | 11          | g    |
| Total Fat                   | 12.9     | 103         | g    |
| Available Carbohydrates     | 38.0     | 303         | g    |
| Total Carbohydrates         | 40.3     | 321         | g    |
| Total sugars                | 10.3     | 82          | g    |
| Added Sugar                 | 8.2      | 65          | g    |
| Total Dietary Fibre         | 8.6      | 68          | g    |
| Soluble Fibre               | 0.9      | 7           | g    |
| Insoluble Fibre             | 1.7      | 13          | g    |
| Ash Content                 | 1.3      | 10          | g    |
| Cholesterol                 | 55.7     | 443         | mg   |
| Saturated Fatty Acids       | 3.88     | 31          | g    |
| Monounsaturated Fatty Acids | 3.93     | 31          | g    |
| Polyunsaturated Fatty Acids | 4.99     | 40          | g    |
| Total Unsaturated Fat       | 8.92     | 71          | g    |
| Trans-Fat (TFA)             | -        | -           | g    |
| Sum of Omega-3 (n-3)        | -        | -           | g    |
| Sum of Omega-6 (n-6)        | 4.9      | 39          | g    |
| Sum of Omega-9 (n-9)        | 3.82     | 30          | g    |
| Calcium                     | 72       | 571         | mg   |
| Iron                        | 2.55     | 20          | mg   |

| Analyte                      | per 100g | Full recipe | Unit |
|------------------------------|----------|-------------|------|
| Magnesium                    | 18       | 145         | mg   |
| Phosphorus                   | 116      | 921         | mg   |
| Potassium                    | 189      | 1510        | mg   |
| Sodium                       | 380      | 3030        | mg   |
| Chloride                     | 7        | 53          | mg   |
| Zinc                         | 1.29     | 10          | mg   |
| Copper                       | 0.153    | 1           | mg   |
| Manganese                    | 0.370    | 3           | mg   |
| Selenium                     | -        | -           | µg   |
| Iodine                       | -        | -           | µg   |
| Vitamin A (as Retinol)       | -        | -           | µg   |
| Beta-carotene                | -        | -           | µg   |
| Vitamin D                    | 3.3      | 26          | µg   |
| Vitamin E (as a-Tocopherol)  | -        | -           | mg   |
| Vitamin K                    | 1.6      | 13          | µg   |
| Vitamin C (as Ascorbic Acid) | -        | -           | mg   |
| Vitamin B1                   | 0.05     | 0.4         | mg   |
| Vitamin B2                   | -        | -           | mg   |
| Vitamin B3 (Total)           | 2.2      | 17          | mg   |
| Vitamin B5                   | -        | -           | mg   |
| Vitamin B6                   | -        | -           | mg   |
| Vitamin B7 (Biotin)          | 2.3      | 19          | µg   |
| Vitamin B9 (Folic Acid)      | 39       | 313         | µg   |
| Vitamin B12 (Cyanocobalamin) | 1.0      | 8           | µg   |

## Recipe Name

## Savoury Muttabaq with Meat

Approximately 4 adults

| Filling Ingredients    | Quantity |
|------------------------|----------|
| Minced lamb            | 600 g    |
| Onion, finely chopped  | 280 g    |
| Tomato, finely chopped | 300 g    |
| Leek, finely chopped   | 200 g    |
| Beaten eggs            | 4 pieces |
| Ground black pepper    | 1 g      |
| Oil                    | 80 ml    |
| Salt                   | 2 g      |

| Dough Ingredients | Quantity |
|-------------------|----------|
| White flour       | 620 g    |
| Water             | 400 ml   |
| Salt              | 1 g      |
| Oil               | 20 ml    |



## Preparation Method



## Preparation of Dough:

1. In a deep bowl, combine the flour and salt, then gradually add the water while kneading by hand for about five minutes until a cohesive dough forms. Beat the dough several times on the work surface, coat it lightly with oil, cover, and let rest for 10 minutes.
2. Divide the dough into medium-sized balls and let rest for another five minutes.

## Preparation of Filling:

1. Heat 60 ml of oil in a frying pan over medium heat for a minute.
2. Add the onion and sauté for about two minutes until softened.
3. Add the minced meat, salt, and black pepper, and stir for about 10 minutes until the meat is cooked, then remove from heat and let cool slightly.
4. Add the leek, tomato, and eggs to the meat mixture, and stir for about two minutes until it is well combined.

## Main Preparation:

1. Roll out one ball of dough on an oiled surface using a rolling pin into a very thin, medium-sized square (to serve as the base).
2. Roll out another ball into a very thin, large square sheet. Place the base square in the center, add the filling, and fold the edges inward to form a square parcel. Repeat with the remaining dough and filling.
3. Heat the remaining oil (20 ml) in a frying pan over medium heat for a minute.
4. Place the muttabaq square in the pan and cook over medium heat for about two minutes, then flip and cook the other side for another two minutes until golden brown.
5. Serve the savoury muttabaq hot in a flat dish.

## The dish's nutritional content

| Analyte                     | per 100g | Full recipe | Unit |
|-----------------------------|----------|-------------|------|
| Energy (kJ)                 | 842      | 16700       | kJ   |
| Energy (kcal)               | 201      | 3990        | kcal |
| Moisture Content            | 56.1     | 1120        | g    |
| Total Protein               | 9.7      | 193         | g    |
| Total Nitrogen              | 1.6      | 31          | g    |
| Total Fat                   | 6.6      | 131         | g    |
| Available Carbohydrates     | 24.3     | 483         | g    |
| Total Carbohydrates         | 27.0     | 536         | g    |
| Total sugars                | 2.5      | 50          | g    |
| Added Sugar                 | 0.0      | 0.0         | g    |
| Total Dietary Fibre         | 2.3      | 46          | g    |
| Soluble Fibre               | 1.1      | 23          | g    |
| Insoluble Fibre             | 1.2      | 23          | g    |
| Ash Content                 | 0.8      | 17          | g    |
| Cholesterol                 | 34.7     | 689         | mg   |
| Saturated Fatty Acids       | 1.79     | 36          | g    |
| Monounsaturated Fatty Acids | 2.19     | 44          | g    |
| Polyunsaturated Fatty Acids | 2.44     | 49          | g    |
| Total Unsaturated Fat       | 4.64     | 92          | g    |
| Trans-Fat (TFA)             | -        | -           | g    |
| Sum of Omega-3 (n-3)        | -        | -           | g    |
| Sum of Omega-6 (n-6)        | 2.39     | 47          | g    |
| Sum of Omega-9 (n-9)        | 2.13     | 42          | g    |
| Calcium                     | 17       | 344         | mg   |
| Iron                        | 2.61     | 52          | mg   |

| Analyte                      | per 100g | Full recipe | Unit |
|------------------------------|----------|-------------|------|
| Magnesium                    | 20       | 391         | mg   |
| Phosphorus                   | 99       | 1980        | mg   |
| Potassium                    | 248      | 4930        | mg   |
| Sodium                       | 182      | 3610        | mg   |
| Chloride                     | 3        | 52          | mg   |
| Zinc                         | 1.59     | 32          | mg   |
| Copper                       | 0.160    | 3           | mg   |
| Manganese                    | 0.333    | 7           | mg   |
| Selenium                     | 10       | 199         | µg   |
| Iodine                       | -        | -           | µg   |
| Vitamin A (as Retinol)       | -        | -           | µg   |
| Beta-carotene                | -        | -           | µg   |
| Vitamin D                    | 1.5      | 29          | µg   |
| Vitamin E (as a-Tocopherol)  | -        | -           | mg   |
| Vitamin K                    | 7.7      | 154         | µg   |
| Vitamin C (as Ascorbic Acid) | -        | -           | mg   |
| Vitamin B1                   | -        | -           | mg   |
| Vitamin B2                   | -        | -           | mg   |
| Vitamin B3 (Total)           | 2.60     | 52          | mg   |
| Vitamin B5                   | 0.68     | 14          | mg   |
| Vitamin B6                   | -        | -           | mg   |
| Vitamin B7 (Biotin)          | -        | -           | µg   |
| Vitamin B9 (Folic Acid)      | 35.3     | 702         | µg   |
| Vitamin B12 (Cyanocobalamin) | 1.0      | 20          | µg   |

## Recipe Name

## Savory Muttabaq with Chicken

Approximately 4 adults

| Filling Ingredients    | Quantity |
|------------------------|----------|
| Minced chicken         | 600 g    |
| Onion, finely chopped  | 280 g    |
| Tomato, finely chopped | 300 g    |
| Leek, finely chopped   | 200 g    |
| Beaten eggs            | 4 pieces |
| Ground black pepper    | 1 g      |
| Oil                    | 80 ml    |
| Salt                   | 2 g      |

| Dough Ingredients | Quantity |
|-------------------|----------|
| White flour       | 620 g    |
| Water             | 400 ml   |
| Salt              | 1 g      |
| Oil               | 20 ml    |



## Preparation Method



## Preparation of Dough:

1. In a deep bowl, combine the flour and salt, then gradually add the water while kneading by hand for about five minutes until a cohesive dough forms. Beat the dough several times on the work surface, coat it lightly with oil, cover, and let rest for 10 minutes.
2. Divide the dough into medium-sized balls and let rest for another five minutes.

## Preparation of Filling:

1. Heat 60 ml of oil in a frying pan over medium heat for a minute.
2. Add the onion and sauté for about two minutes until softened.
3. Add the minced chicken, salt, and black pepper, and stir for about 10 minutes until the chicken is cooked, then remove from heat and let cool slightly.
4. Add the leek, tomato, and eggs to the chicken mixture, and stir for about two minutes until it is well combined.

## Main Preparation:

1. Roll out one ball of dough on an oiled surface using a rolling pin into a very thin, medium-sized square (to serve as the base).
2. Roll out another ball into a very thin, large square sheet. Place the base square in the center, add the filling, and fold the edges inward to form a square parcel. Repeat with the remaining dough and filling.
3. Heat the remaining oil (20 ml) in a frying pan over medium heat for a minute.
4. Place the muttabaq square in the pan and cook over medium heat for about two minutes, then flip and cook the other side for another two minutes until golden brown.
5. Serve the savory muttabaq hot in a flat dish.

## The dish's nutritional content

| Analyte                     | per 100g | Full recipe | Unit |
|-----------------------------|----------|-------------|------|
| Energy (kJ)                 | 872      | 17600       | kJ   |
| Energy (kcal)               | 208      | 4210        | kcal |
| Moisture Content            | 54.4     | 1100        | g    |
| Total Protein               | 10.1     | 205         | g    |
| Total Nitrogen              | 1.6      | 32          | g    |
| Total Fat                   | 6.1      | 123         | g    |
| Available Carbohydrates     | 27.3     | 553         | g    |
| Total Carbohydrates         | 28.3     | 573         | g    |
| Total sugars                | 5.4      | 110         | g    |
| Added Sugar                 | 0.0      | 0.0         | g    |
| Total Dietary Fibre         | 1.3      | 26          | g    |
| Soluble Fibre               | 0.3      | 6           | g    |
| Insoluble Fibre             | 1.0      | 20          | g    |
| Ash Content                 | 0.7      | 15          | g    |
| Cholesterol                 | 37.7     | 762         | mg   |
| Saturated Fatty Acids       | 1.1      | 22          | g    |
| Monounsaturated Fatty Acids | 1.99     | 40          | g    |
| Polyunsaturated Fatty Acids | 2.92     | 59          | g    |
| Total Unsaturated Fat       | 4.91     | 99          | g    |
| Trans-Fat (TFA)             | -        | -           | g    |
| Sum of Omega-3 (n-3)        | -        | -           | g    |
| Sum of Omega-6 (n-6)        | 2.84     | 57          | g    |
| Sum of Omega-9 (n-9)        | 1.9      | 39          | g    |
| Calcium                     | 21       | 430         | mg   |
| Iron                        | 1.94     | 39          | mg   |

| Analyte                      | per 100g | Full recipe | Unit |
|------------------------------|----------|-------------|------|
| Magnesium                    | 21       | 434         | mg   |
| Phosphorus                   | 107      | 2170        | mg   |
| Potassium                    | 286      | 5790        | mg   |
| Sodium                       | 93       | 1890        | mg   |
| Chloride                     | 1        | 23          | mg   |
| Zinc                         | 0.69     | 14          | mg   |
| Copper                       | 0.103    | 2           | mg   |
| Manganese                    | 0.213    | 4           | mg   |
| Selenium                     | -        | -           | µg   |
| Iodine                       | -        | -           | µg   |
| Vitamin A (as Retinol)       | -        | -           | µg   |
| Beta-carotene                | -        | -           | µg   |
| Vitamin D                    | 3.3      | 67          | µg   |
| Vitamin E (as a-Tocopherol)  | -        | -           | mg   |
| Vitamin K                    | 9.8      | 198         | µg   |
| Vitamin C (as Ascorbic Acid) | -        | -           | mg   |
| Vitamin B1                   | -        | -           | mg   |
| Vitamin B2                   | -        | -           | mg   |
| Vitamin B3 (Total)           | 3.5      | 70          | mg   |
| Vitamin B5                   | 0.57     | 11          | mg   |
| Vitamin B6                   | -        | -           | mg   |
| Vitamin B7 (Biotin)          | 4.0      | 81          | µg   |
| Vitamin B9 (Folic Acid)      | 31       | 621         | µg   |
| Vitamin B12 (Cyanocobalamin) | 1.0      | 20          | µg   |

## Recipe Name

## Ma'soub

Approximately 4 adults

| Ingredients       | Quantity |
|-------------------|----------|
| Whole wheat flour | 400 g    |
| Banana, sliced    | 700 g    |
| Salt              | 20 g     |
| Melted ghee       | 100 g    |
| Water             | 400 ml   |
| Ground cardamom   | 8 g      |
| Honey             | 100 g    |



## Preparation Method



1. In a deep bowl, mix the flour with salt, then gradually add the water while kneading by hand for about five minutes until a cohesive dough forms.
2. Divide the dough into medium-sized balls, cover, and let rest for an hour.
3. Roll out each ball with a rolling pin on a floured surface until about 1 cm thick.
4. Heat a concave griddle (ṣāj) over high heat and grease it with ghee. Place the rolled dough on the griddle and cook for a minute, then flip and cook the other side for another minute until done. Repeat with the remaining dough and set the flatbreads aside.
5. Crumble the bread by hand or using a blender, then add the ghee and mix for a minute.
6. Return the mixture to the griddle, add the banana slices, and stir with a spoon for about five minutes.
7. Transfer the mixture to a flat serving dish and sprinkle with cardamom and honey.
8. Serve the ma'soub hot in a flat dish.

## The dish's nutritional content

| Analyte                     | per 100g | Full recipe | Unit |
|-----------------------------|----------|-------------|------|
| Energy (kJ)                 | 973      | 14300       | kJ   |
| Energy (kcal)               | 233      | 3430        | kcal |
| Moisture Content            | 44.9     | 661         | g    |
| Total Protein               | 5.3      | 78          | g    |
| Total Nitrogen              | 0.8      | 12          | g    |
| Total Fat                   | 6.4      | 95          | g    |
| Available Carbohydrates     | 35.0     | 516         | g    |
| Total Carbohydrates         | 41.3     | 609         | g    |
| Total sugars                | 16.3     | 240         | g    |
| Added Sugar                 | 6.77     | 100         | g    |
| Total Dietary Fibre         | 6.2      | 91          | g    |
| Soluble Fibre               | 1.2      | 18          | g    |
| Insoluble Fibre             | 5.0      | 74          | g    |
| Ash Content                 | 2.1      | 32          | g    |
| Cholesterol                 | 12.3     | 182         | mg   |
| Saturated Fatty Acids       | 4.1      | 60          | g    |
| Monounsaturated Fatty Acids | 1.36     | 20          | g    |
| Polyunsaturated Fatty Acids | 0.69     | 10          | g    |
| Total Unsaturated Fat       | 2.05     | 30          | g    |
| Trans-Fat (TFA)             | 0.27     | 4           | g    |
| Sum of Omega-3 (n-3)        | 0.11     | 2           | g    |
| Sum of Omega-6 (n-6)        | 0.58     | 9           | g    |
| Sum of Omega-9 (n-9)        | 1.18     | 17          | g    |
| Calcium                     | 23       | 335         | mg   |
| Iron                        | 1.41     | 21          | mg   |

| Analyte                      | per 100g | Full recipe | Unit |
|------------------------------|----------|-------------|------|
| Magnesium                    | 66       | 978         | mg   |
| Phosphorus                   | 122      | 1790        | mg   |
| Potassium                    | 338      | 4970        | mg   |
| Sodium                       | 588      | 8660        | mg   |
| Chloride                     | 8        | 115         | mg   |
| Zinc                         | 1.12     | 16          | mg   |
| Copper                       | 0.217    | 3           | mg   |
| Manganese                    | 1.43     | 21          | mg   |
| Selenium                     | -        | -           | µg   |
| Iodine                       | 29       | 427         | µg   |
| Vitamin A (as Retinol)       | -        | -           | µg   |
| Beta-carotene                | -        | -           | µg   |
| Vitamin D                    | 2.5      | 36          | µg   |
| Vitamin E (as a-Tocopherol)  | -        | -           | mg   |
| Vitamin K                    | -        | -           | µg   |
| Vitamin C (as Ascorbic Acid) | -        | -           | mg   |
| Vitamin B1                   | -        | -           | mg   |
| Vitamin B2                   | -        | -           | mg   |
| Vitamin B3 (Total)           | 1.7      | 26          | mg   |
| Vitamin B5                   | 0.36     | 5           | mg   |
| Vitamin B6                   | -        | -           | mg   |
| Vitamin B7 (Biotin)          | 2.0      | 29          | µg   |
| Vitamin B9 (Folic Acid)      | 37       | 550         | µg   |
| Vitamin B12 (Cyanocobalamin) | -        | -           | µg   |

## Recipe Name

## Ma'amoul (Ma'amoul Hijazi)

Approximately 4 adults

| Dough Ingredients | Quantity |
|-------------------|----------|
| White flour       | 320 g    |
| Milk powder       | 12 g     |
| Salt              | 0.8 g    |
| Powdered sugar    | 8 g      |
| Water             | 32 ml    |
| Ghee              | 160 g    |
| Butter            | 80 g     |
| Ma'amoul spices   | 12 g     |

| Filling Ingredients     | Quantity |
|-------------------------|----------|
| Date paste              | 200 g    |
| Ghee                    | 7 g      |
| Ground cardamom         | 0.5 g    |
| Roasted sesame seeds    | 2 g      |
| Oil (for greasing tray) | 8 ml     |



## Preparation Method



## Preparation of Filling:

1. In a deep bowl, mix the date paste with ghee, cardamom, and sesame seeds. Knead by hand for about four minutes until the mixture becomes cohesive.
2. Divide the mixture into very small balls and set aside to rest.

## Preparation of Ma'amoul Dough:

1. In a deep bowl, beat together the ghee, sugar, and butter using an electric mixer for about three minutes until smooth. Place the mixture in the refrigerator for 10 minutes.
2. Add the flour and knead by hand for about five minutes until fully combined.
3. Add the salt, milk powder, and ma'amoul spices, then gradually pour in the water and knead for about three minutes until a cohesive dough forms.
4. Divide the dough into small balls slightly larger than the date filling balls. Flatten each ball by hand, place a date ball in the center, and close by pinching the edges between the thumb and forefinger to seal.
5. Press each filled dough ball into a ma'amoul mold, flatten gently with your palm, then tap the mold lightly on its outer surface to release the shaped ma'amoul.
6. Repeat the process until all dough and filling are used.

## Baking and Serving:

1. Arrange the ma'amoul discs on a lightly oiled metal tray, leaving about 3 cm between each piece.
2. Preheat the oven to 250 °C with bottom heat.
3. Bake for 10 minutes, then turn off the bottom heat and switch to top heat for another seven minutes until the tops turn golden.
4. Serve the ma'amoul on a flat dish.

## The dish's nutritional content

| Analyte                     | per 100g | Full recipe | Unit | Analyte                      | per 100g | Full recipe | Unit |
|-----------------------------|----------|-------------|------|------------------------------|----------|-------------|------|
| Energy (kJ)                 | 2023     | 14900       | kJ   | Magnesium                    | 41       | 302         | mg   |
| Energy (kcal)               | 484      | 3560        | kcal | Phosphorus                   | 112      | 824         | mg   |
| Moisture Content            | 6.7      | 49          | g    | Potassium                    | 306      | 2250        | mg   |
| Total Protein               | 6.6      | 49          | g    | Sodium                       | 50       | 368         | mg   |
| Total Nitrogen              | 1.0      | 8           | g    | Chloride                     | 0.5      | 3           | mg   |
| Total Fat                   | 25.5     | 187         | g    | Zinc                         | 0.90     | 7           | mg   |
| Available Carbohydrates     | 54.3     | 400         | g    | Copper                       | 0.213    | 2           | mg   |
| Total Carbohydrates         | 60.0     | 441         | g    | Manganese                    | 0.663    | 5           | mg   |
| Total sugars                | 18.9     | 139         | g    | Selenium                     | -        | -           | µg   |
| Added Sugar                 | 1.1      | 8           | g    | Iodine                       | -        | -           | µg   |
| Total Dietary Fibre         | 5.7      | 42          | g    | Vitamin A (as Retinol)       | -        | -           | µg   |
| Soluble Fibre               | 1.0      | 8           | g    | Beta-carotene                | -        | -           | µg   |
| Insoluble Fibre             | 4.7      | 35          | g    | Vitamin D                    | 4.4      | 32          | µg   |
| Ash Content                 | 1.1      | 8           | g    | Vitamin E (as a-Tocopherol)  | -        | -           | mg   |
| Cholesterol                 | 71.7     | 527         | mg   | Vitamin K                    | 4.4      | 32          | µg   |
| Saturated Fatty Acids       | 17.8     | 131         | g    | Vitamin C (as Ascorbic Acid) | -        | -           | mg   |
| Monounsaturated Fatty Acids | 6.05     | 44          | g    | Vitamin B1                   | -        | -           | mg   |
| Polyunsaturated Fatty Acids | 1.22     | 9           | g    | Vitamin B2                   | -        | -           | mg   |
| Total Unsaturated Fat       | 7.27     | 53          | g    | Vitamin B3 (Total)           | 3.3      | 25          | mg   |
| Trans-Fat (TFA)             | 0.45     | 3           | g    | Vitamin B5                   | -        | -           | mg   |
| Sum of Omega-3 (n-3)        | 0.23     | 2           | g    | Vitamin B6                   | -        | -           | mg   |
| Sum of Omega-6 (n-6)        | 0.99     | 7           | g    | Vitamin B7 (Biotin)          | 3.3      | 25          | µg   |
| Sum of Omega-9 (n-9)        | 5.31     | 39          | g    | Vitamin B9 (Folic Acid)      | 48       | 356         | µg   |
| Calcium                     | 52       | 386         | mg   | Vitamin B12 (Cyanocobalamin) | 1.3      | 10          | µg   |
| Iron                        | 3.20     | 24          | mg   |                              |          |             |      |

## Recipe Name

## Meat Mantu (Yemeni Yaghmish)

Approximately 4 adults

| Filling Ingredients                    | Quantity |
|--|----------|
| Boneless lamb, finely chopped with fat | 650 g    |
| Onion, finely chopped                  | 200 g    |
| Ground black pepper                    | 4 g      |
| Salt                                   | 7 g      |
| Water                                  | 20 ml    |

| Dough Ingredients | Quantity |
|-------------------|----------|
| White flour       | 500 g    |
| Water             | 290 ml   |

## Preparation Method



## Preparation of Dough:

1. Place the flour in an electric mixer, then gradually pour in the water and knead for about 10 minutes until a cohesive dough forms. Cover and let rest for 20 minutes.
2. Divide the dough into small balls, then roll each out with a rolling pin on a floured surface into thin, round discs.

## Preparation of Filling:

In a deep bowl, combine the lamb, onion, salt, black pepper, and water. Mix by hand for about two minutes until well blended.

## Preparation of Mantu:

1. Place a spoonful of filling in the center of each dough disc, fold into a half-moon shape, and pinch the edges firmly to seal. Repeat until all the dough and filling are used.
2. Pour boiling water into the lower section of a steamer pot and heat over medium flame for about two minutes. Arrange the filled dumplings in the greased upper section, leaving about 1 cm between each piece. Cover and steam for 40 minutes until fully cooked.
3. Serve the mantu hot in a flat dish.



## The dish's nutritional content

| Analyte                     | per 100g | Full recipe | Unit |
|-----------------------------|----------|-------------|------|
| Energy (kJ)                 | 913      | 16300       | kJ   |
| Energy (kcal)               | 218      | 3900        | kcal |
| Moisture Content            | 53.5     | 957         | g    |
| Total Protein               | 9.6      | 171         | g    |
| Total Nitrogen              | 1.5      | 28          | g    |
| Total Fat                   | 8.4      | 150         | g    |
| Available Carbohydrates     | 24.3     | 436         | g    |
| Total Carbohydrates         | 27.7     | 495         | g    |
| Total sugars                | -        | -           | g    |
| Added Sugar                 | 0.0      | 0.0         | g    |
| Total Dietary Fibre         | 3.3      | 58          | g    |
| Soluble Fibre               | 0.6      | 10          | g    |
| Insoluble Fibre             | 2.7      | 48          | g    |
| Ash Content                 | 0.9      | 17          | g    |
| Cholesterol                 | 16.0     | 286         | mg   |
| Saturated Fatty Acids       | 3.85     | 69          | g    |
| Monounsaturated Fatty Acids | 3.67     | 66          | g    |
| Polyunsaturated Fatty Acids | 0.69     | 12          | g    |
| Total Unsaturated Fat       | 4.37     | 78          | g    |
| Trans-Fat (TFA)             | -        | -           | g    |
| Sum of Omega-3 (n-3)        | -        | -           | g    |
| Sum of Omega-6 (n-6)        | 0.66     | 12          | g    |
| Sum of Omega-9 (n-9)        | 3.51     | 63          | g    |
| Calcium                     | 16       | 278         | mg   |
| Iron                        | 2.31     | 41          | mg   |

| Analyte                      | per 100g | Full recipe | Unit |
|------------------------------|----------|-------------|------|
| Magnesium                    | 22       | 386         | mg   |
| Phosphorus                   | 111      | 1990        | mg   |
| Potassium                    | 215      | 3840        | mg   |
| Sodium                       | 157      | 2810        | mg   |
| Chloride                     | 2        | 28          | mg   |
| Zinc                         | 1.46     | 26          | mg   |
| Copper                       | 0.103    | 2           | mg   |
| Manganese                    | 0.333    | 6           | mg   |
| Selenium                     | 10       | 179         | µg   |
| Iodine                       | -        | -           | µg   |
| Vitamin A (as Retinol)       | -        | -           | µg   |
| Beta-carotene                | -        | -           | µg   |
| Vitamin D                    | 2.9      | 51          | µg   |
| Vitamin E (as a-Tocopherol)  | -        | -           | mg   |
| Vitamin K                    | 1.4      | 25          | µg   |
| Vitamin C (as Ascorbic Acid) | -        | -           | mg   |
| Vitamin B1                   | -        | -           | mg   |
| Vitamin B2                   | -        | -           | mg   |
| Vitamin B3 (Total)           | 4.3      | 76          | mg   |
| Vitamin B5                   | -        | -           | mg   |
| Vitamin B6                   | -        | -           | mg   |
| Vitamin B7 (Biotin)          | 4.0      | 72          | µg   |
| Vitamin B9 (Folic Acid)      | 52       | 925         | µg   |
| Vitamin B12 (Cyanocobalamin) | 2.0      | 36          | µg   |

# Al Madinah Al Munawwarah



|   |    |   |     |
|---|----|---|-----|
| Chickpea rice   | 82 | Tuweetat  | 96  |
|    |    |    |     |
| Lentil rice   | 84 | Haisah  | 98  |
|    |    |    |     |
| Madini rice with meat   | 86 | Al-Daleekah   | 100 |
|    |    |     |     |
| Madini rice with Chicken  | 89 | Melon Kunafah   | 102 |
|  |    |  |     |
| Mathlouthah   | 92 | Cream Kunafah   | 104 |
|  |    |  |     |
| Shuraik   | 94 | Cheese Kunafah  | 106 |
|  |    |   |     |
|   |    | Labaniyah   | 108 |
|   |    |  |     |

## Recipe Name

## Chickpea Rice

Approximately 4 adults

| Meat Ingredients                       | Quantity |
|--|----------|
| Lamb with bone, cut into medium pieces | 500 g    |
| Ghee (for meat)                        | 25 g     |
| Artemisia herb (Shiba)                 | 5 g      |
| Ground black pepper                    | 5 g      |
| Galangal                               | 2 g      |
| Ground coriander                       | 4 g      |
| Clove sticks                           | 3 g      |
| Cinnamon sticks                        | 2 g      |
| Cardamom pods                          | 5 g      |
| Ground cumin                           | 5 g      |
| Garlic, minced                         | 40 g     |
| Onion, thinly sliced                   | 150 g    |
| Water (for meat)                       | 2 L      |

| Chickpea Ingredients                  | Quantity |
|---------------------------------------|----------|
| Crushed chickpeas, soaked for an hour | 200 g    |
| Water (for boiling chickpeas)         | 460 ml   |

| Rice Ingredients                               | Quantity |
|--|----------|
| Long-grain rice, washed and soaked for an hour | 500 g    |
| Ghee (for rice)                                | 25 g     |
| Salt   | 13 g     |



## Preparation Method



## Preparation of Meat:

1. Combine all the whole spices (shiba, clove sticks, black pepper, cinnamon sticks, galangal, cardamom, coriander, and cumin) in a spice bag and set aside.
2. In a medium pressure cooker, melt the ghee over high heat for about a minute, then add the onion and stir for another minute until softened.
3. Add the meat and stir for about two minutes until its color changes. Reduce the heat to low, cover, and let cook for about three minutes until the meat releases its juices.
4. Add the garlic and stir for two minutes until fragrant.
5. Pour in the water and add the spice bag. Cover the pressure cooker and cook for about 50 minutes until the meat is tender. Strain the broth, set it aside for use with the rice, and remove the meat and spice bag to a separate dish.

## Boiling the Chickpeas:

1. In a medium pot over medium heat, add the chickpeas and water for boiling. Cook for about four minutes until foam (reem) forms on the surface.
2. Skim off the foam, partially cover the pot, and simmer on low heat for about 15 minutes until the chickpeas are three-quarters cooked and ready to be added to the rice.
3. Drain the chickpeas and set aside.

## Cooking the Rice and Meat:

1. In a medium pot over high heat, combine the rice, chickpeas, and 150 ml of chickpea boiling water. Stir to combine, then add the cooked meat, spice bag, salt, and 800 ml of the meat broth. Cover and boil over high heat for about six minutes.
2. Add the ghee on top of the rice, cover the pot, and reduce the heat to very low. Cook for about 20 minutes, then turn off the heat and let stand covered for 10 minutes to finish cooking in its steam.
3. Serve the chickpea rice warm in a flat dish.

## The dish's nutritional content

| Analyte                     | per 100g | Full recipe | Unit |
|-----------------------------|----------|-------------|------|
| Energy (kJ)                 | 704      | 14600       | kJ   |
| Energy (kcal)               | 168      | 3480        | kcal |
| Moisture Content            | 61.0     | 1260        | g    |
| Total Protein               | 7.2      | 148         | g    |
| Total Nitrogen              | 1.2      | 24          | g    |
| Total Fat                   | 4.6      | 95          | g    |
| Available Carbohydrates     | 22.3     | 463         | g    |
| Total Carbohydrates         | 26.3     | 545         | g    |
| Total sugars                | -        | -           | g    |
| Added Sugar                 | 0.0      | 0.0         | g    |
| Total Dietary Fibre         | 4.0      | 83          | g    |
| Soluble Fibre               | 0.5      | 11          | g    |
| Insoluble Fibre             | 3.5      | 72          | g    |
| Ash Content                 | 0.9      | 18          | g    |
| Cholesterol                 | 14.7     | 304         | mg   |
| Saturated Fatty Acids       | 2.08     | 43          | g    |
| Monounsaturated Fatty Acids | 1.74     | 36          | g    |
| Polyunsaturated Fatty Acids | 0.56     | 12          | g    |
| Total Unsaturated Fat       | 2.3      | 48          | g    |
| Trans-Fat (TFA)             | -        | -           | g    |
| Sum of Omega-3 (n-3)        | -        | -           | g    |
| Sum of Omega-6 (n-6)        | 0.52     | 11          | g    |
| Sum of Omega-9 (n-9)        | 1.62     | 34          | g    |
| Calcium                     | 13       | 270         | mg   |
| Iron                        | 0.71     | 15          | mg   |

| Analyte                      | per 100g | Full recipe | Unit |
|------------------------------|----------|-------------|------|
| Magnesium                    | 20       | 418         | mg   |
| Phosphorus                   | 60       | 1240        | mg   |
| Potassium                    | 210      | 4340        | mg   |
| Sodium                       | 219      | 4530        | mg   |
| Chloride                     | 4        | 75          | mg   |
| Zinc                         | 1.07     | 22          | mg   |
| Copper                       | 0.200    | 4           | mg   |
| Manganese                    | 0.203    | 4           | mg   |
| Selenium                     | -        | -           | µg   |
| Iodine                       | -        | -           | µg   |
| Vitamin A (as Retinol)       | -        | -           | µg   |
| Beta-carotene                | -        | -           | µg   |
| Vitamin D                    | -        | -           | µg   |
| Vitamin E (as a-Tocopherol)  | -        | -           | mg   |
| Vitamin K                    | -        | -           | µg   |
| Vitamin C (as Ascorbic Acid) | -        | -           | mg   |
| Vitamin B1                   | -        | -           | mg   |
| Vitamin B2                   | -        | -           | mg   |
| Vitamin B3 (Total)           | -        | -           | mg   |
| Vitamin B5                   | 0.25     | 5           | mg   |
| Vitamin B6                   | -        | -           | mg   |
| Vitamin B7 (Biotin)          | 5.0      | 104         | µg   |
| Vitamin B9 (Folic Acid)      | 62       | 1291        | µg   |
| Vitamin B12 (Cyanocobalamin) | 1.3      | 28          | µg   |

## Recipe Name

## Lentil Rice

Approximately 4 adults

| Ingredients              | Quantity |
|--------------------------|----------|
| Short-grain rice, washed | 190 g    |
| Onion, finely chopped    | 85 g     |
| Salt                     | 21 g     |
| Ground turmeric          | 3 g      |
| Ground dried coriander   | 2 g      |
| Water                    | 1.5 L    |

| Ingredients                | Quantity |
|----------------------------|----------|
| Red lentils, washed        | 100 g    |
| Ghee                       | 30 g     |
| Green chili pepper (small) | 7 g      |
| Ground cumin               | 2 g      |
| Ground black pepper        | 1 g      |
| Ghee (for garnish)         | 20 g     |

## Preparation Method



1. Place the ghee in a medium-sized pot over medium heat and stir for about a minute until melted.
2. Add the onion and sauté for about four minutes until light golden.
3. Add the ground spices (turmeric, cumin, dried coriander, and black pepper) and stir to combine.
4. Add the rice and stir with the mixture, then add the lentils, followed by the salt and water. Stir well and cook uncovered over medium heat for about five minutes until the water begins to boil.
5. Cover the pot, reduce the heat to very low, and cook for 15 minutes. Then add the green chili pepper, cover again, and cook for another 15 minutes.
6. Serve the lentil rice garnished with ghee.



## The dish's nutritional content

| Analyte                     | per 100g | Full recipe | Unit |
|-----------------------------|----------|-------------|------|
| Energy (kJ)                 | 441      | 7230        | kJ   |
| Energy (kcal)               | 105      | 1730        | kcal |
| Moisture Content            | 75.3     | 1240        | g    |
| Total Protein               | 2.6      | 42          | g    |
| Total Nitrogen              | 0.4      | 7           | g    |
| Total Fat                   | 2.9      | 48          | g    |
| Available Carbohydrates     | 16.3     | 268         | g    |
| Total Carbohydrates         | 17.7     | 290         | g    |
| Total sugars                | -        | -           | g    |
| Added Sugar                 | 0.0      | 0.0         | g    |
| Total Dietary Fibre         | 1.4      | 22          | g    |
| Soluble Fibre               | -        | -           | g    |
| Insoluble Fibre             | 1.4      | 22          | g    |
| Ash Content                 | 1.5      | 25          | g    |
| Cholesterol                 | 5.0      | 82          | mg   |
| Saturated Fatty Acids       | 1.92     | 31          | g    |
| Monounsaturated Fatty Acids | 0.69     | 11          | g    |
| Polyunsaturated Fatty Acids | 0.19     | 3           | g    |
| Total Unsaturated Fat       | 0.88     | 14          | g    |
| Trans-Fat (TFA)             | -        | -           | g    |
| Sum of Omega-3 (n-3)        | -        | -           | g    |
| Sum of Omega-6 (n-6)        | 0.16     | 3           | g    |
| Sum of Omega-9 (n-9)        | 0.62     | 10          | g    |
| Calcium                     | 12       | 196         | mg   |
| Iron                        | 0.48     | 8           | mg   |

| Analyte                      | per 100g | Full recipe | Unit |
|------------------------------|----------|-------------|------|
| Magnesium                    | 10       | 159         | mg   |
| Phosphorus                   | 34       | 555         | mg   |
| Potassium                    | 114      | 1880        | mg   |
| Sodium                       | 566      | 9290        | mg   |
| Chloride                     | 8        | 129         | mg   |
| Zinc                         | 0.41     | 7           | mg   |
| Copper                       | 0.097    | 2           | mg   |
| Manganese                    | 0.167    | 3           | mg   |
| Selenium                     | -        | -           | µg   |
| Iodine                       | -        | -           | µg   |
| Vitamin A (as Retinol)       | -        | -           | µg   |
| Beta-carotene                | -        | -           | µg   |
| Vitamin D                    | -        | -           | µg   |
| Vitamin E (as a-Tocopherol)  | -        | -           | mg   |
| Vitamin K                    | -        | -           | µg   |
| Vitamin C (as Ascorbic Acid) | -        | -           | mg   |
| Vitamin B1                   | -        | -           | mg   |
| Vitamin B2                   | -        | -           | mg   |
| Vitamin B3 (Total)           | 0.40     | 7           | mg   |
| Vitamin B5                   | -        | -           | mg   |
| Vitamin B6                   | -        | -           | mg   |
| Vitamin B7 (Biotin)          | 4.0      | 66          | µg   |
| Vitamin B9 (Folic Acid)      | 45       | 733         | µg   |
| Vitamin B12 (Cyanocobalamin) | 1.0      | 16          | µg   |

## Recipe Name

## Madini Rice with Meat

Approximately 4 adults

| Rice Ingredients                               | Quantity |
|--|----------|
| Long-grain rice, washed and soaked for an hour | 500 g    |
| Cardamom pods                                  | 5 g      |
| Whole black pepper                             | 4 g      |
| Water  | 2 L      |
| Lamb with bone, cut into medium pieces         | 500 g    |
| Clove sticks                                   | 3 g      |
| Mastic   | 0.5 g    |
| Salt   | 15 g     |

| Topping Ingredients (for garnish) | Quantity |
|-----------------------------------|----------|
| Ghee                              | 25 g     |
| Golden raisins                    | 20 g     |
| Mastic                            | 0.5 g    |

| Sauce Ingredients      | Quantity |
|------------------------|----------|
| Tomato paste           | 130 g    |
| Ground black pepper    | 3 g      |
| Ground cumin           | 2 g      |
| Saffron threads        | 0.12 g   |
| Ghee                   | 50 g     |
| Water                  | 125 ml   |
| Ground dried coriander | 2 g      |
| Citric acid            | 3 g      |
| Salt (for sauce)       | 5 g      |
| Saffron coloring       | 0.25 g   |
| Kadi water             | 80 ml    |

## Preparation Method



## Preparation of Rice:

- In a medium pressure cooker over high heat, combine the meat and water. Bring to a boil and remove the foam from the surface. Add the whole spices (cardamom, clove sticks, whole black pepper), mastic, and salt. Reduce heat to medium, cover, and pressure-cook for about 45 minutes until the meat is tender. Strain the broth, set it aside for cooking the rice, and transfer the meat to a separate dish.
- In a medium pot, melt the ghee over high heat, then add the rice and stir for about two minutes until the grains are coated. Add 900 ml of the meat broth, partially cover, and cook for five minutes. Lower the heat to very low, cover, and cook for another 15 minutes until the rice is fully cooked.



## Preparation Method



### Preparation of Sauce and Meat:

1. In a medium pot, combine the tomato paste, ground spices (coriander, black pepper, cumin), citric acid, salt, saffron threads, saffron coloring, ghee, kadi water, and regular water. Mix with a whisk for about two minutes until smooth.
2. Add 250 ml of the meat broth to the sauce mixture, place the pot over medium heat, and stir for about three minutes until the sauce thickens slightly.
3. Place the boiled meat in an oven tray and pour the sauce over it until the pieces are almost covered.
4. Preheat the oven to 225 °C for 15 minutes.
5. Place the tray on the middle rack and roast for about 18 minutes, heating from both top and bottom, until the meat turns golden and absorbs the flavor of the sauce.

### Preparation of Topping:

1. In a shallow pan, melt the ghee with mastic over medium heat for about a minute.
2. Pour the ghee mixture over the rice, cover, and cook over low heat for five minutes. Turn off the heat and let it rest for 10 minutes.

### Serving:

Place the rice on a flat serving dish, arrange the roasted meat on top, drizzle with the sauce, and garnish with golden raisins.

## The dish's nutritional content

| Analyte                     | per 100g | Full recipe | Unit |
|-----------------------------|----------|-------------|------|
| Energy (kJ)                 | 746      | 15800       | kJ   |
| Energy (kcal)               | 178      | 3770        | kcal |
| Moisture Content            | 61.2     | 1290        | g    |
| Total Protein               | 6.5      | 138         | g    |
| Total Nitrogen              | 1.0      | 22          | g    |
| Total Fat                   | 6.8      | 144         | g    |
| Available Carbohydrates     | 21.0     | 444         | g    |
| Total Carbohydrates         | 24.3     | 515         | g    |
| Total sugars                | -        | -           | g    |
| Added Sugar                 | 0.0      | 0.0         | g    |
| Total Dietary Fibre         | -        | -           | g    |
| Soluble Fibre               | 0.1      | 2           | g    |
| Insoluble Fibre             | 0.2      | 4           | g    |
| Ash Content                 | 1.0      | 22          | g    |
| Cholesterol                 | 18.7     | 395         | mg   |
| Saturated Fatty Acids       | 3.48     | 74          | g    |
| Monounsaturated Fatty Acids | 2.65     | 56          | g    |
| Polyunsaturated Fatty Acids | 0.39     | 8           | g    |
| Total Unsaturated Fat       | 3.05     | 64          | g    |
| Trans-Fat (TFA)             | 0.27     | 6           | g    |
| Sum of Omega-3 (n-3)        | -        | -           | g    |
| Sum of Omega-6 (n-6)        | 0.35     | 7           | g    |
| Sum of Omega-9 (n-9)        | 2.54     | 54          | g    |
| Calcium                     | 12       | 255         | mg   |
| Iron                        | 0.42     | 9           | mg   |

| Analyte                      | per 100g | Full recipe | Unit |
|------------------------------|----------|-------------|------|
| Magnesium                    | 10       | 214         | mg   |
| Phosphorus                   | 35       | 742         | mg   |
| Potassium                    | 158      | 3350        | mg   |
| Sodium                       | 254      | 5370        | mg   |
| Chloride                     | 4        | 82          | mg   |
| Zinc                         | 0.55     | 12          | mg   |
| Copper                       | 0.133    | 3           | mg   |
| Manganese                    | -        | -           | mg   |
| Selenium                     | -        | -           | µg   |
| Iodine                       | 36       | 754         | µg   |
| Vitamin A (as Retinol)       | -        | -           | µg   |
| Beta-carotene                | -        | -           | µg   |
| Vitamin D                    | -        | -           | µg   |
| Vitamin E (as a-Tocopherol)  | -        | -           | mg   |
| Vitamin K                    | 3.8      | 80          | µg   |
| Vitamin C (as Ascorbic Acid) | -        | -           | mg   |
| Vitamin B1                   | -        | -           | mg   |
| Vitamin B2                   | -        | -           | mg   |
| Vitamin B3 (Total)           | 0.60     | 13          | mg   |
| Vitamin B5                   | 0.58     | 12          | mg   |
| Vitamin B6                   | -        | -           | mg   |
| Vitamin B7 (Biotin)          | 3.7      | 78          | µg   |
| Vitamin B9 (Folic Acid)      | 63       | 1332        | µg   |
| Vitamin B12 (Cyanocobalamin) | -        | -           | µg   |

## Recipe Name

## Madini Rice with Chicken

Approximately 4 adults

| Rice Ingredients                               | Quantity |
|--|----------|
| Long-grain rice, washed and soaked for an hour | 500 g    |
| Cardamom pods                                  | 5 g      |
| Whole black pepper                             | 4 g      |
| Water  | 2 L      |
| Chicken, cut into pieces                       | 500 g    |
| Clove sticks                                   | 3 g      |
| Mastic   | 0.5 g    |
| Salt   | 15 g     |

| Topping Ingredients (for garnish) | Quantity |
|-----------------------------------|----------|
| Ghee                              | 25 g     |
| Golden raisins                    | 20 g     |
| Mastic                            | 0.5 g    |

| Sauce Ingredients      | Quantity |
|------------------------|----------|
| Tomato paste           | 130 g    |
| Ground black pepper    | 3 g      |
| Ground cumin           | 2 g      |
| Saffron threads        | 0.12 g   |
| Ghee                   | 50 g     |
| Water                  | 125 ml   |
| Ground dried coriander | 2 g      |
| Citric acid            | 3 g      |
| Salt (for sauce)       | 5 g      |
| Saffron coloring       | 0.25 g   |
| Kadi water             | 80 ml    |

## Preparation Method



## Preparation of Rice:

1. In a medium pressure cooker over high heat, combine the chicken and water. Bring to a boil and remove the foam (reem) from the surface.
2. Add the whole spices (cardamom, clove sticks, whole black pepper), mastic, and salt. Reduce heat to medium, cover, and pressure-cook for about 45 minutes until the chicken is tender. Strain the broth, set it aside for cooking the rice, and transfer the chicken to a separate dish.
3. In a medium pot, melt the ghee over high heat, then add the rice and stir for about two minutes until the grains are coated. Add 900 ml of the chicken broth, partially cover, and cook for five minutes. Lower the heat to very low, cover, and cook for another 15 minutes until the rice is fully cooked.



## Preparation Method



### Preparation of Sauce and Chicken:

1. In a medium pot, combine the tomato paste, ground spices (coriander, black pepper, cumin), citric acid, salt, saffron threads, saffron coloring, ghee, kadi water, and regular water. Mix with a whisk for about two minutes until smooth.
2. Add 250 ml of the chicken broth to the sauce mixture, place the pot over medium heat, and stir for about three minutes until the sauce thickens slightly.
3. Place the boiled chicken in an oven tray and pour the sauce over it until the pieces are almost covered.
4. Preheat the oven to 225 °C for 15 minutes.
5. Place the tray on the middle rack and roast for about 18 minutes, heating from both top and bottom, until the chicken turns golden and absorbs the flavor of the sauce.

### Preparation of Topping:

1. In a shallow pan, melt the ghee with mastic over medium heat for about a minute.
2. Pour the ghee mixture over the rice, cover, and cook over low heat for five minutes. Turn off the heat and let it rest for 10 minutes.

### Serving:

Place the rice on a flat serving dish, arrange the roasted chicken on top, drizzle with the sauce, and garnish with golden raisins.

## The dish's nutritional content

| Analyte                     | per 100g | Full recipe | Unit |
|-----------------------------|----------|-------------|------|
| Energy (kJ)                 | 718      | 14500       | kJ   |
| Energy (kcal)               | 172      | 3470        | kcal |
| Moisture Content            | 62.4     | 1260        | g    |
| Total Protein               | 6.6      | 133         | g    |
| Total Nitrogen              | 1.1      | 22          | g    |
| Total Fat                   | 4.8      | 97          | g    |
| Available Carbohydrates     | 25.3     | 511         | g    |
| Total Carbohydrates         | 25.3     | 511         | g    |
| Total sugars                | -        | -           | g    |
| Added Sugar                 | 0.0      | 0.0         | g    |
| Total Dietary Fibre         | -        | -           | g    |
| Soluble Fibre               | -        | -           | g    |
| Insoluble Fibre             | -        | -           | g    |
| Ash Content                 | 1.0      | 19          | g    |
| Cholesterol                 | 16.7     | 337         | mg   |
| Saturated Fatty Acids       | 2.5      | 51          | g    |
| Monounsaturated Fatty Acids | 1.68     | 34          | g    |
| Polyunsaturated Fatty Acids | 0.54     | 11          | g    |
| Total Unsaturated Fat       | 2.22     | 45          | g    |
| Trans-Fat (TFA)             | -        | -           | g    |
| Sum of Omega-3 (n-3)        | -        | -           | g    |
| Sum of Omega-6 (n-6)        | 0.49     | 10          | g    |
| Sum of Omega-9 (n-9)        | 1.51     | 31          | g    |
| Calcium                     | 15       | 299         | mg   |
| Iron                        | 0.27     | 5           | mg   |

| Analyte                      | per 100g | Full recipe | Unit |
|------------------------------|----------|-------------|------|
| Magnesium                    | 12       | 238         | mg   |
| Phosphorus                   | 41       | 824         | mg   |
| Potassium                    | 171      | 3450        | mg   |
| Sodium                       | 259      | 5230        | mg   |
| Chloride                     | 4        | 86          | mg   |
| Zinc                         | 0.29     | 6           | mg   |
| Copper                       | 0.100    | 2           | mg   |
| Manganese                    | -        | -           | mg   |
| Selenium                     | -        | -           | µg   |
| Iodine                       | 33       | 660         | µg   |
| Vitamin A (as Retinol)       | -        | -           | µg   |
| Beta-carotene                | -        | -           | µg   |
| Vitamin D                    | -        | -           | µg   |
| Vitamin E (as a-Tocopherol)  | -        | -           | mg   |
| Vitamin K                    | 9.4      | 189         | µg   |
| Vitamin C (as Ascorbic Acid) | -        | -           | mg   |
| Vitamin B1                   | -        | -           | mg   |
| Vitamin B2                   | -        | -           | mg   |
| Vitamin B3 (Total)           | 1.1      | 22          | mg   |
| Vitamin B5                   | 0.63     | 13          | mg   |
| Vitamin B6                   | -        | -           | mg   |
| Vitamin B7 (Biotin)          | 4.3      | 87          | µg   |
| Vitamin B9 (Folic Acid)      | 66       | 1326        | µg   |
| Vitamin B12 (Cyanocobalamin) | -        | -           | µg   |

## Recipe Name

## Mathlouthah

Approximately 4 adults

| Ingredients                      | Quantity |
|----------------------------------|----------|
| Sukari dates (pits removed)      | 200 g    |
| Ready-made flatbread (Saj bread) | 500 g    |
| Water                            | 250 ml   |
| Ghee                             | 60 g     |
| Salt                             | 0.25 g   |



## Preparation Method



1. Place the ghee in a medium pot over medium heat and stir until melted. Add the dates and mash them with a wooden spoon for about a minute.
2. Add the salt, reduce the heat to low, and stir for about two minutes until the dates soften and blend smoothly with the ghee.
3. Pour in the water and stir for about five minutes until the mixture becomes thick and uniform.
4. Tear the saj bread into small pieces and place in a deep bowl, then pour the date mixture over it. Mix until evenly combined, then knead by hand for about five minutes until the texture becomes smooth and cohesive.
5. Return the mixture to low heat and stir with a wooden spoon for about two minutes until warmed through.
6. Serve the mathlouthah warm.

## The dish's nutritional content

| Analyte                     | per 100g | Full recipe | Unit |
|-----------------------------|----------|-------------|------|
| Energy (kJ)                 | 1033     | 9850        | kJ   |
| Energy (kcal)               | 247      | 2360        | kcal |
| Moisture Content            | 41.3     | 394         | g    |
| Total Protein               | 5.2      | 50          | g    |
| Total Nitrogen              | 0.8      | 8           | g    |
| Total Fat                   | 5.7      | 54          | g    |
| Available Carbohydrates     | 40.3     | 385         | g    |
| Total Carbohydrates         | 46.3     | 442         | g    |
| Total sugars                | 17.5     | 167         | g    |
| Added Sugar                 | 0.0      | 0.0         | g    |
| Total Dietary Fibre         | 6.5      | 62          | g    |
| Soluble Fibre               | 0.7      | 7           | g    |
| Insoluble Fibre             | 5.8      | 56          | g    |
| Ash Content                 | 1.1      | 10          | g    |
| Cholesterol                 | 7.0      | 67          | mg   |
| Saturated Fatty Acids       | 3.73     | 36          | g    |
| Monounsaturated Fatty Acids | 1.29     | 12          | g    |
| Polyunsaturated Fatty Acids | 0.59     | 6           | g    |
| Total Unsaturated Fat       | 1.89     | 18          | g    |
| Trans-Fat (TFA)             | -        | -           | g    |
| Sum of Omega-3 (n-3)        | -        | -           | g    |
| Sum of Omega-6 (n-6)        | 0.53     | 5           | g    |
| Sum of Omega-9 (n-9)        | 1.18     | 11          | g    |
| Calcium                     | 131      | 1250        | mg   |
| Iron                        | 2.75     | 26          | mg   |

| Analyte                      | per 100g | Full recipe | Unit |
|------------------------------|----------|-------------|------|
| Magnesium                    | 38       | 364         | mg   |
| Phosphorus                   | 81       | 771         | mg   |
| Potassium                    | 249      | 2370        | mg   |
| Sodium                       | 163      | 1560        | mg   |
| Chloride                     | 3        | 29          | mg   |
| Zinc                         | 0.67     | 6           | mg   |
| Copper                       | 0.190    | 2           | mg   |
| Manganese                    | 0.743    | 7           | mg   |
| Selenium                     | -        | -           | µg   |
| Iodine                       | 26       | 248         | µg   |
| Vitamin A (as Retinol)       | -        | -           | µg   |
| Beta-carotene                | -        | -           | µg   |
| Vitamin D                    | -        | -           | µg   |
| Vitamin E (as a-Tocopherol)  | -        | -           | mg   |
| Vitamin K                    | 1.4      | 13          | µg   |
| Vitamin C (as Ascorbic Acid) | -        | -           | mg   |
| Vitamin B1                   | 0.90     | 9           | mg   |
| Vitamin B2                   | 0.15     | 1           | mg   |
| Vitamin B3 (Total)           | 1.7      | 16          | mg   |
| Vitamin B5                   | 0.43     | 4           | mg   |
| Vitamin B6                   | -        | -           | mg   |
| Vitamin B7 (Biotin)          | 3.3      | 32          | µg   |
| Vitamin B9 (Folic Acid)      | 38       | 359         | µg   |
| Vitamin B12 (Cyanocobalamin) | -        | -           | µg   |

## Recipe Name

## Shuraik

Approximately 4 adults

| Ingredients       | Quantity |
|-------------------|----------|
| All-purpose flour | 350 g    |
| Instant yeast     | 5 g      |
| Oil               | 30 ml    |
| Baking powder     | 5 g      |
| Salt              | 3 g      |
| Oil for greasing  | 5 ml     |

| For topping            | Quantity |
|------------------------|----------|
| Liquid milk            | 30 ml    |
| Unroasted sesame seeds | 13 g     |
| Honey                  | 15 g     |

| Ingredients for soaking chickpeas | Quantity |
|-----------------------------------|----------|
| Crushed chickpeas                 | 20 g     |
| Sugar                             | 5 g      |
| Boiling water                     | 375 ml   |

## Preparation Method



## Soaking the chickpeas:

Place the crushed chickpeas in a deep bowl, pour over the boiling water, add sugar, stir well, and let soak for 12 hours.

## Preparing the dough:

- In a deep bowl, mix together the flour, sugar, salt, baking powder, and yeast until well combined.
- Add the soaked chickpeas and oil, then gradually pour in about 175 ml of the soaking water while kneading by hand for about 2 minutes until a cohesive dough forms. Beat the dough firmly in the bowl until it becomes soft, then cover and let rest in a warm place for 45 minutes.
- Grease a baking tray with oil.
- Divide the dough into thick circles with a hole in the center and place them spaced apart on the tray.
- Brush the surface with milk and honey, then sprinkle sesame seeds on top. Cover and let rest in a warm place for one hour.
- Preheat the oven to 200 °C for 20 minutes.
- Place the tray on the lower rack and bake at 180 °C with top and bottom heat for 12 minutes. Turn off the top heat and continue baking for another 15 minutes until golden and fully baked.



## The dish's nutritional content

| Analyte                     | per 100g | Full recipe | Unit |
|-----------------------------|----------|-------------|------|
| Energy (kJ)                 | 1243     | 7450        | kJ   |
| Energy (kcal)               | 297      | 1780        | kcal |
| Moisture Content            | 30.6     | 183         | g    |
| Total Protein               | 9.1      | 55          | g    |
| Total Nitrogen              | 1.4      | 9           | g    |
| Total Fat                   | 6.7      | 40          | g    |
| Available Carbohydrates     | 47.3     | 284         | g    |
| Total Carbohydrates         | 52.3     | 313         | g    |
| Total sugars                | 3.7      | 22          | g    |
| Added Sugar                 | 3.3      | 20          | g    |
| Total Dietary Fibre         | 4.5      | 27          | g    |
| Soluble Fibre               | 1.1      | 7           | g    |
| Insoluble Fibre             | 3.4      | 21          | g    |
| Ash Content                 | 1.3      | 8           | g    |
| Cholesterol                 | -        | -           | mg   |
| Saturated Fatty Acids       | 0.89     | 5           | g    |
| Monounsaturated Fatty Acids | 1.87     | 11          | g    |
| Polyunsaturated Fatty Acids | 3.85     | 23          | g    |
| Total Unsaturated Fat       | 5.72     | 34          | g    |
| Trans-Fat (TFA)             | -        | -           | g    |
| Sum of Omega-3 (n-3)        | -        | -           | g    |
| Sum of Omega-6 (n-6)        | 3.81     | 23          | g    |
| Sum of Omega-9 (n-9)        | 1.83     | 11          | g    |
| Calcium                     | 14       | 81          | mg   |
| Iron                        | 3.72     | 22          | mg   |

| Analyte                      | per 100g | Full recipe | Unit |
|------------------------------|----------|-------------|------|
| Magnesium                    | 30       | 179         | mg   |
| Phosphorus                   | 195      | 1170        | mg   |
| Potassium                    | 206      | 1230        | mg   |
| Sodium                       | 322      | 1930        | mg   |
| Chloride                     | 3        | 19          | mg   |
| Zinc                         | 1.19     | 7           | mg   |
| Copper                       | 0.267    | 2           | mg   |
| Manganese                    | 0.673    | 4           | mg   |
| Selenium                     | -        | -           | µg   |
| Iodine                       | 23       | 140         | µg   |
| Vitamin A (as Retinol)       | -        | -           | µg   |
| Beta-carotene                | -        | -           | µg   |
| Vitamin D                    | -        | -           | µg   |
| Vitamin E (as a-Tocopherol)  | -        | -           | mg   |
| Vitamin K                    | -        | -           | µg   |
| Vitamin C (as Ascorbic Acid) | -        | -           | mg   |
| Vitamin B1                   | -        | -           | mg   |
| Vitamin B2                   | 0.54     | 3           | mg   |
| Vitamin B3 (Total)           | 3.4      | 20          | mg   |
| Vitamin B5                   | 0.47     | 3           | mg   |
| Vitamin B6                   | 0.40     | 2           | mg   |
| Vitamin B7 (Biotin)          | 2.0      | 12          | µg   |
| Vitamin B9 (Folic Acid)      | 36       | 218         | µg   |
| Vitamin B12 (Cyanocobalamin) | -        | -           | µg   |

## Recipe Name

Tuweetat

Approximately 4 adults

| Ingredients                  | Quantity |
|------------------------------|----------|
| White flour                  | 435 g    |
| Oil                          | 120 ml   |
| Baking powder                | 10 g     |
| Powdered sugar (for topping) | 100 g    |
| Fine semolina                | 165 g    |
| Instant yeast                | 3 g      |
| Warm water                   | 250 ml   |



## Preparation Method



1. Dissolve the yeast in the warm water and let it sit for a minute to activate.
2. In a deep bowl, combine the flour, semolina, and baking powder until evenly mixed. Add the oil and rub/mix for about two minutes until the flour absorbs it.
3. Gradually pour in the yeast mixture while kneading by hand for about five minutes until a soft, cohesive dough forms. Cover and let rest for 10 minutes.
4. Roll the dough to a medium thickness on a flat surface, then cut into medium circles using a cup or round cutter.
5. Press each circle lightly on a textured surface (e.g., the rough side of a grater or a textured mat) to imprint a pattern, then roll it into a cylinder so the pattern shows.
6. Heat oil in a deep-frying pan over medium heat for about 10 minutes. Fry the dough rolls, turning occasionally, until golden on all sides. Drain and let cool.
7. Dust with powdered sugar and serve.

## The dish's nutritional content

| Analyte                     | per 100g | Full recipe | Unit |
|-----------------------------|----------|-------------|------|
| Energy (kJ)                 | 1683     | 17900       | kJ   |
| Energy (kcal)               | 403      | 4270        | kcal |
| Moisture Content            | 25.6     | 272         | g    |
| Total Protein               | 7.8      | 83          | g    |
| Total Nitrogen              | 1.2      | 13          | g    |
| Total Fat                   | 22.7     | 241         | g    |
| Available Carbohydrates     | 40.3     | 428         | g    |
| Total Carbohydrates         | 43.3     | 460         | g    |
| Total sugars                | 9.6      | 102         | g    |
| Added Sugar                 | 8.9      | 95          | g    |
| Total Dietary Fibre         | 3.3      | 35          | g    |
| Soluble Fibre               | 1.3      | 13          | g    |
| Insoluble Fibre             | 2.0      | 22          | g    |
| Ash Content                 | 0.2      | 2           | g    |
| Cholesterol                 | 6.0      | 64          | mg   |
| Saturated Fatty Acids       | 2.66     | 28          | g    |
| Monounsaturated Fatty Acids | 6.05     | 64          | g    |
| Polyunsaturated Fatty Acids | 13.8     | 146         | g    |
| Total Unsaturated Fat       | 19.8     | 210         | g    |
| Trans-Fat (TFA)             | 0.24     | 3           | g    |
| Sum of Omega-3 (n-3)        | -        | -           | g    |
| Sum of Omega-6 (n-6)        | 13.7     | 146         | g    |
| Sum of Omega-9 (n-9)        | 5.99     | 64          | g    |
| Calcium                     | 16       | 165         | mg   |
| Iron                        | 2.57     | 27          | mg   |

| Analyte                      | per 100g | Full recipe | Unit |
|------------------------------|----------|-------------|------|
| Magnesium                    | 25       | 269         | mg   |
| Phosphorus                   | 217      | 2300        | mg   |
| Potassium                    | 153      | 1630        | mg   |
| Sodium                       | 149      | 1580        | mg   |
| Chloride                     | 0        | 2           | mg   |
| Zinc                         | 0.85     | 9           | mg   |
| Copper                       | 0.143    | 2           | mg   |
| Manganese                    | 0.593    | 6           | mg   |
| Selenium                     | 20       | 212         | µg   |
| Iodine                       | -        | -           | µg   |
| Vitamin A (as Retinol)       | 120      | 1274        | µg   |
| Beta-carotene                | -        | -           | µg   |
| Vitamin D                    | 4.7      | 50          | µg   |
| Vitamin E (as a-Tocopherol)  | 5.7      | 61          | mg   |
| Vitamin K                    | -        | -           | µg   |
| Vitamin C (as Ascorbic Acid) | -        | -           | mg   |
| Vitamin B1                   | 0.60     | 6           | mg   |
| Vitamin B2                   | 0.50     | 5           | mg   |
| Vitamin B3 (Total)           | 3.3      | 35          | mg   |
| Vitamin B5                   | -        | -           | mg   |
| Vitamin B6                   | 0.30     | 3           | mg   |
| Vitamin B7 (Biotin)          | 3.7      | 39          | µg   |
| Vitamin B9 (Folic Acid)      | 49       | 524         | µg   |
| Vitamin B12 (Cyanocobalamin) | 1.7      | 18          | µg   |

## Recipe Name

## Haisah

Approximately 4 adults

| Ingredients                          | Quantity |
|--------------------------------------|----------|
| Whole wheat flour                    | 120 g    |
| Ghee                                 | 100 g    |
| Khalas dates (maknooz, pits removed) | 400 g    |
| Ground cardamom                      | 3 g      |



## Preparation Method



1. Place the flour in a flat pan over low heat and toast it for about 10 minutes until it turns light golden in color, then set aside to cool.
2. In a medium-sized pot, melt the ghee over medium heat for a minute.
3. Add the dates and stir continuously with a wooden spoon for about 5 minutes until the dates soften and blend with the ghee.
4. Add the toasted flour and stir for 2 minutes until fully combined with the date mixture.
5. Add the ground cardamom, turn off the heat, and stir for another 2 minutes until well mixed. The Haisah is ready to serve.

## The dish's nutritional content

| Analyte                     | per 100g | Full recipe | Unit | Analyte                      | per 100g | Full recipe | Unit |
|-----------------------------|----------|-------------|------|------------------------------|----------|-------------|------|
| Energy (kJ)                 | 1647     | 10000       | kJ   | Magnesium                    | 81       | 496         | mg   |
| Energy (kcal)               | 393      | 2400        | kcal | Phosphorus                   | 138      | 840         | mg   |
| Moisture Content            | 13.7     | 83          | g    | Potassium                    | 529      | 3220        | mg   |
| Total Protein               | 4.4      | 27          | g    | Sodium                       | 23       | 137         | mg   |
| Total Nitrogen              | 0.7      | 4           | g    | Chloride                     | 1        | 6           | mg   |
| Total Fat                   | 14.7     | 90          | g    | Zinc                         | 1.54     | 9           | mg   |
| Available Carbohydrates     | 55.7     | 340         | g    | Copper                       | 0.363    | 2           | mg   |
| Total Carbohydrates         | 65.3     | 399         | g    | Manganese                    | 0.863    | 5           | mg   |
| Total sugars                | 40.7     | 248         | g    | Selenium                     | -        | -           | µg   |
| Added Sugar                 | 0.0      | 0.0         | g    | Iodine                       | -        | -           | µg   |
| Total Dietary Fibre         | 9.9      | 60          | g    | Vitamin A (as Retinol)       | 93       | 565         | µg   |
| Soluble Fibre               | 0.2      | 1           | g    | Beta-carotene                | -        | -           | µg   |
| Insoluble Fibre             | 9.7      | 59          | g    | Vitamin D                    | -        | -           | µg   |
| Ash Content                 | 1.7      | 10          | g    | Vitamin E (as a-Tocopherol)  | -        | -           | mg   |
| Cholesterol                 | 31.7     | 193         | mg   | Vitamin K                    | 5.1      | 31          | µg   |
| Saturated Fatty Acids       | 9.78     | 60          | g    | Vitamin C (as Ascorbic Acid) | -        | -           | mg   |
| Monounsaturated Fatty Acids | 3.71     | 23          | g    | Vitamin B1                   | -        | -           | mg   |
| Polyunsaturated Fatty Acids | 0.6      | 4           | g    | Vitamin B2                   | -        | -           | mg   |
| Total Unsaturated Fat       | 4.31     | 26          | g    | Vitamin B3 (Total)           | 1.0      | 6           | mg   |
| Trans-Fat (TFA)             | 0.58     | 4           | g    | Vitamin B5                   | -        | -           | mg   |
| Sum of Omega-3 (n-3)        | 0.18     | 1           | g    | Vitamin B6                   | -        | -           | mg   |
| Sum of Omega-6 (n-6)        | 0.42     | 3           | g    | Vitamin B7 (Biotin)          | 2.0      | 12          | µg   |
| Sum of Omega-9 (n-9)        | 3.23     | 20          | g    | Vitamin B9 (Folic Acid)      | 103      | 630         | µg   |
| Calcium                     | 52       | 317         | mg   | Vitamin B12 (Cyanocobalamin) | -        | -           | µg   |
| Iron                        | 1.23     | 8           | mg   |                              |          |             |      |

## Recipe Name

## Al-Daleekah

Approximately 4 adults

| Ingredients                             | Quantity |
|---|----------|
| Whole wheat flour                       | 150 g    |
| Crushed dried yogurt (lqt)              | 100 g    |
| Khalas dates (Maknooz, pits removed)    | 500 g    |
| Crushed dried yogurt (lqt), for garnish | 2.5 g    |
| Millet flour                            | 150 g    |
| Ghee                                    | 100 g    |
| Ground turmeric                         | 2 g      |



## Preparation Method



1. Place the whole wheat flour in a medium saucepan over low heat and stir with a spoon for about 6 minutes until it turns light golden. Add the millet flour and toast together for another 3 minutes.
2. Melt the ghee in a small pan over low heat for a minute.
3. Pour the melted ghee over the toasted flours, add turmeric and half the amount of crushed dried yogurt (lqt), and stir for about 2 minutes until the flours absorb the ghee and become sandy in texture.
4. Add the dates and the remaining lqt, then mix and press the ingredients with a wooden spoon for about 6 minutes until the mixture is well combined and forms a crumbly dough.
5. Garnish with crushed dried yogurt (lqt) and serve warm.

## The dish's nutritional content

| Analyte                     | per 100g | Full recipe | Unit |
|-----------------------------|----------|-------------|------|
| Energy (kJ)                 | 1477     | 14300       | kJ   |
| Energy (kcal)               | 353      | 3410        | kcal |
| Moisture Content            | 10.8     | 104         | g    |
| Total Protein               | 9.1      | 88          | g    |
| Total Nitrogen              | 1.5      | 14          | g    |
| Total Fat                   | 4.4      | 42          | g    |
| Available Carbohydrates     | 63.7     | 615         | g    |
| Total Carbohydrates         | 73.0     | 705         | g    |
| Total sugars                | 42.3     | 408         | g    |
| Added Sugar                 | 0.0      | 0.0         | g    |
| Total Dietary Fibre         | 9.6      | 92          | g    |
| Soluble Fibre               | 1.2      | 11          | g    |
| Insoluble Fibre             | 8.4      | 81          | g    |
| Ash Content                 | 2.3      | 23          | g    |
| Cholesterol                 | 32.3     | 312         | mg   |
| Saturated Fatty Acids       | 2.78     | 27          | g    |
| Monounsaturated Fatty Acids | 0.98     | 9           | g    |
| Polyunsaturated Fatty Acids | 0.39     | 4           | g    |
| Total Unsaturated Fat       | 1.37     | 13          | g    |
| Trans-Fat (TFA)             | 0.22     | 2           | g    |
| Sum of Omega-3 (n-3)        | -        | -           | g    |
| Sum of Omega-6 (n-6)        | 0.31     | 3           | g    |
| Sum of Omega-9 (n-9)        | 0.88     | 8           | g    |
| Calcium                     | 161      | 1550        | mg   |
| Iron                        | 1.75     | 17          | mg   |

| Analyte                      | per 100g | Full recipe | Unit |
|------------------------------|----------|-------------|------|
| Magnesium                    | 90       | 873         | mg   |
| Phosphorus                   | 220      | 2120        | mg   |
| Potassium                    | 692      | 6680        | mg   |
| Sodium                       | 66       | 637         | mg   |
| Chloride                     | 3        | 27          | mg   |
| Zinc                         | 1.71     | 17          | mg   |
| Copper                       | 0.467    | 5           | mg   |
| Manganese                    | 1.04     | 10          | mg   |
| Selenium                     | 20       | 193         | µg   |
| Iodine                       | -        | -           | µg   |
| Vitamin A (as Retinol)       | 50       | 483         | µg   |
| Beta-carotene                | -        | -           | µg   |
| Vitamin D                    | 1.0      | 10          | µg   |
| Vitamin E (as a-Tocopherol)  | -        | -           | mg   |
| Vitamin K                    | 4.5      | 43          | µg   |
| Vitamin C (as Ascorbic Acid) | -        | -           | mg   |
| Vitamin B1                   | 0.37     | 4           | mg   |
| Vitamin B2                   | -        | -           | mg   |
| Vitamin B3 (Total)           | 3.0      | 29          | mg   |
| Vitamin B5                   | 0.58     | 6           | mg   |
| Vitamin B6                   | 0.53     | 5           | mg   |
| Vitamin B7 (Biotin)          | 5.3      | 51          | µg   |
| Vitamin B9 (Folic Acid)      | 70       | 673         | µg   |
| Vitamin B12 (Cyanocobalamin) | -        | -           | µg   |

## Recipe Name

## Melon Kunafah

Approximately 4 adults

| Ingredients               | Quantity |
|---------------------------|----------|
| Kunafah dough             | 500 g    |
| Ghee for Kunafah          | 250 g    |
| Ghee for greasing the pan | 20 g     |
| Melon, thinly sliced      | 500 g    |
| Ground cardamom           | 3 g      |

| syrup Ingredients | Quantity |
|-------------------|----------|
| Sugar             | 250 g    |
| Lemon juice       | 3 ml     |
| Water             | 125 ml   |

## Preparation Method



## Preparing the syrup:

1. In a medium saucepan over low heat, combine the water and sugar, stirring until dissolved.
2. Add the lemon juice and stir for 2 minutes.
3. Leave the mixture on low heat for about 10 minutes until it slightly thickens to form a syrup.
4. Remove from heat and allow to cool for 30 minutes.

## Preparing the Kunafah:

1. Break the Kunafah dough by hand into medium pieces and place in a large bowl. Add the ground cardamom and mix well.
2. Gradually add the ghee, rubbing it into the Kunafah with your hands for about 3 minutes until evenly coated.
3. Grease the baking pan with ghee on the bottom and sides.
4. Spread half of the Kunafah mixture evenly into the pan, pressing it down firmly to form a smooth base layer.
5. Arrange the melon slices evenly over the base layer, leaving the edges uncovered.
6. Add the remaining Kunafah mixture over the melon, pressing down gently to even out the surface.
7. Preheat the oven to 200°C for 20 minutes.
8. Place the pan on the lower rack with heat from both top and bottom and bake for 30-35 minutes until golden and crisp.
9. Invert the Kunafah onto a serving tray, pour the syrup over it immediately, cut into pieces, and serve warm.



## The dish's nutritional content

| Analyte                     | per 100g | Full recipe | Unit |
|-----------------------------|----------|-------------|------|
| Energy (kJ)                 | 1503     | 19900       | kJ   |
| Energy (kcal)               | 359      | 4760        | kcal |
| Moisture Content            | 30.8     | 408         | g    |
| Total Protein               | 3.0      | 40          | g    |
| Total Nitrogen              | 0.5      | 7           | g    |
| Total Fat                   | 17.9     | 237         | g    |
| Available Carbohydrates     | 45.3     | 601         | g    |
| Total Carbohydrates         | 21.0     | 278         | g    |
| Total sugars                | 18.9     | 251         | g    |
| Added Sugar                 | 48.0     | 636         | g    |
| Total Dietary Fibre         | 2.7      | 35          | g    |
| Soluble Fibre               | 0.6      | 8           | g    |
| Insoluble Fibre             | 2.0      | 27          | g    |
| Ash Content                 | 0.3      | 4           | g    |
| Cholesterol                 | 44.0     | 583         | mg   |
| Saturated Fatty Acids       | 12.7     | 169         | g    |
| Monounsaturated Fatty Acids | 4.02     | 53          | g    |
| Polyunsaturated Fatty Acids | 0.53     | 7           | g    |
| Total Unsaturated Fat       | 4.55     | 60          | g    |
| Trans-Fat (TFA)             | 0.55     | 7.34        | g    |
| Sum of Omega-3 (n-3)        | 0.16     | 2.12        | g    |
| Sum of Omega-6 (n-6)        | 0.37     | 5           | g    |
| Sum of Omega-9 (n-9)        | 3.45     | 46          | g    |
| Calcium                     | 18       | 240         | mg   |
| Iron                        | 1.22     | 16          | mg   |

| Analyte                      | per 100g | Full recipe | Unit |
|------------------------------|----------|-------------|------|
| Magnesium                    | 12       | 163         | mg   |
| Phosphorus                   | 33       | 438         | mg   |
| Potassium                    | 186      | 2470        | mg   |
| Sodium                       | 150      | 1990        | mg   |
| Chloride                     | 1        | 17          | mg   |
| Zinc                         | 0.37     | 5           | mg   |
| Copper                       | 0.063    | 1           | mg   |
| Manganese                    | 0.277    | 4           | mg   |
| Selenium                     | -        | -           | µg   |
| Iodine                       | -        | -           | µg   |
| Vitamin A (as Retinol)       | -        | -           | µg   |
| Beta-carotene                | -        | -           | µg   |
| Vitamin D                    | -        | -           | µg   |
| Vitamin E (as a-Tocopherol)  | -        | -           | mg   |
| Vitamin K                    | 1.4      | 18          | µg   |
| Vitamin C (as Ascorbic Acid) | -        | -           | mg   |
| Vitamin B1                   | -        | -           | mg   |
| Vitamin B2                   | -        | -           | mg   |
| Vitamin B3 (Total)           | 1.5      | 20          | mg   |
| Vitamin B5                   | 0.40     | 5           | mg   |
| Vitamin B6                   | 1.0      | 13          | mg   |
| Vitamin B7 (Biotin)          | 2.7      | 35          | µg   |
| Vitamin B9 (Folic Acid)      | 47       | 619         | µg   |
| Vitamin B12 (Cyanocobalamin) | 2.0      | 27          | µg   |

## Recipe Name

## Cream Kunafah

Approximately 6 adults

| Ingredients               | Quantity |
|---------------------------|----------|
| Kunafah dough             | 500 g    |
| Ghee for Kunafah          | 250 g    |
| Ghee for greasing the pan | 20 g     |
| Cream                     | 500 g    |
| Ground cardamom           | 3 g      |

| syrup Ingredients | Quantity |
|-------------------|----------|
| Sugar             | 250 g    |
| Lemon juice       | 3 ml     |
| Water             | 125 ml   |

## Preparation Method



## Preparing the syrup:

1. In a medium saucepan over low heat, combine the water and sugar, stirring until dissolved.
2. Add the lemon juice and stir for 2 minutes.
3. Leave the mixture on low heat for about 10 minutes until it slightly thickens to form a syrup.
4. Remove from heat and allow to cool for 30 minutes.

## Preparing the Kunafah:

1. Break the Kunafah dough by hand into medium pieces and place in a large bowl. Add the ground cardamom and mix well.
2. Gradually add the ghee, rubbing it into the Kunafah for about 3 minutes until evenly coated.
3. Grease the baking pan with ghee on the bottom and sides.
4. Spread half of the Kunafah mixture evenly into the pan, pressing it down firmly to form a smooth base layer.
5. Spread the cream evenly over the base layer, leaving the edges uncovered.
6. Add the remaining Kunafah mixture over the filling and press gently to even out the surface.
7. Preheat the oven to 200°C for 20 minutes.
8. Place the pan on the lower rack with heat from both top and bottom and bake for 30-35 minutes until golden and crisp.
9. Invert the Kunafah onto a serving tray, pour the syrup evenly over it, cut into pieces, and serve warm.



## The dish's nutritional content

| Analyte                     | per 100g | Full recipe | Unit |
|-----------------------------|----------|-------------|------|
| Energy (kJ)                 | 1743     | 26200       | kJ   |
| Energy (kcal)               | 417      | 6260        | kcal |
| Moisture Content            | 25.3     | 380         | g    |
| Total Protein               | 3.2      | 49          | g    |
| Total Nitrogen              | 0.5      | 8           | g    |
| Total Fat                   | 25.2     | 378         | g    |
| Available Carbohydrates     | 44.0     | 660         | g    |
| Total Carbohydrates         | 45.7     | 685         | g    |
| Total sugars                | 18.9     | 284         | g    |
| Added Sugar                 | 16.6     | 250         | g    |
| Total Dietary Fibre         | 2.0      | 30          | g    |
| Soluble Fibre               | 0.9      | 13          | g    |
| Insoluble Fibre             | 1.1      | 17          | g    |
| Ash Content                 | 0.6      | 8           | g    |
| Cholesterol                 | 62.0     | 931         | mg   |
| Saturated Fatty Acids       | 17.2     | 259         | g    |
| Monounsaturated Fatty Acids | 6.13     | 92          | g    |
| Polyunsaturated Fatty Acids | 0.98     | 15          | g    |
| Total Unsaturated Fat       | 7.11     | 107         | g    |
| Trans-Fat (TFA)             | 0.82     | 12          | g    |
| Sum of Omega-3 (n-3)        | 0.2      | 3.0         | g    |
| Sum of Omega-6 (n-6)        | 0.78     | 12          | g    |
| Sum of Omega-9 (n-9)        | 5.57     | 84          | g    |
| Calcium                     | 33       | 491         | mg   |
| Iron                        | 1.19     | 18          | mg   |

| Analyte                      | per 100g | Full recipe | Unit |
|------------------------------|----------|-------------|------|
| Magnesium                    | 11       | 169         | mg   |
| Phosphorus                   | 50       | 748         | mg   |
| Potassium                    | 84       | 1260        | mg   |
| Sodium                       | 152      | 2280        | mg   |
| Chloride                     | 3        | 41          | mg   |
| Zinc                         | 0.26     | 4           | mg   |
| Copper                       | 0.047    | 1           | mg   |
| Manganese                    | 0.210    | 3           | mg   |
| Selenium                     | -        | -           | µg   |
| Iodine                       | -        | -           | µg   |
| Vitamin A (as Retinol)       | 140      | 2101        | µg   |
| Beta-carotene                | -        | -           | µg   |
| Vitamin D                    | -        | -           | µg   |
| Vitamin E (as a-Tocopherol)  | -        | -           | mg   |
| Vitamin K                    | 1.7      | 26          | µg   |
| Vitamin C (as Ascorbic Acid) | -        | -           | mg   |
| Vitamin B1                   | -        | -           | mg   |
| Vitamin B2                   | -        | -           | mg   |
| Vitamin B3 (Total)           | 1.7      | 26          | mg   |
| Vitamin B5                   | 0.30     | 5           | mg   |
| Vitamin B6                   | 0.40     | 6           | mg   |
| Vitamin B7 (Biotin)          | 1.0      | 15          | µg   |
| Vitamin B9 (Folic Acid)      | 76       | 1136        | µg   |
| Vitamin B12 (Cyanocobalamin) | 2.0      | 30          | µg   |

## Recipe Name

## Cheese Kunafah

Approximately 6 adults

| Ingredients               | Quantity |
|---------------------------|----------|
| Kunafah dough             | 500 g    |
| Ghee for Kunafah          | 250 g    |
| Ghee for greasing the pan | 20 g     |
| Soft cheese               | 387 g    |
| Ground cardamom           | 3 g      |

| Syrup Ingredients | Quantity |
|-------------------|----------|
| Sugar             | 250 g    |
| Lemon juice       | 3 ml     |
| Water             | 125 ml   |

## Preparation Method



## Preparing the syrup:

1. In a medium saucepan over low heat, combine the water and sugar, stirring until the sugar dissolves.
2. Add the lemon juice and stir for 2 minutes.
3. Continue heating for about 10 minutes until the syrup slightly thickens, then remove from heat and let it cool for 30 minutes.

## Preparing the Kunafah:

1. Break the Kunafah dough by hand into medium pieces and place in a large bowl. Add the ground cardamom and mix well.
2. Gradually add the ghee, rubbing it into the Kunafah for about 3 minutes until evenly coated.
3. Grease the baking pan with ghee on the bottom and sides.
4. Spread half of the Kunafah mixture evenly into the pan, pressing it down firmly to form a smooth base layer.
5. Spread the soft cheese evenly over the base layer, leaving the edges uncovered.
6. Add the remaining Kunafah mixture over the filling and press gently to even out the surface.
7. Preheat the oven to 200°C for 20 minutes.
8. Place the pan on the lower rack with heat from both top and bottom and bake for 30-35 minutes until golden and crisp.
9. Invert the Kunafah onto a serving tray, pour the syrup evenly over it, cut into pieces, and serve warm.



## The dish's nutritional content

| Analyte                     | per 100g | Full recipe | Unit |
|-----------------------------|----------|-------------|------|
| Energy (kJ)                 | 1737     | 22900       | kJ   |
| Energy (kcal)               | 414      | 5460        | kcal |
| Moisture Content            | 21.7     | 286         | g    |
| Total Protein               | 5.5      | 73          | g    |
| Total Nitrogen              | 0.9      | 11          | g    |
| Total Fat                   | 21.6     | 285         | g    |
| Available Carbohydrates     | 49.7     | 656         | g    |
| Total Carbohydrates         | 49.7     | 656         | g    |
| Total sugars                | 19.5     | 258         | g    |
| Added Sugar                 | 18.9     | 250         | g    |
| Total Dietary Fibre         | -        | -           | g    |
| Soluble Fibre               | -        | -           | g    |
| Insoluble Fibre             | -        | -           | g    |
| Ash Content                 | 1.6      | 22          | g    |
| Cholesterol                 | 55.3     | 730         | mg   |
| Saturated Fatty Acids       | 14.7     | 194         | g    |
| Monounsaturated Fatty Acids | 5.43     | 72          | g    |
| Polyunsaturated Fatty Acids | 0.8      | 11          | g    |
| Total Unsaturated Fat       | 6.23     | 82          | g    |
| Trans-Fat (TFA)             | 0.62     | 8           | g    |
| Sum of Omega-3 (n-3)        | 0.23     | 3           | g    |
| Sum of Omega-6 (n-6)        | 0.56     | 7           | g    |
| Sum of Omega-9 (n-9)        | 5.09     | 67          | g    |
| Calcium                     | 79       | 1040        | mg   |
| Iron                        | 1.51     | 20          | mg   |

| Analyte                      | per 100g | Full recipe | Unit |
|------------------------------|----------|-------------|------|
| Magnesium                    | 15       | 202         | mg   |
| Phosphorus                   | 88       | 1160        | mg   |
| Potassium                    | 143      | 1890        | mg   |
| Sodium                       | 554      | 7310        | mg   |
| Chloride                     | 4        | 58          | mg   |
| Zinc                         | 0.64     | 8           | mg   |
| Copper                       | 0.083    | 1           | mg   |
| Manganese                    | 0.273    | 4           | mg   |
| Selenium                     | -        | -           | µg   |
| Iodine                       | 25       | 326         | µg   |
| Vitamin A (as Retinol)       | 62       | 823         | µg   |
| Beta-carotene                | -        | -           | µg   |
| Vitamin D                    | -        | -           | µg   |
| Vitamin E (as a-Tocopherol)  | -        | -           | mg   |
| Vitamin K                    | 4.5      | 59          | µg   |
| Vitamin C (as Ascorbic Acid) | -        | -           | mg   |
| Vitamin B1                   | -        | -           | mg   |
| Vitamin B2                   | -        | -           | mg   |
| Vitamin B3 (Total)           | 1.8      | 24          | mg   |
| Vitamin B5                   | 1.6      | 21          | mg   |
| Vitamin B6                   | -        | -           | mg   |
| Vitamin B7 (Biotin)          | 2.0      | 26          | µg   |
| Vitamin B9 (Folic Acid)      | 66       | 871         | µg   |
| Vitamin B12 (Cyanocobalamin) | 3.0      | 40          | µg   |

## Recipe Name

## Labaniyah

Approximately 6 adults

| Ingredients               | Quantity |
|---------------------------|----------|
| Powdered milk             | 480 g    |
| Rose water                | 12 ml    |
| Oil                       | 175 ml   |
| Dried Madinah rose petals | 2 g      |
| Sugar                     | 800 g    |
| Ground cardamom           | 2 g      |
| Water                     | 250 ml   |



## Preparation Method



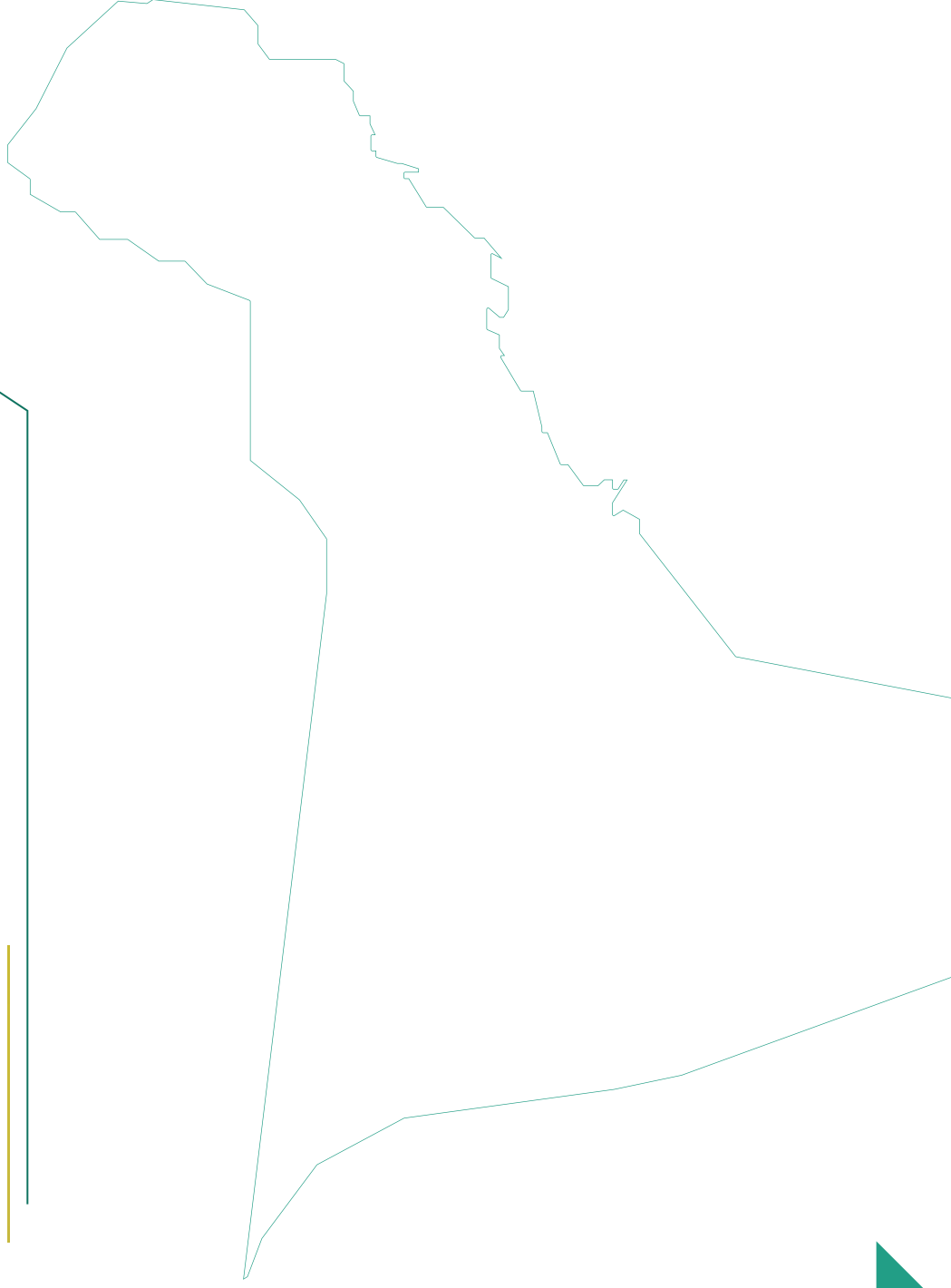
1. In a medium saucepan over medium heat, combine the water and sugar, stirring for about 4 minutes until the sugar dissolves and the mixture comes to a boil.
2. Reduce the heat to low and continue stirring for 15 minutes until the syrup thickens.
3. Remove from heat, then add the oil, rose water, and ground cardamom. Stir for a minute until well blended.
4. Add the powdered milk gradually, stirring for about 2 minutes until the mixture thickens into a soft dough.
5. Pour the Labaniyah mixture into a tray and let it cool slightly, then cut it into pieces and garnish with dried Madinah rose petals.
6. Cover with parchment paper and leave for 2 hours to cool completely before serving.


## The dish's nutritional content

| Analyte                     | per 100g | Full recipe | Unit |
|-----------------------------|----------|-------------|------|
| Energy (kJ)                 | 1850     | 28100       | kJ   |
| Energy (kcal)               | 442      | 6710        | kcal |
| Moisture Content            | 5.5      | 84          | g    |
| Total Protein               | 1.2      | 19          | g    |
| Total Nitrogen              | 0.2      | 3           | g    |
| Total Fat                   | 12.9     | 196         | g    |
| Available Carbohydrates     | 79.3     | 1210        | g    |
| Total Carbohydrates         | 79.3     | 1210        | g    |
| Total sugars                | 54.3     | 825         | g    |
| Added Sugar                 | 52.6     | 800         | g    |
| Total Dietary Fibre         | -        | -           | g    |
| Soluble Fibre               | -        | -           | g    |
| Insoluble Fibre             | -        | -           | g    |
| Ash Content                 | 0.9      | 13          | g    |
| Cholesterol                 | -        | -           | mg   |
| Saturated Fatty Acids       | 2.97     | 45          | g    |
| Monounsaturated Fatty Acids | 4.23     | 64          | g    |
| Polyunsaturated Fatty Acids | 5.69     | 87          | g    |
| Total Unsaturated Fat       | 9.94     | 151         | g    |
| Trans-Fat (TFA)             | -        | -           | g    |
| Sum of Omega-3 (n-3)        | -        | -           | g    |
| Sum of Omega-6 (n-6)        | 5.69     | 87          | g    |
| Sum of Omega-9 (n-9)        | 4.23     | 64          | g    |
| Calcium                     | 95       | 1450        | mg   |
| Iron                        | 0.20     | 3           | mg   |

| Analyte                      | per 100g | Full recipe | Unit |
|------------------------------|----------|-------------|------|
| Magnesium                    | 7        | 100         | mg   |
| Phosphorus                   | 116      | 1770        | mg   |
| Potassium                    | 237      | 3600        | mg   |
| Sodium                       | 69       | 1040        | mg   |
| Chloride                     | 0.5      | 7           | mg   |
| Zinc                         | 0.71     | 11          | mg   |
| Copper                       | 0.043    | 1           | mg   |
| Manganese                    | -        | -           | mg   |
| Selenium                     | -        | -           | µg   |
| Iodine                       | -        | -           | µg   |
| Vitamin A (as Retinol)       | 200      | 3040        | µg   |
| Beta-carotene                | -        | -           | µg   |
| Vitamin D                    | -        | -           | µg   |
| Vitamin E (as a-Tocopherol)  | 3.3      | 50          | mg   |
| Vitamin K                    | -        | -           | µg   |
| Vitamin C (as Ascorbic Acid) | -        | -           | mg   |
| Vitamin B1                   | -        | -           | mg   |
| Vitamin B2                   | -        | -           | mg   |
| Vitamin B3 (Total)           | -        | -           | mg   |
| Vitamin B5                   | -        | -           | mg   |
| Vitamin B6                   | -        | -           | mg   |
| Vitamin B7 (Biotin)          | 2.0      | 30          | µg   |
| Vitamin B9 (Folic Acid)      | 33       | 507         | µg   |
| Vitamin B12 (Cyanocobalamin) | -        | -           | µg   |

# Eastern Region



|   |     |   |     |
|---|-----|---|-----|
| <p><b>Hassawi rice</b></p>                 | 112 | <p><b>Mbassal</b></p>                 | 120 |
| <p><b>Balaleet eggs and onions</b></p>    | 114 | <p><b>Fried fish Muhammar</b></p>   | 122 |
| <p><b>Red bread (Hassawi bread)</b></p>  | 116 | <p><b>Mouflag with Shrimp</b></p>  | 124 |
| <p><b>Dates Aseedah</b></p>              | 118 | <p><b>Mamroos</b></p>              | 126 |

## Recipe Name

## Hassawi Rice

Approximately 4 adults

| Ingredients                            | Quantity | Ingredients                                 | Quantity |
|--|----------|---|----------|
| Lamb with bone, cut into medium pieces | 500 g    | Hassawi rice, washed and soaked for 2 hours | 400 g    |
| Onion, finely chopped                  | 230 g    | Tomato, chopped                             | 350 g    |
| Salt                                   | 22 g     | Dried black lime                            | 3 pieces |
| Ground dried black lime                | 3 g      | Mixed ground spices                         | 12 g     |
| Nigella seeds                          | 6 g      | Tomato paste                                | 80 g     |
| Ghee                                   | 100 g    | Water                                       | 1.8 L    |
| Melted butter (for garnish)            | 15 g     |   |          |

## Preparation Method



1. In a medium pressure cooker over medium heat, melt the ghee and stir for a minute. Add the chopped onion and sauté for about 5 minutes until golden.
2. Add the lamb pieces and stir for a minute until browned. Add the mixed spices and toast them with the meat for another minute.
3. Stir in the tomato paste, then add the chopped tomatoes. Cover and cook for 3 minutes until the mixture thickens slightly. Add the whole and ground dried black lime, stir well, then pour in the water and salt. Cover and pressure-cook over medium heat for 35 minutes, then strain the broth.
4. Add the soaked Hassawi rice and Nigella seeds to the strained broth (about 1.3 L). Cover the pot (without pressure) and cook over medium heat for 5 minutes. Reduce the heat to low and simmer for 40 minutes. Check the water level, cover again, and cook for an additional 5 minutes over low heat.
5. Serve the Hassawi rice hot on a flat serving dish, garnished with melted butter.



## The dish's nutritional content

| Analyte                     | per 100g | Full recipe | Unit |
|-----------------------------|----------|-------------|------|
| Energy (kJ)                 | 680      | 14700       | kJ   |
| Energy (kcal)               | 163      | 3510        | kcal |
| Moisture Content            | 65.9     | 1420        | g    |
| Total Protein               | 6.5      | 141         | g    |
| Total Nitrogen              | 1.0      | 22          | g    |
| Total Fat                   | 6.1      | 133         | g    |
| Available Carbohydrates     | 19.3     | 417         | g    |
| Total Carbohydrates         | 21.0     | 453         | g    |
| Total sugars                | -        | -           | g    |
| Added Sugar                 | 0.0      | 0.0         | g    |
| Total Dietary Fibre         | 1.5      | 32          | g    |
| Soluble Fibre               | 0.2      | 4           | g    |
| Insoluble Fibre             | 1.3      | 27          | g    |
| Ash Content                 | 0.5      | 12          | g    |
| Cholesterol                 | 24.0     | 517         | mg   |
| Saturated Fatty Acids       | 3.68     | 79          | g    |
| Monounsaturated Fatty Acids | 1.86     | 40          | g    |
| Polyunsaturated Fatty Acids | 0.35     | 7           | g    |
| Total Unsaturated Fat       | 2.2      | 48          | g    |
| Trans-Fat (TFA)             | 0.26     | 6           | g    |
| Sum of Omega-3 (n-3)        | -        | -           | g    |
| Sum of Omega-6 (n-6)        | 0.31     | 7           | g    |
| Sum of Omega-9 (n-9)        | 1.7      | 37          | g    |
| Calcium                     | 16       | 348         | mg   |
| Iron                        | 1.07     | 23          | mg   |

| Analyte                      | per 100g | Full recipe | Unit |
|------------------------------|----------|-------------|------|
| Magnesium                    | 24       | 525         | mg   |
| Phosphorus                   | 95       | 2040        | mg   |
| Potassium                    | 200      | 4320        | mg   |
| Sodium                       | 275      | 5940        | mg   |
| Chloride                     | 5        | 106         | mg   |
| Zinc                         | 1.65     | 36          | mg   |
| Copper                       | 0.243    | 5           | mg   |
| Manganese                    | 0.303    | 7           | mg   |
| Selenium                     | -        | -           | µg   |
| Iodine                       | -        | -           | µg   |
| Vitamin A (as Retinol)       | -        | -           | µg   |
| Beta-carotene                | -        | -           | µg   |
| Vitamin D                    | -        | -           | µg   |
| Vitamin E (as a-Tocopherol)  | -        | -           | mg   |
| Vitamin K                    | 3.2      | 70          | µg   |
| Vitamin C (as Ascorbic Acid) | -        | -           | mg   |
| Vitamin B1                   | -        | -           | mg   |
| Vitamin B2                   | -        | -           | mg   |
| Vitamin B3 (Total)           | 1.1      | 24          | mg   |
| Vitamin B5                   | -        | -           | mg   |
| Vitamin B6                   | -        | -           | mg   |
| Vitamin B7 (Biotin)          | 2.0      | 43          | µg   |
| Vitamin B9 (Folic Acid)      | 47       | 1021        | µg   |
| Vitamin B12 (Cyanocobalamin) | -        | -           | µg   |

## Recipe Name

## Balaleet Eggs and Onions

Approximately 4 adults

| Ingredients                  | Quantity |
|------------------------------|----------|
| Vermicelli noodles (Syouyah) | 400 g    |
| Sugar                        | 125 g    |
| Water                        | 1.7 L    |
| Ghee for vermicelli          | 20 g     |

| Ingredients           | Quantity |
|-----------------------|----------|
| Eggs                  | 2 pieces |
| Onion, finely chopped | 80 g     |
| Ghee for eggs         | 20 g     |
| Salt                  | 2 g      |

## Preparation Method



1. In a medium saucepan over medium heat, combine the water and sugar, stirring until dissolved. Let it simmer for about 5 minutes until it begins to boil.
2. In a separate pan, toast the vermicelli over medium heat for about 5 minutes, stirring continuously until it turns golden brown.
3. Add the toasted vermicelli to the sugar syrup and cook for about 5 minutes until tender, then drain.
4. Return the vermicelli to the pot, add the ghee, and cook over low heat for 2 minutes until any remaining moisture evaporates.
5. In a bowl, whisk the eggs with salt until well combined.
6. In a separate pan, melt the ghee over medium heat, add the chopped onion, and sauté for 2 minutes until golden. Add the beaten eggs and cook for 3 minutes, stirring gently until set and crumbly.
7. Add the egg and onion mixture to the vermicelli, mix gently, and serve hot.



## The dish's nutritional content

| Analyte                     | per 100g | Full recipe | Unit |
|-----------------------------|----------|-------------|------|
| Energy (kJ)                 | 705      | 9020        | kJ   |
| Energy (kcal)               | 168      | 2150        | kcal |
| Moisture Content            | 61.1     | 782         | g    |
| Total Protein               | 5.3      | 68          | g    |
| Total Nitrogen              | 0.9      | 11          | g    |
| Total Fat                   | 4.0      | 51          | g    |
| Available Carbohydrates     | 26.0     | 333         | g    |
| Total Carbohydrates         | 29.3     | 375         | g    |
| Total sugars                | 2.0      | 26          | g    |
| Added Sugar                 | 2.0      | 26          | g    |
| Total Dietary Fibre         | 3.4      | 44          | g    |
| Soluble Fibre               | 1.1      | 14          | g    |
| Insoluble Fibre             | 2.3      | 30          | g    |
| Ash Content                 | 0.2      | 3           | g    |
| Cholesterol                 | 22.0     | 281         | mg   |
| Saturated Fatty Acids       | 2.31     | 30          | g    |
| Monounsaturated Fatty Acids | 1.09     | 14          | g    |
| Polyunsaturated Fatty Acids | 0.47     | 6           | g    |
| Total Unsaturated Fat       | 1.56     | 20          | g    |
| Trans-Fat (TFA)             | -        | -           | g    |
| Sum of Omega-3 (n-3)        | -        | -           | g    |
| Sum of Omega-6 (n-6)        | 0.43     | 6           | g    |
| Sum of Omega-9 (n-9)        | 0.97     | 12          | g    |
| Calcium                     | 10       | 123         | mg   |
| Iron                        | 0.87     | 11          | mg   |

| Analyte                      | per 100g | Full recipe | Unit |
|------------------------------|----------|-------------|------|
| Magnesium                    | 12       | 156         | mg   |
| Phosphorus                   | 57       | 729         | mg   |
| Potassium                    | 88       | 1130        | mg   |
| Sodium                       | 80       | 1020        | mg   |
| Chloride                     | 1        | 11          | mg   |
| Zinc                         | 0.78     | 10          | mg   |
| Copper                       | 0.190    | 2           | mg   |
| Manganese                    | 0.223    | 3           | mg   |
| Selenium                     | -        | -           | µg   |
| Iodine                       | -        | -           | µg   |
| Vitamin A (as Retinol)       | -        | -           | µg   |
| Beta-carotene                | -        | -           | µg   |
| Vitamin D                    | 1.1      | 14          | µg   |
| Vitamin E (as a-Tocopherol)  | -        | -           | mg   |
| Vitamin K                    | 1.4      | 18          | µg   |
| Vitamin C (as Ascorbic Acid) | -        | -           | mg   |
| Vitamin B1                   | -        | -           | mg   |
| Vitamin B2                   | -        | -           | mg   |
| Vitamin B3 (Total)           | -        | -           | mg   |
| Vitamin B5                   | -        | -           | mg   |
| Vitamin B6                   | -        | -           | mg   |
| Vitamin B7 (Biotin)          | 2.0      | 26          | µg   |
| Vitamin B9 (Folic Acid)      | 35       | 448         | µg   |
| Vitamin B12 (Cyanocobalamin) | -        | -           | µg   |

## Recipe Name

## Red Bread (Hassawi Bread)

Approximately 4 adults

| Ingredients                          | Quantity |
|--------------------------------------|----------|
| Whole wheat flour                    | 350 g    |
| Khalas dates (maknooz, pits removed) | 200 g    |
| Yeast                                | 3 g      |
| Nigella seeds                        | 2 g      |

| Ingredients                   | Quantity |
|-------------------------------|----------|
| Salt                          | 3 g      |
| Fennel seeds                  | 3 g      |
| Water                         | 300 ml   |
| Whole wheat flour for dusting | 25 g     |

## Preparation Method



1. In a medium saucepan over medium heat, warm the water for about 2 minutes, then pour it into a large bowl. Add the dates and mash with a wooden spoon for about 6 minutes until dissolved and blended into the water.
2. Add the yeast and salt to the mashed date mixture, then gradually add the flour while kneading for about 2 minutes until a soft, cohesive dough forms. Cover and leave to rise for 1½ hours.
3. Divide the dough into medium-sized balls on a floured surface, cover, and let rest for 30 minutes.
4. Heat a flat griddle (Saj) over medium heat for 3 minutes. Flatten each dough ball by hand on a floured surface into medium-sized round discs. Sprinkle the tops with fennel and Nigella seeds.
5. Cook the discs on the Saj, flipping frequently for about 5 minutes until fully cooked and lightly browned on both sides. Repeat for the remaining dough.
6. The Red Bread is ready to serve.



## The dish's nutritional content

| Analyte                     | per 100g | Full recipe | Unit |
|-----------------------------|----------|-------------|------|
| Energy (kJ)                 | 1100     | 8150        | kJ   |
| Energy (kcal)               | 263      | 1950        | kcal |
| Moisture Content            | 30.2     | 224         | g    |
| Total Protein               | 8.8      | 65          | g    |
| Total Nitrogen              | 1.4      | 10          | g    |
| Total Fat                   | 1.6      | 12          | g    |
| Available Carbohydrates     | 48.0     | 356         | g    |
| Total Carbohydrates         | 57.3     | 425         | g    |
| Total sugars                | 23.5     | 174         | g    |
| Added Sugar                 | 0.0      | 0.0         | g    |
| Total Dietary Fibre         | 9.7      | 72          | g    |
| Soluble Fibre               | 0.8      | 6           | g    |
| Insoluble Fibre             | 8.9      | 66          | g    |
| Ash Content                 | 1.8      | 13          | g    |
| Cholesterol                 | -        | -           | mg   |
| Saturated Fatty Acids       | 0.32     | 2           | g    |
| Monounsaturated Fatty Acids | 0.33     | 2           | g    |
| Polyunsaturated Fatty Acids | 0.94     | 7           | g    |
| Total Unsaturated Fat       | 1.27     | 9           | g    |
| Trans-Fat (TFA)             | -        | -           | g    |
| Sum of Omega-3 (n-3)        | -        | -           | g    |
| Sum of Omega-6 (n-6)        | 0.87     | 6           | g    |
| Sum of Omega-9 (n-9)        | 0.29     | 2           | g    |
| Calcium                     | 41       | 306         | mg   |
| Iron                        | 2.20     | 16          | mg   |

| Analyte                      | per 100g | Full recipe | Unit |
|------------------------------|----------|-------------|------|
| Magnesium                    | 98       | 729         | mg   |
| Phosphorus                   | 192      | 1420        | mg   |
| Potassium                    | 422      | 3120        | mg   |
| Sodium                       | 193      | 1430        | mg   |
| Chloride                     | 2        | 13          | mg   |
| Zinc                         | 1.75     | 13          | mg   |
| Copper                       | 0.353    | 3           | mg   |
| Manganese                    | 1.88     | 14          | mg   |
| Selenium                     | -        | -           | µg   |
| Iodine                       | -        | -           | µg   |
| Vitamin A (as Retinol)       | -        | -           | µg   |
| Beta-carotene                | -        | -           | µg   |
| Vitamin D                    | -        | -           | µg   |
| Vitamin E (as a-Tocopherol)  | -        | -           | mg   |
| Vitamin K                    | 1.4      | 10          | µg   |
| Vitamin C (as Ascorbic Acid) | -        | -           | mg   |
| Vitamin B1                   | -        | -           | mg   |
| Vitamin B2                   | -        | -           | mg   |
| Vitamin B3 (Total)           | 2.8      | 21          | mg   |
| Vitamin B5                   | 0.29     | 2           | mg   |
| Vitamin B6                   | -        | -           | mg   |
| Vitamin B7 (Biotin)          | 2.0      | 15          | µg   |
| Vitamin B9 (Folic Acid)      | 65       | 479         | µg   |
| Vitamin B12 (Cyanocobalamin) | -        | -           | µg   |

## Recipe Name

## Dates Aseedah

Approximately 4 adults

| Ingredients                          | Quantity |
|--------------------------------------|----------|
| Whole wheat flour                    | 330 g    |
| Butter, for garnish                  | 50 g     |
| Water                                | 1.5 L    |
| Khalas dates (maknooz, pits removed) | 500 g    |
| Ground black pepper, for garnish     | 1 g      |



## Preparation Method



1. Place the flour in a flat pan over low heat and stir with a spoon for about 5 minutes until it turns light golden, then set aside to cool.
2. In a medium saucepan over medium heat, add the dates and pour in all the water. Stir continuously with a wooden spoon for about 15 minutes until the dates dissolve and the mixture becomes smooth. Strain the mixture through a sieve to remove any lumps, then set aside for 5 minutes to cool.
3. Place the flour and strained date mixture together in a medium saucepan over medium heat. Stir vigorously with a wooden whisk for 2 minutes, then reduce the heat to low and cook for 15 minutes until the mixture thickens.
4. Cover the saucepan and continue cooking over very low heat for 10 minutes, stirring every 3 minutes, until the Aseedah becomes thick and creamy in texture and ready to serve.
5. In a small pan, melt the butter over low heat for about 3 minutes until it turns light golden.
6. Serve the Aseedah on a flat serving plate, garnish with the melted butter and ground black pepper, and make a small well in the center to pour in the melted butter.

## The dish's nutritional content

| Analyte                     | per 100g | Full recipe | Unit | Analyte                      | per 100g | Full recipe | Unit |
|-----------------------------|----------|-------------|------|------------------------------|----------|-------------|------|
| Energy (kJ)                 | 638      | 10200       | kJ   | Magnesium                    | 36       | 574         | mg   |
| Energy (kcal)               | 152      | 2430        | kcal | Phosphorus                   | 55       | 880         | mg   |
| Moisture Content            | 59.7     | 951         | g    | Potassium                    | 262      | 4170        | mg   |
| Total Protein               | 4.1      | 66          | g    | Sodium                       | 11       | 173         | mg   |
| Total Nitrogen              | 0.6      | 10          | g    | Chloride                     | 0.4      | 7           | mg   |
| Total Fat                   | 1.5      | 23          | g    | Zinc                         | 0.86     | 14          | mg   |
| Available Carbohydrates     | 26.7     | 425         | g    | Copper                       | 0.267    | 4           | mg   |
| Total Carbohydrates         | 34.0     | 542         | g    | Manganese                    | 0.83     | 13          | mg   |
| Total sugars                | 19.7     | 313         | g    | Selenium                     | -        | -           | µg   |
| Added Sugar                 | 0.0      | 0.0         | g    | Iodine                       | -        | -           | µg   |
| Total Dietary Fibre         | 7.0      | 112         | g    | Vitamin A (as Retinol)       | -        | -           | µg   |
| Soluble Fibre               | 0.9      | 14          | g    | Beta-carotene                | -        | -           | µg   |
| Insoluble Fibre             | 6.1      | 98          | g    | Vitamin D                    | -        | -           | µg   |
| Ash Content                 | 0.8      | 12          | g    | Vitamin E (as a-Tocopherol)  | -        | -           | mg   |
| Cholesterol                 | 4.67     | 74          | mg   | Vitamin K                    | 1.1      | 17          | µg   |
| Saturated Fatty Acids       | 0.86     | 14          | g    | Vitamin C (as Ascorbic Acid) | -        | -           | mg   |
| Monounsaturated Fatty Acids | 0.33     | 5           | g    | Vitamin B1                   | -        | -           | mg   |
| Polyunsaturated Fatty Acids | 0.22     | 4           | g    | Vitamin B2                   | -        | -           | mg   |
| Total Unsaturated Fat       | 0.55     | 9           | g    | Vitamin B3 (Total)           | 0.67     | 11          | mg   |
| Trans-Fat (TFA)             | -        | -           | g    | Vitamin B5                   | 0.40     | 6           | mg   |
| Sum of Omega-3 (n-3)        | -        | -           | g    | Vitamin B6                   | -        | -           | mg   |
| Sum of Omega-6 (n-6)        | 0.2      | 3           | g    | Vitamin B7 (Biotin)          | 1.0      | 16          | µg   |
| Sum of Omega-9 (n-9)        | 0.29     | 5           | g    | Vitamin B9 (Folic Acid)      | 10       | 159         | µg   |
| Calcium                     | 16       | 257         | mg   | Vitamin B12 (Cyanocobalamin) | -        | -           | µg   |
| Iron                        | 0.37     | 6           | mg   |                              |          |             |      |

## Recipe Name

## Mbassal

Approximately 4 adults

| Ingredients                | Quantity   |
|----------------------------|------------|
| Whole wheat flour          | 250 g      |
| Leek, finely chopped       | 60 g       |
| Mixed ground spices        | 6 g        |
| Water                      | 420 ml     |
| Date molasses, for garnish | (optional) |

| Ingredients           | Quantity  |
|-----------------------|-----------|
| Onion, finely chopped | 30 g      |
| Salt                  | 4 g       |
| Ground black pepper   | 1 g       |
| Oil, for frying       | As needed |

## Preparation Method



1. In a deep bowl, combine the flour, salt, mixed spices, and black pepper. Gradually add the leeks, onions, and water while stirring continuously until a semi-liquid batter forms. Let the batter rest for 25 minutes.
2. Heat oil in a deep-frying pan over medium heat, filling it about one-quarter full. Let the oil heat for about 4 minutes.
3. Pour the batter into the hot oil using a ladle to form irregular discs. Turn each disc with a fork every minute until cooked evenly and golden on all sides (about 4 minutes per batch). Repeat until all the batter is used.
4. Drain the fried discs from excess oil, arrange them on a flat serving plate, and drizzle with date molasses if desired.



## The dish's nutritional content

| Analyte                     | per 100g | Full recipe | Unit | Analyte                      | per 100g | Full recipe | Unit |
|-----------------------------|----------|-------------|------|------------------------------|----------|-------------|------|
| Energy (kJ)                 | 1020     | 6580        | kJ   | Magnesium                    | 71       | 457         | mg   |
| Energy (kcal)               | 245      | 1580        | kcal | Phosphorus                   | 150      | 965         | mg   |
| Moisture Content            | 46.4     | 299         | g    | Potassium                    | 283      | 1830        | mg   |
| Total Protein               | 6.6      | 42          | g    | Sodium                       | 377      | 2430        | mg   |
| Total Nitrogen              | 1.0      | 7           | g    | Chloride                     | 4        | 28          | mg   |
| Total Fat                   | 10.6     | 69          | g    | Zinc                         | 1.26     | 8           | mg   |
| Available Carbohydrates     | 26.3     | 170         | g    | Copper                       | 0.220    | 1           | mg   |
| Total Carbohydrates         | 35.3     | 228         | g    | Manganese                    | 1.723    | 11          | mg   |
| Total sugars                | 1.5      | 10          | g    | Selenium                     | -        | -           | µg   |
| Added Sugar                 | 0.0      | 0.0         | g    | Iodine                       | -        | -           | µg   |
| Total Dietary Fibre         | 8.9      | 57          | g    | Vitamin A (as Retinol)       | -        | -           | µg   |
| Soluble Fibre               | 0.6      | 4           | g    | Beta-carotene                | -        | -           | µg   |
| Insoluble Fibre             | 8.3      | 53          | g    | Vitamin D                    | -        | -           | µg   |
| Ash Content                 | 1.1      | 7           | g    | Vitamin E (as a-Tocopherol)  | 1.1      | 7           | mg   |
| Cholesterol                 | -        | -           | mg   | Vitamin K                    | 4.6      | 30          | µg   |
| Saturated Fatty Acids       | 1.33     | 9           | g    | Vitamin C (as Ascorbic Acid) | -        | -           | mg   |
| Monounsaturated Fatty Acids | 3.03     | 20          | g    | Vitamin B1                   | -        | -           | mg   |
| Polyunsaturated Fatty Acids | 6.11     | 39          | g    | Vitamin B2                   | -        | -           | mg   |
| Total Unsaturated Fat       | 9.14     | 59          | g    | Vitamin B3 (Total)           | -        | -           | mg   |
| Trans-Fat (TFA)             | -        | -           | g    | Vitamin B5                   | -        | -           | mg   |
| Sum of Omega-3 (n-3)        | -        | -           | g    | Vitamin B6                   | -        | -           | mg   |
| Sum of Omega-6 (n-6)        | 6.04     | 39          | g    | Vitamin B7 (Biotin)          | 2.0      | 13          | µg   |
| Sum of Omega-9 (n-9)        | 2.99     | 19          | g    | Vitamin B9 (Folic Acid)      | 19.0     | 123         | µg   |
| Calcium                     | 32       | 209         | mg   | Vitamin B12 (Cyanocobalamin) | -        | -           | µg   |
| Iron                        | 1.81     | 12          | mg   |                              |          |             |      |

## Recipe Name

Fried Fish Muhammad  
Barnagoush

Approximately 4 adults

| Ingredients                        | Quantity  |
|------------------------------------|-----------|
| Hamour fish, cut into thick pieces | 500 g     |
| Salt                               | 14 g      |
| Mixed ground spices                | 9 g       |
| Oil, for frying                    | As needed |
| Date molasses                      | 300 ml    |
| Water                              | 900 ml    |

| Ingredients                                       | Quantity |
|---|----------|
| Long-grain rice, washed and soaked for 30 minutes | 400 g    |
| Butter, for garnish                               | 40 g     |

## Preparation Method



1. In a medium saucepan, combine the date molasses with water and stir with a wooden spoon until fully dissolved.
2. Add the rice to the molasses mixture, place the saucepan over medium heat, cover, and cook for 7 minutes. Remove the lid and continue cooking uncovered, stirring occasionally, for about 6 minutes until most of the liquid evaporates. Then reduce the heat to low, cover again, and cook for 15 minutes until the rice is fully cooked.
3. In a deep bowl, season the fish pieces with salt and mixed spices, rubbing the mixture evenly on all sides. Let sit for 10 minutes to absorb the flavors.
4. Heat oil in a flat frying pan over medium heat, filling about one-quarter of the pan. Once the oil is hot (after about 5 minutes), add the fish pieces and fry for 3 minutes on one side, then flip and continue frying for a total of about 15 minutes until golden and cooked through. Drain the fried fish and set aside.
5. In a small pan over very low heat, melt the butter until it turns golden, then set aside for garnish.
6. To serve, spread the cooked rice on a flat serving plate, arrange the fried fish pieces on top, and drizzle with the melted butter.



## The dish's nutritional content

| Analyte                     | per 100g | Full recipe | Unit |
|-----------------------------|----------|-------------|------|
| Energy (kJ)                 | 765      | 14000       | kJ   |
| Energy (kcal)               | 183      | 3350        | kcal |
| Moisture Content            | 56.8     | 1040        | g    |
| Total Protein               | 6.9      | 127         | g    |
| Total Nitrogen              | 1.1      | 20          | g    |
| Total Fat                   | 3.3      | 60          | g    |
| Available Carbohydrates     | 30.0     | 550         | g    |
| Total Carbohydrates         | 32.3     | 593         | g    |
| Total sugars                | 16.6     | 304         | g    |
| Added Sugar                 | 16.1     | 296         | g    |
| Total Dietary Fibre         | 2.6      | 47          | g    |
| Soluble Fibre               | 0.4      | 8           | g    |
| Insoluble Fibre             | 2.1      | 39          | g    |
| Ash Content                 | 0.7      | 13          | g    |
| Cholesterol                 | 12.7     | 232         | mg   |
| Saturated Fatty Acids       | 1.37     | 25          | g    |
| Monounsaturated Fatty Acids | 0.9      | 17          | g    |
| Polyunsaturated Fatty Acids | 0.93     | 17          | g    |
| Total Unsaturated Fat       | 1.83     | 34          | g    |
| Trans-Fat (TFA)             | -        | -           | g    |
| Sum of Omega-3 (n-3)        | 0.15     | 3           | g    |
| Sum of Omega-6 (n-6)        | 0.77     | 14          | g    |
| Sum of Omega-9 (n-9)        | 0.8      | 15          | g    |
| Calcium                     | 16       | 292         | mg   |
| Iron                        | -        | -           | mg   |

| Analyte                      | per 100g | Full recipe | Unit |
|------------------------------|----------|-------------|------|
| Magnesium                    | 20       | 368         | mg   |
| Phosphorus                   | 72       | 1310        | mg   |
| Potassium                    | 267      | 4900        | mg   |
| Sodium                       | 65       | 1190        | mg   |
| Chloride                     | 1        | 23          | mg   |
| Zinc                         | 0.66     | 12          | mg   |
| Copper                       | 0.127    | 2           | mg   |
| Manganese                    | 0.117    | 2           | mg   |
| Selenium                     | 17       | 306         | µg   |
| Iodine                       | 87.3     | 1602        | µg   |
| Vitamin A (as Retinol)       | -        | -           | µg   |
| Beta-carotene                | -        | -           | µg   |
| Vitamin D                    | 1.1      | 21          | µg   |
| Vitamin E (as a-Tocopherol)  | 0.5      | 9           | mg   |
| Vitamin K                    | -        | -           | µg   |
| Vitamin C (as Ascorbic Acid) | -        | -           | mg   |
| Vitamin B1                   | -        | -           | mg   |
| Vitamin B2                   | -        | -           | mg   |
| Vitamin B3 (Total)           | 0.62     | 11          | mg   |
| Vitamin B5                   | 8.6      | 158         | mg   |
| Vitamin B6                   | -        | -           | mg   |
| Vitamin B7 (Biotin)          | 2.0      | 37          | µg   |
| Vitamin B9 (Folic Acid)      | 33       | 611         | µg   |
| Vitamin B12 (Cyanocobalamin) | -        | -           | µg   |

## Recipe Name

## Mouflag with Shrimp

Approximately 4 adults

| Ingredients  | Quantity |
|--|----------|
| Shrimp, washed and peeled                                    | 500 g    |
| Cracked wheat (Mouflag grain), washed and soaked for 3 hours | 300 g    |
| Onion, finely chopped  | 140 g    |
| Tomato, finely chopped                                       | 170 g    |
| Ghee   | 50 g     |
| Oil  | 25 ml    |
| Tomato paste   | 50 g     |

| Ingredients             | Quantity |
|-------------------------|----------|
| Salt                    | 18 g     |
| Mixed ground spices     | 3 g      |
| Ground dried black lime | 1 g      |
| Ground coriander        | 2 g      |
| Ground black pepper     | 1 g      |
| Hot water               | 1 L      |

## Preparation Method



1. In a medium pressure cooker over medium heat, add the ghee and oil and stir for 1 minute until the ghee melts. Add the onion and sauté for about 6 minutes until golden. Then add the ground coriander, dried black lemon, mixed spices, black pepper, salt, and tomato paste, stirring for 1 minute.
2. Add the shrimp and stir for 1 minute, then add the chopped tomatoes and stir again. Reduce the heat to low, cover, and cook for 10 minutes until the tomatoes thicken.
3. Add the soaked Mouflag grain and pour in the hot water. Stir to combine, then increase the heat to medium and bring to a boil uncovered. Cover the pressure cooker, reduce the heat to low, and cook for 1 hour until the Mouflag grain are tender and the dish is ready to serve.



### The dish's nutritional content

| Analyte                     | per 100g | Full recipe | Unit |
|-----------------------------|----------|-------------|------|
| Energy (kJ)                 | 458      | 9350        | kJ   |
| Energy (kcal)               | 109      | 2230        | kcal |
| Moisture Content            | 72.5     | 1480        | g    |
| Total Protein               | 7.6      | 155         | g    |
| Total Nitrogen              | 1.2      | 25          | g    |
| Total Fat                   | 3.3      | 67          | g    |
| Available Carbohydrates     | 9.67     | 197         | g    |
| Total Carbohydrates         | 15.0     | 306         | g    |
| Total sugars                | -        | -           | g    |
| Added Sugar                 | 0.0      | 0.0         | g    |
| Total Dietary Fibre         | 5.4      | 110         | g    |
| Soluble Fibre               | 0.4      | 9           | g    |
| Insoluble Fibre             | 5.0      | 102         | g    |
| Ash Content                 | 1.5      | 31          | g    |
| Cholesterol                 | 44.7     | 912         | mg   |
| Saturated Fatty Acids       | 1.42     | 29          | g    |
| Monounsaturated Fatty Acids | 0.85     | 17          | g    |
| Polyunsaturated Fatty Acids | 0.92     | 19          | g    |
| Total Unsaturated Fat       | 1.76     | 36          | g    |
| Trans-Fat (TFA)             | -        | -           | g    |
| Sum of Omega-3 (n-3)        | -        | -           | g    |
| Sum of Omega-6 (n-6)        | 0.83     | 17          | g    |
| Sum of Omega-9 (n-9)        | 0.79     | 16          | g    |
| Calcium                     | 21       | 437         | mg   |
| Iron                        | 0.63     | 13          | mg   |

| Analyte                      | per 100g | Full recipe | Unit |
|------------------------------|----------|-------------|------|
| Magnesium                    | 33       | 674         | mg   |
| Phosphorus                   | 123      | 2500        | mg   |
| Potassium                    | 218      | 4450        | mg   |
| Sodium                       | 500      | 10200       | mg   |
| Chloride                     | 6        | 118         | mg   |
| Zinc                         | 0.72     | 15          | mg   |
| Copper                       | 0.240    | 5           | mg   |
| Manganese                    | 0.453    | 9           | mg   |
| Selenium                     | -        | -           | µg   |
| Iodine                       | 67       | 1367        | µg   |
| Vitamin A (as Retinol)       | -        | -           | µg   |
| Beta-carotene                | -        | -           | µg   |
| Vitamin D                    | -        | -           | µg   |
| Vitamin E (as a-Tocopherol)  | 1.4      | 29          | mg   |
| Vitamin K                    | -        | -           | µg   |
| Vitamin C (as Ascorbic Acid) | -        | -           | mg   |
| Vitamin B1                   | 0.10     | 2           | mg   |
| Vitamin B2                   | 0.04     | 1           | mg   |
| Vitamin B3 (Total)           | 0.61     | 12          | mg   |
| Vitamin B5                   | -        | -           | mg   |
| Vitamin B6                   | 0.10     | 2           | mg   |
| Vitamin B7 (Biotin)          | 2.0      | 41          | µg   |
| Vitamin B9 (Folic Acid)      | 56       | 1150        | µg   |
| Vitamin B12 (Cyanocobalamin) | -        | -           | µg   |

## Recipe Name

## Mamroos

Approximately 4 adults

| Ingredients                 | Quantity |
|-----------------------------|----------|
| Khalas dates (pits removed) | 200 g    |
| Butter                      | 62 g     |
| Ground nutmeg               | 0.5 g    |
| Ground cloves               | 0.5 g    |
| Water                       | 80 ml    |

| Ingredients         | Quantity |
|---------------------|----------|
| Whole wheat flour   | 240 g    |
| Ground cardamom     | 1 g      |
| Ground fennel seeds | 2 g      |
| Ground ginger       | 0.25 g   |

## Preparation Method



- Place the flour in a flat pan over medium heat and stir for 2 minutes. Reduce the heat to low and continue stirring with a wooden spoon for 9 minutes until the flour turns light golden. Remove from heat and let cool for 15 minutes.
- In a medium saucepan over medium heat, add the dates, water, and 7 g of butter. Stir for 2 minutes until the butter melts and the dates combine with the water. Lower the heat, cover, and cook for 10 minutes, stirring occasionally, until the dates soften.
- Place half of the roasted flour in a shallow mixing bowl and gradually add the date mixture. Mix the flour and dates by hand until well combined, gradually adding the remaining flour over 10 minutes until a sandy texture is achieved.
- In a small pan, melt the remaining butter over low heat for 1 minute.
- Add the ground spices (fennel, cardamom, cloves, nutmeg, and ginger) to the date, flour mixture and mix well. Gradually pour in the melted butter, kneading by hand for 5 minutes until fully combined. The Mamroos is now ready to serve.

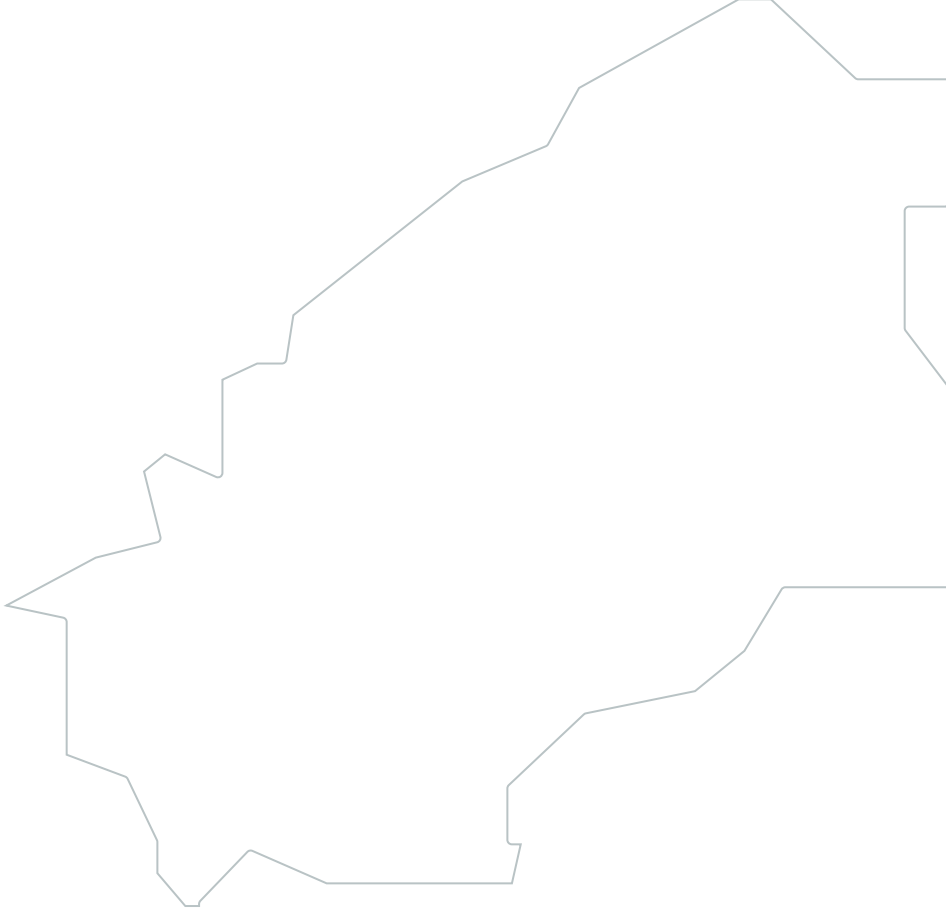


## The dish's nutritional content

| Analyte                     | per 100g | Full recipe | Unit |
|-----------------------------|----------|-------------|------|
| Energy (kJ)                 | 1470     | 7700        | kJ   |
| Energy (kcal)               | 351      | 1840        | kcal |
| Moisture Content            | 17.8     | 93          | g    |
| Total Protein               | 8.4      | 44          | g    |
| Total Nitrogen              | 1.4      | 7           | g    |
| Total Fat                   | 9.3      | 49          | g    |
| Available Carbohydrates     | 53.0     | 278         | g    |
| Total Carbohydrates         | 63.0     | 330         | g    |
| Total sugars                | 40.6     | 213         | g    |
| Added Sugar                 | 0.0      | 0.0         | g    |
| Total Dietary Fibre         | 10.0     | 52          | g    |
| Soluble Fibre               | 2.2      | 12          | g    |
| Insoluble Fibre             | 7.8      | 41          | g    |
| Ash Content                 | 1.5      | 8           | g    |
| Cholesterol                 | 21.0     | 110         | mg   |
| Saturated Fatty Acids       | 6.04     | 32          | g    |
| Monounsaturated Fatty Acids | 2.09     | 11          | g    |
| Polyunsaturated Fatty Acids | 0.87     | 5           | g    |
| Total Unsaturated Fat       | 2.96     | 16          | g    |
| Trans-Fat (TFA)             | 0.32     | 2           | g    |
| Sum of Omega-3 (n-3)        | 0.11     | 1           | g    |
| Sum of Omega-6 (n-6)        | 0.76     | 4           | g    |
| Sum of Omega-9 (n-9)        | 1.88     | 10          | g    |
| Calcium                     | 50       | 263         | mg   |
| Iron                        | 1.80     | 9           | mg   |

| Analyte                      | per 100g | Full recipe | Unit |
|------------------------------|----------|-------------|------|
| Magnesium                    | 85       | 446         | mg   |
| Phosphorus                   | 137      | 717         | mg   |
| Potassium                    | 411      | 2150        | mg   |
| Sodium                       | 56       | 291         | mg   |
| Chloride                     | 2        | 11          | mg   |
| Zinc                         | 0.87     | 5           | mg   |
| Copper                       | 0.303    | 2           | mg   |
| Manganese                    | 2.25     | 12          | mg   |
| Selenium                     | -        | -           | µg   |
| Iodine                       | -        | -           | µg   |
| Vitamin A (as Retinol)       | 49       | 258         | µg   |
| Beta-carotene                | -        | -           | µg   |
| Vitamin D                    | -        | -           | µg   |
| Vitamin E (as a-Tocopherol)  | 0.6      | 3           | mg   |
| Vitamin K                    | 3.3      | 17          | µg   |
| Vitamin C (as Ascorbic Acid) | -        | -           | mg   |
| Vitamin B1                   | -        | -           | mg   |
| Vitamin B2                   | -        | -           | mg   |
| Vitamin B3 (Total)           | 2.4      | 13          | mg   |
| Vitamin B5                   | -        | -           | mg   |
| Vitamin B6                   | -        | -           | mg   |
| Vitamin B7 (Biotin)          | 2.0      | 10          | µg   |
| Vitamin B9 (Folic Acid)      | 25       | 129         | µg   |
| Vitamin B12 (Cyanocobalamin) | -        | -           | µg   |

# AI Qaseem



|   |   |
|---|---|
| <p><b>Tawah</b></p>                  | <p><b>Qurs 'Aqeeli</b></p>  <p>138</p> |
| <p><b>Duweifah</b></p>  <p>132</p>  | <p><b>Kleja</b></p>  <p>140</p>       |
| <p><b>Marasee'</b></p>  <p>134</p> | <p><b>Matazeez</b></p>  <p>142</p>   |
| <p><b>Masabeeb</b></p>  <p>136</p> |   |

## Recipe Name

## Tawah

Approximately 4 adults

| Ingredients         | Quantity  |
|---------------------|-----------|
| Whole wheat flour   | 300 g     |
| Salt                | 1 g       |
| Instant yeast       | 5 g       |
| Oil (for frying)    | As needed |
| Water               | 233 ml    |
| Sugar               | 5 g       |
| Honey (for garnish) | 40 g      |



## Preparation Method



## Dough Preparation:

1. In a deep bowl, combine the yeast, sugar, and salt. Gradually add the water while stirring until the ingredients dissolve.
2. Gradually add the flour while kneading by hand until a firm, stiff dough forms.
3. Cover the dough and let it rest for 5 minutes, then knead again. Cover and leave to rest for 1 hour.
4. Grease a flat plate with oil, divide the dough into small balls, and place them on the plate.
5. Roll each ball into a circular disk that is thin at the edges and slightly thicker in the center.

## Frying:

1. Heat the oil over high heat for 15 minutes before frying.
2. Reduce the heat to medium, place the dough disks in the oil, and gently move them until they puff up and turn golden. Continue flipping for 1 minute until cooked through.
3. Arrange the fried disks on a flat serving plate and drizzle honey on top before serving.

## The dish's nutritional content

| Analyte                     | per 100g | Full recipe | Unit |
|-----------------------------|----------|-------------|------|
| Energy (kJ)                 | 1247     | 6970        | kJ   |
| Energy (kcal)               | 299      | 1670        | kcal |
| Moisture Content            | 33.1     | 185         | g    |
| Total Protein               | 9.9      | 55          | g    |
| Total Nitrogen              | 1.6      | 9           | g    |
| Total Fat                   | 10.4     | 58          | g    |
| Available Carbohydrates     | 37.0     | 207         | g    |
| Total Carbohydrates         | 45.7     | 255         | g    |
| Total sugars                | 8.3      | 46          | g    |
| Added Sugar                 | 8.0      | 45          | g    |
| Total Dietary Fibre         | 8.2      | 46          | g    |
| Soluble Fibre               | 1.1      | 6           | g    |
| Insoluble Fibre             | 7.2      | 40          | g    |
| Ash Content                 | 1.2      | 7           | g    |
| Cholesterol                 | -        | -           | mg   |
| Saturated Fatty Acids       | 1.27     | 7           | g    |
| Monounsaturated Fatty Acids | 2.7      | 15          | g    |
| Polyunsaturated Fatty Acids | 6.31     | 35          | g    |
| Total Unsaturated Fat       | 9.01     | 50          | g    |
| Trans-Fat (TFA)             | -        | -           | g    |
| Sum of Omega-3 (n-3)        | -        | -           | g    |
| Sum of Omega-6 (n-6)        | 6.24     | 35          | g    |
| Sum of Omega-9 (n-9)        | 2.66     | 15          | g    |
| Calcium                     | 29       | 159         | mg   |
| Iron                        | 2.38     | 13          | mg   |

| Analyte                      | per 100g | Full recipe | Unit |
|------------------------------|----------|-------------|------|
| Magnesium                    | 73       | 410         | mg   |
| Phosphorus                   | 144      | 805         | mg   |
| Potassium                    | 244      | 1360        | mg   |
| Sodium                       | 87       | 485         | mg   |
| Chloride                     | 2        | 10          | mg   |
| Zinc                         | 1.02     | 6           | mg   |
| Copper                       | 0.253    | 1           | mg   |
| Manganese                    | 2.35     | 13          | mg   |
| Selenium                     | 10       | 56          | µg   |
| Iodine                       | -        | -           | µg   |
| Vitamin A (as Retinol)       | -        | -           | µg   |
| Beta-carotene                | -        | -           | µg   |
| Vitamin D                    | 6.5      | 36          | µg   |
| Vitamin E (as a-Tocopherol)  | 1.0      | 5           | mg   |
| Vitamin K                    | -        | -           | µg   |
| Vitamin C (as Ascorbic Acid) | -        | -           | mg   |
| Vitamin B1                   | 0.50     | 3           | mg   |
| Vitamin B2                   | -        | -           | mg   |
| Vitamin B3 (Total)           | 1.1      | 6           | mg   |
| Vitamin B5                   | -        | -           | mg   |
| Vitamin B6                   | 0.40     | 2           | mg   |
| Vitamin B7 (Biotin)          | 2.0      | 11          | µg   |
| Vitamin B9 (Folic Acid)      | 39       | 216         | µg   |
| Vitamin B12 (Cyanocobalamin) | -        | -           | µg   |

## Recipe Name

## Duweifah

Approximately 4 adults

| Ingredients                            | Quantity |
|--|----------|
| Whole wheat flour                      | 70 g     |
| Zucchini, cut lengthwise into quarters | 60 g     |
| Eggplant, cut lengthwise into quarters | 60 g     |
| Pumpkin, cut into medium cubes         | 70 g     |
| Onion, finely chopped                  | 20 g     |
| Tomato paste                           | 20 g     |

| Ingredients                  | Quantity |
|------------------------------|----------|
| Ground tomatoes              | 200 ml   |
| Salt                         | 4 g      |
| Mixed spices                 | 5 g      |
| Rendered fat (waddak)        | 20 g     |
| Water (for dissolving flour) | 200 ml   |
| Water                        | 1.3 L    |

## Preparation Method



1. In a deep bowl, mix the flour with 200 ml of water using a whisk until a smooth, liquid batter forms.
2. In a deep pot, add the rendered fat and onion. Stir over medium heat for 2 minutes until the onion softens.
3. Add the tomato paste and stir for 2 minutes, then add the ground tomatoes. Add the vegetables (zucchini, eggplant, and pumpkin), along with the mixed spices and salt. Stir well to combine.
4. Pour in the water, cover the pot, and cook over high heat for 3 minutes.
5. Reduce the heat to medium and cook for 30 minutes.
6. Gradually add the dissolved flour mixture while stirring continuously. Cook over low heat for 25 minutes until the mixture thickens and the Duweifah is ready to serve.



## The dish's nutritional content

| Analyte                     | per 100g | Full recipe | Unit |
|-----------------------------|----------|-------------|------|
| Energy (kJ)                 | 123      | 1850        | kJ   |
| Energy (kcal)               | 29       | 443         | kcal |
| Moisture Content            | 92.6     | 1400        | g    |
| Total Protein               | 0.6      | 9           | g    |
| Total Nitrogen              | 0.1      | 2           | g    |
| Total Fat                   | 1.4      | 22          | g    |
| Available Carbohydrates     | 2.0      | 30          | g    |
| Total Carbohydrates         | 5.0      | 76          | g    |
| Total sugars                | -        | -           | g    |
| Added Sugar                 | 0.0      | 0.0         | g    |
| Total Dietary Fibre         | 3.0      | 46          | g    |
| Soluble Fibre               | 1.3      | 20          | g    |
| Insoluble Fibre             | 1.8      | 27          | g    |
| Ash Content                 | 0.3      | 4           | g    |
| Cholesterol                 | -        | -           | mg   |
| Saturated Fatty Acids       | 0.61     | 9           | g    |
| Monounsaturated Fatty Acids | 0.59     | 9           | g    |
| Polyunsaturated Fatty Acids | 0.18     | 3           | g    |
| Total Unsaturated Fat       | 0.77     | 12          | g    |
| Trans-Fat (TFA)             | -        | -           | g    |
| Sum of Omega-3 (n-3)        | -        | -           | g    |
| Sum of Omega-6 (n-6)        | 0.15     | 2           | g    |
| Sum of Omega-9 (n-9)        | 0.56     | 8           | g    |
| Calcium                     | 12       | 174         | mg   |
| Iron                        | 0.66     | 10          | mg   |

| Analyte                      | per 100g | Full recipe | Unit |
|------------------------------|----------|-------------|------|
| Magnesium                    | 14       | 214         | mg   |
| Phosphorus                   | 29       | 440         | mg   |
| Potassium                    | 173      | 2620        | mg   |
| Sodium                       | 165      | 2490        | mg   |
| Chloride                     | 2        | 30          | mg   |
| Zinc                         | 0.35     | 5           | mg   |
| Copper                       | 0.053    | 1           | mg   |
| Manganese                    | 0.240    | 4           | mg   |
| Selenium                     | -        | -           | µg   |
| Iodine                       | 25       | 378         | µg   |
| Vitamin A (as Retinol)       | -        | -           | µg   |
| Beta-carotene                | -        | -           | µg   |
| Vitamin D                    | -        | -           | µg   |
| Vitamin E (as α-Tocopherol)  | -        | -           | mg   |
| Vitamin K                    | 2.1      | 32          | µg   |
| Vitamin C (as Ascorbic Acid) | -        | -           | mg   |
| Vitamin B1                   | -        | -           | mg   |
| Vitamin B2                   | -        | -           | mg   |
| Vitamin B3 (Total)           | -        | -           | mg   |
| Vitamin B5                   | -        | -           | mg   |
| Vitamin B6                   | -        | -           | mg   |
| Vitamin B7 (Biotin)          | 2.0      | 30          | µg   |
| Vitamin B9 (Folic Acid)      | 25       | 373         | µg   |
| Vitamin B12 (Cyanocobalamin) | -        | -           | µg   |

## Recipe Name

Marasee'

Approximately 4 adults

| Kashnah Ingredients    | Quantity |
|------------------------|----------|
| Onion, finely chopped  | 100 g    |
| Tomato, finely chopped | 100 g    |
| Ghee                   | 80 g     |
| Salt                   | 2 g      |
| Mixed spices           | 6 g      |

| Dough Ingredients | Quantity |
|-------------------|----------|
| Whole wheat flour | 300 g    |
| Salt              | 1 g      |
| Water             | 300 ml   |

## Preparation Method



## Dough Preparation:

1. In a deep bowl, combine the flour and salt. Gradually add water while kneading by hand until a soft, cohesive dough forms.
2. Cover the dough and let it rest for 15 minutes.
3. Divide the dough into medium-sized balls.
4. Flatten each ball by hand into a medium-thick circular disk, pressing from the center toward the edges.

## 5. Kashnah Preparation:

Place the ghee, onion, mixed spices, salt, and tomato in a pan. Stir over low heat for 17 minutes until the tomatoes soften and the mixture becomes well combined.

## Cooking the Disks:

1. Heat a flat griddle (Saj) over high heat for 5 minutes.
2. Place the dough disks on the griddle and cook for 3 minutes, then flip and cook the other side over medium heat for about 3 minutes until fully done.
3. Stack the cooked disks on top of each other, spreading the kashnah between each layer. Continue until all layers are complete, then serve the Marasee'.



## The dish's nutritional content

| Analyte                     | per 100g | Full recipe | Unit | Analyte                      | per 100g | Full recipe | Unit |
|-----------------------------|----------|-------------|------|------------------------------|----------|-------------|------|
| Energy (kJ)                 | 976      | 7240        | kJ   | Magnesium                    | 72       | 532         | mg   |
| Energy (kcal)               | 233      | 1730        | kcal | Phosphorus                   | 180      | 1340        | mg   |
| Moisture Content            | 47.1     | 349         | g    | Potassium                    | 259      | 1920        | mg   |
| Total Protein               | 6.4      | 48          | g    | Sodium                       | 230      | 1710        | mg   |
| Total Nitrogen              | 1.0      | 8           | g    | Chloride                     | 4        | 28          | mg   |
| Total Fat                   | 8.7      | 64          | g    | Zinc                         | 1.76     | 13          | mg   |
| Available Carbohydrates     | 28.0     | 208         | g    | Copper                       | 0.233    | 2           | mg   |
| Total Carbohydrates         | 36.3     | 270         | g    | Manganese                    | 0.880    | 7           | mg   |
| Total sugars                | -        | -           | g    | Selenium                     | -        | -           | µg   |
| Added Sugar                 | 0.0      | 0.0         | g    | Iodine                       | 26       | 193         | µg   |
| Total Dietary Fibre         | 8.3      | 61          | g    | Vitamin A (as Retinol)       | 67       | 495         | µg   |
| Soluble Fibre               | 1.3      | 9           | g    | Beta-carotene                | -        | -           | µg   |
| Insoluble Fibre             | 7.0      | 52          | g    | Vitamin D                    | -        | -           | µg   |
| Ash Content                 | 1.4      | 10          | g    | Vitamin E (as a-Tocopherol)  | 0.5      | 4           | mg   |
| Cholesterol                 | 22.7     | 168         | mg   | Vitamin K                    | 1.2      | 9           | µg   |
| Saturated Fatty Acids       | 5.38     | 40          | g    | Vitamin C (as Ascorbic Acid) | -        | -           | mg   |
| Monounsaturated Fatty Acids | 2.14     | 16          | g    | Vitamin B1                   | -        | -           | mg   |
| Polyunsaturated Fatty Acids | 0.83     | 6           | g    | Vitamin B2                   | 0.16     | 1           | mg   |
| Total Unsaturated Fat       | 2.97     | 22          | g    | Vitamin B3 (Total)           | 0.40     | 3           | mg   |
| Trans-Fat (TFA)             | 0.32     | 2           | g    | Vitamin B5                   | -        | -           | mg   |
| Sum of Omega-3 (n-3)        | 0.11     | 0.8         | g    | Vitamin B6                   | -        | -           | mg   |
| Sum of Omega-6 (n-6)        | 0.72     | 5           | g    | Vitamin B7 (Biotin)          | 6.0      | 45          | µg   |
| Sum of Omega-9 (n-9)        | 1.85     | 14          | g    | Vitamin B9 (Folic Acid)      | 57       | 420         | µg   |
| Calcium                     | 34       | 253         | mg   | Vitamin B12 (Cyanocobalamin) | -        | -           | µg   |
| Iron                        | 1.48     | 11          | mg   |                              |          |             |      |

## Recipe Name

## Masabeeb

Approximately 4 adults

| Masabeeb Ingredients | Quantity |
|----------------------|----------|
| Whole wheat flour    | 400 g    |
| Salt                 | 5 g      |
| Water                | 942 ml   |

| Sweet Mixture Ingredients | Quantity |
|---------------------------|----------|
| Ghee                      | 40 g     |
| Honey                     | 40 g     |



## Preparation Method



## Batter Preparation:

1. In a deep bowl, combine the flour and salt, then gradually pour in the water.
2. Mix using a hand whisk until a smooth, liquid batter forms. Cover the bowl and let it rest at room temperature for 15 minutes.

## Sweet Mixture Preparation:

Place the ghee and honey in a pan over very low heat, stirring until the ghee melts and blends evenly with the honey.

## Cooking the Masabeeb:

1. Heat a flat griddle (Saj) over medium heat for 5 minutes.
2. Lightly grease the surface of the griddle with oil to prevent sticking.
3. Pour the batter onto the griddle using a ladle, forming medium-sized circles of moderate thickness.
4. Cook each masabeeb on one side for 2 minutes, then flip and cook the other side for another 2 minutes until fully cooked.
5. Place the masabeeb on a flat serving plate, drizzle with the sweet mixture, and serve.

## The dish's nutritional content

| Analyte                     | per 100g | Full recipe | Unit | Analyte                      | per 100g | Full recipe | Unit |
|-----------------------------|----------|-------------|------|------------------------------|----------|-------------|------|
| Energy (kJ)                 | 724      | 7450        | kJ   | Magnesium                    | 69       | 714         | mg   |
| Energy (kcal)               | 173      | 1780        | kcal | Phosphorus                   | 185      | 1910        | mg   |
| Moisture Content            | 56.5     | 581         | g    | Potassium                    | 201      | 2070        | mg   |
| Total Protein               | 5.8      | 60          | g    | Sodium                       | 199      | 2050        | mg   |
| Total Nitrogen              | 0.9      | 10          | g    | Chloride                     | 3        | 28          | mg   |
| Total Fat                   | 4.1      | 43          | g    | Zinc                         | 2.08     | 21          | mg   |
| Available Carbohydrates     | 23.3     | 240         | g    | Copper                       | 0.207    | 2           | mg   |
| Total Carbohydrates         | 32.3     | 333         | g    | Manganese                    | 0.783    | 8           | mg   |
| Total sugars                | 4.0      | 41          | g    | Selenium                     | -        | -           | µg   |
| Added Sugar                 | 3.9      | 40          | g    | Iodine                       | -        | -           | µg   |
| Total Dietary Fibre         | 8.7      | 90          | g    | Vitamin A (as Retinol)       | -        | -           | µg   |
| Soluble Fibre               | 0.9      | 10          | g    | Beta-carotene                | -        | -           | µg   |
| Insoluble Fibre             | 7.8      | 80          | g    | Vitamin D                    | 1.7      | 18          | µg   |
| Ash Content                 | 1.3      | 13          | g    | Vitamin E (as a-Tocopherol)  | -        | -           | mg   |
| Cholesterol                 | 6.0      | 62          | mg   | Vitamin K                    | -        | -           | µg   |
| Saturated Fatty Acids       | 2.12     | 22          | g    | Vitamin C (as Ascorbic Acid) | -        | -           | mg   |
| Monounsaturated Fatty Acids | 1.07     | 11          | g    | Vitamin B1                   | 0.40     | 4           | mg   |
| Polyunsaturated Fatty Acids | 0.82     | 8           | g    | Vitamin B2                   | -        | -           | mg   |
| Total Unsaturated Fat       | 1.88     | 19          | g    | Vitamin B3 (Total)           | 3.4      | 35          | mg   |
| Trans-Fat (TFA)             | -        | -           | g    | Vitamin B5                   | -        | -           | mg   |
| Sum of Omega-3 (n-3)        | -        | -           | g    | Vitamin B6                   | -        | -           | mg   |
| Sum of Omega-6 (n-6)        | 0.73     | 8           | g    | Vitamin B7 (Biotin)          | 3.0      | 31          | µg   |
| Sum of Omega-9 (n-9)        | 0.99     | 10          | g    | Vitamin B9 (Folic Acid)      | 82       | 848         | µg   |
| Calcium                     | 28       | 290         | mg   | Vitamin B12 (Cyanocobalamin) | 1.3      | 14          | µg   |
| Iron                        | 1.40     | 14          | mg   |                              |          |             |      |

## Recipe Name

## Qurs 'Aqeeli

Approximately 4 adults

| Ingredients          | Quantity |
|----------------------|----------|
| Whole wheat flour    | 200 g    |
| White flour          | 30 g     |
| Baking powder        | 7 g      |
| Vanilla powder       | 3 g      |
| Ground cardamom      | 5 g      |
| Sugar                | 133 g    |
| Roasted sesame seeds | 10 g     |

| Ingredients     | Quantity |
|-----------------|----------|
| Saffron threads | 0.4 g    |
| Eggs            | 3 pieces |
| Fresh milk      | 130 ml   |
| Water           | 7 ml     |
| Liquid tahini   | 7 ml     |
| Vegetable oil   | 130 ml   |

## Preparation Method



1. In an electric blender, combine the eggs and sugar, and blend for 5 minutes.
2. Add the oil and milk to the blender, and blend for 1 minute.
3. Add the cardamom, vanilla, and saffron infusion (saffron soaked in 7 ml water), and blend for another minute.
4. In a separate bowl, mix the whole wheat flour and white flour, then sift them together with the baking powder.
5. Pour the liquid mixture into a deep bowl, then gradually add the flour mixture while stirring in one direction with a hand whisk until well combined.
6. Grease a baking pan with tahini, then sprinkle roasted sesame seeds evenly over the surface. Pour the cake batter into the pan.
7. Preheat the oven to 250°C for 15 minutes (bottom heat only).
8. Place the pan in the oven and bake for 45 minutes, then switch to top heat for 5 minutes until the surface becomes golden. Invert onto a flat serving plate and serve.



## The dish's nutritional content

| Analyte                     | per 100g | Full recipe | Unit |
|-----------------------------|----------|-------------|------|
| Energy (kJ)                 | 1520     | 10700       | kJ   |
| Energy (kcal)               | 363      | 2550        | kcal |
| Moisture Content            | 25.7     | 180         | g    |
| Total Protein               | 8.5      | 60          | g    |
| Total Nitrogen              | 1.4      | 10          | g    |
| Total Fat                   | 16.3     | 114         | g    |
| Available Carbohydrates     | 42.7     | 300         | g    |
| Total Carbohydrates         | 48.3     | 339         | g    |
| Total sugars                | 19.3     | 136         | g    |
| Added Sugar                 | 19.0     | 133         | g    |
| Total Dietary Fibre         | 5.3      | 37          | g    |
| Soluble Fibre               | 0.6      | 4           | g    |
| Insoluble Fibre             | 4.7      | 33          | g    |
| Ash Content                 | 1.3      | 9           | g    |
| Cholesterol                 | 71.3     | 501         | mg   |
| Saturated Fatty Acids       | 2.41     | 17          | g    |
| Monounsaturated Fatty Acids | 5.1      | 36          | g    |
| Polyunsaturated Fatty Acids | 8.67     | 61          | g    |
| Total Unsaturated Fat       | 13.8     | 97          | g    |
| Trans-Fat (TFA)             | -        | -           | g    |
| Sum of Omega-3 (n-3)        | -        | -           | g    |
| Sum of Omega-6 (n-6)        | 8.62     | 61          | g    |
| Sum of Omega-9 (n-9)        | 5.01     | 35          | g    |
| Calcium                     | 49       | 345         | mg   |
| Iron                        | 1.43     | 10          | mg   |

| Analyte                      | per 100g | Full recipe | Unit |
|------------------------------|----------|-------------|------|
| Magnesium                    | 60       | 420         | mg   |
| Phosphorus                   | 281      | 1970        | mg   |
| Potassium                    | 234      | 1640        | mg   |
| Sodium                       | 228      | 1600        | mg   |
| Chloride                     | 1        | 4           | mg   |
| Zinc                         | 1.76     | 12          | mg   |
| Copper                       | 0.200    | 1           | mg   |
| Manganese                    | 0.767    | 5           | mg   |
| Selenium                     | -        | -           | µg   |
| Iodine                       | -        | -           | µg   |
| Vitamin A (as Retinol)       | 40       | 281         | µg   |
| Beta-carotene                | -        | -           | µg   |
| Vitamin D                    | 4.7      | 33          | µg   |
| Vitamin E (as a-Tocopherol)  | 2.0      | 14          | mg   |
| Vitamin K                    | 2.6      | 18          | µg   |
| Vitamin C (as Ascorbic Acid) | -        | -           | mg   |
| Vitamin B1                   | -        | -           | mg   |
| Vitamin B2                   | 0.16     | 1           | mg   |
| Vitamin B3 (Total)           | 1.20     | 8           | mg   |
| Vitamin B5                   | 0.90     | 6           | mg   |
| Vitamin B6                   | -        | -           | mg   |
| Vitamin B7 (Biotin)          | 6.0      | 42          | µg   |
| Vitamin B9 (Folic Acid)      | 53       | 375         | µg   |
| Vitamin B12 (Cyanocobalamin) | 1.0      | 7           | µg   |

## Recipe Name

## Kleja

Approximately 4 adults

| Dough Ingredients          | Quantity |
|----------------------------|----------|
| Whole wheat flour          | 512 g    |
| Salt                       | 3 g      |
| Water                      | 240 ml   |
| Ground cardamom            | 2 g      |
| Ground cinnamon            | 2 g      |
| Ground dried lime          | 2 g      |
| Masmnah spice mix          | 4 g      |
| Ground ginger              | 2 g      |
| Ground turmeric            | 1.5 g    |
| Rendered lamb fat (waddak) | 157 g    |

| Filling Ingredients     | Quantity |
|-------------------------|----------|
| Sugar                   | 150 g    |
| Date molasses           | 15 ml    |
| Ground cardamom         | 6 g      |
| Ground cinnamon         | 6 g      |
| Ground dried black lime | 6 g      |
| Masmnah spice mix       | 10 g     |
| Ground ginger           | 6 g      |
| Water                   | 9 ml     |

## Preparation Method



## Filling Preparation:

1. Dissolve the date molasses in water.
2. In a bowl, mix together sugar, cardamom, cinnamon, dried lime, masmnah, and ginger. Add the dissolved date molasses and stir until well combined.

## Dough Preparation:

1. In a large bowl, mix the flour with the waddak (rendered lamb fat) using your hands until fully incorporated. Add the spices (cardamom, cinnamon, dried lime, masmnah, and ginger) and mix well.
2. In another bowl, dissolve the salt and turmeric in water, then gradually pour the mixture over the flour while kneading by hand until a soft, cohesive dough forms. Cover and let rest for 5 minutes.
3. Shape the dough into medium-sized balls. Press each ball gently with your fingers to form a small indentation, add about 10 g of filling, and reshape into a ball. Repeat until all the dough and filling are used.
4. Press each filled ball onto a patterned wooden mold to imprint the traditional design, flattening to a medium thickness. Arrange the patterned disks on a baking tray.

## Baking:

1. Preheat the oven to 180-200°C for 10 minutes.
2. Place the tray on the middle rack and bake for 10 minutes (bottom heat only), then switch to top heat and bake for 5-7 minutes until lightly golden.
3. Allow to cool slightly before serving.



## The dish's nutritional content

| Analyte                     | per 100g | Full recipe | Unit |
|-----------------------------|----------|-------------|------|
| Energy (kJ)                 | 1627     | 18100       | kJ   |
| Energy (kcal)               | 389      | 4330        | kcal |
| Moisture Content            | 13.3     | 148         | g    |
| Total Protein               | 10.8     | 120         | g    |
| Total Nitrogen              | 1.7      | 19          | g    |
| Total Fat                   | 12.9     | 144         | g    |
| Available Carbohydrates     | 52.7     | 586         | g    |
| Total Carbohydrates         | 62.0     | 690         | g    |
| Total sugars                | 16.5     | 183         | g    |
| Added Sugar                 | 14.8     | 165         | g    |
| Total Dietary Fibre         | 9.4      | 105         | g    |
| Soluble Fibre               | 1.3      | 15          | g    |
| Insoluble Fibre             | 8.1      | 90          | g    |
| Ash Content                 | 1.1      | 12          | g    |
| Cholesterol                 | 11.3     | 126         | mg   |
| Saturated Fatty Acids       | 5.65     | 63          | g    |
| Monounsaturated Fatty Acids | 5.29     | 59          | g    |
| Polyunsaturated Fatty Acids | 1.12     | 13          | g    |
| Total Unsaturated Fat       | 6.41     | 71          | g    |
| Trans-Fat (TFA)             | 0.84     | 9           | g    |
| Sum of Omega-3 (n-3)        | -        | -           | g    |
| Sum of Omega-6 (n-6)        | 1.05     | 12          | g    |
| Sum of Omega-9 (n-9)        | 5.04     | 56          | g    |
| Calcium                     | 58       | 649         | mg   |
| Iron                        | 2.31     | 26          | mg   |

| Analyte                      | per 100g | Full recipe | Unit |
|------------------------------|----------|-------------|------|
| Magnesium                    | 84       | 933         | mg   |
| Phosphorus                   | 176      | 1960        | mg   |
| Potassium                    | 351      | 3910        | mg   |
| Sodium                       | 157      | 1750        | mg   |
| Chloride                     | 2        | 20          | mg   |
| Zinc                         | 1.30     | 14          | mg   |
| Copper                       | 0.277    | 3           | mg   |
| Manganese                    | 3.55     | 39          | mg   |
| Selenium                     | 30       | 334         | µg   |
| Iodine                       | -        | -           | µg   |
| Vitamin A (as Retinol)       | -        | -           | µg   |
| Beta-carotene                | -        | -           | µg   |
| Vitamin D                    | 4.9      | 55          | µg   |
| Vitamin E (as a-Tocopherol)  | -        | -           | mg   |
| Vitamin K                    | 2.9      | 33          | µg   |
| Vitamin C (as Ascorbic Acid) | -        | -           | mg   |
| Vitamin B1                   | 1.4      | 16          | mg   |
| Vitamin B2                   | -        | -           | mg   |
| Vitamin B3 (Total)           | 1.4      | 16          | mg   |
| Vitamin B5                   | -        | -           | mg   |
| Vitamin B6                   | -        | -           | mg   |
| Vitamin B7 (Biotin)          | 3.7      | 41          | µg   |
| Vitamin B9 (Folic Acid)      | 50       | 556         | µg   |
| Vitamin B12 (Cyanocobalamin) | -        | -           | µg   |

## Recipe Name

## Matazeez

Approximately 4 adults

| Matazeez Ingredients                              | Quantity   |
|---|------------|
| Onion, finely chopped                             | 50 g       |
| Tomato, finely chopped                            | 50 g       |
| Tomato paste                                      | 45 g       |
| Mixed spices                                      | 10 g       |
| Salt  | 5 g        |
| Water   | 2.8 liters |
| Rendered fat (waddak)                             | 30 g       |
| Young camel meat (hashi) with bone, medium pieces | 200 g      |
| Zucchini, medium cubes                            | 75 g       |
| Pumpkin, medium cubes                             | 120 g      |
| Eggplant, medium cubes                            | 160 g      |

| Dough Ingredients | Quantity |
|-------------------|----------|
| Whole wheat flour | 250 g    |
| Water             | 180 ml   |



## Preparation Method



## Dough Preparation:

1. In a large bowl, add the flour and gradually pour in the water while kneading by hand until a firm dough forms. Cover and let rest at room temperature for 15 minutes.
2. Lightly oil your hands, then shape the dough into small balls and place them on a flat surface.
3. Flatten each ball by hand from the center outward into small, round disks of medium thickness.

## Matazeez Stew Preparation:

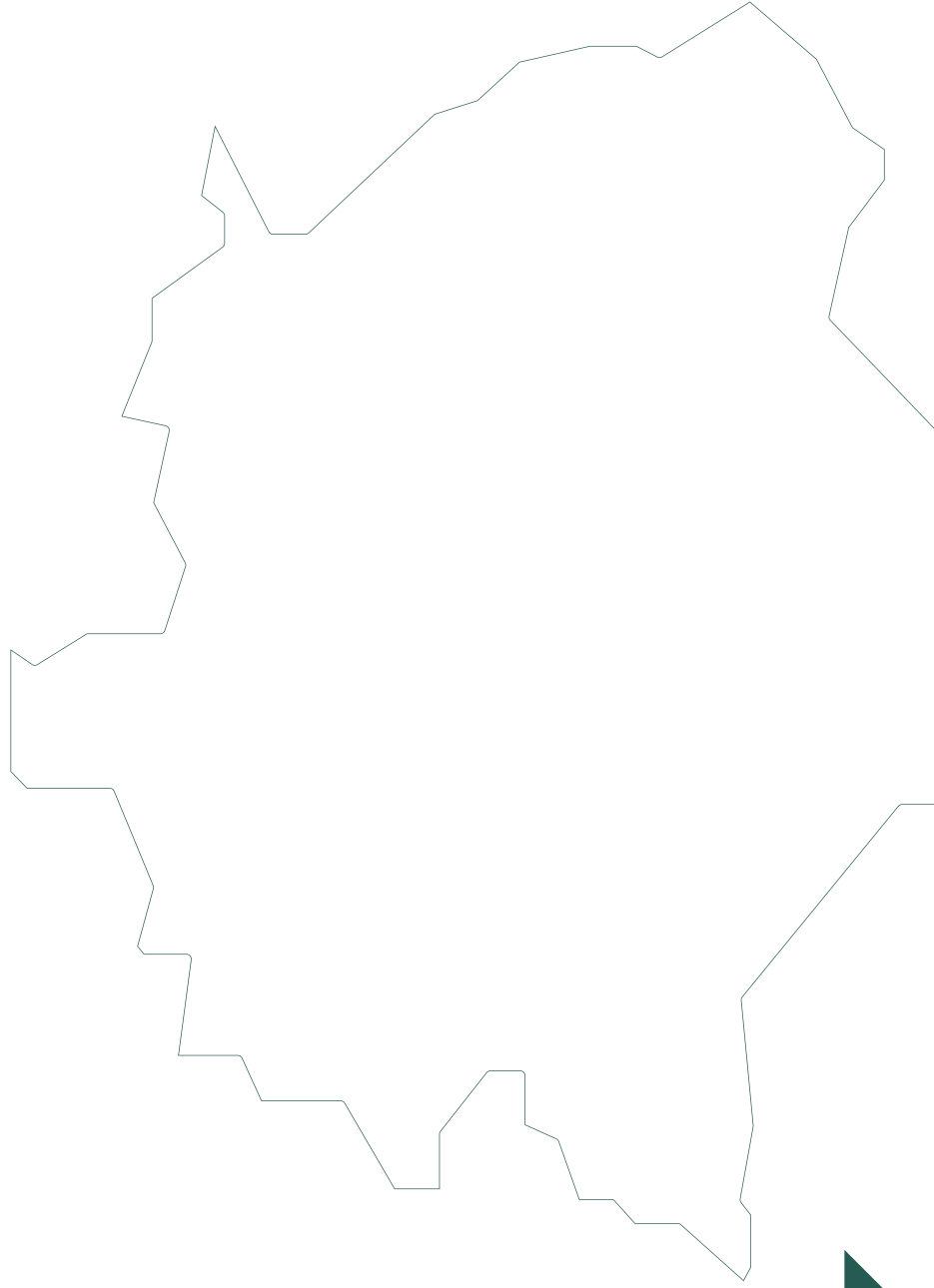
1. In a large pot over high heat, add the onion and waddak (rendered fat), and stir for 5 minutes.
2. Add the tomatoes and tomato paste, stirring continuously for another 5 minutes.
3. Add the meat and stir for 3 minutes over high heat, then add water, mixed spices, and salt. Bring to a boil over high heat for 10 minutes.
4. Add the vegetables (zucchini, pumpkin, and eggplant), and let the stew boil for 30 minutes over high heat.
5. Gradually add the dough disks to the stew, covering the pot after each addition for 1 minute to prevent the disks from sticking together.
6. Repeat the process until all disks are added. Reduce the heat to low and simmer for 45 minutes until the dough disks are fully cooked and tender.
7. Serve the Matazeez hot.



## The dish's nutritional content

| Analyte                     | per 100g | Full recipe | Unit |
|-----------------------------|----------|-------------|------|
| Energy (kJ)                 | 215      | 6490        | kJ   |
| Energy (kcal)               | 51       | 1550        | kcal |
| Moisture Content            | 86.8     | 2610        | g    |
| Total Protein               | 3.3      | 99          | g    |
| Total Nitrogen              | 0.5      | 15          | g    |
| Total Fat                   | 1.3      | 39          | g    |
| Available Carbohydrates     | 5.0      | 151         | g    |
| Total Carbohydrates         | 8.0      | 241         | g    |
| Total sugars                | -        | -           | g    |
| Added Sugar                 | 0.0      | 0.0         | g    |
| Total Dietary Fibre         | 2.8      | 84          | g    |
| Soluble Fibre               | 0.2      | 7           | g    |
| Insoluble Fibre             | 2.6      | 77          | g    |
| Ash Content                 | 0.6      | 18          | g    |
| Cholesterol                 | 4.0      | 120         | mg   |
| Saturated Fatty Acids       | 0.49     | 15          | g    |
| Monounsaturated Fatty Acids | 0.49     | 15          | g    |
| Polyunsaturated Fatty Acids | 0.27     | 8           | g    |
| Total Unsaturated Fat       | 0.76     | 23          | g    |
| Trans-Fat (TFA)             | -        | -           | g    |
| Sum of Omega-3 (n-3)        | -        | -           | g    |
| Sum of Omega-6 (n-6)        | 0.25     | 8           | g    |
| Sum of Omega-9 (n-9)        | 0.44     | 13          | g    |
| Calcium                     | 14       | 431         | mg   |
| Iron                        | 0.52     | 16          | mg   |

| Analyte                      | per 100g | Full recipe | Unit |
|------------------------------|----------|-------------|------|
| Magnesium                    | 18       | 550         | mg   |
| Phosphorus                   | 48       | 1440        | mg   |
| Potassium                    | 128      | 3850        | mg   |
| Sodium                       | 105      | 3150        | mg   |
| Chloride                     | 2        | 58          | mg   |
| Zinc                         | 0.47     | 14          | mg   |
| Copper                       | 0.070    | 2           | mg   |
| Manganese                    | 0.420    | 13          | mg   |
| Selenium                     | -        | -           | µg   |
| Iodine                       | -        | -           | µg   |
| Vitamin A (as Retinol)       | -        | -           | µg   |
| Beta-carotene                | -        | -           | µg   |
| Vitamin D                    | -        | -           | µg   |
| Vitamin E (as a-Tocopherol)  | -        | -           | mg   |
| Vitamin K                    | 1.8      | 53          | µg   |
| Vitamin C (as Ascorbic Acid) | -        | -           | mg   |
| Vitamin B1                   | -        | -           | mg   |
| Vitamin B2                   | -        | -           | mg   |
| Vitamin B3 (Total)           | -        | -           | mg   |
| Vitamin B5                   | -        | -           | mg   |
| Vitamin B6                   | -        | -           | mg   |
| Vitamin B7 (Biotin)          | -        | -           | µg   |
| Vitamin B9 (Folic Acid)      | 21       | 643         | µg   |
| Vitamin B12 (Cyanocobalamin) | -        | -           | µg   |

Aseer



|   |   |
|---|---|
| <p>Hamashah</p>      | <p>146 Khameer/Khameerah</p>  |
| <p>Tasabee'</p>      | <p>148 Ruwakah</p>          |
| <p>Haneeth</p>     | <p>150 Mashghuthah</p>     |
| <p>Mifa bread</p>  | <p>152</p>  |

## Recipe Name

## Hamashah

Approximately 4 adults

| Ingredients       | Quantity |
|-------------------|----------|
| Fresh cow butter  | 1 kg     |
| Salt              | 2 g      |
| Fresh cow laban   | 100 ml   |
| Whole wheat flour | 80 g     |



## Preparation Method



1. In a deep pot over low heat, melt the butter and leave it for about 15 minutes until it becomes clear and free of foam.
2. In a small pot, place a preheated hajar marw (traditional quartz cooking stone) (about 250 g) together with the whole wheat flour, then immediately cover the pot.
3. Shake the pot for about 3 minutes to allow the flour to toast evenly with the heated stone.
4. Place the hot marble stone into the melted butter, then turn off the heat.
5. Gradually add the toasted flour to the butter while stirring continuously for 5 minutes.
6. Add the milk and salt to the mixture and cook over low heat for 5 minutes, stirring until the ingredients are well combined.
7. Remove the stone, pour the mixture into a deep serving bowl, and serve hot.

## The dish's nutritional content

| Analyte                     | per 100g | Full recipe | Unit |
|-----------------------------|----------|-------------|------|
| Energy (kJ)                 | 2790     | 30100       | kJ   |
| Energy (kcal)               | 666      | 7190        | kcal |
| Moisture Content            | 16.6     | 179         | g    |
| Total Protein               | 1.8      | 20          | g    |
| Total Nitrogen              | 0.3      | 3           | g    |
| Total Fat                   | 69.5     | 750         | g    |
| Available Carbohydrates     | 10.0     | 108         | g    |
| Total Carbohydrates         | 11.7     | 126         | g    |
| Total sugars                | -        | -           | g    |
| Added Sugar                 | 0.0      | 0.0         | g    |
| Total Dietary Fibre         | 1.4      | 15          | g    |
| Soluble Fibre               | 0.4      | 4           | g    |
| Insoluble Fibre             | 1.1      | 12          | g    |
| Ash Content                 | 0.4      | 4           | g    |
| Cholesterol                 | 149      | 1609        | mg   |
| Saturated Fatty Acids       | 50.13    | 542         | g    |
| Monounsaturated Fatty Acids | 15.47    | 167         | g    |
| Polyunsaturated Fatty Acids | 1.35     | 15          | g    |
| Total Unsaturated Fat       | 16.83    | 182         | g    |
| Trans-Fat (TFA)             | 2.49     | 26.90       | g    |
| Sum of Omega-3 (n-3)        | 0.66     | 7           | g    |
| Sum of Omega-6 (n-6)        | 0.63     | 7           | g    |
| Sum of Omega-9 (n-9)        | 12.8     | 138         | g    |
| Calcium                     | 34       | 365         | mg   |
| Iron                        | 0.21     | 2           | mg   |

| Analyte                      | per 100g | Full recipe | Unit |
|------------------------------|----------|-------------|------|
| Magnesium                    | 13       | 142         | mg   |
| Phosphorus                   | 55       | 592         | mg   |
| Potassium                    | 106      | 1140        | mg   |
| Sodium                       | 101      | 1090        | mg   |
| Chloride                     | 1        | 14          | mg   |
| Zinc                         | 0.62     | 7           | mg   |
| Copper                       | 0.05     | 1           | mg   |
| Manganese                    | 0.157    | 2           | mg   |
| Selenium                     | -        | -           | µg   |
| Iodine                       | -        | -           | µg   |
| Vitamin A (as Retinol)       | 300.0    | 3241        | µg   |
| Beta-carotene                | -        | -           | µg   |
| Vitamin D                    | -        | -           | µg   |
| Vitamin E (as a-Tocopherol)  | 1.5      | 16          | mg   |
| Vitamin K                    | 4.5      | 49          | µg   |
| Vitamin C (as Ascorbic Acid) | -        | -           | mg   |
| Vitamin B1                   | -        | -           | mg   |
| Vitamin B2                   | -        | -           | mg   |
| Vitamin B3 (Total)           | 1.9      | 21          | mg   |
| Vitamin B5                   | 0.83     | 9           | mg   |
| Vitamin B6                   | 1.4      | 15          | mg   |
| Vitamin B7 (Biotin)          | 3.0      | 32          | µg   |
| Vitamin B9 (Folic Acid)      | 72       | 774         | µg   |
| Vitamin B12 (Cyanocobalamin) | 1.0      | 11          | µg   |

## Recipe Name

## Tasabee'

Approximately 4 adults

| Ingredients               | Quantity |
|---------------------------|----------|
| Whole wheat flour         | 390 g    |
| Water                     | 300 ml   |
| Salt                      | 8 g      |
| Fresh cow laban           | 2 L      |
| Melted ghee (for garnish) | 26 g     |



## Preparation Method



1. In a deep bowl, combine the salt with 350 g of whole wheat flour. Gradually add water and knead by hand for 2 minutes until a firm dough forms.
2. In a medium-sized pot, place the laban and 20 g of whole wheat flour over medium heat. Stir continuously for 4 minutes.
3. Shape the dough by hand into medium-sized flat discs, and add them to the pot. Stir gently with a wooden spoon for 15 minutes.
4. Add another 20 g of whole wheat flour to the pot and continue stirring until the mixture thickens and the ingredients are fully combined. Continue cooking for 15 additional minutes over low heat.
5. Once cooked, transfer the Tasabee' to a flat serving dish and drizzle with melted ghee before serving.

## The dish's nutritional content

| Analyte                     | per 100g | Full recipe | Unit |
|-----------------------------|----------|-------------|------|
| Energy (kJ)                 | 565      | 11900       | kJ   |
| Energy (kcal)               | 135      | 2840        | kcal |
| Moisture Content            | 67.7     | 1420        | g    |
| Total Protein               | 5.1      | 107         | g    |
| Total Nitrogen              | 0.8      | 17          | g    |
| Total Fat                   | 4.3      | 90          | g    |
| Available Carbohydrates     | 16.0     | 336         | g    |
| Total Carbohydrates         | 21.7     | 455         | g    |
| Total sugars                | 2.3      | 49          | g    |
| Added Sugar                 | 0.0      | 0.0         | g    |
| Total Dietary Fibre         | 5.6      | 118         | g    |
| Soluble Fibre               | 0.5      | 11          | g    |
| Insoluble Fibre             | 5.1      | 108         | g    |
| Ash Content                 | 1.1      | 23          | g    |
| Cholesterol                 | 10.0     | 210         | mg   |
| Saturated Fatty Acids       | 2.52     | 53          | g    |
| Monounsaturated Fatty Acids | 1.16     | 24          | g    |
| Polyunsaturated Fatty Acids | 0.54     | 11          | g    |
| Total Unsaturated Fat       | 1.7      | 36          | g    |
| Trans-Fat (TFA)             | -        | -           | g    |
| Sum of Omega-3 (n-3)        | -        | -           | g    |
| Sum of Omega-6 (n-6)        | 0.49     | 10          | g    |
| Sum of Omega-9 (n-9)        | 1.09     | 23          | g    |
| Calcium                     | 108      | 2270        | mg   |
| Iron                        | 0.82     | 17          | mg   |

| Analyte                      | per 100g | Full recipe | Unit |
|------------------------------|----------|-------------|------|
| Magnesium                    | 47       | 985         | mg   |
| Phosphorus                   | 189      | 3970        | mg   |
| Potassium                    | 281      | 5910        | mg   |
| Sodium                       | 207      | 4350        | mg   |
| Chloride                     | 4        | 81          | mg   |
| Zinc                         | 1.76     | 37          | mg   |
| Copper                       | 0.150    | 3           | mg   |
| Manganese                    | 0.397    | 8           | mg   |
| Selenium                     | -        | -           | µg   |
| Iodine                       | -        | -           | µg   |
| Vitamin A (as Retinol)       | -        | -           | µg   |
| Beta-carotene                | -        | -           | µg   |
| Vitamin D                    | 1.7      | 35          | µg   |
| Vitamin E (as a-Tocopherol)  | -        | -           | mg   |
| Vitamin K                    | -        | -           | µg   |
| Vitamin C (as Ascorbic Acid) | -        | -           | mg   |
| Vitamin B1                   | 0.40     | 8           | mg   |
| Vitamin B2                   | 0.08     | 2           | mg   |
| Vitamin B3 (Total)           | -        | -           | mg   |
| Vitamin B5                   | -        | -           | mg   |
| Vitamin B6                   | -        | -           | mg   |
| Vitamin B7 (Biotin)          | 3.0      | 63          | µg   |
| Vitamin B9 (Folic Acid)      | 29       | 609         | µg   |
| Vitamin B12 (Cyanocobalamin) | 1.0      | 21          | µg   |

## Recipe Name

## Haneeth

Approximately 6 adults

| Ingredients                                       | Quantity |
|---|----------|
| Half a lamb, cut into traditional southern pieces | 2.8 kg   |
| Tripe   | 95 g     |
| Lamb head   | 1.1 kg   |
| Coarse salt                                       | 15 g     |



## Preparation Method



1. Preheat the Mifa oven (traditional clay oven) to a high temperature for one hour.
2. Arrange a layer of sal'a (markh plant) branches at the bottom of the Mifa. Place the lamb pieces, tripe, and head on top, then cover them with another layer of markh. Cover tightly with aluminum foil, close the oven, and cook for 2½ hours over steady heat.
3. Remove the cooked meat, tripe, and head from the oven, arrange them on a flat serving dish, and sprinkle with coarse salt.
4. Serve Haneeth hot on a flat serving platter.

## The dish's nutritional content

| Analyte                     | per 100g | Full recipe | Unit |
|-----------------------------|----------|-------------|------|
| Energy (kJ)                 | 1180     | 23400       | kJ   |
| Energy (kcal)               | 282      | 5600        | kcal |
| Moisture Content            | 49.1     | 975         | g    |
| Total Protein               | 28.4     | 563         | g    |
| Total Nitrogen              | 4.5      | 90          | g    |
| Total Fat                   | 17.8     | 353         | g    |
| Available Carbohydrates     | 2.0      | 40          | g    |
| Total Carbohydrates         | 3.0      | 60          | g    |
| Total sugars                | -        | -           | g    |
| Added Sugar                 | 0.0      | 0.0         | g    |
| Total Dietary Fibre         | 1.5      | 30          | g    |
| Soluble Fibre               | 0.2      | 3           | g    |
| Insoluble Fibre             | 1.4      | 27          | g    |
| Ash Content                 | 1.5      | 29          | g    |
| Cholesterol                 | 155      | 3082        | mg   |
| Saturated Fatty Acids       | 9.01     | 179         | g    |
| Monounsaturated Fatty Acids | 7.8      | 155         | g    |
| Polyunsaturated Fatty Acids | 0.63     | 12          | g    |
| Total Unsaturated Fat       | 8.43     | 167         | g    |
| Trans-Fat (TFA)             | 0.35     | 6.88        | g    |
| Sum of Omega-3 (n-3)        | -        | -           | g    |
| Sum of Omega-6 (n-6)        | 0.59     | 12          | g    |
| Sum of Omega-9 (n-9)        | 7.57     | 150         | g    |
| Calcium                     | 22       | 440         | mg   |
| Iron                        | 2.62     | 52          | mg   |

| Analyte                      | per 100g | Full recipe | Unit |
|------------------------------|----------|-------------|------|
| Magnesium                    | 19       | 386         | mg   |
| Phosphorus                   | 167      | 3310        | mg   |
| Potassium                    | 294      | 5830        | mg   |
| Sodium                       | 364      | 7220        | mg   |
| Chloride                     | 4        | 75          | mg   |
| Zinc                         | 6.08     | 121         | mg   |
| Copper                       | 0.183    | 4           | mg   |
| Manganese                    | -        | -           | mg   |
| Selenium                     | 17       | 331         | µg   |
| Iodine                       | 26       | 516         | µg   |
| Vitamin A (as Retinol)       | -        | -           | µg   |
| Beta-carotene                | -        | -           | µg   |
| Vitamin D                    | -        | -           | µg   |
| Vitamin E (as a-Tocopherol)  | -        | -           | mg   |
| Vitamin K                    | 3.7      | 73          | µg   |
| Vitamin C (as Ascorbic Acid) | -        | -           | mg   |
| Vitamin B1                   | -        | -           | mg   |
| Vitamin B2                   | -        | -           | mg   |
| Vitamin B3 (Total)           | 2.6      | 52          | mg   |
| Vitamin B5                   | -        | -           | mg   |
| Vitamin B6                   | -        | -           | mg   |
| Vitamin B7 (Biotin)          | 1.7      | 33          | µg   |
| Vitamin B9 (Folic Acid)      | 3.0      | 60          | µg   |
| Vitamin B12 (Cyanocobalamin) | 0.8      | 15          | µg   |

## Recipe Name

## Mifa Bread

Approximately 6 adults

| Ingredients       | Quantity |
|-------------------|----------|
| Whole wheat flour | 800 g    |
| Instant yeast     | 10 g     |
| White flour       | 500 g    |
| Salt              | 8 g      |
| Water             | 1 L      |
| Oil               | 100 ml   |



## Preparation Method



1. In a deep bowl, combine the whole wheat flour, white flour, salt, and yeast. Mix by hand for a minute until well combined.
2. Add the oil and mix again for a minute until it blends evenly with the flour.
3. Gradually pour in the water while kneading by hand for 5 minutes until a cohesive dough forms. Cover and let it rise for 30 minutes.
4. Preheat the electric oven to 200°C, with heat from both the top and bottom.
5. Divide the dough by hand into large balls, then flatten each one into an oval shape of medium thickness on a baking tray. Repeat until all the dough is used.
6. Place the tray in the oven and bake for about 8 minutes, or until the bread is fully cooked.
7. Once baked, place the Mifa bread on a flat serving platter and serve.

## The dish's nutritional content

| Analyte                     | per 100g | Full recipe | Unit |
|-----------------------------|----------|-------------|------|
| Energy (kJ)                 | 1077     | 23200       | kJ   |
| Energy (kcal)               | 257      | 5540        | kcal |
| Moisture Content            | 36.2     | 779         | g    |
| Total Protein               | 9.1      | 196         | g    |
| Total Nitrogen              | 1.4      | 31          | g    |
| Total Fat                   | 4.4      | 95          | g    |
| Available Carbohydrates     | 41.0     | 882         | g    |
| Total Carbohydrates         | 49.0     | 1050        | g    |
| Total sugars                | -        | -           | g    |
| Added Sugar                 | 0.0      | 0.0         | g    |
| Total Dietary Fibre         | 8.2      | 176         | g    |
| Soluble Fibre               | 7.2      | 154         | g    |
| Insoluble Fibre             | 1.0      | 22          | g    |
| Ash Content                 | 1.2      | 26          | g    |
| Cholesterol                 | -        | -           | mg   |
| Saturated Fatty Acids       | 0.51     | 11          | g    |
| Monounsaturated Fatty Acids | 1.18     | 25          | g    |
| Polyunsaturated Fatty Acids | 2.68     | 58          | g    |
| Total Unsaturated Fat       | 3.86     | 83          | g    |
| Trans-Fat (TFA)             | -        | -           | g    |
| Sum of Omega-3 (n-3)        | -        | -           | g    |
| Sum of Omega-6 (n-6)        | 2.62     | 56          | g    |
| Sum of Omega-9 (n-9)        | 1.17     | 25          | g    |
| Calcium                     | 32       | 678         | mg   |
| Iron                        | 1.37     | 29          | mg   |

| Analyte                      | per 100g | Full recipe | Unit |
|------------------------------|----------|-------------|------|
| Magnesium                    | 77       | 1670        | mg   |
| Phosphorus                   | 127      | 2740        | mg   |
| Potassium                    | 290      | 6240        | mg   |
| Sodium                       | 151      | 3250        | mg   |
| Chloride                     | 2        | 48          | mg   |
| Zinc                         | 2.15     | 46          | mg   |
| Copper                       | 0.28     | 6           | mg   |
| Manganese                    | 0.677    | 15          | mg   |
| Selenium                     | -        | -           | µg   |
| Iodine                       | -        | -           | µg   |
| Vitamin A (as Retinol)       | -        | -           | µg   |
| Beta-carotene                | -        | -           | µg   |
| Vitamin D                    | 3.1      | 67          | µg   |
| Vitamin E (as a-Tocopherol)  | 2.7      | 58          | mg   |
| Vitamin K                    | -        | -           | µg   |
| Vitamin C (as Ascorbic Acid) | -        | -           | mg   |
| Vitamin B1                   | 0.54     | 12          | mg   |
| Vitamin B2                   | -        | -           | mg   |
| Vitamin B3 (Total)           | -        | -           | mg   |
| Vitamin B5                   | -        | -           | mg   |
| Vitamin B6                   | -        | -           | mg   |
| Vitamin B7 (Biotin)          | 4.3      | 93          | µg   |
| Vitamin B9 (Folic Acid)      | 68       | 1463        | µg   |
| Vitamin B12 (Cyanocobalamin) | 0.9      | 20          | µg   |

## Recipe Name

## Khameer / Khameerah

Approximately 4 adults

| Ingredients       | Quantity |
|-------------------|----------|
| White Wheat flour | 53 g     |
| Red Sorghum flour | 200 g    |
| Minced garlic     | 8 g      |
| Salt              | 5 g      |
| Water             | 396 ml   |



## Preparation Method



1. In a deep bowl, combine the sorghum flour, white flour, garlic, and salt. Gradually add water while mixing by hand for about 2 minutes until a semi-liquid batter forms. Cover and let it ferment for 24 hours.
2. Pour the fermented batter into a frying pan to form a thick circular layer, and cook over medium heat for 5 minutes. Flip using a spatula and cook for another 5 minutes until golden brown on both sides.
3. Once cooked, place the Khameer on a flat serving platter and serve.

## The dish's nutritional content

| Analyte                     | per 100g | Full recipe | Unit |
|-----------------------------|----------|-------------|------|
| Energy (kJ)                 | 778      | 3910        | kJ   |
| Energy (kcal)               | 186      | 934         | kcal |
| Moisture Content            | 51.4     | 258         | g    |
| Total Protein               | 6.0      | 30          | g    |
| Total Nitrogen              | 1.0      | 5           | g    |
| Total Fat                   | 1.5      | 8           | g    |
| Available Carbohydrates     | 33.3     | 168         | g    |
| Total Carbohydrates         | 39.7     | 200         | g    |
| Total sugars                | 6.9      | 35          | g    |
| Added Sugar                 | 0.0      | 0.0         | g    |
| Total Dietary Fibre         | 6.1      | 31          | g    |
| Soluble Fibre               | 5.3      | 27          | g    |
| Insoluble Fibre             | 0.8      | 4           | g    |
| Ash Content                 | 1.5      | 7           | g    |
| Cholesterol                 | -        | -           | mg   |
| Saturated Fatty Acids       | 0.29     | 1           | g    |
| Monounsaturated Fatty Acids | 0.5      | 2           | g    |
| Polyunsaturated Fatty Acids | 0.75     | 4           | g    |
| Total Unsaturated Fat       | 1.24     | 6           | g    |
| Trans-Fat (TFA)             | -        | -           | g    |
| Sum of Omega-3 (n-3)        | -        | -           | g    |
| Sum of Omega-6 (n-6)        | 0.71     | 4           | g    |
| Sum of Omega-9 (n-9)        | 0.49     | 2           | g    |
| Calcium                     | 6        | 28          | mg   |
| Iron                        | 2.73     | 14          | mg   |

| Analyte                      | per 100g | Full recipe | Unit |
|------------------------------|----------|-------------|------|
| Magnesium                    | 58       | 292         | mg   |
| Phosphorus                   | 144      | 724         | mg   |
| Potassium                    | 219      | 1100        | mg   |
| Sodium                       | 387      | 1950        | mg   |
| Chloride                     | 6        | 31          | mg   |
| Zinc                         | 1.79     | 9           | mg   |
| Copper                       | 0.32     | 2           | mg   |
| Manganese                    | 0.813    | 4           | mg   |
| Selenium                     | 40       | 201         | µg   |
| Iodine                       | -        | -           | µg   |
| Vitamin A (as Retinol)       | -        | -           | µg   |
| Beta-carotene                | -        | -           | µg   |
| Vitamin D                    | 1.0      | 5           | µg   |
| Vitamin E (as a-Tocopherol)  | -        | -           | mg   |
| Vitamin K                    | 1.5      | 8           | µg   |
| Vitamin C (as Ascorbic Acid) | -        | -           | mg   |
| Vitamin B1                   | 0.20     | 1           | mg   |
| Vitamin B2                   | -        | -           | mg   |
| Vitamin B3 (Total)           | 0.80     | 4           | mg   |
| Vitamin B5                   | -        | -           | mg   |
| Vitamin B6                   | -        | -           | mg   |
| Vitamin B7 (Biotin)          | -        | -           | µg   |
| Vitamin B9 (Folic Acid)      | 36       | 181         | µg   |
| Vitamin B12 (Cyanocobalamin) | -        | -           | µg   |

## Recipe Name

## Ruwakah

Approximately 4 adults

| Ingredients                     | Quantity |
|---------------------------------|----------|
| Whole wheat flour               | 130 g    |
| Salt                            | 4 g      |
| Fresh cow's milk                | 800 ml   |
| Black cumin seeds (for garnish) | 3 g      |



## Preparation Method



1. In a medium-sized pot, combine the flour, salt, and milk, then whisk by hand for 3 minutes while cold until smooth.
2. Place the pot over medium heat and continue stirring constantly for 15 minutes until the mixture becomes uniform and slightly thickened.
3. Once cooked, pour the Ruwakah into a deep serving bowl and garnish with black cumin seeds.

## The dish's nutritional content

| Analyte                     | per 100g | Full recipe | Unit |
|-----------------------------|----------|-------------|------|
| Energy (kJ)                 | 16       | 133         | kJ   |
| Energy (kcal)               | 477      | 3950        | kcal |
| Moisture Content            | 73.7     | 611         | g    |
| Total Protein               | 5.5      | 46          | g    |
| Total Nitrogen              | 0.9      | 7           | g    |
| Total Fat                   | 3.5      | 29          | g    |
| Available Carbohydrates     | 14.0     | 116         | g    |
| Total Carbohydrates         | 16.0     | 133         | g    |
| Total sugars                | -        | -           | g    |
| Added Sugar                 | 0.0      | 0.0         | g    |
| Total Dietary Fibre         | 2.0      | 17          | g    |
| Soluble Fibre               | 0.4      | 3           | g    |
| Insoluble Fibre             | 1.6      | 14          | g    |
| Ash Content                 | 1.3      | 11          | g    |
| Cholesterol                 | 8.0      | 66          | mg   |
| Saturated Fatty Acids       | 114      | 942         | g    |
| Monounsaturated Fatty Acids | 0.91     | 8           | g    |
| Polyunsaturated Fatty Acids | 0.43     | 4           | g    |
| Total Unsaturated Fat       | 1.34     | 11          | g    |
| Trans-Fat (TFA)             | -        | -           | g    |
| Sum of Omega-3 (n-3)        | -        | -           | g    |
| Sum of Omega-6 (n-6)        | 0.39     | 3           | g    |
| Sum of Omega-9 (n-9)        | 0.83     | 7           | g    |
| Calcium                     | 85       | 708         | mg   |
| Iron                        | 0.70     | 6           | mg   |

| Analyte                      | per 100g | Full recipe | Unit |
|------------------------------|----------|-------------|------|
| Magnesium                    | 34       | 278         | mg   |
| Phosphorus                   | 131      | 1090        | mg   |
| Potassium                    | 210      | 1740        | mg   |
| Sodium                       | 198      | 1640        | mg   |
| Chloride                     | 4        | 35          | mg   |
| Zinc                         | 1.22     | 10          | mg   |
| Copper                       | 0.117    | 1           | mg   |
| Manganese                    | 0.383    | 3           | mg   |
| Selenium                     | -        | -           | µg   |
| Iodine                       | -        | -           | µg   |
| Vitamin A (as Retinol)       | -        | -           | µg   |
| Beta-carotene                | -        | -           | µg   |
| Vitamin D                    | 2.1      | 17          | µg   |
| Vitamin E (as a-Tocopherol)  | -        | -           | mg   |
| Vitamin K                    | 2.3      | 19          | µg   |
| Vitamin C (as Ascorbic Acid) | -        | -           | mg   |
| Vitamin B1                   | 1.5      | 12          | mg   |
| Vitamin B2                   | -        | -           | mg   |
| Vitamin B3 (Total)           | 1.1      | 9           | mg   |
| Vitamin B5                   | -        | -           | mg   |
| Vitamin B6                   | -        | -           | mg   |
| Vitamin B7 (Biotin)          | 2.7      | 22          | µg   |
| Vitamin B9 (Folic Acid)      | 104      | 865         | µg   |
| Vitamin B12 (Cyanocobalamin) | -        | -           | µg   |

## Recipe Name

## Mashghuthah

Approximately 4 adults

| Ingredients       | Quantity |
|-------------------|----------|
| Whole wheat flour | 200 g    |
| White flour       | 200 g    |
| Salt              | 2 g      |
| Yeast             | 4 g      |
| Fresh cow's laban | 500 ml   |
| Water             | 1.1 L    |
| Ghee              | 20 g     |
| Honey             | 20 g     |



## Preparation Method



1. In a medium-sized pot, combine the whole wheat flour, white flour, salt, homemade yeast, water, and laban. Whisk by hand for 2 minutes until the mixture becomes smooth.
2. Place the pot over medium heat, cover it, and cook for 2 minutes until a roasted aroma develops.
3. Reduce the heat to low, cover the pot, and stir occasionally with a whisk for 15 minutes.
4. Increase the heat to medium and continue stirring for another 5 minutes until the mixture thickens and becomes uniform.
5. Once cooked, pour the Mashghuthah into a deep serving bowl and garnish with ghee and honey.

## The dish's nutritional content

| Analyte                     | per 100g | Full recipe | Unit |
|-----------------------------|----------|-------------|------|
| Energy (kJ)                 | 367      | 6260        | kJ   |
| Energy (kcal)               | 88       | 1500        | kcal |
| Moisture Content            | 77.7     | 1320        | g    |
| Total Protein               | 3.6      | 61          | g    |
| Total Nitrogen              | 0.6      | 10          | g    |
| Total Fat                   | 2.8      | 47          | g    |
| Available Carbohydrates     | 9.67     | 165         | g    |
| Total Carbohydrates         | 14.7     | 250         | g    |
| Total sugars                | 1.3      | 22          | g    |
| Added Sugar                 | 1.2      | 20          | g    |
| Total Dietary Fibre         | 4.9      | 84          | g    |
| Soluble Fibre               | 0.8      | 14          | g    |
| Insoluble Fibre             | 4.1      | 69          | g    |
| Ash Content                 | 1.3      | 23          | g    |
| Cholesterol                 | 3.33     | 57          | mg   |
| Saturated Fatty Acids       | 1.61     | 27          | g    |
| Monounsaturated Fatty Acids | 0.64     | 11          | g    |
| Polyunsaturated Fatty Acids | 0.4      | 7           | g    |
| Total Unsaturated Fat       | 1.04     | 18          | g    |
| Trans-Fat (TFA)             | -        | -           | g    |
| Sum of Omega-3 (n-3)        | -        | -           | g    |
| Sum of Omega-6 (n-6)        | 0.36     | 6           | g    |
| Sum of Omega-9 (n-9)        | 0.58     | 10          | g    |
| Calcium                     | 33       | 557         | mg   |
| Iron                        | 0.52     | 9           | mg   |

| Analyte                      | per 100g | Full recipe | Unit |
|------------------------------|----------|-------------|------|
| Magnesium                    | 22       | 377         | mg   |
| Phosphorus                   | 76       | 1290        | mg   |
| Potassium                    | 124      | 2110        | mg   |
| Sodium                       | 64       | 1100        | mg   |
| Chloride                     | 1        | 11          | mg   |
| Zinc                         | 0.64     | 11          | mg   |
| Copper                       | 0.070    | 1           | mg   |
| Manganese                    | 0.190    | 3           | mg   |
| Selenium                     | -        | -           | µg   |
| Iodine                       | -        | -           | µg   |
| Vitamin A (as Retinol)       | -        | -           | µg   |
| Beta-carotene                | -        | -           | µg   |
| Vitamin D                    | 1.7      | 29          | µg   |
| Vitamin E (as a-Tocopherol)  | -        | -           | mg   |
| Vitamin K                    | -        | -           | µg   |
| Vitamin C (as Ascorbic Acid) | -        | -           | mg   |
| Vitamin B1                   | -        | -           | mg   |
| Vitamin B2                   | -        | -           | mg   |
| Vitamin B3 (Total)           | -        | -           | mg   |
| Vitamin B5                   | -        | -           | mg   |
| Vitamin B6                   | -        | -           | mg   |
| Vitamin B7 (Biotin)          | 2.3      | 40          | µg   |
| Vitamin B9 (Folic Acid)      | 31       | 529         | µg   |
| Vitamin B12 (Cyanocobalamin) | -        | -           | µg   |

Hail



Timman rice



162

Meat Hameesa



164

Desert Truffle  
Khume'e'ah



166

Keubaibat Hail  
(Huweisah)



168

Maqshush



170

## Recipe Name

## Timman Rice

Approximately 4 adults

| Ingredients                                  | Quantity |
|--|----------|
| Timman rice, washed and soaked               | 300 g    |
| Lamb with bone, cut into medium pieces       | 350 g    |
| Rendered fat (waddak)                        | 50 g     |
| Ground tomatoes                              | 200 g    |
| Whole zucchini                               | 100 g    |
| Eggplant, cut into large longitudinal pieces | 150 g    |
| Pumpkin, cut into medium cubes               | 100 g    |
| Water  | 1.5 L    |
| Onion, finely chopped                        | 100 g    |
| Tomato paste                                 | 20 g     |

| Ingredients                           | Quantity |
|---------------------------------------|----------|
| Green chili pepper                    | 20 g     |
| Sarar Hail spice blend                | 5 g      |
| Mixed spices                          | 10 g     |
| Ground cumin                          | 10 g     |
| Salt                                  | 10 g     |
| Ground turmeric                       | 5 g      |
| Ground dried black lime               | 5 g      |
| Ground black pepper                   | 2 g      |
| Ground dried black lime (for garnish) | 2 g      |
| Melted ghee (for garnish)             | 20 g     |

## Preparation Method



1. In a pressure cooker, place the rendered fat (waddak), onion, and lamb pieces. Stir over high heat for 2 minutes.
2. Add the mixed spices, turmeric, cumin, salt, Sarar Hail spice, and ground dried lime, followed by the ground tomatoes and tomato paste. Mix well and cook over high heat for 5 minutes until the mixture thickens.
3. Pour in the water, cover the cooker, and cook over medium heat for 30 minutes.
4. Open the cooker and add the zucchini, pumpkin, eggplant, green chili, and soaked rice. Close the cooker again and cook over high heat for 5 minutes.
5. Reduce the heat to low and continue cooking for 15 minutes.
6. Open the cooker to check the water level and doneness, then cover (without pressure) and leave on low heat for 10 minutes.
7. Transfer to a serving dish, garnish with ground dried lime and melted ghee, then serve.



## The dish's nutritional content

| Analyte                     | per 100g | Full recipe | Unit |
|-----------------------------|----------|-------------|------|
| Energy (kJ)                 | 456      | 11100       | kJ   |
| Energy (kcal)               | 109      | 2650        | kcal |
| Moisture Content            | 75.6     | 1840        | g    |
| Total Protein               | 6.6      | 161         | g    |
| Total Nitrogen              | 1.1      | 26          | g    |
| Total Fat                   | 4.5      | 108         | g    |
| Available Carbohydrates     | 8.67     | 211         | g    |
| Total Carbohydrates         | 12.3     | 300         | g    |
| Total sugars                | -        | -           | g    |
| Added Sugar                 | 0.0      | 0.0         | g    |
| Total Dietary Fibre         | 3.9      | 95          | g    |
| Soluble Fibre               | 0.4      | 9           | g    |
| Insoluble Fibre             | 3.5      | 86          | g    |
| Ash Content                 | 0.8      | 19          | g    |
| Cholesterol                 | 11.0     | 267         | mg   |
| Saturated Fatty Acids       | 2.25     | 55          | g    |
| Monounsaturated Fatty Acids | 1.72     | 42          | g    |
| Polyunsaturated Fatty Acids | 0.26     | 6           | g    |
| Total Unsaturated Fat       | 1.98     | 48          | g    |
| Trans-Fat (TFA)             | 0.22     | 5           | g    |
| Sum of Omega-3 (n-3)        | -        | -           | g    |
| Sum of Omega-6 (n-6)        | 0.21     | 5           | g    |
| Sum of Omega-9 (n-9)        | 1.59     | 39          | g    |
| Calcium                     | 19       | 460         | mg   |
| Iron                        | 0.92     | 22          | mg   |

| Analyte                      | per 100g | Full recipe | Unit |
|------------------------------|----------|-------------|------|
| Magnesium                    | 13       | 322         | mg   |
| Phosphorus                   | 51       | 1240        | mg   |
| Potassium                    | 175      | 4240        | mg   |
| Sodium                       | 162      | 3940        | mg   |
| Chloride                     | 4        | 88          | mg   |
| Zinc                         | 0.89     | 22          | mg   |
| Copper                       | 0.110    | 3           | mg   |
| Manganese                    | 0.133    | 3           | mg   |
| Selenium                     | -        | -           | µg   |
| Iodine                       | -        | -           | µg   |
| Vitamin A (as Retinol)       | -        | -           | µg   |
| Beta-carotene                | -        | -           | µg   |
| Vitamin D                    | -        | -           | µg   |
| Vitamin E (as a-Tocopherol)  | -        | -           | mg   |
| Vitamin K                    | 5.6      | 135         | µg   |
| Vitamin C (as Ascorbic Acid) | -        | -           | mg   |
| Vitamin B1                   | -        | -           | mg   |
| Vitamin B2                   | -        | -           | mg   |
| Vitamin B3 (Total)           | -        | -           | mg   |
| Vitamin B5                   | 0.30     | 7           | mg   |
| Vitamin B6                   | -        | -           | mg   |
| Vitamin B7 (Biotin)          | 2.0      | 49          | µg   |
| Vitamin B9 (Folic Acid)      | 92       | 2236        | µg   |
| Vitamin B12 (Cyanocobalamin) | -        | -           | µg   |

## Recipe Name

## Meat Hameesa

Approximately 4 adults

| Ingredients                           | Quantity |
|---------------------------------------|----------|
| Lamb with bone, cut into small pieces | 220 g    |
| Onion, finely chopped                 | 100 g    |
| Tomato, finely chopped                | 150 g    |
| Ground cumin                          | 5 g      |
| Mixed spices                          | 8 g      |
| Ground turmeric                       | 3 g      |
| Sarar Hail spice blend                | 3 g      |
| Salt                                  | 5 g      |
| Tomato paste                          | 20 g     |
| Water                                 | 600 ml   |
| Oil                                   | 20 ml    |



## Preparation Method



1. In a medium-sized pressure cooker, sauté the onion with oil over high heat for 3 minutes.
2. Add the tomatoes, mixed spices, lamb, turmeric, Sarar Hail spice blend, salt, tomato paste, and cumin. Stir continuously over high heat for 5 minutes until the mixture thickens and the flavors concentrate.
3. Pour in the water, close the cooker tightly, and cook over high heat for 10 minutes.
4. Lower the heat to low and continue cooking for 30 minutes until the meat is tender and the dish is ready to serve.

## The dish's nutritional content

| Analyte                     | per 100g | Full recipe | Unit |
|-----------------------------|----------|-------------|------|
| Energy (kJ)                 | 321      | 3140        | kJ   |
| Energy (kcal)               | 77       | 750         | kcal |
| Moisture Content            | 86.0     | 842         | g    |
| Total Protein               | 3.4      | 34          | g    |
| Total Nitrogen              | 0.5      | 5           | g    |
| Total Fat                   | 5.7      | 56          | g    |
| Available Carbohydrates     | 2.0      | 20          | g    |
| Total Carbohydrates         | 4.0      | 39          | g    |
| Total sugars                | -        | -           | g    |
| Added Sugar                 | 0.0      | 0.0         | g    |
| Total Dietary Fibre         | 1.5      | 15          | g    |
| Soluble Fibre               | -        | -           | g    |
| Insoluble Fibre             | 1.5      | 15          | g    |
| Ash Content                 | 1.0      | 10          | g    |
| Cholesterol                 | 18.3     | 179         | mg   |
| Saturated Fatty Acids       | 1.95     | 19          | g    |
| Monounsaturated Fatty Acids | 2.21     | 22          | g    |
| Polyunsaturated Fatty Acids | 1.46     | 14          | g    |
| Total Unsaturated Fat       | 3.66     | 36          | g    |
| Trans-Fat (TFA)             | -        | -           | g    |
| Sum of Omega-3 (n-3)        | -        | -           | g    |
| Sum of Omega-6 (n-6)        | 1.43     | 14          | g    |
| Sum of Omega-9 (n-9)        | 2.1      | 21          | g    |
| Calcium                     | 23       | 229         | mg   |
| Iron                        | 1.02     | 10          | mg   |

| Analyte                      | per 100g | Full recipe | Unit |
|------------------------------|----------|-------------|------|
| Magnesium                    | 14       | 141         | mg   |
| Phosphorus                   | 42       | 408         | mg   |
| Potassium                    | 196      | 1920        | mg   |
| Sodium                       | 245      | 2400        | mg   |
| Chloride                     | 5        | 45          | mg   |
| Zinc                         | 0.59     | 6           | mg   |
| Copper                       | 0.057    | 1           | mg   |
| Manganese                    | -        | -           | mg   |
| Selenium                     | -        | -           | µg   |
| Iodine                       | -        | -           | µg   |
| Vitamin A (as Retinol)       | 41       | 397         | µg   |
| Beta-carotene                | -        | -           | µg   |
| Vitamin D                    | -        | -           | µg   |
| Vitamin E (as a-Tocopherol)  | 0.8      | 8           | mg   |
| Vitamin K                    | 4.3      | 42          | µg   |
| Vitamin C (as Ascorbic Acid) | -        | -           | mg   |
| Vitamin B1                   | 0.30     | 3           | mg   |
| Vitamin B2                   | -        | -           | mg   |
| Vitamin B3 (Total)           | 0.80     | 8           | mg   |
| Vitamin B5                   | -        | -           | mg   |
| Vitamin B6                   | -        | -           | mg   |
| Vitamin B7 (Biotin)          | 6.3      | 62          | µg   |
| Vitamin B9 (Folic Acid)      | 110      | 1073        | µg   |
| Vitamin B12 (Cyanocobalamin) | 1.0      | 10          | µg   |

## Recipe Name

## Desert Truffle Khumee'ah

Approximately 4 adults

| Ingredients                                       | Quantity |
|---|----------|
| Desert truffle (washed, cleaned, and half-boiled) | 400 g    |
| Salt  | 4 g      |
| Ghee  | 100 ml   |
| Water   | 2 L      |



## Preparation Method



1. In a pressure cooker over low heat, place the desert truffle, salt, and water, then close the lid and cook for 45 minutes.
2. After boiling, transfer the desert truffle to a bowl while still hot, pour over the ghee, and mash it by hand until the ingredients are well combined.
3. Serve the Desert Truffle Khumee'ah hot in a serving dish.

## The dish's nutritional content

| Analyte                     | per 100g | Full recipe | Unit |
|-----------------------------|----------|-------------|------|
| Energy (kJ)                 | 962      | 4590        | kJ   |
| Energy (kcal)               | 230      | 1100        | kcal |
| Moisture Content            | 62.6     | 299         | g    |
| Total Protein               | 3.3      | 16          | g    |
| Total Nitrogen              | 0.5      | 3           | g    |
| Total Fat                   | 19.4     | 93          | g    |
| Available Carbohydrates     | 4.33     | 21          | g    |
| Total Carbohydrates         | 14.3     | 69          | g    |
| Total sugars                | -        | -           | g    |
| Added Sugar                 | 0.0      | 0.0         | g    |
| Total Dietary Fibre         | 10.1     | 48          | g    |
| Soluble Fibre               | 2.7      | 13          | g    |
| Insoluble Fibre             | 7.4      | 35          | g    |
| Ash Content                 | 0.3      | 1           | g    |
| Cholesterol                 | 57.3     | 274         | mg   |
| Saturated Fatty Acids       | 12.9     | 61          | g    |
| Monounsaturated Fatty Acids | 4.63     | 22          | g    |
| Polyunsaturated Fatty Acids | 1.24     | 6           | g    |
| Total Unsaturated Fat       | 5.87     | 28          | g    |
| Trans-Fat (TFA)             | 0.62     | 2.95        | g    |
| Sum of Omega-3 (n-3)        | 0.2      | 1           | g    |
| Sum of Omega-6 (n-6)        | 1.02     | 5           | g    |
| Sum of Omega-9 (n-9)        | 3.9      | 19          | g    |
| Calcium                     | 12       | 56          | mg   |
| Iron                        | 1.76     | 8           | mg   |

| Analyte                      | per 100g | Full recipe | Unit |
|------------------------------|----------|-------------|------|
| Magnesium                    | 10       | 48          | mg   |
| Phosphorus                   | 70       | 333         | mg   |
| Potassium                    | 199      | 952         | mg   |
| Sodium                       | 64       | 306         | mg   |
| Chloride                     | 0.5      | 2           | mg   |
| Zinc                         | 1.39     | 7           | mg   |
| Copper                       | 1.40     | 7           | mg   |
| Manganese                    | -        | -           | mg   |
| Selenium                     | 23       | 111         | µg   |
| Iodine                       | 28       | 133         | µg   |
| Vitamin A (as Retinol)       | 210      | 1003        | µg   |
| Beta-carotene                | -        | -           | µg   |
| Vitamin D                    | 16       | 77          | µg   |
| Vitamin E (as a-Tocopherol)  | 1.0      | 5           | mg   |
| Vitamin K                    | 2.6      | 13          | µg   |
| Vitamin C (as Ascorbic Acid) | -        | -           | mg   |
| Vitamin B1                   | -        | -           | mg   |
| Vitamin B2                   | 0.06     | 0           | mg   |
| Vitamin B3 (Total)           | -        | -           | mg   |
| Vitamin B5                   | 0.90     | 4           | mg   |
| Vitamin B6                   | 0.04     | 0           | mg   |
| Vitamin B7 (Biotin)          | 6.3      | 30          | µg   |
| Vitamin B9 (Folic Acid)      | 67       | 320         | µg   |
| Vitamin B12 (Cyanocobalamin) | -        | -           | µg   |

## Recipe Name

## Keubaibat Hail

Approximately 4 adults

| Kubaibah Filling Ingredients       | Quantity |
|------------------------------------|----------|
| Timman rice                        | 300 g    |
| Fresh grape leaves                 | 150 g    |
| Onion, diced                       | 50 g     |
| Tomato, diced                      | 100 g    |
| Ground turmeric                    | 3 g      |
| Salt                               | 5 g      |
| Green onion, chopped               | 50 g     |
| Sarar Hail spice blend (hot chili) | 5 g      |
| Mixed spices                       | 5 g      |
| Ground cumin                       | 5 g      |
| Vegetable oil                      | 30 ml    |

| Pot Base Ingredients                   | Quantity |
|--|----------|
| Lamb with bone, cut into medium pieces | 200 g    |
| Onion, chopped                         | 50 g     |
| Green bell pepper, sliced              | 40 g     |
| Tomato, chopped                        | 50 g     |

| Kubaibah Stock (Sago) | Quantity |
|-----------------------|----------|
| Tomato paste          | 20 g     |
| Salt                  | 5 g      |
| Boiling water         | 1.2 L    |
| Oil                   | 20 ml    |

## Preparation Method



## Preparing the Filling (Hawaisah):

1. Wash the rice and soak it for 30 minutes.
2. In a large bowl, mix the rice, onion, tomato, green onion, mixed spices, salt, cumin, turmeric, and vegetable oil. Mix well by hand until all ingredients are combined.

## Wrapping the Kubaibah:

Place a small amount of filling inside a grape leaf, then fold the edges to form a hexagonal or pentagonal shape. Repeat until all leaves are used.

## Preparing the Kubaibah Stock (Sago):

In a deep pot over medium heat, place water, oil, salt, and tomato paste. Stir with a spoon for 10 minutes until combined.

## Cooking Keubaibat Hail:

1. In a deep pot, arrange lamb, tomato, onion, and green bell pepper at the bottom and press them down by hand.
2. Arrange the stuffed grape leaves (Kubaibah) on top of the base ingredients.
3. Spread any remaining filling (Hawaisah) evenly over the Kubaibah.
4. Cover the top with unfilled grape leaves.
5. Gradually pour the sago stock over the Kubaibah in intervals: first about 220 ml, then continue adding the remaining stock in 150 ml batches every few minutes. Cook over low heat for 2 hours.
6. Before serving, remove the unfilled grape leaves, invert the pot onto a large flat serving dish, and serve hot.



## The dish's nutritional content

| Analyte                     | per 100g | Full recipe | Unit |
|-----------------------------|----------|-------------|------|
| Energy (kJ)                 | 490      | 10500       | kJ   |
| Energy (kcal)               | 117      | 2500        | kcal |
| Moisture Content            | 72.7     | 1550        | g    |
| Total Protein               | 4.7      | 101         | g    |
| Total Nitrogen              | 0.8      | 17          | g    |
| Total Fat                   | 3.5      | 76          | g    |
| Available Carbohydrates     | 14.7     | 313         | g    |
| Total Carbohydrates         | 18.0     | 385         | g    |
| Total sugars                | -        | -           | g    |
| Added Sugar                 | 0.0      | 0.0         | g    |
| Total Dietary Fibre         | 3.2      | 68          | g    |
| Soluble Fibre               | 0.1      | 2           | g    |
| Insoluble Fibre             | 3.1      | 67          | g    |
| Ash Content                 | 1.0      | 21          | g    |
| Cholesterol                 | 6.0      | 128         | mg   |
| Saturated Fatty Acids       | 0.96     | 20          | g    |
| Monounsaturated Fatty Acids | 1.19     | 25          | g    |
| Polyunsaturated Fatty Acids | 1.34     | 29          | g    |
| Total Unsaturated Fat       | 2.53     | 54          | g    |
| Trans-Fat (TFA)             | -        | -           | g    |
| Sum of Omega-3 (n-3)        | -        | -           | g    |
| Sum of Omega-6 (n-6)        | 1.3      | 28          | g    |
| Sum of Omega-9 (n-9)        | 1.15     | 25          | g    |
| Calcium                     | 36       | 772         | mg   |
| Iron                        | 1.01     | 22          | mg   |

| Analyte                      | per 100g | Full recipe | Unit |
|------------------------------|----------|-------------|------|
| Magnesium                    | 8        | 176         | mg   |
| Phosphorus                   | 41       | 879         | mg   |
| Potassium                    | 98       | 2100        | mg   |
| Sodium                       | 218      | 4660        | mg   |
| Chloride                     | 4        | 88          | mg   |
| Zinc                         | 0.64     | 14          | mg   |
| Copper                       | 0.113    | 2           | mg   |
| Manganese                    | -        | -           | mg   |
| Selenium                     | -        | -           | µg   |
| Iodine                       | -        | -           | µg   |
| Vitamin A (as Retinol)       | -        | -           | µg   |
| Beta-carotene                | -        | -           | µg   |
| Vitamin D                    | -        | -           | µg   |
| Vitamin E (as a-Tocopherol)  | 1.3      | 28          | mg   |
| Vitamin K                    | 19       | 405         | µg   |
| Vitamin C (as Ascorbic Acid) | -        | -           | mg   |
| Vitamin B1                   | -        | -           | mg   |
| Vitamin B2                   | -        | -           | mg   |
| Vitamin B3 (Total)           | 1.2      | 26          | mg   |
| Vitamin B5                   | -        | -           | mg   |
| Vitamin B6                   | -        | -           | mg   |
| Vitamin B7 (Biotin)          | 2.0      | 43          | µg   |
| Vitamin B9 (Folic Acid)      | 83       | 1767        | µg   |
| Vitamin B12 (Cyanocobalamin) | -        | -           | µg   |

## Recipe Name

## Maqshush

Approximately 4 adults

| Dough Ingredients | Quantity |
|-------------------|----------|
| Whole wheat flour | 300 g    |
| Sugar             | 40 g     |
| Salt              | 1 g      |
| Yeast             | 5 g      |
| Water             | 352 ml   |
| Vegetable oil     | 45 ml    |

| Syrup Ingredients  | Quantity |
|--------------------|----------|
| Sugar              | 130 g    |
| Water              | 200 ml   |
| Butter for topping | 40 g     |
| Lemon juice        | 5 ml     |

## Preparation Method



## To prepare the dough:

1. In a deep bowl, combine the flour, yeast, salt, and sugar. Gradually add the water while kneading by hand until a soft dough forms.
2. Pour the vegetable oil over the surface of the dough and press it lightly with your fingers to absorb it. Cover the bowl with plastic wrap and let it rest in a warm place for 1-3 hours until it rises.
3. Heat a flat griddle (Saj) over low heat for 5 minutes.
4. Lightly oil your hands to prevent sticking, then take small round portions of dough and place them on the griddle. Cook the first side for 5 minutes, then flip and cook the other side for 2 minutes over low heat until golden and puffed on both sides.

## To prepare the syrup:

1. In a small saucepan, combine sugar and water, then stir over low heat until the sugar dissolves.
2. Continue heating for 25 minutes until the syrup thickens slightly, then add the lemon juice. Turn off the heat and let it cool slightly until it reaches a pourable, thick consistency.
3. Melt the butter and pour it over the Maqshush pieces in a separate pan. Stir well, then add the syrup and mix until fully absorbed.
4. Serve the Maqshush in a deep serving dish.



## The dish's nutritional content

| Analyte                     | per 100g | Full recipe | Unit |
|-----------------------------|----------|-------------|------|
| Energy (kJ)                 | 1117     | 9220        | kJ   |
| Energy (kcal)               | 267      | 2200        | kcal |
| Moisture Content            | 38.1     | 314         | g    |
| Total Protein               | 5.8      | 48          | g    |
| Total Nitrogen              | 0.9      | 8           | g    |
| Total Fat                   | 8.0      | 66          | g    |
| Available Carbohydrates     | 38.0     | 314         | g    |
| Total Carbohydrates         | 47.3     | 391         | g    |
| Total sugars                | 21.2     | 175         | g    |
| Added Sugar                 | 20.6     | 170         | g    |
| Total Dietary Fibre         | 9.1      | 75          | g    |
| Soluble Fibre               | 1.2      | 10          | g    |
| Insoluble Fibre             | 8.0      | 66          | g    |
| Ash Content                 | 0.9      | 7           | g    |
| Cholesterol                 | 8.0      | 66          | mg   |
| Saturated Fatty Acids       | 2.35     | 19          | g    |
| Monounsaturated Fatty Acids | 2.13     | 18          | g    |
| Polyunsaturated Fatty Acids | 3.39     | 28          | g    |
| Total Unsaturated Fat       | 5.52     | 46          | g    |
| Trans-Fat (TFA)             | -        | -           | g    |
| Sum of Omega-3 (n-3)        | -        | -           | g    |
| Sum of Omega-6 (n-6)        | 3.32     | 27          | g    |
| Sum of Omega-9 (n-9)        | 2.05     | 17          | g    |
| Calcium                     | 28       | 227         | mg   |
| Iron                        | 1.42     | 12          | mg   |

| Analyte                      | per 100g | Full recipe | Unit |
|------------------------------|----------|-------------|------|
| Magnesium                    | 72       | 594         | mg   |
| Phosphorus                   | 200      | 1650        | mg   |
| Potassium                    | 256      | 2120        | mg   |
| Sodium                       | 83       | 682         | mg   |
| Chloride                     | 1        | 8           | mg   |
| Zinc                         | 2.55     | 21          | mg   |
| Copper                       | 0.270    | 2           | mg   |
| Manganese                    | 0.783    | 6           | mg   |
| Selenium                     | -        | -           | µg   |
| Iodine                       | -        | -           | µg   |
| Vitamin A (as Retinol)       | -        | -           | µg   |
| Beta-carotene                | -        | -           | µg   |
| Vitamin D                    | 1.3      | 11          | µg   |
| Vitamin E (as a-Tocopherol)  | 1.0      | 8           | mg   |
| Vitamin K                    | 1.1      | 9           | µg   |
| Vitamin C (as Ascorbic Acid) | -        | -           | mg   |
| Vitamin B1                   | 0.40     | 3           | mg   |
| Vitamin B2                   | -        | -           | mg   |
| Vitamin B3 (Total)           | -        | -           | mg   |
| Vitamin B5                   | 1.3      | 10          | mg   |
| Vitamin B6                   | -        | -           | mg   |
| Vitamin B7 (Biotin)          | 3.0      | 25          | µg   |
| Vitamin B9 (Folic Acid)      | 74       | 611         | µg   |
| Vitamin B12 (Cyanocobalamin) | 1.3      | 11          | µg   |

# Tabuk



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## Recipe Name

## Al-Abeelah with Meat

Approximately 4 adults

| Ingredients                            | Quantity |
|--|----------|
| Lamb with bone, cut into medium pieces | 360 g    |
| Ground black pepper                    | 2 g      |
| Salt                                   | 2 g      |
| Water                                  | 560 ml   |
| Goat laban                             | 360 ml   |



## Preparation Method



1. In a small pot, place the lamb and pour in the water. Cook over medium heat for 45 minutes until partially tender.
2. Add the goat laban to the pot with the lamb and stir continuously with a cooking spoon for 5 minutes.
3. Add the salt and black pepper, and continue stirring for another 5 minutes until the mixture thickens slightly and the lamb is fully cooked.
4. Once cooked, strain the broth and pour it into a cup. Arrange the lamb pieces on a flat serving dish and serve.

## The dish's nutritional content

| Analyte                     | per 100g | Full recipe | Unit |
|-----------------------------|----------|-------------|------|
| Energy (kJ)                 | 248      | 2030        | kJ   |
| Energy (kcal)               | 59       | 485         | kcal |
| Moisture Content            | 87.4     | 717         | g    |
| Total Protein               | 6.3      | 52          | g    |
| Total Nitrogen              | 1.0      | 8           | g    |
| Total Fat                   | 2.7      | 22          | g    |
| Available Carbohydrates     | 1.33     | 11          | g    |
| Total Carbohydrates         | 3.33     | 27          | g    |
| Total sugars                | -        | -           | g    |
| Added Sugar                 | 0.0      | 0.0         | g    |
| Total Dietary Fibre         | -        | -           | g    |
| Soluble Fibre               | -        | -           | g    |
| Insoluble Fibre             | -        | -           | g    |
| Ash Content                 | 0.4      | 3           | g    |
| Cholesterol                 | 25.7     | 210         | mg   |
| Saturated Fatty Acids       | 1.32     | 11          | g    |
| Monounsaturated Fatty Acids | 1.18     | 10          | g    |
| Polyunsaturated Fatty Acids | 0.1      | 1           | g    |
| Total Unsaturated Fat       | 1.21     | 10          | g    |
| Trans-Fat (TFA)             | -        | -           | g    |
| Sum of Omega-3 (n-3)        | -        | -           | g    |
| Sum of Omega-6 (n-6)        | -        | -           | g    |
| Sum of Omega-9 (n-9)        | 1.11     | 9           | g    |
| Calcium                     | 56       | 458         | mg   |
| Iron                        | 0.38     | 3           | mg   |

| Analyte                      | per 100g | Full recipe | Unit |
|------------------------------|----------|-------------|------|
| Magnesium                    | 10       | 84          | mg   |
| Phosphorus                   | 86       | 703         | mg   |
| Potassium                    | 175      | 1430        | mg   |
| Sodium                       | 139      | 1140        | mg   |
| Chloride                     | 2        | 20          | mg   |
| Zinc                         | 0.75     | 6           | mg   |
| Copper                       | 0.023    | 0           | mg   |
| Manganese                    | -        | -           | mg   |
| Selenium                     | -        | -           | µg   |
| Iodine                       | 29       | 238         | µg   |
| Vitamin A (as Retinol)       | -        | -           | µg   |
| Beta-carotene                | -        | -           | µg   |
| Vitamin D                    | -        | -           | µg   |
| Vitamin E (as a-Tocopherol)  | -        | -           | mg   |
| Vitamin K                    | 1.5      | 12          | µg   |
| Vitamin C (as Ascorbic Acid) | -        | -           | mg   |
| Vitamin B1                   | -        | -           | mg   |
| Vitamin B2                   | 0.14     | 1           | mg   |
| Vitamin B3 (Total)           | 0.57     | 5           | mg   |
| Vitamin B5                   | 1.30     | 11          | mg   |
| Vitamin B6                   | -        | -           | mg   |
| Vitamin B7 (Biotin)          | 4.7      | 38          | µg   |
| Vitamin B9 (Folic Acid)      | 29       | 238         | µg   |
| Vitamin B12 (Cyanocobalamin) | 1.0      | 8           | µg   |

## Recipe Name

## Al-Abeelah with Chicken

Approximately 4 adults

| Ingredients                               | Quantity |
|---|----------|
| Chicken with bone, cut into medium pieces | 360 g    |
| Ground black pepper                       | 2 g      |
| Salt                                      | 2 g      |
| Water                                     | 560 ml   |
| Goat Laban                                | 360 ml   |



## Preparation Method



1. In a small pot, place the chicken and pour in the water. Cook over medium heat for 45 minutes until partially tender.
2. Add the goat laban to the pot with the chicken and stir continuously with a cooking spoon for 5 minutes.
3. Add the salt and black pepper, and continue stirring for another 5 minutes until the mixture thickens slightly and the chicken is fully cooked.
4. Once cooked, strain the broth and pour it into a cup. Arrange the chicken pieces on a flat serving dish and serve.

## The dish's nutritional content

| Analyte                     | per 100g | Full recipe | Unit |
|-----------------------------|----------|-------------|------|
| Energy (kJ)                 | 246      | 2370        | kJ   |
| Energy (kcal)               | 59       | 565         | kcal |
| Moisture Content            | 88.1     | 849         | g    |
| Total Protein               | 7.8      | 75          | g    |
| Total Nitrogen              | 1.2      | 12          | g    |
| Total Fat                   | 2.5      | 24          | g    |
| Available Carbohydrates     | 1.0      | 10          | g    |
| Total Carbohydrates         | 1.0      | 10          | g    |
| Total sugars                | -        | -           | g    |
| Added Sugar                 | 0.0      | 0.0         | g    |
| Total Dietary Fibre         | -        | -           | g    |
| Soluble Fibre               | -        | -           | g    |
| Insoluble Fibre             | -        | -           | g    |
| Ash Content                 | 0.4      | 4           | g    |
| Cholesterol                 | 26.0     | 251         | mg   |
| Saturated Fatty Acids       | 0.79     | 8           | g    |
| Monounsaturated Fatty Acids | 1.2      | 12          | g    |
| Polyunsaturated Fatty Acids | 0.53     | 5           | g    |
| Total Unsaturated Fat       | 1.73     | 17          | g    |
| Trans-Fat (TFA)             | -        | -           | g    |
| Sum of Omega-3 (n-3)        | -        | -           | g    |
| Sum of Omega-6 (n-6)        | 0.5      | 5           | g    |
| Sum of Omega-9 (n-9)        | 1.05     | 10          | g    |
| Calcium                     | 45       | 438         | mg   |
| Iron                        | 0.27     | 3           | mg   |

| Analyte                      | per 100g | Full recipe | Unit |
|------------------------------|----------|-------------|------|
| Magnesium                    | 10       | 101         | mg   |
| Phosphorus                   | 87       | 836         | mg   |
| Potassium                    | 181      | 1740        | mg   |
| Sodium                       | 126      | 1210        | mg   |
| Chloride                     | 2        | 15          | mg   |
| Zinc                         | 0.27     | 3           | mg   |
| Copper                       | 0.020    | 0           | mg   |
| Manganese                    | -        | -           | mg   |
| Selenium                     | -        | -           | µg   |
| Iodine                       | 22       | 212         | µg   |
| Vitamin A (as Retinol)       | -        | -           | µg   |
| Beta-carotene                | -        | -           | µg   |
| Vitamin D                    | -        | -           | µg   |
| Vitamin E (as a-Tocopherol)  | -        | -           | mg   |
| Vitamin K                    | 6.4      | 62          | µg   |
| Vitamin C (as Ascorbic Acid) | -        | -           | mg   |
| Vitamin B1                   | -        | -           | mg   |
| Vitamin B2                   | 0.06     | 1           | mg   |
| Vitamin B3 (Total)           | 1.80     | 17          | mg   |
| Vitamin B5                   | -        | -           | mg   |
| Vitamin B6                   | -        | -           | mg   |
| Vitamin B7 (Biotin)          | 3.0      | 29          | µg   |
| Vitamin B9 (Folic Acid)      | 35       | 341         | µg   |
| Vitamin B12 (Cyanocobalamin) | 1.0      | 10          | µg   |

## Recipe Name

Telbanah / Savory Aseedah /  
Ragheedah

Approximately 4 adults

| Ingredients       | Quantity |
|-------------------|----------|
| Sheep milk        | 800 ml   |
| Whole wheat flour | 80 g     |
| Salt              | 8 g      |
| Melted ghee       | 28 g     |



## Preparation Method



1. In a deep pot, place the sheep milk and salt, and heat over low heat, stirring continuously.
2. Gradually add the whole wheat flour while stirring constantly with a wooden spoon. Continue stirring until the mixture thickens, about 15 minutes.
3. Pour the mixture into a deep serving dish, drizzle the melted ghee on top, and serve hot.

## The dish's nutritional content

| Analyte                     | per 100g | Full recipe | Unit |
|-----------------------------|----------|-------------|------|
| Energy (kJ)                 | 441      | 3620        | kJ   |
| Energy (kcal)               | 106      | 868         | kcal |
| Moisture Content            | 76.3     | 626         | g    |
| Total Protein               | 4.1      | 34          | g    |
| Total Nitrogen              | 0.6      | 5           | g    |
| Total Fat                   | 5.3      | 44          | g    |
| Available Carbohydrates     | 8.0      | 66          | g    |
| Total Carbohydrates         | 12.7     | 104         | g    |
| Total sugars                | 3.7      | 31          | g    |
| Added Sugar                 | 0.0      | 0.0         | g    |
| Total Dietary Fibre         | 4.6      | 38          | g    |
| Soluble Fibre               | 0.2      | 2           | g    |
| Insoluble Fibre             | 4.4      | 36          | g    |
| Ash Content                 | 1.6      | 13          | g    |
| Cholesterol                 | 14.7     | 120         | mg   |
| Saturated Fatty Acids       | 3.57     | 29          | g    |
| Monounsaturated Fatty Acids | 1.29     | 11          | g    |
| Polyunsaturated Fatty Acids | 0.3      | 2           | g    |
| Total Unsaturated Fat       | 1.59     | 13          | g    |
| Trans-Fat (TFA)             | -        | -           | g    |
| Sum of Omega-3 (n-3)        | -        | -           | g    |
| Sum of Omega-6 (n-6)        | 0.25     | 2           | g    |
| Sum of Omega-9 (n-9)        | 1.17     | 10          | g    |
| Calcium                     | 111      | 909         | mg   |
| Iron                        | 0.62     | 5           | mg   |

| Analyte                      | per 100g | Full recipe | Unit |
|------------------------------|----------|-------------|------|
| Magnesium                    | 27       | 218         | mg   |
| Phosphorus                   | 113      | 928         | mg   |
| Potassium                    | 250      | 2050        | mg   |
| Sodium                       | 411      | 3370        | mg   |
| Chloride                     | 6        | 49          | mg   |
| Zinc                         | 0.91     | 7           | mg   |
| Copper                       | 0.063    | 1           | mg   |
| Manganese                    | 0.217    | 2           | mg   |
| Selenium                     | -        | -           | µg   |
| Iodine                       | 45       | 372         | µg   |
| Vitamin A (as Retinol)       | 46       | 378         | µg   |
| Beta-carotene                | -        | -           | µg   |
| Vitamin D                    | -        | -           | µg   |
| Vitamin E (as a-Tocopherol)  | -        | -           | µg   |
| Vitamin K                    | -        | -           | µg   |
| Vitamin C (as Ascorbic Acid) | -        | -           | mg   |
| Vitamin B1                   | -        | -           | mg   |
| Vitamin B2                   | -        | -           | mg   |
| Vitamin B3 (Total)           | 0,77     | 6           | mg   |
| Vitamin B5                   | 0.66     | 5           | mg   |
| Vitamin B6                   | 0.86     | 7           | mg   |
| Vitamin B7 (Biotin)          | 2.0      | 16          | µg   |
| Vitamin B9 (Folic Acid)      | 6.0      | 49          | µg   |
| Vitamin B12 (Cyanocobalamin) | -        | -           | µg   |

## Recipe Name

## Al-Khameea

Approximately 4 adults

| Khameea Ingredients             | Quantity |
|---------------------------------|----------|
| Malla bread                     | 400 g    |
| Laban (goat) or Marees Al-Baqal | 100 ml   |
| Water                           | 200 ml   |
| Sheep ghee                      | 10 g     |
| Sheep ghee (for garnish)        | 20 g     |

| Malla Bread Ingredients | Quantity |
|-------------------------|----------|
| Whole wheat flour       | 550 g    |
| Lukewarm water          | 500 ml   |
| Salt                    | 3 g      |



## Preparation Method



## Preparing the Dough:

1. In a deep bowl, combine whole wheat flour and salt. Gradually pour in lukewarm water, kneading by hand for about 5 minutes until a soft, cohesive dough forms.
2. Cover the dough and let it rest for 25 minutes.

## Preparing the Malla Bread:

1. Ignite charcoal over sand and allow it to turn into embers.
2. Lightly dust a flat surface with flour, then flatten the dough by hand into a medium-thick circular disc, coating both sides with flour.
3. Place the disc directly on the hot sand and embers, then cover its surface and edges with more embers for about a minute until a toasted layer forms to prevent sticking.
4. Remove the embers, bury the dough in hot sand, cover it again with embers, and leave it for 5 minutes.
5. Flip the bread and rebury it in hot sand, covering it with embers once more. Leave for 15-20 minutes until fully baked.
6. Remove the embers and ash, brush off the sand thoroughly, and scrape the surface and edges with a knife to clean it. The Malla bread is now ready.

## Preparing the Khameea:

1. Tear the Malla bread into small pieces and place them in a deep bowl.
2. Add water and rub the bread by hand until it absorbs the moisture.
3. Add Marees Al-Baqal (or laban) and mix with the bread, then add sheep ghee. Knead by hand for 5 minutes until fully combined.
4. Spread the Khameea in a serving dish, flatten it by hand, drizzle with ghee for garnish, and serve.

## The dish's nutritional content

| Analyte                     | per 100g | Full recipe | Unit |
|-----------------------------|----------|-------------|------|
| Energy (kJ)                 | 613      | 4400        | kJ   |
| Energy (kcal)               | 147      | 1050        | kcal |
| Moisture Content            | 63.6     | 456         | g    |
| Total Protein               | 5.4      | 39          | g    |
| Total Nitrogen              | 0.9      | 6           | g    |
| Total Fat                   | 4.0      | 28          | g    |
| Available Carbohydrates     | 18.7     | 134         | g    |
| Total Carbohydrates         | 26.0     | 187         | g    |
| Total sugars                | 1.9      | 13          | g    |
| Added Sugar                 | 0.0      | 0.0         | g    |
| Total Dietary Fibre         | 7.4      | 53          | g    |
| Soluble Fibre               | 0.8      | 6           | g    |
| Insoluble Fibre             | 6.7      | 48          | g    |
| Ash Content                 | 1.1      | 8           | g    |
| Cholesterol                 | 6.67     | 48          | mg   |
| Saturated Fatty Acids       | 2.56     | 18          | g    |
| Monounsaturated Fatty Acids | 0.77     | 6           | g    |
| Polyunsaturated Fatty Acids | 0.59     | 4           | g    |
| Total Unsaturated Fat       | 1.36     | 10          | g    |
| Trans-Fat (TFA)             | -        | -           | g    |
| Sum of Omega-3 (n-3)        | -        | -           | g    |
| Sum of Omega-6 (n-6)        | 0.52     | 4           | g    |
| Sum of Omega-9 (n-9)        | 0.76     | 5           | g    |
| Calcium                     | 40       | 283         | mg   |
| Iron                        | 1.56     | 11          | mg   |

| Analyte                      | per 100g | Full recipe | Unit |
|------------------------------|----------|-------------|------|
| Magnesium                    | 49       | 353         | mg   |
| Phosphorus                   | 99       | 707         | mg   |
| Potassium                    | 243      | 1740        | mg   |
| Sodium                       | 86       | 615         | mg   |
| Chloride                     | 1        | 9           | mg   |
| Zinc                         | 0.98     | 7           | mg   |
| Copper                       | 0.160    | 1           | mg   |
| Manganese                    | 1.060    | 8           | mg   |
| Selenium                     | 10       | 72          | µg   |
| Iodine                       | -        | -           | µg   |
| Vitamin A (as Retinol)       | -        | -           | µg   |
| Beta-carotene                | -        | -           | µg   |
| Vitamin D                    | -        | -           | µg   |
| Vitamin E (as a-Tocopherol)  | -        | -           | mg   |
| Vitamin K                    | -        | -           | µg   |
| Vitamin C (as Ascorbic Acid) | -        | -           | mg   |
| Vitamin B1                   | 0.1      | 1           | mg   |
| Vitamin B2                   | -        | -           | mg   |
| Vitamin B3 (Total)           | 2.0      | 15          | mg   |
| Vitamin B5                   | 0.4      | 3           | mg   |
| Vitamin B6                   | -        | -           | mg   |
| Vitamin B7 (Biotin)          | 2.7      | 19          | µg   |
| Vitamin B9 (Folic Acid)      | 43       | 309         | µg   |
| Vitamin B12 (Cyanocobalamin) | -        | -           | µg   |

## Recipe Name

## Matboukhah

Approximately 4 adults

| Ingredients   | Quantity |
|---|----------|
| Pre-prepared Malla bread<br>(see Khameea recipe - page 180) | 920 g    |
| Salt  | 28 g     |
| Sheep milk  | 1.2 L    |



## Preparation Method



1. Pour the sheep milk into a medium-sized pot and heat over low heat until it begins to boil. Let it simmer for 10 minutes.
2. Crumble the Malla bread into very small pieces.
3. Add the salt to the milk and stir with a wooden spoon, then reduce the heat to low.
4. Add the Malla bread to the pot and mix gently with the milk for 5 minutes.
5. Continue cooking for another 5 minutes, allowing the bread to absorb the milk completely.
6. Serve the Matboukhah hot in a deep serving dish.

## The dish's nutritional content

| Analyte                     | per 100g | Full recipe | Unit |
|-----------------------------|----------|-------------|------|
| Energy (kJ)                 | 523      | 10400       | kJ   |
| Energy (kcal)               | 125      | 2480        | kcal |
| Moisture Content            | 66.5     | 1320        | g    |
| Total Protein               | 6.8      | 135         | g    |
| Total Nitrogen              | 1.1      | 22          | g    |
| Total Fat                   | 1.8      | 35          | g    |
| Available Carbohydrates     | 17.33    | 345         | g    |
| Total Carbohydrates         | 23.0     | 458         | g    |
| Total sugars                | 3.9      | 77          | g    |
| Added Sugar                 | 0.0      | 0.0         | g    |
| Total Dietary Fibre         | 5.5      | 110         | g    |
| Soluble Fibre               | 0.7      | 15          | g    |
| Insoluble Fibre             | 4.8      | 96          | g    |
| Ash Content                 | 1.9      | 38          | g    |
| Cholesterol                 | -        | -           | mg   |
| Saturated Fatty Acids       | 0.9      | 18          | g    |
| Monounsaturated Fatty Acids | 0.41     | 8           | g    |
| Polyunsaturated Fatty Acids | 0.44     | 9           | g    |
| Total Unsaturated Fat       | 0.85     | 17          | g    |
| Trans-Fat (TFA)             | -        | -           | g    |
| Sum of Omega-3 (n-3)        | -        | -           | g    |
| Sum of Omega-6 (n-6)        | 0.4      | 8           | g    |
| Sum of Omega-9 (n-9)        | 0.4      | 8           | g    |
| Calcium                     | 85       | 1700        | mg   |
| Iron                        | 1.38     | 28          | mg   |

| Analyte                      | per 100g | Full recipe | Unit |
|------------------------------|----------|-------------|------|
| Magnesium                    | 44       | 877         | mg   |
| Phosphorus                   | 117      | 2330        | mg   |
| Potassium                    | 270      | 5380        | mg   |
| Sodium                       | 730      | 14500       | mg   |
| Chloride                     | 10       | 190         | mg   |
| Zinc                         | 1.15     | 23          | mg   |
| Copper                       | 0.140    | 3           | mg   |
| Manganese                    | 1.01     | 20          | mg   |
| Selenium                     | 10       | 199         | µg   |
| Iodine                       | -        | -           | µg   |
| Vitamin A (as Retinol)       | -        | -           | µg   |
| Beta-carotene                | -        | -           | µg   |
| Vitamin D                    | -        | -           | µg   |
| Vitamin E (as a-Tocopherol)  | -        | -           | mg   |
| Vitamin K                    | -        | -           | µg   |
| Vitamin C (as Ascorbic Acid) | -        | -           | mg   |
| Vitamin B1                   | 0.90     | 18          | mg   |
| Vitamin B2                   | 0.46     | 9           | mg   |
| Vitamin B3 (Total)           | 1.7      | 34          | mg   |
| Vitamin B5                   | 0.63     | 13          | mg   |
| Vitamin B6                   | -        | -           | mg   |
| Vitamin B7 (Biotin)          | 2.3      | 46          | µg   |
| Vitamin B9 (Folic Acid)      | 42       | 843         | µg   |
| Vitamin B12 (Cyanocobalamin) | 1.0      | 20          | µg   |

## Recipe Name

## Mafroukah / Mejlalah

Approximately 4 adults

| Ingredients       | Quantity |
|-------------------|----------|
| Whole wheat flour | 466 g    |
| Salt              | 20 g     |
| Melted ghee       | 37 g     |
| Water             | 1.1 L    |
| Honey             | 30 g     |



## Preparation Method



1. In a deep bowl, mix whole wheat flour, salt, and water, and whisk until the batter becomes smooth and pourable. Let it rest for 15 minutes.
2. Heat a flat griddle (Saj) over high heat until very hot, about 5 minutes.
3. Pour a ladleful of the batter onto the Saj and spread it evenly by hand into a thin layer. Cook for 2 minutes, then flip to cook the other side until fully done.
4. Once cooked, tear the bread into small pieces while still hot and place them in a large shallow dish.
5. Pour the melted ghee over the pieces and rub the mixture by hand until well combined.
6. Serve the Mafroukah in a flat serving dish and drizzle with honey just before serving.

## The dish's nutritional content

| Analyte                     | per 100g | Full recipe | Unit |
|-----------------------------|----------|-------------|------|
| Energy (kJ)                 | 686      | 8710        | kJ   |
| Energy (kcal)               | 164      | 2080        | kcal |
| Moisture Content            | 58.0     | 736         | g    |
| Total Protein               | 6.3      | 80          | g    |
| Total Nitrogen              | 1.0      | 13          | g    |
| Total Fat                   | 4.1      | 53          | g    |
| Available Carbohydrates     | 21.3     | 271         | g    |
| Total Carbohydrates         | 29.0     | 368         | g    |
| Total sugars                | 3.4      | 43          | g    |
| Added Sugar                 | 2.4      | 30          | g    |
| Total Dietary Fibre         | 7.9      | 101         | g    |
| Soluble Fibre               | 0.8      | 10          | g    |
| Insoluble Fibre             | 7.2      | 91          | g    |
| Ash Content                 | 2.3      | 29          | g    |
| Cholesterol                 | 7.0      | 89          | mg   |
| Saturated Fatty Acids       | 2.48     | 32          | g    |
| Monounsaturated Fatty Acids | 0.9      | 11          | g    |
| Polyunsaturated Fatty Acids | 0.59     | 7           | g    |
| Total Unsaturated Fat       | 1.49     | 19          | g    |
| Trans-Fat (TFA)             | -        | -           | g    |
| Sum of Omega-3 (n-3)        | -        | -           | g    |
| Sum of Omega-6 (n-6)        | 0.53     | 7           | g    |
| Sum of Omega-9 (n-9)        | 0.78     | 10          | g    |
| Calcium                     | 18       | 230         | mg   |
| Iron                        | 1.12     | 14          | mg   |

| Analyte                      | per 100g | Full recipe | Unit |
|------------------------------|----------|-------------|------|
| Magnesium                    | 59       | 751         | mg   |
| Phosphorus                   | 144      | 1830        | mg   |
| Potassium                    | 171      | 2180        | mg   |
| Sodium                       | 637      | 8080        | mg   |
| Chloride                     | 10       | 123         | mg   |
| Zinc                         | 1.84     | 23          | mg   |
| Copper                       | 0.217    | 3           | mg   |
| Manganese                    | 1.010    | 13          | mg   |
| Selenium                     | -        | -           | µg   |
| Iodine                       | -        | -           | µg   |
| Vitamin A (as Retinol)       | -        | -           | µg   |
| Beta-carotene                | -        | -           | µg   |
| Vitamin D                    | 2.6      | 33          | µg   |
| Vitamin E (as α-Tocopherol)  | -        | -           | mg   |
| Vitamin K                    | -        | -           | µg   |
| Vitamin C (as Ascorbic Acid) | -        | -           | mg   |
| Vitamin B1                   | 1.2      | 16          | mg   |
| Vitamin B2                   | -        | -           | mg   |
| Vitamin B3 (Total)           | 2.4      | 30          | mg   |
| Vitamin B5                   | -        | -           | mg   |
| Vitamin B6                   | -        | -           | mg   |
| Vitamin B7 (Biotin)          | 3.0      | 38          | µg   |
| Vitamin B9 (Folic Acid)      | 78       | 986         | µg   |
| Vitamin B12 (Cyanocobalamin) | -        | -           | µg   |

## Recipe Name

## Maqtoutah with Meat

Approximately 6 adults

| Ingredients                           | Quantity |
|---------------------------------------|----------|
| Boneless lamb, cut into medium pieces | 1.4 kg   |
| Lamb kidneys, cut into medium pieces  | 1 kg     |
| Salt                                  | 20 g     |
| Lamb liver, cut into medium pieces    | 720 g    |
| Lamb fat, cut into medium pieces      | 800 g    |



## Preparation Method



1. In a large pot over high heat, add the lamb fat and cook for 10 minutes until melted.
2. Add the lamb meat and sauté for 2 minutes until it changes color.
3. Cover the pot, reduce the heat to low, and cook for 30 minutes.
4. Add the liver, kidneys, and salt, then sauté all ingredients together for 10 minutes.
5. Serve hot once fully cooked.

## The dish's nutritional content

| Analyte                     | per 100g | Full recipe | Unit |
|-----------------------------|----------|-------------|------|
| Energy (kJ)                 | 1337     | 43900       | kJ   |
| Energy (kcal)               | 320      | 10500       | kcal |
| Moisture Content            | 50.3     | 1650        | g    |
| Total Protein               | 19.3     | 633         | g    |
| Total Nitrogen              | 3.1      | 101         | g    |
| Total Fat                   | 25.7     | 845         | g    |
| Available Carbohydrates     | 3.67     | 121         | g    |
| Total Carbohydrates         | 3.67     | 121         | g    |
| Total sugars                | -        | -           | g    |
| Added Sugar                 | 0.0      | 0.0         | g    |
| Total Dietary Fibre         | -        | -           | g    |
| Soluble Fibre               | -        | -           | g    |
| Insoluble Fibre             | -        | -           | g    |
| Ash Content                 | 1.1      | 35          | g    |
| Cholesterol                 | 194      | 6365        | mg   |
| Saturated Fatty Acids       | 12.8     | 422         | g    |
| Monounsaturated Fatty Acids | 11.0     | 363         | g    |
| Polyunsaturated Fatty Acids | 0.89     | 29          | g    |
| Total Unsaturated Fat       | 11.9     | 392         | g    |
| Trans-Fat (TFA)             | 0.95     | 31          | g    |
| Sum of Omega-3 (n-3)        | 0.15     | 4.82        | g    |
| Sum of Omega-6 (n-6)        | 0.74     | 24          | g    |
| Sum of Omega-9 (n-9)        | 10.4     | 342         | g    |
| Calcium                     | 9        | 305         | mg   |
| Iron                        | 3.06     | 100         | mg   |

| Analyte                      | per 100g | Full recipe | Unit |
|------------------------------|----------|-------------|------|
| Magnesium                    | 17       | 565         | mg   |
| Phosphorus                   | 256      | 8400        | mg   |
| Potassium                    | 287      | 9430        | mg   |
| Sodium                       | 310      | 10200       | mg   |
| Chloride                     | 4        | 141         | mg   |
| Zinc                         | 2.45     | 81          | mg   |
| Copper                       | 0.630    | 21          | mg   |
| Manganese                    | -        | -           | mg   |
| Selenium                     | 40       | 1315        | µg   |
| Iodine                       | -        | -           | µg   |
| Vitamin A (as Retinol)       | 1000.0   | 32866       | µg   |
| Beta-carotene                | -        | -           | µg   |
| Vitamin D                    | 1.7      | 56          | µg   |
| Vitamin E (as a-Tocopherol)  | -        | -           | mg   |
| Vitamin K                    | 3.6      | 118         | µg   |
| Vitamin C (as Ascorbic Acid) | -        | -           | mg   |
| Vitamin B1                   | -        | -           | mg   |
| Vitamin B2                   | 0.81     | 27          | mg   |
| Vitamin B3 (Total)           | 8.2      | 268         | mg   |
| Vitamin B5                   | 2.0      | 66          | mg   |
| Vitamin B6                   | -        | -           | mg   |
| Vitamin B7 (Biotin)          | 3.0      | 99          | µg   |
| Vitamin B9 (Folic Acid)      | 30       | 997         | µg   |
| Vitamin B12 (Cyanocobalamin) | 38       | 1249        | µg   |

## Recipe Name

## Mansaf

Approximately 6 adults

| Ingredients                                   | Quantity |
|---|----------|
| Lamb with bone and fat, cut into large pieces | 2 kg     |
| Hot water (for boiling lamb)                  | 4 L      |
| Salt (for lamb)                               | 12 g     |
| Dried yogurt (Marees), cut into small cubes   | 128 g    |
| Hot water (for soaking Marees)                | 400 ml   |

| Ingredients                                    | Quantity             |
|--|----------------------|
| Short-grain rice, washed and soaked for 1 hour | 560 g                |
| Hot water (for cooking rice)                   | 960 ml               |
| Salt (for rice)                                | 4 g                  |
| Ready-made flatbread (Saj bread)               | optional for garnish |

## Preparation Method



## Rice Preparation:

1. In a pot over high heat, pour the water and salt, and stir until dissolved.
2. Add the rice, cover, and cook over high heat for 5 minutes.
3. Reduce the heat to low and cook for 25 minutes until the rice is tender and fully cooked.

## Marees Preparation:

1. Soak the Marees (dried yogurt) in hot water in a deep bowl and leave for an hour.
2. Rub the mixture by hand for about 10 minutes until the cubes are mostly dissolved.
3. Strain through a fine sieve to remove any undissolved pieces, keeping only the smooth, liquid part. Set aside for use.

## Lamb Preparation:

1. In a large pot, pour the hot water and add the lamb. Boil over high heat for 30 minutes until foam forms on the surface.
2. Remove the foam, cover, and simmer for an hour.
3. Add the Marees mixture and salt, stir gently, and cook for another 50 minutes until the lamb is tender.

## Assembly of Mansaf:

1. In a large serving platter, spread the rice evenly to cover the base.
2. Arrange the lamb pieces in the center and cover with Saj bread if desired.
3. Pour about a liter of the Marees mixture around the edges.
4. Serve the Mansaf hot.



## The dish's nutritional content

| Analyte                     | per 100g | Full recipe | Unit |
|-----------------------------|----------|-------------|------|
| Energy (kJ)                 | 599      | 26000       | kJ   |
| Energy (kcal)               | 143      | 6200        | kcal |
| Moisture Content            | 70.6     | 3070        | g    |
| Total Protein               | 9.1      | 394         | g    |
| Total Nitrogen              | 1.4      | 62          | g    |
| Total Fat                   | 5.9      | 255         | g    |
| Available Carbohydrates     | 13.67    | 594         | g    |
| Total Carbohydrates         | 13.67    | 594         | g    |
| Total sugars                | -        | -           | g    |
| Added Sugar                 | 0.0      | 0.0         | g    |
| Total Dietary Fibre         | -        | -           | g    |
| Soluble Fibre               | -        | -           | g    |
| Insoluble Fibre             | -        | -           | g    |
| Ash Content                 | 1.1      | 48          | g    |
| Cholesterol                 | 29.0     | 1260        | mg   |
| Saturated Fatty Acids       | 2.92     | 127         | g    |
| Monounsaturated Fatty Acids | 2.47     | 107         | g    |
| Polyunsaturated Fatty Acids | 0.26     | 11          | g    |
| Total Unsaturated Fat       | 2.73     | 119         | g    |
| Trans-Fat (TFA)             | 0.22     | 9           | g    |
| Sum of Omega-3 (n-3)        | -        | -           | g    |
| Sum of Omega-6 (n-6)        | 0.19     | 8           | g    |
| Sum of Omega-9 (n-9)        | 1.75     | 76          | g    |
| Calcium                     | 11       | 482         | mg   |
| Iron                        | 0.84     | 36          | mg   |

| Analyte                      | per 100g | Full recipe | Unit |
|------------------------------|----------|-------------|------|
| Magnesium                    | 10       | 444         | mg   |
| Phosphorus                   | 77       | 3340        | mg   |
| Potassium                    | 122      | 5310        | mg   |
| Sodium                       | 295      | 12800       | mg   |
| Chloride                     | 5        | 230         | mg   |
| Zinc                         | 1.48     | 64          | mg   |
| Copper                       | 0.073    | 3           | mg   |
| Manganese                    | -        | -           | mg   |
| Selenium                     | -        | -           | µg   |
| Iodine                       | -        | -           | µg   |
| Vitamin A (as Retinol)       | -        | -           | µg   |
| Beta-carotene                | -        | -           | µg   |
| Vitamin D                    | -        | -           | µg   |
| Vitamin E (as a-Tocopherol)  | -        | -           | mg   |
| Vitamin K                    | 2.7      | 119         | µg   |
| Vitamin C (as Ascorbic Acid) | -        | -           | mg   |
| Vitamin B1                   | -        | -           | mg   |
| Vitamin B2                   | -        | -           | mg   |
| Vitamin B3 (Total)           | 1.7      | 74          | mg   |
| Vitamin B5                   | -        | -           | mg   |
| Vitamin B6                   | -        | -           | mg   |
| Vitamin B7 (Biotin)          | 2.0      | 87          | µg   |
| Vitamin B9 (Folic Acid)      | 95       | 4126        | µg   |
| Vitamin B12 (Cyanocobalamin) | 2.0      | 87          | µg   |

## Recipe Name

## Malla Bread (Jamri)

Approximately 4 adults

| Ingredients       | Quantity |
|-------------------|----------|
| Whole wheat flour | 608 g    |
| Lukewarm water    | 480 ml   |
| Salt              | 4 g      |



## Preparation Method



## Dough Preparation:

1. In a deep bowl, add the flour and salt, then gradually pour in the lukewarm water, kneading by hand for 4 minutes until the dough becomes soft and cohesive.
2. Cover the dough and let it rest for 30 minutes.

## Baking the Bread:

1. Light the charcoal in a fireplace or sand pit and allow it to burn until it turns into glowing embers.
2. Sprinkle a little flour on a flat surface, then flatten the dough by hand into a medium-thick, round disc, coating both sides with flour.
3. Place the dough directly on the hot sand and embers, then cover the top and edges with embers for about a minute until the surface hardens slightly and forms a toasted layer that prevents sticking.
4. Remove the embers and bury the dough completely in the hot sand, covering it again with embers. Leave it for 5 minutes.
5. Flip the bread and rebury it in the sand with embers on top, allowing it to bake for 15-20 minutes until fully cooked.
6. Remove the bread carefully from the sand, brush off the ashes and any remaining sand, and scrape the surface gently with a knife to remove impurities.
7. The Malla Bread (Jamri) is now ready to serve.

## The dish's nutritional content

| Analyte                     | per 100g | Full recipe | Unit |
|-----------------------------|----------|-------------|------|
| Energy (kJ)                 | 929      | 9330        | kJ   |
| Energy (kcal)               | 222      | 2230        | kcal |
| Moisture Content            | 40.5     | 407         | g    |
| Total Protein               | 10.8     | 108         | g    |
| Total Nitrogen              | 1.7      | 17          | g    |
| Total Fat                   | 1.6      | 16          | g    |
| Available Carbohydrates     | 36.0     | 362         | g    |
| Total Carbohydrates         | 45.3     | 455         | g    |
| Total sugars                | 2.8      | 28          | g    |
| Added Sugar                 | 0.0      | 0.0         | g    |
| Total Dietary Fibre         | 9.7      | 97          | g    |
| Soluble Fibre               | 1.4      | 14          | g    |
| Insoluble Fibre             | 8.3      | 84          | g    |
| Ash Content                 | 1.6      | 16          | g    |
| Cholesterol                 | -        | -           | mg   |
| Saturated Fatty Acids       | 0.27     | 3           | g    |
| Monounsaturated Fatty Acids | 0.25     | 3           | g    |
| Polyunsaturated Fatty Acids | 1.1      | 11          | g    |
| Total Unsaturated Fat       | 1.35     | 14          | g    |
| Trans-Fat (TFA)             | -        | -           | g    |
| Sum of Omega-3 (n-3)        | -        | -           | g    |
| Sum of Omega-6 (n-6)        | 1.02     | 10          | g    |
| Sum of Omega-9 (n-9)        | 0.23     | 2           | g    |
| Calcium                     | 40       | 403         | mg   |
| Iron                        | 2.50     | 25          | mg   |

| Analyte                      | per 100g | Full recipe | Unit |
|------------------------------|----------|-------------|------|
| Magnesium                    | 85       | 851         | mg   |
| Phosphorus                   | 151      | 1520        | mg   |
| Potassium                    | 340      | 3410        | mg   |
| Sodium                       | 193      | 1940        | mg   |
| Chloride                     | 4        | 36          | mg   |
| Zinc                         | 1.39     | 14          | mg   |
| Copper                       | 0.267    | 3           | mg   |
| Manganese                    | 2.17     | 22          | mg   |
| Selenium                     | 23       | 234         | µg   |
| Iodine                       | -        | -           | µg   |
| Vitamin A (as Retinol)       | -        | -           | µg   |
| Beta-carotene                | -        | -           | µg   |
| Vitamin D                    | -        | -           | µg   |
| Vitamin E (as a-Tocopherol)  | 0.7      | 7           | mg   |
| Vitamin K                    | -        | -           | µg   |
| Vitamin C (as Ascorbic Acid) | -        | -           | mg   |
| Vitamin B1                   | 0.24     | 2           | mg   |
| Vitamin B2                   | -        | -           | mg   |
| Vitamin B3 (Total)           | 2.8      | 28          | mg   |
| Vitamin B5                   | 0.56     | 6           | mg   |
| Vitamin B6                   | -        | -           | mg   |
| Vitamin B7 (Biotin)          | 3.7      | 37          | µg   |
| Vitamin B9 (Folic Acid)      | 50       | 506         | µg   |
| Vitamin B12 (Cyanocobalamin) | -        | -           | µg   |

## Recipe Name

## Raghfan

Approximately 6 adults

| Ingredients                                   | Quantity |
|---|----------|
| Lamb with bone and fat, cut into large pieces | 2.2 kg   |
| Hot water for boiling meat                    | 5 L      |
| Mrees (dried yogurt cubes), diced             | 444 g    |
| Hot water for soaking Mrees                   | 1.8 L    |
| Whole wheat flour                             | 1.8 kg   |
| Lukewarm water for dough                      | 1.5 L    |
| Salt  | 50 g     |



## Preparation Method



## Dough Preparation

1. In a large bowl, add the flour, then gradually pour in the lukewarm water while kneading.
2. Knead by hand for 10 minutes until the dough becomes cohesive and smooth. Cover and let rest for an hour.
3. Divide the dough into large, thick balls and dust them with flour.
4. Flatten each ball gently on a floured surface, then stretch it using your hands in the air until it becomes very thin and ready for cooking.

## Mrees Preparation

1. Place the Mrees cubes in a deep bowl, add hot water, and let soak for 20 minutes.
2. Pour the soaking water into another container to reuse after mashing.
3. Mash the Mrees until it becomes semi-liquid, then return the soaking water to the bowl and stir well.
4. Strain the mixture through a fine sieve to remove any solid pieces. The Mrees liquid is now ready to use in cooking the meat.

## Meat Preparation

1. In a large deep pot over high heat, add the boiling water and the lamb.
2. Boil for 10 minutes until foam forms on the surface; remove the foam.
3. Cover the pot, reduce the heat to medium, and simmer for an hour.
4. Add the strained Mrees liquid and salt, and cook for another 15 minutes.
5. Gradually add the thin dough sheets into the pot one layer at a time, covering the pot between each addition (about a minute between layers).
6. Once all dough is added, cover the pot and cook on very low heat for 20 minutes until fully cooked and tender.

## Final Preparation

1. Transfer the cooked dough pieces one by one onto a large serving platter, spreading them evenly.
2. Place the cooked lamb pieces on top, then pour half of the Mrees liquid (about 1.5 L) around the edges of the dish. The remaining Mrees liquid may be added to taste before serving.

## The dish's nutritional content

| Analyte                     | per 100g | Full recipe | Unit |
|-----------------------------|----------|-------------|------|
| Energy (kJ)                 | 574      | 49300       | kJ   |
| Energy (kcal)               | 137      | 11800       | kcal |
| Moisture Content            | 66.7     | 5720        | g    |
| Total Protein               | 8.6      | 738         | g    |
| Total Nitrogen              | 1.4      | 117         | g    |
| Total Fat                   | 4.5      | 384         | g    |
| Available Carbohydrates     | 12.33    | 1060        | g    |
| Total Carbohydrates         | 19.0     | 1630        | g    |
| Total sugars                | -        | -           | g    |
| Added Sugar                 | 0.0      | 0.0         | g    |
| Total Dietary Fibre         | 4.9      | 418         | g    |
| Soluble Fibre               | 0.3      | 26          | g    |
| Insoluble Fibre             | 4.6      | 392         | g    |
| Ash Content                 | 1.4      | 117         | g    |
| Cholesterol                 | 16.3     | 1401        | mg   |
| Saturated Fatty Acids       | 1.87     | 160         | g    |
| Monounsaturated Fatty Acids | 1.91     | 164         | g    |
| Polyunsaturated Fatty Acids | 0.48     | 41          | g    |
| Total Unsaturated Fat       | 2.38     | 204         | g    |
| Trans-Fat (TFA)             | 0.21     | 18          | g    |
| Sum of Omega-3 (n-3)        | -        | -           | g    |
| Sum of Omega-6 (n-6)        | 0.44     | 38          | g    |
| Sum of Omega-9 (n-9)        | 1.82     | 156         | g    |
| Calcium                     | 27       | 2320        | mg   |
| Iron                        | 1.53     | 132         | mg   |

| Analyte                      | per 100g | Full recipe | Unit |
|------------------------------|----------|-------------|------|
| Magnesium                    | 56       | 4810        | mg   |
| Phosphorus                   | 162      | 13900       | mg   |
| Potassium                    | 238      | 20400       | mg   |
| Sodium                       | 569      | 48800       | mg   |
| Chloride                     | 7        | 585         | mg   |
| Zinc                         | 1.57     | 135         | mg   |
| Copper                       | 0.143    | 12          | mg   |
| Manganese                    | 0.460    | 39          | mg   |
| Selenium                     | -        | -           | µg   |
| Iodine                       | -        | -           | µg   |
| Vitamin A (as Retinol)       | -        | -           | µg   |
| Beta-carotene                | -        | -           | µg   |
| Vitamin D                    | 1.8      | 154         | µg   |
| Vitamin E (as a-Tocopherol)  | -        | -           | mg   |
| Vitamin K                    | 2.0      | 169         | µg   |
| Vitamin C (as Ascorbic Acid) | -        | -           | mg   |
| Vitamin B1                   | -        | -           | mg   |
| Vitamin B2                   | 0.21     | 18          | mg   |
| Vitamin B3 (Total)           | 0.60     | 51          | mg   |
| Vitamin B5                   | 0.30     | 26          | mg   |
| Vitamin B6                   | -        | -           | mg   |
| Vitamin B7 (Biotin)          | 4.0      | 343         | µg   |
| Vitamin B9 (Folic Acid)      | 49       | 4233        | µg   |
| Vitamin B12 (Cyanocobalamin) | 1.0      | 85          | µg   |

## Recipe Name

## Al-Sayadiah

Approximately 4 adults

| Ingredients                        | Quantity |
|------------------------------------|----------|
| Shaour fish (Spangled emperor)     | 1.1 kg   |
| Cinnamon sticks                    | 17 g     |
| Long-grain rice                    | 400 g    |
| Ground black pepper                | 7 g      |
| Clarified sheep ghee (for garnish) | 20 g     |
| Green chili pepper                 | 11 g     |
| Cardamom pods                      | 1 g      |
| Hot water                          | 7.1 L    |

| Ingredients                    | Quantity |
|--------------------------------|----------|
| Dried black lime               | 1 piece  |
| Cloves                         | 1 g      |
| Ground coriander               | 7 g      |
| Ground cumin                   | 7 g      |
| Bay leaves                     | 7 g      |
| Cooking oil                    | 133 ml   |
| Salt                           | 13 g     |
| Onion, chopped (medium pieces) | 533 g    |

## Preparation Method



1. Pour the oil into a deep pot and heat over high heat. Add the onions and salt, and stir continuously for 20 minutes until the onions turn brown.
2. Add the spices (cloves, bay leaves, cumin, coriander, cinnamon sticks, dried black lime, cardamom, green chili pepper, and black pepper), and stir briefly. Pour in the water, cover the pot, and leave it for 5 minutes.
3. Add the fish, cover again, and cook for 15 minutes until the fish is done.
4. Remove the fish and place it in a separate plate. Strain the broth through a sieve to remove the solids and keep it for cooking the rice.
5. Add the rice to the strained broth, cover, and cook over medium heat for 20 minutes until the rice is fully cooked.
6. Place the rice in a serving dish, arrange the cooked fish on top, and drizzle with clarified sheep ghee.

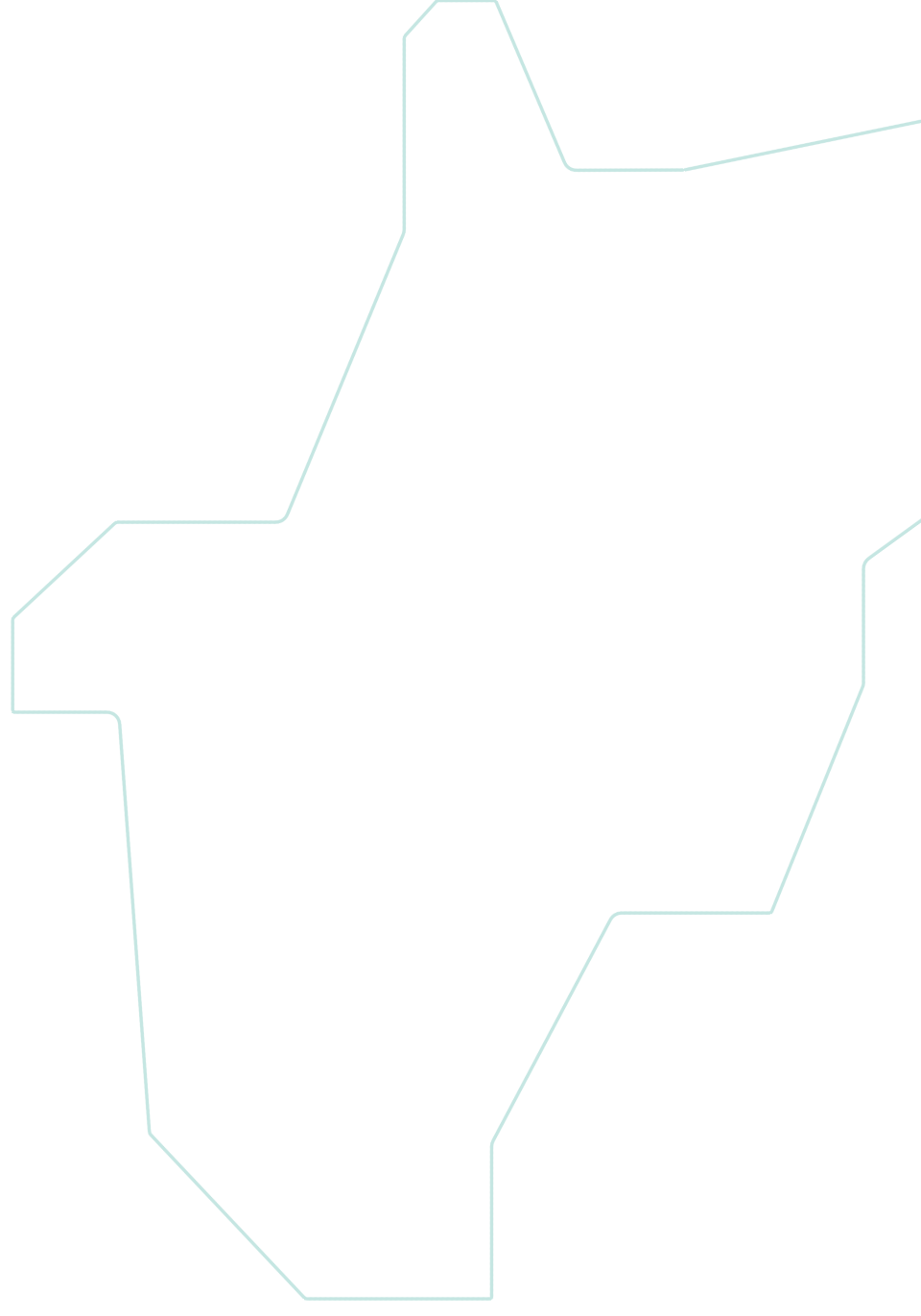


## The dish's nutritional content

| Analyte                     | per 100g | Full recipe | Unit |
|-----------------------------|----------|-------------|------|
| Energy (kJ)                 | 683      | 16800       | kJ   |
| Energy (kcal)               | 163      | 4000        | kcal |
| Moisture Content            | 64.8     | 1590        | g    |
| Total Protein               | 12.0     | 296         | g    |
| Total Nitrogen              | 1.9      | 48          | g    |
| Total Fat                   | 6.0      | 148         | g    |
| Available Carbohydrates     | 13.3     | 327         | g    |
| Total Carbohydrates         | 16.7     | 409         | g    |
| Total sugars                | -        | -           | g    |
| Added Sugar                 | 0.0      | 0.0         | g    |
| Total Dietary Fibre         | 3.0      | 74          | g    |
| Soluble Fibre               | 0.3      | 7           | g    |
| Insoluble Fibre             | 2.8      | 68          | g    |
| Ash Content                 | 0.6      | 14          | g    |
| Cholesterol                 | 25.3     | 622         | mg   |
| Saturated Fatty Acids       | 1.46     | 36          | g    |
| Monounsaturated Fatty Acids | 1.77     | 44          | g    |
| Polyunsaturated Fatty Acids | 2.71     | 67          | g    |
| Total Unsaturated Fat       | 4.48     | 110         | g    |
| Trans-Fat (TFA)             | -        | -           | g    |
| Sum of Omega-3 (n-3)        | 0.22     | 5           | g    |
| Sum of Omega-6 (n-6)        | 2.47     | 61          | g    |
| Sum of Omega-9 (n-9)        | 1.69     | 42          | g    |
| Calcium                     | 19       | 463         | mg   |
| Iron                        | 0.33     | 8           | mg   |

| Analyte                      | per 100g | Full recipe | Unit |
|------------------------------|----------|-------------|------|
| Magnesium                    | 18       | 443         | mg   |
| Phosphorus                   | 100      | 2450        | mg   |
| Potassium                    | 269      | 6610        | mg   |
| Sodium                       | 188      | 4610        | mg   |
| Chloride                     | 3        | 69          | mg   |
| Zinc                         | 0.59     | 15          | mg   |
| Copper                       | 0.113    | 3           | mg   |
| Manganese                    | -        | -           | mg   |
| Selenium                     | 37       | 901         | µg   |
| Iodine                       | 26       | 639         | µg   |
| Vitamin A (as Retinol)       | -        | -           | µg   |
| Beta-carotene                | -        | -           | µg   |
| Vitamin D                    | -        | -           | µg   |
| Vitamin E (as a-Tocopherol)  | 2.2      | 53          | mg   |
| Vitamin K                    | -        | -           | µg   |
| Vitamin C (as Ascorbic Acid) | -        | -           | mg   |
| Vitamin B1                   | -        | -           | mg   |
| Vitamin B2                   | 0.10     | 2           | mg   |
| Vitamin B3 (Total)           | 3.0      | 74          | mg   |
| Vitamin B5                   | -        | -           | mg   |
| Vitamin B6                   | -        | -           | mg   |
| Vitamin B7 (Biotin)          | 6.0      | 147         | µg   |
| Vitamin B9 (Folic Acid)      | 71       | 1752        | µg   |
| Vitamin B12 (Cyanocobalamin) | 1.0      | 25          | µg   |

# AI Bahah



|  |            |   |            |
|--|------------|---|------------|
| <p>Purslane stew</p>                    | <p>198</p> | <p>Whole wheat Aseedah with Chicken</p>  | <p>212</p> |
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| <p>Whole wheat Aseedah with Meat</p>  | <p>210</p> |   |            |

## Recipe Name

## Purslane Stew

Approximately 4 adults

| Ingredients             | Quantity |
|-------------------------|----------|
| Onion, finely chopped   | 120 g    |
| Tomato, chopped         | 290 g    |
| Salt                    | 6 g      |
| Fresh purslane, chopped | 320 g    |
| Water                   | 200 ml   |
| Ghee                    | 40 g     |



## Preparation Method



1. Place the ghee in a medium pot over low heat for 1 minute until melted.
2. Add the onion and sauté for 3 minutes until golden.
3. Add the tomato and stir for 2 minutes, then leave for another 4 minutes until softened.
4. Add the salt and purslane, and stir for 3 minutes.
5. Pour in the water, cover the pot, and simmer over low heat for 15 minutes.
6. Transfer the Purslane Stew to a deep serving dish and serve hot.

## The dish's nutritional content

| Analyte                     | per 100g | Full recipe | Unit |
|-----------------------------|----------|-------------|------|
| Energy (kJ)                 | 223      | 1920        | kJ   |
| Energy (kcal)               | 53       | 458         | kcal |
| Moisture Content            | 89.4     | 769         | g    |
| Total Protein               | 1.2      | 11          | g    |
| Total Nitrogen              | 0.2      | 2           | g    |
| Total Fat                   | 3.8      | 33          | g    |
| Available Carbohydrates     | 3.0      | 26          | g    |
| Total Carbohydrates         | 4.0      | 34          | g    |
| Total sugars                | -        | -           | g    |
| Added Sugar                 | 0.0      | 0.0         | g    |
| Total Dietary Fibre         | 1.2      | 10          | g    |
| Soluble Fibre               | -        | -           | g    |
| Insoluble Fibre             | 1.2      | 10          | g    |
| Ash Content                 | 1.3      | 12          | g    |
| Cholesterol                 | 14.0     | 120         | mg   |
| Saturated Fatty Acids       | 2.57     | 22          | g    |
| Monounsaturated Fatty Acids | 0.89     | 8           | g    |
| Polyunsaturated Fatty Acids | 0.17     | 1           | g    |
| Total Unsaturated Fat       | 1.06     | 9           | g    |
| Trans-Fat (TFA)             | -        | -           | g    |
| Sum of Omega-3 (n-3)        | 0.10     | 1           | g    |
| Sum of Omega-6 (n-6)        | 0.07     | 1           | g    |
| Sum of Omega-9 (n-9)        | 0.75     | 6           | g    |
| Calcium                     | 38       | 324         | mg   |
| Iron                        | 0.57     | 5           | mg   |

| Analyte                      | per 100g | Full recipe | Unit |
|------------------------------|----------|-------------|------|
| Magnesium                    | 0        | 1           | mg   |
| Phosphorus                   | 35       | 299         | mg   |
| Potassium                    | 304      | 2610        | mg   |
| Sodium                       | 236      | 2030        | mg   |
| Chloride                     | 5        | 42          | mg   |
| Zinc                         | 0.28     | 2           | mg   |
| Copper                       | 0.05     | 0           | mg   |
| Manganese                    | 30.5     | 262         | mg   |
| Selenium                     | -        | -           | µg   |
| Iodine                       | 29       | 250         | µg   |
| Vitamin A (as Retinol)       | 41       | 356         | µg   |
| Beta-carotene                | 1500     | 12908       | µg   |
| Vitamin D                    | -        | -           | µg   |
| Vitamin E (as a-Tocopherol)  | 0.60     | 5           | mg   |
| Vitamin K                    | 73       | 632         | µg   |
| Vitamin C (as Ascorbic Acid) | -        | -           | mg   |
| Vitamin B1                   | -        | -           | mg   |
| Vitamin B2                   | -        | -           | mg   |
| Vitamin B3 (Total)           | 0.43     | 4           | mg   |
| Vitamin B5                   | 0.70     | 6           | mg   |
| Vitamin B6                   | -        | -           | mg   |
| Vitamin B7 (Biotin)          | 9.3      | 80          | µg   |
| Vitamin B9 (Folic Acid)      | 52       | 445         | µg   |
| Vitamin B12 (Cyanocobalamin) | -        | -           | µg   |

## Recipe Name

## Muqana Bread

Approximately 6 adults

| Ingredients       | Quantity |
|-------------------|----------|
| Whole-wheat flour | 2 kg     |
| Salt              | 40 g     |
| Water             | 1.7 L    |



## Preparation Method



1. Place the flour and salt in a deep bowl, then gradually pour in the water. Knead the mixture by hand for 15 minutes until the dough becomes firm. Cover and let rest for 30 minutes.
2. Heat the Al-Safa stone ( Salli stone) over embers for 45 minutes. Flatten the dough by hand into a thick, round disk.
3. Place burning palm fronds over the surface of the dough for 2 minutes until it develops a dark brown crust and firms up. Cover with a metal lid (makab), place embers on top, and leave for 20 minutes.
4. Remove the lid and carefully lift the bread. Brush off any ashes thoroughly.
5. Place the Muqana Bread on a flat serving plate and serve.

## The dish's nutritional content

| Analyte                     | per 100g | Full recipe | Unit | Analyte                      | per 100g | Full recipe | Unit |
|-----------------------------|----------|-------------|------|------------------------------|----------|-------------|------|
| Energy (kJ)                 | 942      | 31500       | kJ   | Magnesium                    | 91       | 3040        | mg   |
| Energy (kcal)               | 225      | 7540        | kcal | Phosphorus                   | 173      | 5780        | mg   |
| Moisture Content            | 39.1     | 1310        | g    | Potassium                    | 349      | 11700       | mg   |
| Total Protein               | 10.0     | 335         | g    | Sodium                       | 530      | 17700       | mg   |
| Total Nitrogen              | 1.6      | 54          | g    | Chloride                     | 6.10     | 204         | mg   |
| Total Fat                   | 1.1      | 36          | g    | Zinc                         | 1.60     | 54          | mg   |
| Available Carbohydrates     | 38.7     | 1290        | g    | Copper                       | 0.243    | 8           | mg   |
| Total Carbohydrates         | 48.0     | 1610        | g    | Manganese                    | 2.06     | 69          | mg   |
| Total sugars                | 3.1      | 105         | g    | Selenium                     | 23       | 781         | µg   |
| Added Sugar                 | 0.0      | 0.0         | g    | Iodine                       | 33       | 1105        | µg   |
| Total Dietary Fibre         | 8.8      | 296         | g    | Vitamin A (as Retinol)       | -        | -           | µg   |
| Soluble Fibre               | 1.3      | 42          | g    | Beta-carotene                | -        | -           | µg   |
| Insoluble Fibre             | 7.5      | 252         | g    | Vitamin D                    | -        | -           | µg   |
| Ash Content                 | 2.1      | 69          | g    | Vitamin E (as a-Tocopherol)  | -        | -           | mg   |
| Cholesterol                 | -        | -           | mg   | Vitamin K                    | -        | -           | µg   |
| Saturated Fatty Acids       | 0.2      | 7           | g    | Vitamin C (as Ascorbic Acid) | -        | -           | mg   |
| Monounsaturated Fatty Acids | 0.2      | 7           | g    | Vitamin B1                   | 0.60     | 20          | mg   |
| Polyunsaturated Fatty Acids | 0.68     | 23          | g    | Vitamin B2                   | 0.10     | 3           | mg   |
| Total Unsaturated Fat       | 0.88     | 29          | g    | Vitamin B3 (Total)           | 3.3      | 110         | mg   |
| Trans-Fat (TFA)             | -        | -           | g    | Vitamin B5                   | 0.73     | 25          | mg   |
| Sum of Omega-3 (n-3)        | -        | -           | g    | Vitamin B6                   | 0.19     | 6           | mg   |
| Sum of Omega-6 (n-6)        | 0.63     | 21          | g    | Vitamin B7 (Biotin)          | 3.3      | 112         | µg   |
| Sum of Omega-9 (n-9)        | 0.18     | 6           | g    | Vitamin B9 (Folic Acid)      | 48       | 1618        | µg   |
| Calcium                     | 37       | 1230        | mg   | Vitamin B12 (Cyanocobalamin) | -        | -           | µg   |
| Iron                        | 1.78     | 60          | mg   |                              |          |             |      |

## Recipe Name

## Al-Daghabees

Approximately 4 adults

| Broth Ingredients                      | Quantity |
|--|----------|
| Lamb with bone, cut into medium pieces | 480 g    |
| Onion, finely chopped                  | 153 g    |
| Tomato, chopped                        | 133 g    |
| Salt                                   | 9 g      |
| Water                                  | 2 L      |
| Black pepper, for garnish              | 1 g      |
| Ghee, melted                           | 20 ml    |

| Dough Ingredients | Quantity |
|-------------------|----------|
| Whole-wheat flour | 520 g    |
| Salt              | 1 g      |
| Water             | 423 ml   |



## Preparation Method



## Dough Preparation:

1. Mix the flour and salt, then gradually add the water while kneading until the dough becomes firm. Cover and let rest for 30 minutes.
2. After resting, divide the dough into small pieces and shape them into thick disks (about 2 cm thick). Set aside until ready to cook.

## Broth Preparation:

1. In a pressure cooker, melt the clarified butter over low heat, then add the onion and sauté for 5 minutes until soft.
2. Add the lamb and cook for 5 minutes until browned.
3. Add the tomato and salt, stir until thickened, then pour in a small amount of water and simmer for 5 minutes.
4. Add the remaining water, close the lid tightly, and cook under pressure for 50 minutes.
5. After cooking, open the pressure cooker and gently place the dough disks on the surface of the broth without stirring. Cover and simmer over low heat for 30 minutes until the dough is fully cooked.
6. Separate the meat from the dough. Serve each in a separate dish, pour the broth into a deep bowl, and garnish with black pepper.

## The dish's nutritional content

| Analyte                     | per 100g | Full recipe | Unit | Analyte                      | per 100g | Full recipe | Unit |
|-----------------------------|----------|-------------|------|------------------------------|----------|-------------|------|
| Energy (kJ)                 | 469      | 13200       | kJ   | Magnesium                    | 29       | 829         | mg   |
| Energy (kcal)               | 112      | 3150        | kcal | Phosphorus                   | 71       | 2000        | mg   |
| Moisture Content            | 72.7     | 2050        | g    | Potassium                    | 170      | 4780        | mg   |
| Total Protein               | 6.7      | 189         | g    | Sodium                       | 230      | 6470        | mg   |
| Total Nitrogen              | 1.1      | 30          | g    | Chloride                     | 3        | 93          | mg   |
| Total Fat                   | 3.1      | 87          | g    | Zinc                         | 1.43     | 40          | mg   |
| Available Carbohydrates     | 11.7     | 328         | g    | Copper                       | 0.217    | 6           | mg   |
| Total Carbohydrates         | 16.3     | 460         | g    | Manganese                    | 1.05     | 30          | mg   |
| Total sugars                | -        | -           | g    | Selenium                     | -        | -           | µg   |
| Added Sugar                 | 0.0      | 0.0         | g    | Iodine                       | -        | -           | µg   |
| Total Dietary Fibre         | 4.8      | 135         | g    | Vitamin A (as Retinol)       | -        | -           | µg   |
| Soluble Fibre               | 0.6      | 16          | g    | Beta-carotene                | -        | -           | µg   |
| Insoluble Fibre             | 4.2      | 119         | g    | Vitamin D                    | 1.2      | 35          | µg   |
| Ash Content                 | 0.8      | 23          | g    | Vitamin E (as a-Tocopherol)  | -        | -           | mg   |
| Cholesterol                 | 13.5     | 381         | mg   | Vitamin K                    | 1.0      | 29          | µg   |
| Saturated Fatty Acids       | 1.58     | 44          | g    | Vitamin C (as Ascorbic Acid) | -        | -           | mg   |
| Monounsaturated Fatty Acids | 1.0      | 28          | g    | Vitamin B1                   | -        | -           | mg   |
| Polyunsaturated Fatty Acids | 0.37     | 11          | g    | Vitamin B2                   | -        | -           | mg   |
| Total Unsaturated Fat       | 1.37     | 39          | g    | Vitamin B3 (Total)           | 0.93     | 26          | mg   |
| Trans-Fat (TFA)             | -        | -           | g    | Vitamin B5                   | 0.30     | 8           | mg   |
| Sum of Omega-3 (n-3)        | -        | -           | g    | Vitamin B6                   | -        | -           | mg   |
| Sum of Omega-6 (n-6)        | 0.34     | 10          | g    | Vitamin B7 (Biotin)          | 4.3      | 122         | µg   |
| Sum of Omega-9 (n-9)        | 0.97     | 27          | g    | Vitamin B9 (Folic Acid)      | 13       | 356         | µg   |
| Calcium                     | 11       | 305         | mg   | Vitamin B12 (Cyanocobalamin) | 1.0      | 28          | µg   |
| Iron                        | 1.32     | 37          | mg   |                              |          |             |      |

## Recipe Name

## Abayla with Meat

Approximately 4 adults

| Ingredients                           | Quantity |
|---------------------------------------|----------|
| Lamb with bone, cut into medium cubes | 800 g    |
| Ground black pepper                   | 4 g      |
| Salt                                  | 6 g      |
| Fresh cow laban                       | 400 ml   |
| Water                                 | 1800 ml  |
| Whole wheat flour                     | 20 g     |



## Preparation Method



1. Place the meat, water, and salt in a medium-sized pressure cooker over medium heat.
2. Once the water begins to boil, remove the foam that appears on the surface. Cover the cooker and cook for 40 minutes.
3. In a deep bowl, mix the flour and laban until smooth, then gradually add this mixture to the meat while stirring continuously for 5 minutes. Add the black pepper and mix well.
4. Once fully cooked, serve the Abayla hot in a deep serving bowl.

## The dish's nutritional content

| Analyte                     | per 100g | Full recipe | Unit |
|-----------------------------|----------|-------------|------|
| Energy (kJ)                 | 526      | 7770        | kJ   |
| Energy (kcal)               | 126      | 1860        | kcal |
| Moisture Content            | 78.7     | 1160        | g    |
| Total Protein               | 9.5      | 140         | g    |
| Total Nitrogen              | 1.5      | 23          | g    |
| Total Fat                   | 9.5      | 140         | g    |
| Available Carbohydrates     | -        | -           | g    |
| Total Carbohydrates         | 1.33     | 20          | g    |
| Total sugars                | -        | -           | g    |
| Added Sugar                 | 0.0      | 0.0         | g    |
| Total Dietary Fibre         | 1.3      | 19          | g    |
| Soluble Fibre               | -        | -           | g    |
| Insoluble Fibre             | 1.3      | 19          | g    |
| Ash Content                 | 0.8      | 12          | g    |
| Cholesterol                 | 41.3     | 611         | mg   |
| Saturated Fatty Acids       | 4.66     | 69          | g    |
| Monounsaturated Fatty Acids | 4.12     | 61          | g    |
| Polyunsaturated Fatty Acids | 0.35     | 5           | g    |
| Total Unsaturated Fat       | 4.46     | 66          | g    |
| Trans-Fat (TFA)             | 0.33     | 5           | g    |
| Sum of Omega-3 (n-3)        | -        | -           | g    |
| Sum of Omega-6 (n-6)        | 0.31     | 5           | g    |
| Sum of Omega-9 (n-9)        | 3.84     | 57          | g    |
| Calcium                     | 37       | 544         | mg   |
| Iron                        | 0.84     | 12          | mg   |

| Analyte                      | per 100g | Full recipe | Unit |
|------------------------------|----------|-------------|------|
| Magnesium                    | 14       | 201         | mg   |
| Phosphorus                   | 96       | 1420        | mg   |
| Potassium                    | 207      | 3060        | mg   |
| Sodium                       | 194      | 2870        | mg   |
| Chloride                     | 3        | 39          | mg   |
| Zinc                         | 1.46     | 22          | mg   |
| Copper                       | 0.067    | 1           | mg   |
| Manganese                    | -        | -           | mg   |
| Selenium                     | -        | -           | µg   |
| Iodine                       | -        | -           | µg   |
| Vitamin A (as Retinol)       | -        | -           | µg   |
| Beta-carotene                | -        | -           | µg   |
| Vitamin D                    | 3.4      | 50          | µg   |
| Vitamin E (as a-Tocopherol)  | -        | -           | mg   |
| Vitamin K                    | 5.1      | 76          | µg   |
| Vitamin C (as Ascorbic Acid) | -        | -           | mg   |
| Vitamin B1                   | -        | -           | mg   |
| Vitamin B2                   | 0.09     | 1           | mg   |
| Vitamin B3 (Total)           | 0.96     | 14          | mg   |
| Vitamin B5                   | 0.53     | 8           | mg   |
| Vitamin B6                   | -        | -           | mg   |
| Vitamin B7 (Biotin)          | 3.0      | 44          | µg   |
| Vitamin B9 (Folic Acid)      | 55       | 808         | µg   |
| Vitamin B12 (Cyanocobalamin) | -        | -           | µg   |

## Recipe Name

## Abayla with Chicken

Approximately 4 adults

| Ingredients                              | Quantity |
|--|----------|
| Chicken with bone, cut into medium cubes | 800 g    |
| Ground black pepper                      | 4 g      |
| Salt                                     | 6 g      |
| Fresh cow laban                          | 400 ml   |
| Water                                    | 1.8 L    |
| Whole wheat flour                        | 20 g     |



## Preparation Method



1. Place the chicken, water, and salt in a medium-sized pressure cooker over medium heat.
2. Once the water begins to boil, remove the foam that appears on the surface. Cover the cooker and cook for 40 minutes.
3. In a deep bowl, mix the flour with laban until smooth, then gradually add this mixture to the chicken while stirring continuously for 5 minutes. Add the black pepper and mix well.
4. Once fully cooked, serve the Abayla hot in a deep serving bowl.

## The dish's nutritional content

| Analyte                     | per 100g | Full recipe | Unit |
|-----------------------------|----------|-------------|------|
| Energy (kJ)                 | 321      | 4320        | kJ   |
| Energy (kcal)               | 77       | 1030        | kcal |
| Moisture Content            | 85.0     | 1150        | g    |
| Total Protein               | 9.3      | 125         | g    |
| Total Nitrogen              | 1.5      | 20          | g    |
| Total Fat                   | 5.1      | 69          | g    |
| Available Carbohydrates     | -        | -           | g    |
| Total Carbohydrates         | -        | -           | g    |
| Total sugars                | -        | -           | g    |
| Added Sugar                 | 0.0      | 0.0         | g    |
| Total Dietary Fibre         | 2.4      | 32          | g    |
| Soluble Fibre               | -        | -           | g    |
| Insoluble Fibre             | 2.0      | 27          | g    |
| Ash Content                 | 0.9      | 13          | g    |
| Cholesterol                 | 41.3     | 557         | mg   |
| Saturated Fatty Acids       | 1.83     | 25          | g    |
| Monounsaturated Fatty Acids | 2.17     | 29          | g    |
| Polyunsaturated Fatty Acids | 1.04     | 14          | g    |
| Total Unsaturated Fat       | 3.21     | 43          | g    |
| Trans-Fat (TFA)             | -        | -           | g    |
| Sum of Omega-3 (n-3)        | -        | -           | g    |
| Sum of Omega-6 (n-6)        | 0.98     | 13          | g    |
| Sum of Omega-9 (n-9)        | 1.93     | 26          | g    |
| Calcium                     | 30       | 406         | mg   |
| Iron                        | 0.54     | 7           | mg   |

| Analyte                      | per 100g | Full recipe | Unit |
|------------------------------|----------|-------------|------|
| Magnesium                    | 14       | 182         | mg   |
| Phosphorus                   | 98       | 1320        | mg   |
| Potassium                    | 202      | 2720        | mg   |
| Sodium                       | 172      | 2310        | mg   |
| Chloride                     | 2        | 29          | mg   |
| Zinc                         | 0.58     | 8           | mg   |
| Copper                       | 0.040    | 1           | mg   |
| Manganese                    | -        | -           | mg   |
| Selenium                     | -        | -           | µg   |
| Iodine                       | 50       | 674         | µg   |
| Vitamin A (as Retinol)       | -        | -           | µg   |
| Beta-carotene                | -        | -           | µg   |
| Vitamin D                    | 2.2      | 30          | µg   |
| Vitamin E (as a-Tocopherol)  | 0.5      | 7           | mg   |
| Vitamin K                    | 17       | 226         | µg   |
| Vitamin C (as Ascorbic Acid) | -        | -           | mg   |
| Vitamin B1                   | -        | -           | mg   |
| Vitamin B2                   | 0.09     | 1           | mg   |
| Vitamin B3 (Total)           | 1.6      | 22          | mg   |
| Vitamin B5                   | 0.6      | 8           | mg   |
| Vitamin B6                   | -        | -           | mg   |
| Vitamin B7 (Biotin)          | 3.3      | 45          | µg   |
| Vitamin B9 (Folic Acid)      | 6.0      | 81          | µg   |
| Vitamin B12 (Cyanocobalamin) | -        | -           | µg   |

## Recipe Name

## Baha Areekah

Approximately 4 adults

| Ingredients        | Quantity |
|--------------------|----------|
| Whole wheat flour  | 360 g    |
| Honey              | 50 g     |
| Salt               | 12 g     |
| Ghee               | 110 g    |
| Water              | 400 ml   |
| Dates, for garnish | 150 g    |



## Preparation Method



1. In a deep bowl, dissolve the salt in a small amount of water, then add it to the flour. Gradually pour in the remaining water while kneading by hand for about 2 minutes until a semi-liquid dough forms.
2. Pour the dough onto a hot griddle (Saj) set over medium heat and spread it into a medium-thick layer.
3. Cook for 2 minutes until the bottom sets and bubbles appear on the surface, then flip and cook the other side for another 2 minutes. Repeat flipping until fully cooked on all sides.
4. Tear the baked bread into pieces by hand or with a wooden spoon, then add part of the ghee and honey and mix until the pieces become soft and cohesive.
5. Pour the remaining ghee and honey over the top and garnish with dates.
6. Serve hot on a flat plate.

## The dish's nutritional content

| Analyte                     | per 100g | Full recipe | Unit |
|-----------------------------|----------|-------------|------|
| Energy (kJ)                 | 1153     | 10600       | kJ   |
| Energy (kcal)               | 275      | 2540        | kcal |
| Moisture Content            | 36.3     | 335         | g    |
| Total Protein               | 6.9      | 63          | g    |
| Total Nitrogen              | 1.1      | 10          | g    |
| Total Fat                   | 9.6      | 89          | g    |
| Available Carbohydrates     | 35.3     | 326         | g    |
| Total Carbohydrates         | 45.3     | 418         | g    |
| Total sugars                | 16.3     | 151         | g    |
| Added Sugar                 | 5.4      | 50          | g    |
| Total Dietary Fibre         | 10.0     | 92          | g    |
| Soluble Fibre               | 1.4      | 13          | g    |
| Insoluble Fibre             | 8.6      | 79          | g    |
| Ash Content                 | 1.9      | 17          | g    |
| Cholesterol                 | 23.0     | 212         | mg   |
| Saturated Fatty Acids       | 6.28     | 58          | g    |
| Monounsaturated Fatty Acids | 2.31     | 21          | g    |
| Polyunsaturated Fatty Acids | 0.71     | 7           | g    |
| Total Unsaturated Fat       | 3.02     | 28          | g    |
| Trans-Fat (TFA)             | 0.29     | 2.71        | g    |
| Sum of Omega-3 (n-3)        | 0.13     | 1           | g    |
| Sum of Omega-6 (n-6)        | 0.58     | 5           | g    |
| Sum of Omega-9 (n-9)        | 1.95     | 18          | g    |
| Calcium                     | 30       | 274         | mg   |
| Iron                        | 1.31     | 12          | mg   |

| Analyte                      | per 100g | Full recipe | Unit |
|------------------------------|----------|-------------|------|
| Magnesium                    | 64       | 592         | mg   |
| Phosphorus                   | 181      | 1670        | mg   |
| Potassium                    | 273      | 2520        | mg   |
| Sodium                       | 478      | 4410        | mg   |
| Chloride                     | 8        | 71          | mg   |
| Zinc                         | 1.14     | 11          | mg   |
| Copper                       | 0.207    | 2           | mg   |
| Manganese                    | 1.27     | 12          | mg   |
| Selenium                     | -        | -           | µg   |
| Iodine                       | -        | -           | µg   |
| Vitamin A (as Retinol)       | 80.0     | 738         | µg   |
| Beta-carotene                | -        | -           | µg   |
| Vitamin D                    | 2.1      | 19          | µg   |
| Vitamin E (as a-Tocopherol)  | -        | -           | mg   |
| Vitamin K                    | -        | -           | µg   |
| Vitamin C (as Ascorbic Acid) | -        | -           | mg   |
| Vitamin B1                   | 0.90     | 8           | mg   |
| Vitamin B2                   | -        | -           | mg   |
| Vitamin B3 (Total)           | -        | -           | mg   |
| Vitamin B5                   | 0.50     | 5           | mg   |
| Vitamin B6                   | -        | -           | mg   |
| Vitamin B7 (Biotin)          | 5.0      | 46          | µg   |
| Vitamin B9 (Folic Acid)      | 191      | 1763        | µg   |
| Vitamin B12 (Cyanocobalamin) | 1.3      | 12          | µg   |

## Recipe Name

Whole wheat Aseedah  
with Meat

Approximately 4 adults

| Broth Ingredients                     | Quantity |
|---------------------------------------|----------|
| Lamb with bone, cut into medium cubes | 400 g    |
| Ground black pepper                   | 2 g      |
| Salt                                  | 30 g     |
| Water                                 | 2 L      |

| Aseedah Ingredients | Quantity |
|---------------------|----------|
| Boiling water       | 600 ml   |
| Whole wheat flour   | 300 g    |
| Salt                | 2 g      |

## Preparation Method



## Broth Preparation:

1. Pour the water into a medium-sized pot over medium heat, then add the lamb and salt. Cover and cook for an hour.
2. Skim off the foam (white froth) that forms on the surface using a cooking spoon.

## Aseedah Preparation:

1. In another medium pot, add the salt and half the amount of boiling water, then gradually add the flour while stirring continuously with a wooden whisk (muswat) for 5 minutes.
2. Gradually pour in the remaining boiling water while continuing to stir for another 10 minutes until a soft dough-like consistency forms.
3. Add 150 ml of the prepared meat broth to the dough and stir for 2 minutes to enhance the flavor.
4. Serve the Aseedah in two dishes: a flat plate for the Aseedah and a deep bowl for the broth, garnished with black pepper.



## The dish's nutritional content

| Analyte                     | per 100g | Full recipe | Unit |
|-----------------------------|----------|-------------|------|
| Energy (kJ)                 | 252      | 5600        | kJ   |
| Energy (kcal)               | 60       | 1340        | kcal |
| Moisture Content            | 84.3     | 1870        | g    |
| Total Protein               | 4.3      | 96          | g    |
| Total Nitrogen              | 0.7      | 16          | g    |
| Total Fat                   | 1.3      | 30          | g    |
| Available Carbohydrates     | 6.33     | 141         | g    |
| Total Carbohydrates         | 8.67     | 193         | g    |
| Total sugars                | 2.5      | 56          | g    |
| Added Sugar                 | 0.0      | 0.0         | g    |
| Total Dietary Fibre         | 2.1      | 47          | g    |
| Soluble Fibre               | -        | -           | g    |
| Insoluble Fibre             | 2.1      | 47          | g    |
| Ash Content                 | 1.3      | 28          | g    |
| Cholesterol                 | 8.0      | 178         | mg   |
| Saturated Fatty Acids       | 0.57     | 13          | g    |
| Monounsaturated Fatty Acids | 0.55     | 12          | g    |
| Polyunsaturated Fatty Acids | 0.19     | 4           | g    |
| Total Unsaturated Fat       | 0.74     | 16          | g    |
| Trans-Fat (TFA)             | -        | -           | g    |
| Sum of Omega-3 (n-3)        | -        | -           | g    |
| Sum of Omega-6 (n-6)        | 0.17     | 4           | g    |
| Sum of Omega-9 (n-9)        | 0.52     | 11          | g    |
| Calcium                     | 11       | 250         | mg   |
| Iron                        | 0.49     | 11          | mg   |

| Analyte                      | per 100g | Full recipe | Unit |
|------------------------------|----------|-------------|------|
| Magnesium                    | 19       | 419         | mg   |
| Phosphorus                   | 71       | 1580        | mg   |
| Potassium                    | 103      | 2290        | mg   |
| Sodium                       | 518      | 11500       | mg   |
| Chloride                     | 6        | 126         | mg   |
| Zinc                         | 0.77     | 17          | mg   |
| Copper                       | 0.063    | 1           | mg   |
| Manganese                    | 0.300    | 7           | mg   |
| Selenium                     | -        | -           | µg   |
| Iodine                       | 72       | 1593        | µg   |
| Vitamin A (as Retinol)       | -        | -           | µg   |
| Beta-carotene                | -        | -           | µg   |
| Vitamin D                    | 1.4      | 31          | µg   |
| Vitamin E (as a-Tocopherol)  | -        | -           | mg   |
| Vitamin K                    | -        | -           | µg   |
| Vitamin C (as Ascorbic Acid) | -        | -           | mg   |
| Vitamin B1                   | 0.24     | 5           | mg   |
| Vitamin B2                   | -        | -           | mg   |
| Vitamin B3 (Total)           | -        | -           | mg   |
| Vitamin B5                   | -        | -           | mg   |
| Vitamin B6                   | -        | -           | mg   |
| Vitamin B7 (Biotin)          | 2.3      | 52          | µg   |
| Vitamin B9 (Folic Acid)      | 20       | 452         | µg   |
| Vitamin B12 (Cyanocobalamin) | -        | -           | µg   |

## Recipe Name

Whole wheat Aseedah  
with Chicken

Approximately 4 adults

| Broth Ingredients                        | Quantity |
|--|----------|
| Chicken with bone, cut into medium cubes | 400 g    |
| Ground black pepper                      | 2 g      |
| Salt                                     | 30 g     |
| Water                                    | 2 L      |

| Aseedah Ingredients | Quantity |
|---------------------|----------|
| Boiling water       | 600 ml   |
| Whole wheat flour   | 300 g    |
| Salt                | 2 g      |

## Preparation Method



## Broth Preparation:

1. Pour the water into a medium pot and place over medium heat. Add the chicken and salt, cover the pot, and cook for 45 minutes.
2. Skim off the foam (white froth) that appears on the surface using a cooking spoon.

## Aseedah Preparation:

1. In another medium pot over medium heat, add the salt and half of the boiling water. Gradually add the flour while stirring continuously with a wooden whisk (muswat) for 5 minutes.
2. Gradually pour in the remaining boiling water and continue stirring for 10 minutes until a soft, cohesive dough forms.
3. Add 150 ml of the chicken broth to the dough and stir for 2 minutes to enhance the flavor.
4. After cooking, serve the dish in two parts: the broth in a deep bowl garnished with black pepper, and the Aseedah on a flat serving plate.



## The dish's nutritional content

| Analyte                     | per 100g | Full recipe | Unit |
|-----------------------------|----------|-------------|------|
| Energy (kJ)                 | 244      | 6140        | kJ   |
| Energy (kcal)               | 58       | 1470        | kcal |
| Moisture Content            | 84.6     | 2130        | g    |
| Total Protein               | 4.7      | 117         | g    |
| Total Nitrogen              | 0.8      | 19          | g    |
| Total Fat                   | 1.4      | 34          | g    |
| Available Carbohydrates     | 5.67     | 142         | g    |
| Total Carbohydrates         | 8.33     | 210         | g    |
| Total sugars                | 1.5      | 37          | g    |
| Added Sugar                 | 0.0      | 0.0         | g    |
| Total Dietary Fibre         | 2.6      | 66          | g    |
| Soluble Fibre               | 0.2      | 4           | g    |
| Insoluble Fibre             | 2.5      | 62          | g    |
| Ash Content                 | 1.3      | 32          | g    |
| Cholesterol                 | 8.33     | 210         | mg   |
| Saturated Fatty Acids       | 0.39     | 10          | g    |
| Monounsaturated Fatty Acids | 0.56     | 14          | g    |
| Polyunsaturated Fatty Acids | 0.4      | 10          | g    |
| Total Unsaturated Fat       | 0.96     | 24          | g    |
| Trans-Fat (TFA)             | -        | -           | g    |
| Sum of Omega-3 (n-3)        | -        | -           | g    |
| Sum of Omega-6 (n-6)        | 0.37     | 9           | g    |
| Sum of Omega-9 (n-9)        | 0.5      | 13          | g    |
| Calcium                     | 11       | 265         | mg   |
| Iron                        | 0.42     | 11          | mg   |

| Analyte                      | per 100g | Full recipe | Unit |
|------------------------------|----------|-------------|------|
| Magnesium                    | 20       | 506         | mg   |
| Phosphorus                   | 79       | 1980        | mg   |
| Potassium                    | 118      | 2970        | mg   |
| Sodium                       | 483      | 12200       | mg   |
| Chloride                     | 7        | 188         | mg   |
| Zinc                         | 0.47     | 12          | mg   |
| Copper                       | 0.06     | 2           | mg   |
| Manganese                    | 0.33     | 8           | mg   |
| Selenium                     | -        | -           | µg   |
| Iodine                       | 24       | 595         | µg   |
| Vitamin A (as Retinol)       | -        | -           | µg   |
| Beta-carotene                | -        | -           | µg   |
| Vitamin D                    | 1.2      | 30          | µg   |
| Vitamin E (as a-Tocopherol)  | -        | -           | mg   |
| Vitamin K                    | 4.0      | 100         | µg   |
| Vitamin C (as Ascorbic Acid) | -        | -           | mg   |
| Vitamin B1                   | 0.07     | 2           | mg   |
| Vitamin B2                   | -        | -           | mg   |
| Vitamin B3 (Total)           | 6.5      | 164         | mg   |
| Vitamin B5                   | -        | -           | mg   |
| Vitamin B6                   | -        | -           | mg   |
| Vitamin B7 (Biotin)          | 3.7      | 92          | µg   |
| Vitamin B9 (Folic Acid)      | 29       | 721         | µg   |
| Vitamin B12 (Cyanocobalamin) | 1.0      | 25          | µg   |

## Recipe Name

## Couscousiyah with Meat

Approximately 4 adults

| Meat Mixture                 | Quantity |
|------------------------------|----------|
| Lamb, cut into medium pieces | 600 g    |
| Onion, finely chopped        | 120 g    |
| Tomato, chopped              | 150 g    |
| Ground dried coriander       | 5 g      |
| Ground black pepper          | 4 g      |
| Ground cumin                 | 4 g      |
| Ground turmeric              | 2 g      |
| Olive oil                    | 50 ml    |
| Salt                         | 6 g      |
| Water                        | 1.5 L    |
| Couscous                     | Quantity |
| Whole wheat flour            | 600 g    |
| Water                        | 400 ml   |
| Melted ghee                  | 50 ml    |
| Salt                         | 1 g      |

| Stew (Eidam) Mixture                    | Quantity |
|---|----------|
| Zucchini, quartered lengthwise          | 100 g    |
| Bell pepper, quartered                  | 100 g    |
| Yellow squash, quartered lengthwise     | 100 g    |
| Green squash, quartered lengthwise      | 100 g    |
| Carrot, peeled and quartered lengthwise | 100 g    |
| Tomato, chopped                         | 150 g    |
| Fresh parsley, chopped                  | 60 g     |
| Onion, finely chopped                   | 120 g    |
| Green chili pepper                      | 40 g     |
| Ground black pepper                     | 2 g      |
| Ground cumin                            | 4 g      |
| Ground dried coriander                  | 5 g      |
| Ground turmeric                         | 2 g      |
| Clarified ghee                          | 60 g     |
| Salt                                    | 4 g      |
| Olive oil                               | 50 ml    |
| Boiling water                           | 1.5 L    |

## Preparation Method



## Meat Preparation:

1. Heat olive oil in a medium pot over medium heat, then add the lamb and sauté for 10 minutes until browned.
2. Add onion, tomato, salt, and spices (black pepper, turmeric, cumin, dried coriander), stirring for 15 minutes until the tomatoes soften.
3. Pour in the water, cover, and simmer for an hour until the meat is tender.



## Preparation Method



### Stew Preparation:

1. In another medium pot, heat olive oil over medium heat. Add onion and sauté for 2 minutes until golden.
2. Add tomato, salt, and spices (black pepper, turmeric, cumin, dried coriander), and cook for 15 minutes until the mixture blends well.
3. Add carrot, zucchini, parsley, yellow squash, green squash, green chili, bell pepper, and ghee, stirring for 2 minutes.
4. Add the cooked lamb with its broth and additional water, then reduce the heat to low. Cover and simmer for 15 minutes.

### Couscous Preparation:

1. Dissolve the salt in a cup of water and stir well.
2. Place the whole wheat flour in a large bowl, sprinkle with the salted water, and rub gently by hand for 5 minutes until small granules form and absorb half of the liquid.
3. Pour the stew into the bottom pot of the couscous steamer over medium heat, then place the couscous granules in the top section. Cover and steam for 30 minutes.
4. Add melted ghee to the couscous and mix for 2 minutes until evenly coated.
5. After cooking, place the couscous in a deep serving bowl and pour the stew over it.
6. Serve the Couscousiyah hot in a deep serving dish.

## The dish's nutritional content

| Analyte                     | per 100g | Full recipe | Unit |
|-----------------------------|----------|-------------|------|
| Energy (kJ)                 | 500      | 19700       | kJ   |
| Energy (kcal)               | 119      | 4710        | kcal |
| Moisture Content            | 76.1     | 3000        | g    |
| Total Protein               | 4.3      | 168         | g    |
| Total Nitrogen              | 0.7      | 28          | g    |
| Total Fat                   | 7.6      | 298         | g    |
| Available Carbohydrates     | 7.0      | 276         | g    |
| Total Carbohydrates         | 10.0     | 395         | g    |
| Total sugars                | 1.4      | 54          | g    |
| Added Sugar                 | 0.0      | 0.0         | g    |
| Total Dietary Fibre         | 3.3      | 130         | g    |
| Soluble Fibre               | 0.4      | 14          | g    |
| Insoluble Fibre             | 2.9      | 116         | g    |
| Ash Content                 | 1.7      | 68          | g    |
| Cholesterol                 | 14.0     | 552         | mg   |
| Saturated Fatty Acids       | 3.4      | 134         | g    |
| Monounsaturated Fatty Acids | 3.17     | 125         | g    |
| Polyunsaturated Fatty Acids | 0.83     | 33          | g    |
| Total Unsaturated Fat       | 4.0      | 158         | g    |
| Trans-Fat (TFA)             | -        | -           | g    |
| Sum of Omega-3 (n-3)        | -        | -           | g    |
| Sum of Omega-6 (n-6)        | 0.74     | 29          | g    |
| Sum of Omega-9 (n-9)        | 2.99     | 118         | g    |
| Calcium                     | 28       | 1100        | mg   |
| Iron                        | 1.41     | 56          | mg   |

| Analyte                      | per 100g | Full recipe | Unit |
|------------------------------|----------|-------------|------|
| Magnesium                    | 39       | 1550        | mg   |
| Phosphorus                   | 112      | 4420        | mg   |
| Potassium                    | 238      | 9380        | mg   |
| Sodium                       | 153      | 6040        | mg   |
| Chloride                     | 3        | 115         | mg   |
| Zinc                         | 1.51     | 60          | mg   |
| Copper                       | 0.157    | 6           | mg   |
| Manganese                    | 0.357    | 14          | mg   |
| Selenium                     | -        | -           | µg   |
| Iodine                       | -        | -           | µg   |
| Vitamin A (as Retinol)       | -        | -           | µg   |
| Beta-carotene                | -        | -           | µg   |
| Vitamin D                    | 1.4      | 54          | µg   |
| Vitamin E (as a-Tocopherol)  | 0.6      | 25          | mg   |
| Vitamin K                    | 7.9      | 310         | µg   |
| Vitamin C (as Ascorbic Acid) | -        | -           | mg   |
| Vitamin B1                   | -        | -           | mg   |
| Vitamin B2                   | 0.10     | 4           | mg   |
| Vitamin B3 (Total)           | 0.30     | 12          | mg   |
| Vitamin B5                   | 1.4      | 54          | mg   |
| Vitamin B6                   | -        | -           | mg   |
| Vitamin B7 (Biotin)          | 4.0      | 158         | µg   |
| Vitamin B9 (Folic Acid)      | 62       | 2447        | µg   |
| Vitamin B12 (Cyanocobalamin) | 1.0      | 39          | µg   |

## Recipe Name

## Couscousiyah with Chicken

Approximately 6 adults

| Chicken Mixture                 | Quantity |
|---------------------------------|----------|
| Chicken, cut into medium pieces | 600 g    |
| Onion, finely chopped           | 120 g    |
| Tomato, chopped                 | 150 g    |
| Ground dried coriander          | 5 g      |
| Ground black pepper             | 4 g      |
| Ground cumin                    | 4 g      |
| Ground turmeric                 | 2 g      |
| Olive oil                       | 50 ml    |
| Salt                            | 6 g      |
| Water                           | 1.5 L    |
| Couscous                        | Quantity |
| Whole wheat flour               | 600 g    |
| Water                           | 400 ml   |
| Melted ghee                     | 50 ml    |
| Salt                            | 1 g      |

| Stew (Eidam) Mixture                    | Quantity |
|---|----------|
| Zucchini, quartered lengthwise          | 100 g    |
| Bell pepper, quartered                  | 100 g    |
| Yellow squash, quartered lengthwise     | 100 g    |
| Green squash, quartered lengthwise      | 100 g    |
| Carrot, peeled and quartered lengthwise | 100 g    |
| Tomato, chopped                         | 150 g    |
| Fresh parsley, chopped                  | 60 g     |
| Onion, finely chopped                   | 120 g    |
| Green chili pepper                      | 40 g     |
| Ground black pepper                     | 2 g      |
| Ground cumin                            | 4 g      |
| Ground dried coriander                  | 5 g      |
| Ground turmeric                         | 2 g      |
| Clarified ghee                          | 60 g     |
| Salt                                    | 4 g      |
| Olive oil                               | 50 ml    |
| Boiling water                           | 1.5 L    |

## Preparation Method



## Chicken Preparation:

1. Heat olive oil in a medium pot over medium heat, then add the chicken and sauté for 10 minutes until browned.
2. Add onion, tomato, salt, and spices (black pepper, turmeric, cumin, dried coriander), stirring for 15 minutes until the tomatoes soften.
3. Pour in the water, cover, and simmer for an hour until the chicken is tender.



## Preparation Method



### Stew Preparation:

1. In another medium pot, heat olive oil over medium heat. Add onion and sauté for 2 minutes until golden.
2. Add tomato, salt, and spices (black pepper, turmeric, cumin, dried coriander), and cook for 15 minutes until the mixture blends well.
3. Add carrot, zucchini, parsley, yellow squash, green squash, green chili, bell pepper, and ghee, stirring for 2 minutes.
4. Add the cooked chicken with its broth and additional water, then reduce the heat to low. Cover and simmer for 15 minutes.

### Couscous Preparation:

1. Dissolve the salt in a cup of water and stir well.
2. Place the whole wheat flour in a large bowl, sprinkle with the salted water, and rub gently by hand for 5 minutes until small granules form and absorb half of the liquid.
3. Pour the stew into the bottom pot of the couscous steamer over medium heat, then place the couscous granules in the top section. Cover and steam for 30 minutes.
4. Add melted ghee to the couscous and mix for 2 minutes until evenly coated.
5. After cooking, place the couscous in a deep serving bowl and pour the stew over it.
6. Serve the Couscousiyah hot in a deep serving dish.

## The dish's nutritional content

| Analyte                     | per 100g | Full recipe | Unit | Analyte                      | per 100g | Full recipe | Unit |
|-----------------------------|----------|-------------|------|------------------------------|----------|-------------|------|
| Energy (kJ)                 | 557      | 22300       | kJ   | Magnesium                    | 41       | 1650        | mg   |
| Energy (kcal)               | 133      | 5320        | kcal | Phosphorus                   | 123      | 4920        | mg   |
| Moisture Content            | 72.1     | 2890        | g    | Potassium                    | 233      | 9320        | mg   |
| Total Protein               | 4.8      | 191         | g    | Sodium                       | 137      | 5470        | mg   |
| Total Nitrogen              | 0.8      | 31          | g    | Chloride                     | 2        | 88          | mg   |
| Total Fat                   | 6.6      | 263         | g    | Zinc                         | 1.36     | 54          | mg   |
| Available Carbohydrates     | 11.7     | 467         | g    | Copper                       | 0.150    | 6           | mg   |
| Total Carbohydrates         | 15.7     | 627         | g    | Manganese                    | 0.367    | 15          | mg   |
| Total sugars                | -        | -           | g    | Selenium                     | -        | -           | µg   |
| Added Sugar                 | 0.0      | 0.0         | g    | Iodine                       | -        | -           | µg   |
| Total Dietary Fibre         | 3.6      | 144         | g    | Vitamin A (as Retinol)       | -        | -           | µg   |
| Soluble Fibre               | 0.3      | 13          | g    | Beta-carotene                | -        | -           | µg   |
| Insoluble Fibre             | 3.3      | 131         | g    | Vitamin D                    | -        | -           | µg   |
| Ash Content                 | 0.9      | 35          | g    | Vitamin E (as a-Tocopherol)  | 1.1      | 44          | mg   |
| Cholesterol                 | 18.0     | 720         | mg   | Vitamin K                    | 13       | 507         | µg   |
| Saturated Fatty Acids       | 2.44     | 97          | g    | Vitamin C (as Ascorbic Acid) | -        | -           | mg   |
| Monounsaturated Fatty Acids | 2.92     | 117         | g    | Vitamin B1                   | -        | -           | mg   |
| Polyunsaturated Fatty Acids | 1.09     | 44          | g    | Vitamin B2                   | 0.30     | 12          | mg   |
| Total Unsaturated Fat       | 4.01     | 161         | g    | Vitamin B3 (Total)           | 1.3      | 52          | mg   |
| Trans-Fat (TFA)             | -        | -           | g    | Vitamin B5                   | 1.0      | 40          | mg   |
| Sum of Omega-3 (n-3)        | -        | -           | g    | Vitamin B6                   | -        | -           | mg   |
| Sum of Omega-6 (n-6)        | 1.01     | 40          | g    | Vitamin B7 (Biotin)          | 2.0      | 80          | µg   |
| Sum of Omega-9 (n-9)        | 2.75     | 110         | g    | Vitamin B9 (Folic Acid)      | 103      | 4121        | µg   |
| Calcium                     | 35       | 1380        | mg   | Vitamin B12 (Cyanocobalamin) | 1.0      | 40          | µg   |
| Iron                        | 1.21     | 48          | mg   |                              |          |             |      |

## Recipe Name

## Lamb Kabsa

Approximately 4 adults

| Ingredients                  | Quantity |
|------------------------------|----------|
| Lamb, cut into medium pieces | 667 g    |
| Lamb fat (tail fat), chopped | 80 g     |
| Tomato, chopped              | 213 g    |
| Onion, chopped               | 93 g     |
| Ground black pepper          | 5 g      |
| Short-grain rice, washed     | 600 g    |
| Salt                         | 36 g     |
| Water                        | 2.8 L    |



## Preparation Method



1. Place the lamb fat in a medium pot over medium heat and cook for 3 minutes until it melts.
2. Add the onion and sauté for 3 minutes until it turns golden.
3. Add the tomato and stir for 3 minutes until it softens.
4. Add the lamb, salt, black pepper, and water. Let the mixture cook for 15 minutes.
5. Skim off the foam (white froth) that appears on the surface of the broth.
6. Cover the pot and simmer over medium heat for 30 minutes until the meat is tender.
7. Add the rice, cover, and cook for 15 minutes until fully cooked.
8. Once done, transfer the Lamb Kabsa to a flat serving dish and serve.

## The dish's nutritional content

| Analyte                     | per 100g | Full recipe | Unit |
|-----------------------------|----------|-------------|------|
| Energy (kJ)                 | 659      | 16800       | kJ   |
| Energy (kcal)               | 158      | 4020        | kcal |
| Moisture Content            | 66.2     | 1690        | g    |
| Total Protein               | 4.7      | 120         | g    |
| Total Nitrogen              | 0.7      | 19          | g    |
| Total Fat                   | 6.1      | 154         | g    |
| Available Carbohydrates     | 20.0     | 509         | g    |
| Total Carbohydrates         | 22.0     | 560         | g    |
| Total sugars                | -        | -           | g    |
| Added Sugar                 | 0.0      | 0.0         | g    |
| Total Dietary Fibre         | 1.8      | 47          | g    |
| Soluble Fibre               | -        | -           | g    |
| Insoluble Fibre             | 2.0      | 52          | g    |
| Ash Content                 | 1.2      | 30          | g    |
| Cholesterol                 | 14.3     | 365         | mg   |
| Saturated Fatty Acids       | 2.93     | 75          | g    |
| Monounsaturated Fatty Acids | 2.61     | 66          | g    |
| Polyunsaturated Fatty Acids | 0.26     | 7           | g    |
| Total Unsaturated Fat       | 2.87     | 73          | g    |
| Trans-Fat (TFA)             | 0.25     | 6.37        | g    |
| Sum of Omega-3 (n-3)        | -        | -           | g    |
| Sum of Omega-6 (n-6)        | 0.24     | 6           | g    |
| Sum of Omega-9 (n-9)        | 2.45     | 62          | g    |
| Calcium                     | 12       | 293         | mg   |
| Iron                        | 0.65     | 17          | mg   |

| Analyte                      | per 100g | Full recipe | Unit |
|------------------------------|----------|-------------|------|
| Magnesium                    | 10       | 247         | mg   |
| Phosphorus                   | 54       | 1370        | mg   |
| Potassium                    | 139      | 3530        | mg   |
| Sodium                       | 497      | 12700       | mg   |
| Chloride                     | 9        | 239         | mg   |
| Zinc                         | 1.21     | 31          | mg   |
| Copper                       | 0.097    | 2           | mg   |
| Manganese                    | 0.133    | 3           | mg   |
| Selenium                     | -        | -           | µg   |
| Iodine                       | 41       | 1044        | µg   |
| Vitamin A (as Retinol)       | -        | -           | µg   |
| Beta-carotene                | -        | -           | µg   |
| Vitamin D                    | -        | -           | µg   |
| Vitamin E (as a-Tocopherol)  | -        | -           | mg   |
| Vitamin K                    | 1.6      | 41          | µg   |
| Vitamin C (as Ascorbic Acid) | -        | -           | mg   |
| Vitamin B1                   | 0.07     | 2           | mg   |
| Vitamin B2                   | -        | -           | mg   |
| Vitamin B3 (Total)           | 0.39     | 10          | mg   |
| Vitamin B5                   | 0.40     | 10          | mg   |
| Vitamin B6                   | 0.04     | 1           | mg   |
| Vitamin B7 (Biotin)          | 1.3      | 34          | µg   |
| Vitamin B9 (Folic Acid)      | 24       | 603         | µg   |
| Vitamin B12 (Cyanocobalamin) | -        | -           | µg   |

## Recipe Name

## Young Camel Meat Kabsa

Approximately 4 adults

| Ingredients                                      | Quantity |
|--|----------|
| Young camel meat (hashi), cut into medium pieces | 667 g    |
| Camel fat (tail fat), chopped                    | 80 g     |
| Tomato, chopped                                  | 213 g    |
| Onion, chopped                                   | 93 g     |
| Ground black pepper                              | 5 g      |
| Short-grain rice, washed                         | 600 g    |
| Salt   | 36 g     |
| Water  | 1.5 L    |



## Preparation Method



1. Place the camel fat in a medium pot over medium heat and cook for 3 minutes until it melts.
2. Add the onion and sauté for 3 minutes until golden.
3. Add the tomato and stir for 3 minutes until it softens.
4. Add the camel meat, salt, black pepper, and water. Cook for 15 minutes.
5. Skim off the foam (white froth) that appears on the surface of the broth.
6. Cover the pot and simmer over medium heat for 45 minutes until the meat is tender.
7. Add the rice, cover, and cook for 15 minutes until the rice is fully cooked.
8. Once done, transfer the Kabsa to a flat serving dish and serve.

## The dish's nutritional content

| Analyte                     | per 100g | Full recipe | Unit |
|-----------------------------|----------|-------------|------|
| Energy (kJ)                 | 792      | 16600       | kJ   |
| Energy (kcal)               | 189      | 3960        | kcal |
| Moisture Content            | 58.9     | 1230        | g    |
| Total Protein               | 7.1      | 148         | g    |
| Total Nitrogen              | 1.1      | 24          | g    |
| Total Fat                   | 7.3      | 154         | g    |
| Available Carbohydrates     | 22.3     | 467         | g    |
| Total Carbohydrates         | 24.7     | 516         | g    |
| Total sugars                | -        | -           | g    |
| Added Sugar                 | 0.0      | 0.0         | g    |
| Total Dietary Fibre         | 2.2      | 45          | g    |
| Soluble Fibre               | -        | -           | g    |
| Insoluble Fibre             | 2.2      | 45          | g    |
| Ash Content                 | 1.9      | 40          | g    |
| Cholesterol                 | 14.3     | 300         | mg   |
| Saturated Fatty Acids       | 3.88     | 81          | g    |
| Monounsaturated Fatty Acids | 2.86     | 60          | g    |
| Polyunsaturated Fatty Acids | 0.36     | 8           | g    |
| Total Unsaturated Fat       | 3.23     | 67          | g    |
| Trans-Fat (TFA)             | 0.24     | 5           | g    |
| Sum of Omega-3 (n-3)        | -        | -           | g    |
| Sum of Omega-6 (n-6)        | 0.32     | 7           | g    |
| Sum of Omega-9 (n-9)        | 2.27     | 47          | g    |
| Calcium                     | 15       | 320         | mg   |
| Iron                        | 0.68     | 14          | mg   |

| Analyte                      | per 100g | Full recipe | Unit |
|------------------------------|----------|-------------|------|
| Magnesium                    | 11       | 236         | mg   |
| Phosphorus                   | 71       | 1480        | mg   |
| Potassium                    | 173      | 3620        | mg   |
| Sodium                       | 664      | 13900       | mg   |
| Chloride                     | 12       | 247         | mg   |
| Zinc                         | 1.05     | 22          | mg   |
| Copper                       | 0.093    | 2           | mg   |
| Manganese                    | 0.150    | 3           | mg   |
| Selenium                     | -        | -           | µg   |
| Iodine                       | 72.0     | 1506        | µg   |
| Vitamin A (as Retinol)       | -        | -           | µg   |
| Beta-carotene                | -        | -           | µg   |
| Vitamin D                    | 1.1      | 22          | µg   |
| Vitamin E (as a-Tocopherol)  | -        | -           | mg   |
| Vitamin K                    | 1.0      | 21          | µg   |
| Vitamin C (as Ascorbic Acid) | -        | -           | mg   |
| Vitamin B1                   | 0.09     | 2           | mg   |
| Vitamin B2                   | -        | -           | mg   |
| Vitamin B3 (Total)           | 0.71     | 15          | mg   |
| Vitamin B5                   | 0.30     | 6           | mg   |
| Vitamin B6                   | 0.03     | 1           | mg   |
| Vitamin B7 (Biotin)          | 2.0      | 42          | µg   |
| Vitamin B9 (Folic Acid)      | 55       | 1150        | µg   |
| Vitamin B12 (Cyanocobalamin) | -        | -           | µg   |

## Recipe Name

## Chicken Kabsa

Approximately 4 adults

| Ingredients                     | Quantity |
|---------------------------------|----------|
| Chicken, cut into medium pieces | 667 g    |
| Fat (tail fat), chopped         | 80 g     |
| Tomato, chopped                 | 213 g    |
| Onion, chopped                  | 93 g     |
| Ground black pepper             | 5 g      |
| Short-grain rice, washed        | 600 g    |
| Salt                            | 36 g     |
| Water                           | 1.5 L    |



## Preparation Method



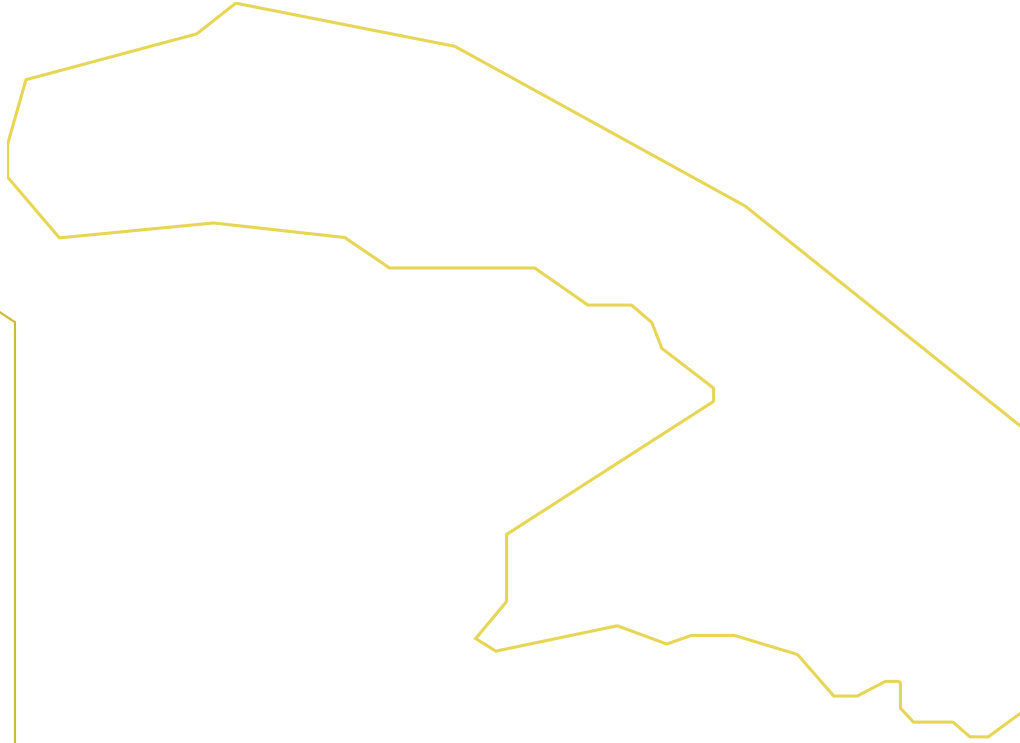
1. Place the fat in a medium pot over medium heat and cook for 3 minutes until it melts.
2. Add the onion and sauté for 3 minutes until golden.
3. Add the tomato and stir for 3 minutes until it softens.
4. Add the chicken, salt, black pepper, and water. Cook for 15 minutes.
5. Skim off the foam (white froth) that appears on the surface of the broth.
6. Cover the pot and simmer over medium heat for 30 minutes until the chicken is tender.
7. Add the rice, cover, and cook for 15 minutes until the rice is fully cooked.
8. Once done, transfer the Chicken Kabsa to a flat serving dish and serve.

## The dish's nutritional content

| Analyte                     | per 100g | Full recipe | Unit |
|-----------------------------|----------|-------------|------|
| Energy (kJ)                 | 784      | 15400       | kJ   |
| Energy (kcal)               | 187      | 3670        | kcal |
| Moisture Content            | 58.2     | 1140        | g    |
| Total Protein               | 8.4      | 165         | g    |
| Total Nitrogen              | 1.3      | 26          | g    |
| Total Fat                   | 5.6      | 110         | g    |
| Available Carbohydrates     | 25.0     | 490         | g    |
| Total Carbohydrates         | 26.0     | 510         | g    |
| Total sugars                | -        | -           | g    |
| Added Sugar                 | 0.0      | 0.0         | g    |
| Total Dietary Fibre         | 1.4      | 26          | g    |
| Soluble Fibre               | -        | -           | g    |
| Insoluble Fibre             | 1.4      | 27          | g    |
| Ash Content                 | 1.6      | 31          | g    |
| Cholesterol                 | 23.7     | 464         | mg   |
| Saturated Fatty Acids       | 2.22     | 44          | g    |
| Monounsaturated Fatty Acids | 2.51     | 49          | g    |
| Polyunsaturated Fatty Acids | 0.75     | 15          | g    |
| Total Unsaturated Fat       | 3.26     | 64          | g    |
| Trans-Fat (TFA)             | -        | -           | g    |
| Sum of Omega-3 (n-3)        | -        | -           | g    |
| Sum of Omega-6 (n-6)        | 0.7      | 14          | g    |
| Sum of Omega-9 (n-9)        | 2.29     | 45          | g    |
| Calcium                     | 12       | 229         | mg   |
| Iron                        | 0.49     | 10          | mg   |

| Analyte                      | per 100g | Full recipe | Unit |
|------------------------------|----------|-------------|------|
| Magnesium                    | 14       | 275         | mg   |
| Phosphorus                   | 82       | 1610        | mg   |
| Potassium                    | 196      | 3840        | mg   |
| Sodium                       | 666      | 13100       | mg   |
| Chloride                     | 11       | 218         | mg   |
| Zinc                         | 1.05     | 21          | mg   |
| Copper                       | 0.100    | 2           | mg   |
| Manganese                    | 0.170    | 3           | mg   |
| Selenium                     | -        | -           | µg   |
| Iodine                       | 74       | 1451        | µg   |
| Vitamin A (as Retinol)       | -        | -           | µg   |
| Beta-carotene                | -        | -           | µg   |
| Vitamin D                    | -        | -           | µg   |
| Vitamin E (as a-Tocopherol)  | 0.6      | 12          | mg   |
| Vitamin K                    | 12.6     | 248         | µg   |
| Vitamin C (as Ascorbic Acid) | -        | -           | mg   |
| Vitamin B1                   | 0.09     | 2           | mg   |
| Vitamin B2                   | -        | -           | mg   |
| Vitamin B3 (Total)           | 1.5      | 29          | mg   |
| Vitamin B5                   | 2.1      | 42          | mg   |
| Vitamin B6                   | 0.09     | 2           | mg   |
| Vitamin B7 (Biotin)          | 2.0      | 39          | µg   |
| Vitamin B9 (Folic Acid)      | 51       | 1000        | µg   |
| Vitamin B12 (Cyanocobalamin) | -        | -           | µg   |

# Northern Borders



|                                      |  |     |
|--------------------------------------|--|-----|
| Al-Tashreebah with meat              |  | 228 |
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## Recipe Name

## Al-Tashreebah with Meat

Approximately 4 adults

| Al-Tashreebah Ingredients                      | Quantity |
|--|----------|
| Lamb with fat and bone, cut into medium pieces | 480 g    |
| Salt   | 8 g      |
| Dried black lime                               | 1 piece  |
| Ground turmeric                                | 2 g      |
| Hot water                                      | 1.6 L    |
| Onion, chopped                                 | 48 g     |
| Ground black pepper                            | 1 g      |
| Cinnamon sticks                                | 6 g      |
| Oil  | 40 ml    |
| Ready-made flatbread (Saj bread)               | 320 g    |

| Khubz Al-Shurak (flatbread) Ingredient | Quantity |
|--|----------|
| Whole wheat flour                      | 320 g    |
| Water                                  | 280 ml   |
| Salt                                   | 3 g      |



## Preparation Method



## Khubz Al-Shurak Preparation:

1. In a deep bowl, combine the flour and salt, then gradually add the water while kneading by hand for about 2 minutes until the dough becomes firm. Cover and let it rest for 30 minutes.
2. Dust a flat tray with flour and shape the dough into small balls by hand.
3. Sprinkle flour on a clean surface and flatten each ball by hand, then roll it out with a rolling pin and stretch it gently between your palms until it becomes a thin circular sheet. Cook each sheet on a preheated griddle (Saj) for about 2 minutes, flipping every 30 seconds. Repeat until all the dough is used.
4. Place the baked bread in a deep bowl, cover with a cloth, and set aside.

## Al-Tashreebah Preparation:

1. In a pressure cooker, heat the oil over medium heat, then add the onion and sauté for 3 minutes until lightly golden.
2. Add the lamb and sauté for 1 minute, then add the cinnamon sticks, dried black lime, black pepper, turmeric, and salt. Stir well to combine.
3. Pour in the water, cover tightly, and cook over high heat for 10 minutes. Reduce the heat to medium and continue cooking for 30 minutes until the lamb is tender.
4. Cut the Saj bread into medium pieces and place them in a deep bowl. Pour the lamb broth over the bread and stir gently to mix.
5. Serve the Tashreebah warm in a deep serving dish.

## The dish's nutritional content

| Analyte                     | per 100g | Full recipe | Unit |
|-----------------------------|----------|-------------|------|
| Energy (kJ)                 | 445      | 10100       | kJ   |
| Energy (kcal)               | 106      | 2420        | kcal |
| Moisture Content            | 75.6     | 1720        | g    |
| Total Protein               | 4.7      | 106         | g    |
| Total Nitrogen              | 0.7      | 17          | g    |
| Total Fat                   | 4.5      | 102         | g    |
| Available Carbohydrates     | 9.33     | 212         | g    |
| Total Carbohydrates         | 14.3     | 326         | g    |
| Total sugars                | 1.3      | 30          | g    |
| Added Sugar                 | 0.0      | 0.0         | g    |
| Total Dietary Fibre         | 5.1      | 117         | g    |
| Soluble Fibre               | 0.2      | 5           | g    |
| Insoluble Fibre             | 4.9      | 112         | g    |
| Ash Content                 | 0.8      | 18          | g    |
| Cholesterol                 | 15.3     | 349         | mg   |
| Saturated Fatty Acids       | 1.44     | 33          | g    |
| Monounsaturated Fatty Acids | 1.74     | 40          | g    |
| Polyunsaturated Fatty Acids | 1.15     | 26          | g    |
| Total Unsaturated Fat       | 2.89     | 66          | g    |
| Trans-Fat (TFA)             | -        | -           | g    |
| Sum of Omega-3 (n-3)        | -        | -           | g    |
| Sum of Omega-6 (n-6)        | 1.12     | 25          | g    |
| Sum of Omega-9 (n-9)        | 1.69     | 38          | g    |
| Calcium                     | 19       | 434         | mg   |
| Iron                        | 0.72     | 16          | mg   |

| Analyte                      | per 100g | Full recipe | Unit |
|------------------------------|----------|-------------|------|
| Magnesium                    | 31       | 704         | mg   |
| Phosphorus                   | 85       | 1930        | mg   |
| Potassium                    | 169      | 3840        | mg   |
| Sodium                       | 197      | 4470        | mg   |
| Chloride                     | 3        | 59          | mg   |
| Zinc                         | 1.32     | 30          | mg   |
| Copper                       | 0.117    | 3           | mg   |
| Manganese                    | 0.370    | 8           | mg   |
| Selenium                     | -        | -           | µg   |
| Iodine                       | -        | -           | µg   |
| Vitamin A (as Retinol)       | -        | -           | µg   |
| Beta-carotene                | -        | -           | µg   |
| Vitamin D                    | 1.4      | 33          | µg   |
| Vitamin E (as a-Tocopherol)  | 0.7      | 16          | mg   |
| Vitamin K                    | 1.7      | 38          | µg   |
| Vitamin C (as Ascorbic Acid) | -        | -           | mg   |
| Vitamin B1                   | -        | -           | mg   |
| Vitamin B2                   | -        | -           | mg   |
| Vitamin B3 (Total)           | 1.9      | 43          | mg   |
| Vitamin B5                   | -        | -           | mg   |
| Vitamin B6                   | -        | -           | mg   |
| Vitamin B7 (Biotin)          | 2.7      | 61          | µg   |
| Vitamin B9 (Folic Acid)      | 35       | 796         | µg   |
| Vitamin B12 (Cyanocobalamin) | -        | -           | µg   |

## Recipe Name

## Al-Tashreebah with chicken

Approximately 4 adults

| Al-Tashreebah Ingredients        |         |
|----------------------------------|---------|
| Chicken, cut into medium pieces  | 480 g   |
| Salt                             | 8 g     |
| Dried black lime                 | 1 piece |
| Ground turmeric                  | 2 g     |
| Hot water                        | 1.6 L   |
| Onion, chopped                   | 48 g    |
| Ground black pepper              | 1 g     |
| Cinnamon sticks                  | 6 g     |
| Oil                              | 40 ml   |
| Ready-made flatbread (Saj bread) | 320 g   |

| Khubz Al-Shurak (flatbread) Ingredient | Quantity |
|--|----------|
| Whole wheat flour                      | 320 g    |
| Water                                  | 252 ml   |
| Salt                                   | 3 g      |



## Preparation Method



## Khubz Al-Shurak Preparation:

1. In a deep bowl, combine the flour and salt, then gradually add the water while kneading by hand for about 2 minutes until the dough becomes firm. Cover and let it rest for 30 minutes.
2. Dust a flat tray with flour and shape the dough into small balls by hand.
3. Sprinkle flour on a clean surface and flatten each ball by hand, then roll it out with a rolling pin and stretch it gently between your palms until it becomes a thin circular sheet. Cook each sheet on a preheated griddle (Saj) for about 2 minutes, flipping every 30 seconds. Repeat until all the dough is used.
4. Place the baked bread in a deep bowl, cover with a cloth, and set aside.

## Al-Tashreebah Preparation:

1. In a pressure cooker, heat the oil over medium heat, then add the onion and sauté for 3 minutes until lightly golden.
2. Add the chicken and sauté for a minute, then add the cinnamon sticks, dried black lime, black pepper, turmeric, and salt. Stir well to combine.
3. Pour in the water, cover tightly, and cook over high heat for 10 minutes. Reduce the heat to medium and continue cooking for 30 minutes until the lamb is tender.
4. Cut the Saj bread into medium pieces and place them in a deep bowl. Pour the chicken broth over the bread and stir gently to mix.
5. Serve the Tashreebah warm in a deep serving dish.

## The dish's nutritional content

| Analyte                     | per 100g | Full recipe | Unit |
|-----------------------------|----------|-------------|------|
| Energy (kJ)                 | 402      | 8860        | kJ   |
| Energy (kcal)               | 96       | 2120        | kcal |
| Moisture Content            | 76.6     | 1690        | g    |
| Total Protein               | 5.9      | 131         | g    |
| Total Nitrogen              | 0.9      | 21          | g    |
| Total Fat                   | 3.1      | 68          | g    |
| Available Carbohydrates     | 8.67     | 191         | g    |
| Total Carbohydrates         | 13.3     | 294         | g    |
| Total sugars                | -        | -           | g    |
| Added Sugar                 | 0.0      | 0.0         | g    |
| Total Dietary Fibre         | 4.9      | 109         | g    |
| Soluble Fibre               | 0.5      | 10          | g    |
| Insoluble Fibre             | 4.5      | 98          | g    |
| Ash Content                 | 0.7      | 16          | g    |
| Cholesterol                 | 13.0     | 286         | mg   |
| Saturated Fatty Acids       | 0.55     | 12          | g    |
| Monounsaturated Fatty Acids | 1.12     | 25          | g    |
| Polyunsaturated Fatty Acids | 1.4      | 31          | g    |
| Total Unsaturated Fat       | 2.52     | 55          | g    |
| Trans-Fat (TFA)             | -        | -           | g    |
| Sum of Omega-3 (n-3)        | -        | -           | g    |
| Sum of Omega-6 (n-6)        | 1.36     | 30          | g    |
| Sum of Omega-9 (n-9)        | 1.02     | 22          | g    |
| Calcium                     | 17       | 376         | mg   |
| Iron                        | 0.73     | 16          | mg   |

| Analyte                      | per 100g | Full recipe | Unit |
|------------------------------|----------|-------------|------|
| Magnesium                    | 35       | 765         | mg   |
| Phosphorus                   | 110      | 2430        | mg   |
| Potassium                    | 200      | 4410        | mg   |
| Sodium                       | 213      | 4680        | mg   |
| Chloride                     | 3        | 63          | mg   |
| Zinc                         | 0.92     | 20          | mg   |
| Copper                       | 0.113    | 2           | mg   |
| Manganese                    | 0.383    | 8           | mg   |
| Selenium                     | -        | -           | µg   |
| Iodine                       | -        | -           | µg   |
| Vitamin A (as Retinol)       | -        | -           | µg   |
| Beta-carotene                | -        | -           | µg   |
| Vitamin D                    | -        | -           | µg   |
| Vitamin E (as a-Tocopherol)  | 0.7      | 15          | mg   |
| Vitamin K                    | 6.0      | 132         | µg   |
| Vitamin C (as Ascorbic Acid) | -        | -           | mg   |
| Vitamin B1                   | -        | -           | mg   |
| Vitamin B2                   | -        | -           | mg   |
| Vitamin B3 (Total)           | 1.5      | 33          | mg   |
| Vitamin B5                   | -        | -           | mg   |
| Vitamin B6                   | -        | -           | mg   |
| Vitamin B7 (Biotin)          | 7.0      | 154         | µg   |
| Vitamin B9 (Folic Acid)      | 69       | 1512        | µg   |
| Vitamin B12 (Cyanocobalamin) | 1.0      | 21          | µg   |

## Recipe Name

## Lakhoufah/Lakheefah/Meat Luqaimi

Approximately 4 adults

| Meat Preparation Ingredients           | Quantity |
|--|----------|
| Lamb with bone, cut into medium pieces | 500 g    |
| Onion, cut into large pieces           | 110 g    |
| Salt for cooking meat                  | 10 g     |
| Water for cooking meat                 | 1.3 L    |
| Cardamom pods                          | 0.5 g    |
| Ground black pepper                    | 0.5 g    |
| Cloves (whole)                         | 0.5 g    |
| Dried turmeric                         | 0.5 g    |
| Dried coriander                        | 0.5 g    |
| Cinnamon sticks                        | 0.5 g    |
| Ground turmeric                        | 2 g      |
| Ground dried coriander                 | 2 g      |
| Ground black pepper                    | 2 g      |
| Ground cardamom                        | 2 g      |
| Ground cinnamon                        | 2 g      |
| Ground cloves                          | 2 g      |

| Rice Preparation Ingredients | Quantity |
|------------------------------|----------|
| Egyptian rice                | 250 g    |
| Salt                         | 5 g      |
| Water for cooking rice       | 1 L      |



## Preparation Method



## Meat Preparation:

1. Place the lamb and onion in a medium pot over medium heat.
2. Add the ground spices (turmeric, cardamom, black pepper, cloves, cinnamon, dried coriander) and the whole spices (turmeric, cardamom, black pepper, cloves, cinnamon sticks, dried coriander), then stir well to combine.
3. Stir the meat continuously with a spoon for about 5 minutes until it absorbs the flavors of the onion and black pepper.
4. Pour in the cooking water, cover the pot, and cook over medium heat for an hour until the meat is tender.

## Rice Preparation:

1. Wash the rice three times in a deep bowl, then drain well.
2. In a small pot, combine the water and salt, and bring to a boil over high heat.
3. Add the rice, cover, and let it boil. Stir occasionally while gently mashing the grains, and cook for about 15 minutes until done.

## Lakhoufah/Lakheefah/Meat Luqaimi Preparation:

1. Place the cooked rice in a clay pot, then arrange the cooked meat on top and pour the meat broth over it until the rice absorbs the flavor.
2. Serve hot in the same clay pot.

## The dish's nutritional content

| Analyte                     | per 100g | Full recipe | Unit |
|-----------------------------|----------|-------------|------|
| Energy (kJ)                 | 343      | 8090        | kJ   |
| Energy (kcal)               | 82       | 1930        | kcal |
| Moisture Content            | 81.9     | 1930        | g    |
| Total Protein               | 3.8      | 90          | g    |
| Total Nitrogen              | 0.6      | 14          | g    |
| Total Fat                   | 3.0      | 70          | g    |
| Available Carbohydrates     | 9.33     | 220         | g    |
| Total Carbohydrates         | 10.3     | 244         | g    |
| Total sugars                | -        | -           | g    |
| Added Sugar                 | 0.0      | 0.0         | g    |
| Total Dietary Fibre         | 1.2      | 29          | g    |
| Soluble Fibre               | 0.6      | 13          | g    |
| Insoluble Fibre             | 0.7      | 16          | g    |
| Ash Content                 | 0.8      | 18          | g    |
| Cholesterol                 | 11.0     | 259         | mg   |
| Saturated Fatty Acids       | 1.55     | 36          | g    |
| Monounsaturated Fatty Acids | 1.08     | 26          | g    |
| Polyunsaturated Fatty Acids | 0.23     | 5           | g    |
| Total Unsaturated Fat       | 1.31     | 31          | g    |
| Trans-Fat (TFA)             | -        | -           | g    |
| Sum of Omega-3 (n-3)        | -        | -           | g    |
| Sum of Omega-6 (n-6)        | 0.2      | 5           | g    |
| Sum of Omega-9 (n-9)        | 1.03     | 24          | g    |
| Calcium                     | 5        | 108         | mg   |
| Iron                        | 0.60     | 14          | mg   |

| Analyte                      | per 100g | Full recipe | Unit |
|------------------------------|----------|-------------|------|
| Magnesium                    | 8        | 179         | mg   |
| Phosphorus                   | 40       | 949         | mg   |
| Potassium                    | 119      | 2800        | mg   |
| Sodium                       | 229      | 5400        | mg   |
| Chloride                     | 4        | 91          | mg   |
| Zinc                         | 1.02     | 24          | mg   |
| Copper                       | 0.083    | 2           | mg   |
| Manganese                    | 0.177    | 4           | mg   |
| Selenium                     | -        | -           | µg   |
| Iodine                       | -        | -           | µg   |
| Vitamin A (as Retinol)       | -        | -           | µg   |
| Beta-carotene                | -        | -           | µg   |
| Vitamin D                    | -        | -           | µg   |
| Vitamin E (as a-Tocopherol)  | -        | -           | mg   |
| Vitamin K                    | 1.0      | 24          | µg   |
| Vitamin C (as Ascorbic Acid) | -        | -           | mg   |
| Vitamin B1                   | -        | -           | mg   |
| Vitamin B2                   | -        | -           | mg   |
| Vitamin B3 (Total)           | 1.2      | 28          | mg   |
| Vitamin B5                   | 0.25     | 6           | mg   |
| Vitamin B6                   | -        | -           | mg   |
| Vitamin B7 (Biotin)          | 4.0      | 94          | µg   |
| Vitamin B9 (Folic Acid)      | 51       | 1202        | µg   |
| Vitamin B12 (Cyanocobalamin) | 2.0      | 47          | µg   |

## Recipe Name

## Masali Bread

Approximately 4 adults

| Ingredients       | Quantity |
|-------------------|----------|
| Whole wheat flour | 480 g    |
| Water             | 580 ml   |
| Salt              | 5 g      |



## Preparation Method



1. In a deep bowl, combine the flour and salt, then gradually add the water while continuously kneading by hand for about 6 minutes until the dough becomes semi-liquid.
2. Cover the dough and let it rest in a dry place for 20 minutes.
3. Light the charcoal in a brazier until it turns into embers, then place a flat griddle on top and heat it for about 10 minutes.
4. Spread a portion of the dough evenly by hand over the entire hot griddle to form a medium-thick layer. Cook for about 4 minutes, or until the surface dries.
5. Flip the griddle so that the dough's surface faces the embers directly (without touching the charcoal pieces) and cook for about 2 minutes.
6. Once the bread is done, sprinkle a small amount of water on the back of the griddle to loosen it, then separate the bread gently using a sharp tool and transfer it to a serving plate.
7. Repeat the process until all the dough is used. The Masali Bread is ready to serve.

## The dish's nutritional content

| Analyte                     | per 100g | Full recipe | Unit | Analyte                      | per 100g | Full recipe | Unit |
|-----------------------------|----------|-------------|------|------------------------------|----------|-------------|------|
| Energy (kJ)                 | 777      | 6540        | kJ   | Magnesium                    | 76       | 641         | mg   |
| Energy (kcal)               | 186      | 1560        | kcal | Phosphorus                   | 145      | 1220        | mg   |
| Moisture Content            | 49.8     | 419         | g    | Potassium                    | 310      | 2610        | mg   |
| Total Protein               | 8.9      | 75          | g    | Sodium                       | 259      | 2180        | mg   |
| Total Nitrogen              | 1.4      | 12          | g    | Chloride                     | 4        | 30          | mg   |
| Total Fat                   | 1.2      | 10          | g    | Zinc                         | 1.54     | 13          | mg   |
| Available Carbohydrates     | 30.0     | 252         | g    | Copper                       | 0.233    | 2           | mg   |
| Total Carbohydrates         | 39.0     | 328         | g    | Manganese                    | 1.783    | 15          | mg   |
| Total sugars                | 3.4      | 29          | g    | Selenium                     | 20       | 168         | µg   |
| Added Sugar                 | 0.0      | 0.0         | g    | Iodine                       | -        | -           | µg   |
| Total Dietary Fibre         | 9.0      | 76          | g    | Vitamin A (as Retinol)       | -        | -           | µg   |
| Soluble Fibre               | 1.2      | 10          | g    | Beta-carotene                | -        | -           | µg   |
| Insoluble Fibre             | 7.8      | 65          | g    | Vitamin D                    | -        | -           | µg   |
| Ash Content                 | 1.0      | 9           | g    | Vitamin E (as a-Tocopherol)  | -        | -           | mg   |
| Cholesterol                 | -        | -           | mg   | Vitamin K                    | -        | -           | µg   |
| Saturated Fatty Acids       | 0.23     | 2           | g    | Vitamin C (as Ascorbic Acid) | -        | -           | mg   |
| Monounsaturated Fatty Acids | 0.18     | 1           | g    | Vitamin B1                   | 0.25     | 2           | mg   |
| Polyunsaturated Fatty Acids | 0.74     | 6           | g    | Vitamin B2                   | 0.70     | 6           | mg   |
| Total Unsaturated Fat       | 0.92     | 8           | g    | Vitamin B3 (Total)           | 1.2      | 10          | mg   |
| Trans-Fat (TFA)             | -        | -           | g    | Vitamin B5                   | 0.49     | 4           | mg   |
| Sum of Omega-3 (n-3)        | -        | -           | g    | Vitamin B6                   | 0.30     | 3           | mg   |
| Sum of Omega-6 (n-6)        | 0.69     | 6           | g    | Vitamin B7 (Biotin)          | 4.0      | 34          | µg   |
| Sum of Omega-9 (n-9)        | 0.16     | 1           | g    | Vitamin B9 (Folic Acid)      | 51       | 429         | µg   |
| Calcium                     | 32       | 268         | mg   | Vitamin B12 (Cyanocobalamin) | -        | -           | µg   |
| Iron                        | 1.79     | 15          | mg   |                              |          |             |      |

## Recipe Name

## Al-Mulayhiya

Approximately 6 adults

| Khubz Al-Shurak/Saj Bread Ingredients | Quantity |
|---------------------------------------|----------|
| Whole wheat flour                     | 160 g    |
| Water                                 | 120 ml   |
| Salt                                  | 2 g      |
| Mrees (Jameed) Ingredients            | Quantity |
| Mrees (Baql), cut into small pieces   | 184 g    |
| Hot water (for soaking Mrees)         | 240 ml   |
| Garnish Ingredients                   | Quantity |
| Sheep ghee                            | 16 g     |
| Almond slices                         | 10 g     |
| Pine nuts                             | 12 g     |
| Cashew nuts                           | 16 g     |
| Peeled almonds, finely chopped        | 12 g     |

## Preparation Method



## Khubz Al-Shurak/Saj Bread Preparation:

1. In a deep bowl, combine the flour and salt, then gradually add the water while kneading by hand for about 2 minutes until the dough becomes firm. Cover and let rest for 30 minutes.
2. Dust a flat tray with flour, shape the dough into small balls by hand, and place them on the tray.
3. Sprinkle flour on a clean surface and flatten each ball by hand, then roll it out with a rolling pin and stretch it gently between your palms until it becomes a thin circular sheet. Cook each sheet on a preheated griddle (Saj) for about 2 minutes, flipping every 30 seconds. Repeat until all the dough is used.
4. Place the baked bread in a deep bowl, cover with a cloth, and set aside.

| Al-Mulayhiya Ingredients                           | Quantity |
|--|----------|
| Lamb with bone and fat, cut into medium pieces     | 2 kg     |
| Salt (for rice)                                    | 6 g      |
| Onion, diced (medium size)                         | 200 g    |
| Ground black pepper                                | 3 g      |
| Ground dried coriander                             | 4 g      |
| Bay leaves   | 2 g      |
| Lukewarm water (for cooking meat)                  | 4 L      |
| Khubz Al-Shurak/Saj bread, prepared in advance     | 280 g    |
| Short-grain rice, washed and soaked for 30 minutes | 600 g    |
| Sheep ghee (for rice)                              | 22 g     |
| Ground turmeric                                    | 2 g      |
| Ground cumin                                       | 1 g      |
| Salt (for meat)                                    | 10 g     |
| Jameed   | 300 ml   |
| Boiling water (for rice)                           | 800 ml   |



## Preparation Method



### Mrees (Jameed) Preparation:

1. In a deep bowl, pour the hot water and add the Mrees pieces. Let soak for 45 minutes.
2. Transfer to a blender and blend until thick. The mixture is now ready to use.

### Garnish Preparation:

1. In a frying pan, melt the ghee, then add the sliced almonds, chopped almonds, cashews, and pine nuts. Stir continuously over low heat for about a minute.
2. Increase the heat to medium and stir for about 4 minutes until the nuts turn golden brown.

### Rice Preparation:

1. In a deep pot, add the rice and cover with water. Add the salt and bring to a boil over high heat.
2. Once boiling, reduce the heat and simmer gently for 10 minutes until nearly done. Add the ghee on top to prevent sticking and continue cooking until tender.

### Meat Preparation:

1. In a large pot over high heat, add the meat and boiling water. Cook for about 15 minutes until white foam appears on the surface.
2. Remove the foam and discard it.
3. In another bowl, mix the onion with cumin, black pepper, coriander, salt, and turmeric. Rub the mixture by hand for about 4 minutes until well combined.
4. Add the onion and spice mixture to the pot of meat, cover, and cook over medium heat for an hour and 15 minutes until the meat is tender.

### Al-Mulayhiya Preparation:

1. Strain the meat broth into another pot over medium heat. Gradually add the Mrees while stirring continuously until it thickens and starts to boil (about 10 minutes).
2. Add the cooked meat and simmer on low heat for an additional 10 minutes. The Al-Mulayhiya mixture is now ready.

### Serving Al-Mulayhiya:

1. Line a large serving platter with Khubz Al-Shurak/Saj bread to cover the base.
2. Place the rice on top of the bread, then arrange the meat pieces over the rice.
3. Pour about 0.5 L of the meat broth mixed with Mrees over the ingredients to allow them to absorb the flavors.
4. Sprinkle the fried nuts evenly on top.
5. Cover the dish with another layer of Khubz Al-Shurak and serve hot.

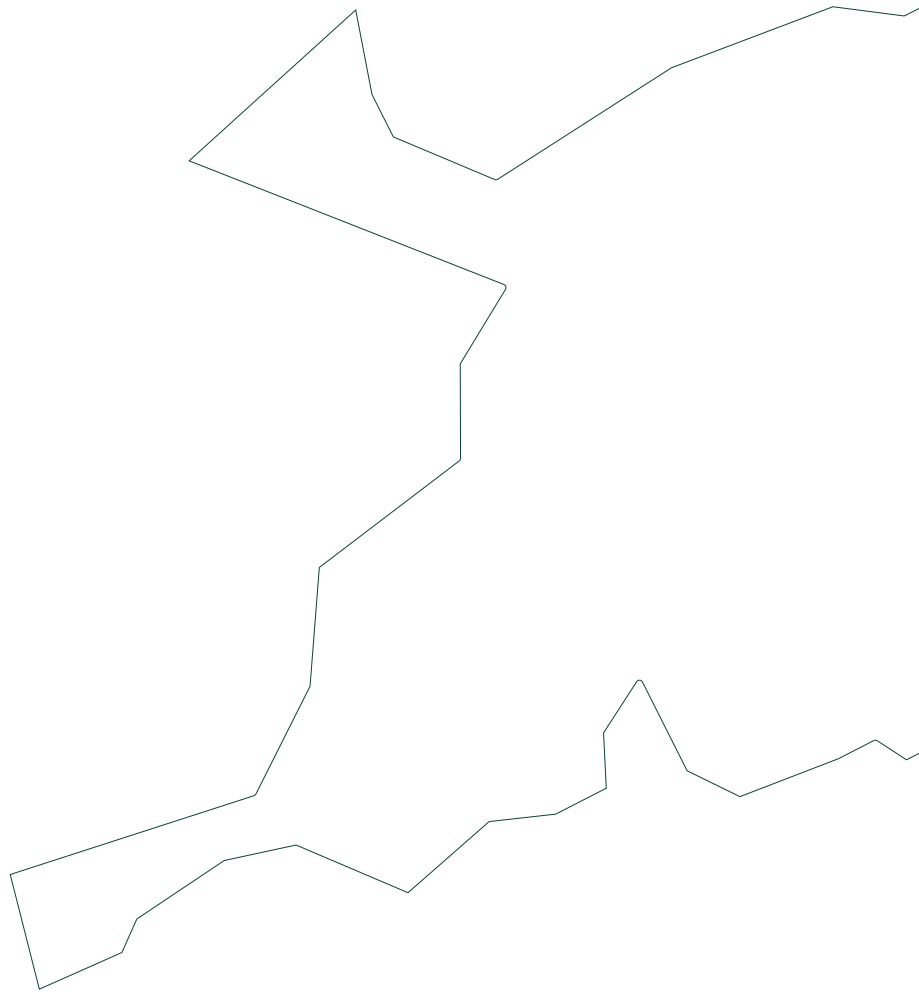
### The dish's nutritional content

| Analyte                     | per 100g | Full recipe | Unit |
|-----------------------------|----------|-------------|------|
| Energy (kJ)                 | 644      | 25500       | kJ   |
| Energy (kcal)               | 154      | 6090        | kcal |
| Moisture Content            | 66.5     | 2630        | g    |
| Total Protein               | 9.2      | 364         | g    |
| Total Nitrogen              | 1.5      | 58          | g    |
| Total Fat                   | 7.4      | 294         | g    |
| Available Carbohydrates     | 9.33     | 369         | g    |
| Total Carbohydrates         | 16.0     | 632         | g    |
| Total sugars                | -        | -           | g    |
| Added Sugar                 | 0.0      | 0.0         | g    |
| Total Dietary Fibre         | 6.7      | 266         | g    |
| Soluble Fibre               | 0.3      | 12          | g    |
| Insoluble Fibre             | 6.4      | 254         | g    |
| Ash Content                 | 0.7      | 30          | g    |
| Cholesterol                 | 33.0     | 1304        | mg   |
| Saturated Fatty Acids       | 3.12     | 123         | g    |
| Monounsaturated Fatty Acids | 3.32     | 131         | g    |
| Polyunsaturated Fatty Acids | 0.64     | 25          | g    |
| Total Unsaturated Fat       | 3.96     | 157         | g    |
| Trans-Fat (TFA)             | 0.35     | 14          | g    |
| Sum of Omega-3 (n-3)        | -        | -           | g    |
| Sum of Omega-6 (n-6)        | 0.6      | 24          | g    |
| Sum of Omega-9 (n-9)        | 3.18     | 126         | g    |
| Calcium                     | 17       | 684         | mg   |
| Iron                        | 0.88     | 35          | mg   |

| Analyte                      | per 100g | Full recipe | Unit |
|------------------------------|----------|-------------|------|
| Magnesium                    | 21       | 827         | mg   |
| Phosphorus                   | 85       | 3370        | mg   |
| Potassium                    | 133      | 5270        | mg   |
| Sodium                       | 244      | 9630        | mg   |
| Chloride                     | 3.00     | 118         | mg   |
| Zinc                         | 1.60     | 63          | mg   |
| Copper                       | 0.120    | 5           | mg   |
| Manganese                    | 0.237    | 9           | mg   |
| Selenium                     | -        | -           | µg   |
| Iodine                       | -        | -           | µg   |
| Vitamin A (as Retinol)       | -        | -           | µg   |
| Beta-carotene                | -        | -           | µg   |
| Vitamin D                    | -        | -           | µg   |
| Vitamin E (as a-Tocopherol)  | -        | -           | mg   |
| Vitamin K                    | 1.7      | 66          | µg   |
| Vitamin C (as Ascorbic Acid) | -        | -           | mg   |
| Vitamin B1                   | -        | -           | mg   |
| Vitamin B2                   | -        | -           | mg   |
| Vitamin B3 (Total)           | 0.40     | 16          | mg   |
| Vitamin B5                   | -        | -           | mg   |
| Vitamin B6                   | -        | -           | mg   |
| Vitamin B7 (Biotin)          | 5.0      | 198         | µg   |
| Vitamin B9 (Folic Acid)      | 43       | 1712        | µg   |
| Vitamin B12 (Cyanocobalamin) | 1.0      | 40          | µg   |



# Al Jawf



|  |  |
|--|--|
| <p>Athan Al-Shayeb</p>  <p>242</p>        | <p>Faqa' Hamsa (desert truffle)</p>  <p>256</p>   |
| <p>Al-Bukayla</p>  <p>245</p>             | <p>Samh bread</p>  <p>258</p>                     |
| <p>Tatmaj/Muthagala</p>  <p>247</p>      | <p>Shurak bread</p>  <p>260</p>                  |
| <p>Al-Jabreg</p>  <p>249</p>            | <p>Date and Samh Ghamoos</p>  <p>262</p>        |
| <p>Hamees (Meat Hamees)</p>  <p>252</p> | <p>Mashed Dried Yogurt Iqt</p>  <p>264</p>      |
| <p>Fateet</p>  <p>254</p>               | <p>Salted Mashed Citron (Trunj)</p>  <p>266</p> |

## Recipe Name

## Athan Al-Shayeb

Approximately 4 adults

| Dough Ingredients | Quantity |
|-------------------|----------|
| Whole wheat flour | 480 g    |
| Salt              | 4 g      |
| Water             | 400 ml   |

| Tashah (Sauté) Ingredients | Quantity |
|----------------------------|----------|
| Garlic, finely chopped     | 24 g     |
| Sheep ghee                 | 24 g     |

| Mrees (Jameed) Ingredients    | Quantity |
|-------------------------------|----------|
| Mrees (Baql)                  | 188 g    |
| Hot water (for soaking Mrees) | 320 ml   |
| Fresh sheep milk              | 1440 ml  |

| Filling Ingredients    | Quantity |
|------------------------|----------|
| Ground lamb meat       | 360 g    |
| Salt (for filling)     | 8 g      |
| Onion, finely chopped  | 104 g    |
| Ground black pepper    | 4 g      |
| Mixed spices           | 4 g      |
| Ground dried coriander | 4 g      |
| Ground turmeric        | 4 g      |
| Cooking oil            | 16 ml    |
| Sheep ghee             | 10 g     |
| Garlic, finely chopped | 16 g     |

## Preparation Method



## Filling Preparation:

1. Place a pan over medium heat, then add the cooking oil, sheep ghee, and onion. Sauté for about a minute.
2. Add the garlic, ground lamb, black pepper, mixed spices, dried coriander, turmeric, and salt. Stir for about 3 minutes until well combined.
3. Reduce the heat to low, cover the pan, and cook for 10 minutes until the filling is done.
4. Use a sharp tool and transfer it to a serving plate.

## Dough Preparation:

1. In a deep bowl, combine the flour, salt, and water gradually. Knead by hand for about 8 minutes until the dough becomes smooth and firm. Let it rest for 20 minutes.
2. Lightly flour a clean surface, then roll out the dough by hand and with a rolling pin until it forms a thin circular sheet.
3. Using a glass cup (about 5 cm in diameter) lightly dusted with flour, cut the dough into small circles. Place the circles on a floured plate and repeat until all the dough is used.



## Preparation Method



### Stuffed Dough Preparation:

1. Place a spoonful of the filling in the center of each dough circle, then fold the edges to form a half-moon shape.
2. Pinch one edge over your index finger to seal, creating a hollow cylindrical shape of medium size.
3. Arrange the stuffed pieces on a flat plate until all are shaped.

### Mrees (Jameed) Preparation:

1. Place the Mrees pieces in a bowl with hot water and let soak for about 20 minutes until soft.
2. Blend the mixture in an electric blender for about 4 minutes until it becomes a thick, smooth liquid without lumps.

### Tashah (Sauté) Preparation:

1. In a skillet over medium heat, melt the sheep ghee for about 2 minutes until hot.
2. Add the garlic and stir for about a minute until it turns golden.

### Athan Al-Shayeb Preparation:

1. In a pressure cooker over medium heat, pour in the fresh milk, then add the prepared Mrees while stirring constantly to prevent curdling. Continue stirring for about 12 minutes until the mixture boils.
2. Add the stuffed dough pieces to the pot while stirring gently, then cover and cook for 20 minutes until the dumplings are fully cooked.
3. Add the Tashah (sautéed garlic and ghee) to the pot, stir gently, and serve hot.

## The dish's nutritional content

| Analyte                     | per 100g | Full recipe | Unit |
|-----------------------------|----------|-------------|------|
| Energy (kJ)                 | 588      | 16800       | kJ   |
| Energy (kcal)               | 140      | 4000        | kcal |
| Moisture Content            | 65.7     | 1870        | g    |
| Total Protein               | 2.9      | 82          | g    |
| Total Nitrogen              | 0.4      | 12          | g    |
| Total Fat                   | 4.6      | 130         | g    |
| Available Carbohydrates     | 19.0     | 542         | g    |
| Total Carbohydrates         | 25.3     | 722         | g    |
| Total sugars                | 1.2      | 33          | g    |
| Added Sugar                 | 0.0      | 0.0         | g    |
| Total Dietary Fibre         | 6.2      | 176         | g    |
| Soluble Fibre               | 0.3      | 10          | g    |
| Insoluble Fibre             | 5.8      | 166         | g    |
| Ash Content                 | 1.8      | 52          | g    |
| Cholesterol                 | 15.7     | 447         | mg   |
| Saturated Fatty Acids       | 2.13     | 61          | g    |
| Monounsaturated Fatty Acids | 1.4      | 40          | g    |
| Polyunsaturated Fatty Acids | 0.9      | 26          | g    |
| Total Unsaturated Fat       | 2.31     | 66          | g    |
| Trans-Fat (TFA)             | -        | -           | g    |
| Sum of Omega-3 (n-3)        | -        | -           | g    |
| Sum of Omega-6 (n-6)        | 0.86     | 25          | g    |
| Sum of Omega-9 (n-9)        | 1.32     | 38          | g    |
| Calcium                     | 125      | 3550        | mg   |
| Iron                        | 0.96     | 27          | mg   |

| Analyte                      | per 100g | Full recipe | Unit |
|------------------------------|----------|-------------|------|
| Magnesium                    | 40       | 1150        | mg   |
| Phosphorus                   | 187      | 5320        | mg   |
| Potassium                    | 329      | 9380        | mg   |
| Sodium                       | 225      | 6420        | mg   |
| Chloride                     | 5        | 138         | mg   |
| Zinc                         | 1.63     | 47          | mg   |
| Copper                       | 0.113    | 3           | mg   |
| Manganese                    | 0.560    | 16          | mg   |
| Selenium                     | -        | -           | µg   |
| Iodine                       | 25       | 713         | µg   |
| Vitamin A (as Retinol)       | -        | -           | µg   |
| Beta-carotene                | -        | -           | µg   |
| Vitamin D                    | -        | -           | µg   |
| Vitamin E (as α-Tocopherol)  | -        | -           | mg   |
| Vitamin K                    | 1.1      | 32          | µg   |
| Vitamin C (as Ascorbic Acid) | -        | -           | mg   |
| Vitamin B1                   | -        | -           | mg   |
| Vitamin B2                   | -        | -           | mg   |
| Vitamin B3 (Total)           | 2.1      | 61          | mg   |
| Vitamin B5                   | -        | -           | mg   |
| Vitamin B6                   | -        | -           | mg   |
| Vitamin B7 (Biotin)          | 6.3      | 181         | µg   |
| Vitamin B9 (Folic Acid)      | 56       | 1606        | µg   |
| Vitamin B12 (Cyanocobalamin) | -        | -           | µg   |

## Recipe Name

## Al-Bukayla

Approximately 4 adults

| Ingredients                        | Quantity |
|------------------------------------|----------|
| Sheep ghee                         | 53 g     |
| Sheep ghee (for garnish)           | 6.6 g    |
| Halwa Al-Jouf dates (pits removed) | 533 g    |
| Samh flour                         | 87 g     |



## Preparation Method



1. In a deep bowl, combine the dates and ghee, then knead by hand for about 2 minutes.
2. Gradually add the Samh flour while continuing to knead for about 4 minutes until the mixture is well blended and smooth.
3. Spread the Al-Bukayla on a flat plate in a circular shape and drizzle the top with ghee for garnish.

## The dish's nutritional content

| Analyte                     | per 100g | Full recipe | Unit |
|-----------------------------|----------|-------------|------|
| Energy (kJ)                 | 1367     | 9240        | kJ   |
| Energy (kcal)               | 327      | 2210        | kcal |
| Moisture Content            | 19.7     | 133         | g    |
| Total Protein               | 4.8      | 32          | g    |
| Total Nitrogen              | 0.8      | 5           | g    |
| Total Fat                   | 5.5      | 37          | g    |
| Available Carbohydrates     | 59.3     | 401         | g    |
| Total Carbohydrates         | 68.7     | 464         | g    |
| Total sugars                | 46.6     | 315         | g    |
| Added Sugar                 | 0.0      | 0.0         | g    |
| Total Dietary Fibre         | 9.2      | 62          | g    |
| Soluble Fibre               | 1.2      | 8           | g    |
| Insoluble Fibre             | 9.2      | 62          | g    |
| Ash Content                 | 1.4      | 9           | g    |
| Cholesterol                 | 20.3     | 137         | mg   |
| Saturated Fatty Acids       | 3.6      | 24          | g    |
| Monounsaturated Fatty Acids | 1.27     | 9           | g    |
| Polyunsaturated Fatty Acids | 0.47     | 3           | g    |
| Total Unsaturated Fat       | 1.74     | 12          | g    |
| Trans-Fat (TFA)             | -        | -           | g    |
| Sum of Omega-3 (n-3)        | -        | -           | g    |
| Sum of Omega-6 (n-6)        | 0.42     | 3           | g    |
| Sum of Omega-9 (n-9)        | 1.16     | 8           | g    |
| Calcium                     | 39       | 264         | mg   |
| Iron                        | 1.44     | 10          | mg   |

| Analyte                      | per 100g | Full recipe | Unit |
|------------------------------|----------|-------------|------|
| Magnesium                    | 70       | 470         | mg   |
| Phosphorus                   | 82       | 554         | mg   |
| Potassium                    | 495      | 3350        | mg   |
| Sodium                       | 12       | 79          | mg   |
| Chloride                     | 2        | 12          | mg   |
| Zinc                         | 1.13     | 8           | mg   |
| Copper                       | 0.337    | 2           | mg   |
| Manganese                    | 1.49     | 10          | mg   |
| Selenium                     | 20       | 135         | µg   |
| Iodine                       | 16       | 110         | µg   |
| Vitamin A (as Retinol)       | 42.7     | 288         | µg   |
| Beta-carotene                | -        | -           | µg   |
| Vitamin D                    | -        | -           | µg   |
| Vitamin E (as a-Tocopherol)  | 1.6      | 11          | mg   |
| Vitamin K                    | 2.7      | 18          | µg   |
| Vitamin C (as Ascorbic Acid) | -        | -           | mg   |
| Vitamin B1                   | 0.07     | 0           | mg   |
| Vitamin B2                   | -        | -           | mg   |
| Vitamin B3 (Total)           | -        | -           | mg   |
| Vitamin B5                   | 2.5      | 17          | mg   |
| Vitamin B6                   | 0.09     | 1           | mg   |
| Vitamin B7 (Biotin)          | 4.0      | 27          | µg   |
| Vitamin B9 (Folic Acid)      | 360      | 2434        | µg   |
| Vitamin B12 (Cyanocobalamin) | 1.0      | 7           | µg   |

## Recipe Name

## Tatmaj/Muthagala

Approximately 6 adults

| Tatmaj Ingredients                             | Quantity |
|--|----------|
| Boneless lamb with fat, cut into medium pieces | 400 g    |
| Black-eyed peas, soaked for 30 minutes         | 480 g    |
| Ground turmeric                                | 3 g      |
| Ground black pepper                            | 2 g      |
| Salt   | 14 g     |
| Hot water                                      | 4 L      |
| Cracked wheat (Jareesh), washed                | 544 g    |
| Samh flour                                     | 72 g     |
| Ground dried coriander                         | 3 g      |
| Ground cinnamon                                | 2 g      |
| Sheep ghee                                     | 56 g     |

| Kashnah (Masmanah) Ingredients | Quantity |
|--------------------------------|----------|
| Onion, sliced (medium)         | 240 g    |
| Cooking oil                    | 104 ml   |
| Ground black pepper            | 2 g      |
| Ground dried lime              | 4 g      |
| Ground cinnamon                | 2 g      |
| Ground cumin                   | 4 g      |



## Preparation Method



## Tatmaj Preparation:

1. In a large deep pot over high heat, add the cracked wheat (Jareesh) and lamb, then pour in the water. Cover and cook for about 10 minutes until white foam appears on the surface.
2. Remove the foam, cover again, and simmer over low heat for 30 minutes.
3. Add the soaked black-eyed peas, then stir in the cinnamon, salt, turmeric, dried coriander, and black pepper. Mix well to combine, cover, and cook on low heat for 1 hour and 50 minutes.
4. Gradually add the Samh flour while stirring until fully blended, then add the ghee, stir lightly, and cook for about 5 minutes.

## Kashnah (Masmanah) Preparation:

1. In a frying pan over high heat, add the oil, then the onions. Stir continuously for about 15 minutes until golden.
2. Add the black pepper, cumin, dried lime, and cinnamon, and stir briefly until the mixture is well combined. The Kashnah is ready to use.

## Serving:

Serve the Tatmaj in a flat dish and spread the Kashnah evenly over the top.

## The dish's nutritional content

| Analyte                     | per 100g | Full recipe | Unit |
|-----------------------------|----------|-------------|------|
| Energy (kJ)                 | 587      | 26900       | kJ   |
| Energy (kcal)               | 140      | 6410        | kcal |
| Moisture Content            | 70.6     | 3230        | g    |
| Total Protein               | 5.2      | 237         | g    |
| Total Nitrogen              | 0.8      | 37          | g    |
| Total Fat                   | 7.4      | 337         | g    |
| Available Carbohydrates     | 10.7     | 489         | g    |
| Total Carbohydrates         | 16.0     | 733         | g    |
| Total sugars                | -        | -           | g    |
| Added Sugar                 | 0.0      | 0.0         | g    |
| Total Dietary Fibre         | 5.6      | 254         | g    |
| Soluble Fibre               | -        | -           | g    |
| Insoluble Fibre             | 6.2      | 282         | g    |
| Ash Content                 | 0.6      | 25          | g    |
| Cholesterol                 | 14.7     | 672         | mg   |
| Saturated Fatty Acids       | 3.05     | 140         | g    |
| Monounsaturated Fatty Acids | 2.54     | 116         | g    |
| Polyunsaturated Fatty Acids | 1.5      | 69          | g    |
| Total Unsaturated Fat       | 4.04     | 185         | g    |
| Trans-Fat (TFA)             | 0.26     | 12          | g    |
| Sum of Omega-3 (n-3)        | -        | -           | g    |
| Sum of Omega-6 (n-6)        | 1.44     | 66          | g    |
| Sum of Omega-9 (n-9)        | 2.42     | 111         | g    |
| Calcium                     | 17       | 762         | mg   |
| Iron                        | 1.10     | 51          | mg   |

| Analyte                      | per 100g | Full recipe | Unit |
|------------------------------|----------|-------------|------|
| Magnesium                    | 25       | 1160        | mg   |
| Phosphorus                   | 72       | 3320        | mg   |
| Potassium                    | 186      | 8540        | mg   |
| Sodium                       | 122      | 5590        | mg   |
| Chloride                     | 1        | 49          | mg   |
| Zinc                         | 0.96     | 44          | mg   |
| Copper                       | 0.16     | 7           | mg   |
| Manganese                    | 0.437    | 20          | mg   |
| Selenium                     | -        | -           | µg   |
| Iodine                       | 49       | 2245        | µg   |
| Vitamin A (as Retinol)       | -        | -           | µg   |
| Beta-carotene                | -        | -           | µg   |
| Vitamin D                    | -        | -           | µg   |
| Vitamin E (as a-Tocopherol)  | -        | -           | mg   |
| Vitamin K                    | 1.5      | 70          | µg   |
| Vitamin C (as Ascorbic Acid) | -        | -           | mg   |
| Vitamin B1                   | 0.06     | 3           | mg   |
| Vitamin B2                   | -        | -           | mg   |
| Vitamin B3 (Total)           | 0.56     | 25          | mg   |
| Vitamin B5                   | 0.87     | 40          | mg   |
| Vitamin B6                   | -        | -           | mg   |
| Vitamin B7 (Biotin)          | 6.0      | 275         | µg   |
| Vitamin B9 (Folic Acid)      | 24       | 1115        | µg   |
| Vitamin B12 (Cyanocobalamin) | -        | -           | µg   |

## Recipe Name

## Al-Jabreg

Approximately 4 adults

| Meat Broth Ingredients | Quantity |
|------------------------|----------|
| Lamb with bone and fat | 400 g    |
| Water                  | 1 L      |
| Ground turmeric        | 2 g      |
| Ground cumin           | 2 g      |
| Tomato paste           | 90 g     |
| Salt                   | 3 g      |
| Onion, finely chopped  | 43 g     |
| Ground dried coriander | 2 g      |
| Ground black pepper    | 2 g      |
| Cooking oil            | 23 ml    |

| Filling Ingredients                                | Quantity |
|--|----------|
| Ground lamb  | 100 g    |
| Ground dried coriander                             | 3 g      |
| Salt   | 5 g      |
| Onion, finely chopped                              | 43 g     |
| Short-grain rice, washed and soaked for 15 minutes | 420 g    |
| Ground cumin                                       | 3 g      |
| Ground black pepper                                | 3 g      |
| Tomato, finely chopped                             | 213 g    |
| Cooking oil  | 30 ml    |
| Ground turmeric                                    | 3 g      |

| Al-Jabreg Ingredients                  | Quantity |
|--|----------|
| Grape leaves                           | 233 g    |
| Garlic, finely chopped                 | 13 g     |
| Green chili pepper                     | 33 g     |
| Meat broth (reserved from cooked lamb) | 600 ml   |
| Tomato, halved into rings              | 133 g    |
| Onion, large pieces                    | 40 g     |
| Olive oil                              | 20 ml    |
| Water                                  | 267 ml   |



## Preparation Method



### Meat Broth Preparation:

1. In a pressure cooker over high heat, add the cooking oil and onion and sauté for about 3 minutes until softened.
2. Add the lamb, black pepper, coriander, cumin, turmeric, and salt. Stir for about a minute to mix well.
3. Add the water and tomato paste, stir slightly, then close the pressure cooker. Cook for 5 minutes over high heat, then reduce to medium and continue for 35 minutes until the meat is tender.

### Filling Preparation:

1. In a deep pot, add the onion and oil and sauté over medium heat for about 3 minutes until translucent.
2. Add the ground lamb and stir for a minute.
3. Add the tomato, black pepper, coriander, turmeric, cumin, and salt. Stir until combined.
4. Add the rice and stir for about 2 minutes until mixed well. Transfer the mixture to a flat plate and let it cool for about 3 minutes.

### Al-Jabreg Preparation:

1. Lay the grape leaves flat on a clean surface with the rough side facing up and the smooth side down. Place about half a spoonful of the filling in the center of each leaf. Fold the sides inward over the filling, then roll tightly from the bottom to the top to form a small cylinder. Repeat until all filling is used.
2. In a pot, add the olive oil, onion, tomato slices, and garlic, then layer the cooked lamb pieces on top.
3. Arrange the stuffed grape leaves evenly over the meat, then place the green chili peppers on top.
4. Place a small metal plate or an inner lid over the grape leaves, leaving the edges slightly open. Pour the meat broth and water along the sides. Cover the pot and simmer over low heat for about 1 hour until cooked.
5. Transfer to a flat serving dish and serve hot.

## The dish's nutritional content

| Analyte                     | per 100g | Full recipe | Unit |
|-----------------------------|----------|-------------|------|
| Energy (kJ)                 | 523      | 8780        | kJ   |
| Energy (kcal)               | 125      | 2090        | kcal |
| Moisture Content            | 72.6     | 1220        | g    |
| Total Protein               | 6.2      | 104         | g    |
| Total Nitrogen              | 1.0      | 17          | g    |
| Total Fat                   | 6.3      | 107         | g    |
| Available Carbohydrates     | 8.0      | 134         | g    |
| Total Carbohydrates         | 14.0     | 235         | g    |
| Total sugars                | -        | -           | g    |
| Added Sugar                 | 0.0      | 0.0         | g    |
| Total Dietary Fibre         | 5.7      | 96          | g    |
| Soluble Fibre               | 0.2      | 3           | g    |
| Insoluble Fibre             | 5.6      | 94          | g    |
| Ash Content                 | 1.1      | 18          | g    |
| Cholesterol                 | 18.0     | 302         | mg   |
| Saturated Fatty Acids       | 2.17     | 36          | g    |
| Monounsaturated Fatty Acids | 2.71     | 46          | g    |
| Polyunsaturated Fatty Acids | 1.31     | 22          | g    |
| Total Unsaturated Fat       | 4.03     | 68          | g    |
| Trans-Fat (TFA)             | -        | -           | g    |
| Sum of Omega-3 (n-3)        | 0.1      | 2           | g    |
| Sum of Omega-6 (n-6)        | 1.21     | 20          | g    |
| Sum of Omega-9 (n-9)        | 2.57     | 43          | g    |
| Calcium                     | 56       | 947         | mg   |
| Iron                        | 0.83     | 14          | mg   |

| Analyte                      | per 100g | Full recipe | Unit |
|------------------------------|----------|-------------|------|
| Magnesium                    | 11       | 191         | mg   |
| Phosphorus                   | 54       | 904         | mg   |
| Potassium                    | 188      | 3150        | mg   |
| Sodium                       | 227      | 3810        | mg   |
| Chloride                     | 4        | 59          | mg   |
| Zinc                         | 0.69     | 12          | mg   |
| Copper                       | 0.107    | 2           | mg   |
| Manganese                    | -        | -           | mg   |
| Selenium                     | -        | -           | µg   |
| Iodine                       | 277      | 4658        | µg   |
| Vitamin A (as Retinol)       | -        | -           | µg   |
| Beta-carotene                | 1267     | 21276       | µg   |
| Vitamin D                    | -        | -           | µg   |
| Vitamin E (as a-Tocopherol)  | 2.0      | 34          | mg   |
| Vitamin K                    | 37       | 628         | µg   |
| Vitamin C (as Ascorbic Acid) | -        | -           | mg   |
| Vitamin B1                   | -        | -           | mg   |
| Vitamin B2                   | -        | -           | mg   |
| Vitamin B3 (Total)           | 1.0      | 17          | mg   |
| Vitamin B5                   | -        | -           | mg   |
| Vitamin B6                   | -        | -           | mg   |
| Vitamin B7 (Biotin)          | 4.7      | 78          | µg   |
| Vitamin B9 (Folic Acid)      | 58       | 969         | µg   |
| Vitamin B12 (Cyanocobalamin) | 1.0      | 17          | µg   |

## Recipe Name

## Hamees (Meat Hamees)

Approximately 4 adults

| Ingredients                                    | Quantity |
|--|----------|
| Lamb with fat, boneless, cut into small pieces | 560 g    |
| Onion, finely chopped                          | 160 g    |
| Salt   | 8 g      |
| Ground black pepper                            | 2 g      |
| Ground cumin                                   | 2 g      |
| Ground dried coriander                         | 3 g      |
| Ground turmeric                                | 5 g      |
| Hot water                                      | 800 ml   |



## Preparation Method



1. Place the lamb and water in a pressure cooker, stir lightly, close the lid, and cook over high heat for 30 minutes.
2. Open the cooker and add the coriander, cumin, black pepper, turmeric, salt, and onion. Stir continuously every 5 minutes for about 30 minutes over high heat until the water evaporates.
3. Serve the Hamees hot.

## The dish's nutritional content

| Analyte                     | per 100g | Full recipe | Unit |
|-----------------------------|----------|-------------|------|
| Energy (kJ)                 | 710      | 5180        | kJ   |
| Energy (kcal)               | 170      | 1240        | kcal |
| Moisture Content            | 72.7     | 530         | g    |
| Total Protein               | 9.6      | 70          | g    |
| Total Nitrogen              | 1.5      | 11          | g    |
| Total Fat                   | 13.7     | 100         | g    |
| Available Carbohydrates     | 2.0      | 15          | g    |
| Total Carbohydrates         | 3.33     | 24          | g    |
| Total sugars                | -        | -           | g    |
| Added Sugar                 | 0.0      | 0.0         | g    |
| Total Dietary Fibre         | 1.5      | 11          | g    |
| Soluble Fibre               | -        | -           | g    |
| Insoluble Fibre             | 1.5      | 11          | g    |
| Ash Content                 | 0.8      | 6           | g    |
| Cholesterol                 | 41.3     | 301         | mg   |
| Saturated Fatty Acids       | 6.47     | 47          | g    |
| Monounsaturated Fatty Acids | 6.16     | 45          | g    |
| Polyunsaturated Fatty Acids | 0.54     | 4           | g    |
| Total Unsaturated Fat       | 6.7      | 49          | g    |
| Trans-Fat (TFA)             | 0.49     | 4           | g    |
| Sum of Omega-3 (n-3)        | -        | -           | g    |
| Sum of Omega-6 (n-6)        | 0.48     | 3           | g    |
| Sum of Omega-9 (n-9)        | 5.78     | 42          | g    |
| Calcium                     | 17       | 125         | mg   |
| Iron                        | 0.81     | 6           | mg   |

| Analyte                      | per 100g | Full recipe | Unit |
|------------------------------|----------|-------------|------|
| Magnesium                    | 12       | 90          | mg   |
| Phosphorus                   | 87       | 637         | mg   |
| Potassium                    | 188      | 1370        | mg   |
| Sodium                       | 294      | 2140        | mg   |
| Chloride                     | 5        | 40          | mg   |
| Zinc                         | 1.16     | 8           | mg   |
| Copper                       | 0.05     | 0           | mg   |
| Manganese                    | -        | -           | mg   |
| Selenium                     | -        | -           | µg   |
| Iodine                       | 124      | 906         | µg   |
| Vitamin A (as Retinol)       | -        | -           | µg   |
| Beta-carotene                | -        | -           | µg   |
| Vitamin D                    | -        | -           | µg   |
| Vitamin E (as a-Tocopherol)  | -        | -           | mg   |
| Vitamin K                    | 2.0      | 15          | µg   |
| Vitamin C (as Ascorbic Acid) | -        | -           | mg   |
| Vitamin B1                   | 0.70     | 5           | mg   |
| Vitamin B2                   | 0.14     | 1           | mg   |
| Vitamin B3 (Total)           | 2.0      | 14          | mg   |
| Vitamin B5                   | 1.9      | 14          | mg   |
| Vitamin B6                   | -        | -           | mg   |
| Vitamin B7 (Biotin)          | 3.0      | 22          | µg   |
| Vitamin B9 (Folic Acid)      | 30       | 216         | µg   |
| Vitamin B12 (Cyanocobalamin) | 1.0      | 7           | µg   |

## Recipe Name

## Fateet

Approximately 4 adults

| Fateet Ingredients     | Quantity |
|------------------------|----------|
| Ready-made Jamri bread | 1.2 kg   |
| Date molasses          | 60 g     |
| Hot water              | 513 ml   |
| Sheep ghee             | 53 g     |

| Jamri Bread Ingredients | Quantity |
|-------------------------|----------|
| Whole wheat flour       | 1.7 kg   |
| Water                   | 1.5 L    |
| Salt                    | 24 g     |

## Preparation Method



## Jamri Bread Preparation:

1. In a deep bowl, mix the flour and salt, then gradually add water while kneading by hand for about 10 minutes until the dough becomes firm.
2. Cover the dough and let it rest for 20 minutes.
3. Sprinkle a little flour on a flat surface, then flatten the dough by hand to a medium thickness.
4. Place the dough in a charcoal pit, then cover it with hot embers and surround the edges with sand. Move the embers occasionally to prevent burning.
5. Remove the embers, bury the dough in sand, then cover it again with embers. Leave it for 30 minutes.
6. Remove the embers, flip the dough to the other side, bury it again in sand, cover with embers, and leave for another 10 minutes.
7. Remove the sand and embers. The Jamri bread is now ready.



## Fateet Preparation:

1. Break the Jamri bread into medium pieces and place them in a deep bowl.
2. Add the date molasses and ghee, then gradually pour in the hot water while kneading by hand for about 10 minutes until well combined.
3. The Fateet is ready to serve and can be drizzled with extra date molasses for garnish.

### The dish's nutritional content

| Analyte                     | per 100g | Full recipe | Unit |
|-----------------------------|----------|-------------|------|
| Energy (kJ)                 | 647      | 11200       | kJ   |
| Energy (kcal)               | 154      | 2660        | kcal |
| Moisture Content            | 58.7     | 1010        | g    |
| Total Protein               | 6.0      | 104         | g    |
| Total Nitrogen              | 21.7     | 374         | g    |
| Total Fat                   | 2.6      | 46          | g    |
| Available Carbohydrates     | 21.7     | 374         | g    |
| Total Carbohydrates         | 31.7     | 547         | g    |
| Total sugars                | 4.6      | 79          | g    |
| Added Sugar                 | 3.5      | 60          | g    |
| Total Dietary Fibre         | 9.7      | 167         | g    |
| Soluble Fibre               | 1.1      | 19          | g    |
| Insoluble Fibre             | 8.6      | 148         | g    |
| Ash Content                 | 1.2      | 21          | g    |
| Cholesterol                 | 4.0      | 69          | mg   |
| Saturated Fatty Acids       | 1.56     | 27          | g    |
| Monounsaturated Fatty Acids | 0.53     | 9           | g    |
| Polyunsaturated Fatty Acids | 0.52     | 9           | g    |
| Total Unsaturated Fat       | 1.06     | 18          | g    |
| Trans-Fat (TFA)             | -        | -           | g    |
| Sum of Omega-3 (n-3)        | -        | -           | g    |
| Sum of Omega-6 (n-6)        | 0.48     | 8           | g    |
| Sum of Omega-9 (n-9)        | 0.5      | 9           | g    |
| Calcium                     | 27       | 474         | mg   |
| Iron                        | 1.33     | 23          | mg   |

| Analyte                      | per 100g | Full recipe | Unit |
|------------------------------|----------|-------------|------|
| Magnesium                    | 56       | 972         | mg   |
| Phosphorus                   | 106      | 1820        | mg   |
| Potassium                    | 270      | 4670        | mg   |
| Sodium                       | 256      | 4410        | mg   |
| Chloride                     | 4        | 63          | mg   |
| Zinc                         | 1.03     | 18          | mg   |
| Copper                       | 0.163    | 3           | mg   |
| Manganese                    | 1.27     | 22          | mg   |
| Selenium                     | 20       | 345         | µg   |
| Iodine                       | -        | -           | µg   |
| Vitamin A (as Retinol)       | -        | -           | µg   |
| Beta-carotene                | -        | -           | µg   |
| Vitamin D                    | -        | -           | µg   |
| Vitamin E (as a-Tocopherol)  | -        | -           | mg   |
| Vitamin K                    | -        | -           | µg   |
| Vitamin C (as Ascorbic Acid) | -        | -           | mg   |
| Vitamin B1                   | -        | -           | mg   |
| Vitamin B2                   | -        | -           | mg   |
| Vitamin B3 (Total)           | 4.1      | 71          | mg   |
| Vitamin B5                   | 0.30     | 5           | mg   |
| Vitamin B6                   | -        | -           | mg   |
| Vitamin B7 (Biotin)          | 2.7      | 46          | µg   |
| Vitamin B9 (Folic Acid)      | 43       | 748         | µg   |
| Vitamin B12 (Cyanocobalamin) | 1.0      | 17          | µg   |

## Recipe Name

## Faqa' Hamsa (Desert Truffle)

Approximately 4 adults

| Ingredients                           | Quantity |
|---------------------------------------|----------|
| Water                                 | 2.6 L    |
| Sheep ghee                            | 80 g     |
| Salt                                  | 12 g     |
| Desert truffle, cut into small pieces | 240 g    |
| Ground black pepper                   | 4 g      |
| Onion, finely chopped                 | 280 g    |



## Preparation Method



1. In a medium pressure cooker over medium heat, add the water, truffle, and half of the salt (6 g). Cook under pressure for 15 minutes, then drain the truffle from the water.
2. In a medium pot, melt the ghee and add the onion. Sauté for about 2 minutes until the onion softens.
3. Add the boiled truffle, remaining salt, and black pepper. Stir over low heat for about 2 minutes.
4. Serve the Faqa' Hamsa hot.

### The dish's nutritional content

| Analyte                     | per 100g | Full recipe | Unit |
|-----------------------------|----------|-------------|------|
| Energy (kJ)                 | 721      | 3600        | kJ   |
| Energy (kcal)               | 172      | 858         | kcal |
| Moisture Content            | 68.3     | 341         | g    |
| Total Protein               | 2.7      | 14          | g    |
| Total Nitrogen              | 0.4      | 2           | g    |
| Total Fat                   | 13.4     | 67          | g    |
| Available Carbohydrates     | 7.67     | 38          | g    |
| Total Carbohydrates         | 13.7     | 68          | g    |
| Total sugars                | -        | -           | g    |
| Added Sugar                 | 0.0      | 0.0         | g    |
| Total Dietary Fibre         | 6.6      | 33          | g    |
| Soluble Fibre               | 0.2      | 1           | g    |
| Insoluble Fibre             | 6.3      | 32          | g    |
| Ash Content                 | 1.6      | 8           | g    |
| Cholesterol                 | 39.0     | 195         | mg   |
| Saturated Fatty Acids       | 8.91     | 44          | g    |
| Monounsaturated Fatty Acids | 2.97     | 15          | g    |
| Polyunsaturated Fatty Acids | 0.96     | 5           | g    |
| Total Unsaturated Fat       | 3.93     | 20          | g    |
| Trans-Fat (TFA)             | 0.59     | 3           | g    |
| Sum of Omega-3 (n-3)        | 0.16     | 0.81        | g    |
| Sum of Omega-6 (n-6)        | 0.8      | 4           | g    |
| Sum of Omega-9 (n-9)        | 2.5      | 12          | g    |
| Calcium                     | 26       | 129         | mg   |
| Iron                        | 1.69     | 8           | mg   |

| Analyte                      | per 100g | Full recipe | Unit |
|------------------------------|----------|-------------|------|
| Magnesium                    | 12       | 58          | mg   |
| Phosphorus                   | 53       | 266         | mg   |
| Potassium                    | 175      | 871         | mg   |
| Sodium                       | 491      | 2450        | mg   |
| Chloride                     | 8        | 38          | mg   |
| Zinc                         | 0.47     | 2           | mg   |
| Copper                       | 1.15     | 6           | mg   |
| Manganese                    | 0.207    | 1           | mg   |
| Selenium                     | 20       | 100         | µg   |
| Iodine                       | -        | -           | µg   |
| Vitamin A (as Retinol)       | 88       | 437         | µg   |
| Beta-carotene                | -        | -           | µg   |
| Vitamin D                    | 6.6      | 33          | µg   |
| Vitamin E (as a-Tocopherol)  | -        | -           | mg   |
| Vitamin K                    | 3.1      | 15          | µg   |
| Vitamin C (as Ascorbic Acid) | -        | -           | mg   |
| Vitamin B1                   | -        | -           | mg   |
| Vitamin B2                   | -        | -           | mg   |
| Vitamin B3 (Total)           | 0.96     | 5           | mg   |
| Vitamin B5                   | -        | -           | mg   |
| Vitamin B6                   | -        | -           | mg   |
| Vitamin B7 (Biotin)          | 4.7      | 23          | µg   |
| Vitamin B9 (Folic Acid)      | 84       | 417         | µg   |
| Vitamin B12 (Cyanocobalamin) | -        | -           | µg   |

## Recipe Name

## Samh Bread

Approximately 4 adults

| Ingredients       | Quantity |
|-------------------|----------|
| Samh flour        | 300 g    |
| Salt              | 10 g     |
| Whole wheat flour | 400 g    |
| Water             | 990 ml   |



## Preparation Method



1. In a deep bowl, combine the whole wheat flour, Samh flour, and salt. Gradually add the water while kneading by hand until the dough becomes semi-liquid. Cover the bowl and let the batter rest for 20 minutes.
2. Preheat a griddle (Saj) over hot embers for about 10 minutes. Pour half of the mixture onto the hot surface and spread it thinly by hand into a circular shape.
3. Cook for about 4 minutes, then flip the griddle so that the top side of the bread faces the embers and cook for another 4 minutes.
4. Repeat the process with the remaining batter until all is used. The Samh Bread is now ready to serve.

## The dish's nutritional content

| Analyte                     | per 100g | Full recipe | Unit |
|-----------------------------|----------|-------------|------|
| Energy (kJ)                 | 710      | 8510        | kJ   |
| Energy (kcal)               | 169      | 2030        | kcal |
| Moisture Content            | 53.5     | 642         | g    |
| Total Protein               | 9.3      | 112         | g    |
| Total Nitrogen              | 1.5      | 18          | g    |
| Total Fat                   | 1.5      | 17          | g    |
| Available Carbohydrates     | 25.0     | 300         | g    |
| Total Carbohydrates         | 34.0     | 407         | g    |
| Total sugars                | 3.4      | 41          | g    |
| Added Sugar                 | 0.0      | 0.0         | g    |
| Total Dietary Fibre         | 8.8      | 105         | g    |
| Soluble Fibre               | 0.6      | 7           | g    |
| Insoluble Fibre             | 8.2      | 98          | g    |
| Ash Content                 | 1.8      | 21          | g    |
| Cholesterol                 | -        | -           | mg   |
| Saturated Fatty Acids       | 0.2      | 2           | g    |
| Monounsaturated Fatty Acids | 0.34     | 4           | g    |
| Polyunsaturated Fatty Acids | 0.91     | 11          | g    |
| Total Unsaturated Fat       | 1.25     | 15          | g    |
| Trans-Fat (TFA)             | -        | -           | g    |
| Sum of Omega-3 (n-3)        | -        | -           | g    |
| Sum of Omega-6 (n-6)        | 0.87     | 10          | g    |
| Sum of Omega-9 (n-9)        | 0.32     | 4           | g    |
| Calcium                     | 38       | 457         | mg   |
| Iron                        | 2.79     | 33          | mg   |

| Analyte                      | per 100g | Full recipe | Unit |
|------------------------------|----------|-------------|------|
| Magnesium                    | 100      | 1200        | mg   |
| Phosphorus                   | 157      | 1890        | mg   |
| Potassium                    | 294      | 3520        | mg   |
| Sodium                       | 347      | 4150        | mg   |
| Chloride                     | 3        | 38          | mg   |
| Zinc                         | 1.47     | 18          | mg   |
| Copper                       | 0.213    | 3           | mg   |
| Manganese                    | 3.213    | 39          | mg   |
| Selenium                     | 30       | 360         | µg   |
| Iodine                       | -        | -           | µg   |
| Vitamin A (as Retinol)       | -        | -           | µg   |
| Beta-carotene                | -        | -           | µg   |
| Vitamin D                    | -        | -           | µg   |
| Vitamin E (as a-Tocopherol)  | 1.0      | 12          | mg   |
| Vitamin K                    | -        | -           | µg   |
| Vitamin C (as Ascorbic Acid) | -        | -           | mg   |
| Vitamin B1                   | -        | -           | mg   |
| Vitamin B2                   | -        | -           | mg   |
| Vitamin B3 (Total)           | 2.7      | 32          | mg   |
| Vitamin B5                   | -        | -           | mg   |
| Vitamin B6                   | -        | -           | mg   |
| Vitamin B7 (Biotin)          | 4.0      | 48          | µg   |
| Vitamin B9 (Folic Acid)      | 50       | 599         | µg   |
| Vitamin B12 (Cyanocobalamin) | 2.0      | 24          | µg   |

## Recipe Name

## Shurak Bread

Approximately 4 adults

| Ingredients       | Quantity |
|-------------------|----------|
| Whole wheat flour | 667 g    |
| Water             | 600 ml   |
| Salt              | 8 g      |



## Preparation Method



1. In a deep bowl, combine the flour and salt. Gradually add the water while kneading by hand for about 10 minutes until the dough becomes firm and smooth. Cover the bowl and let the dough rest for 5 minutes.
2. Fold the edges of the dough toward the center, then flip it over. Dust a flat tray with flour, divide the dough into four round portions, cover, and let rest for 15 minutes at room temperature.
3. Flatten each portion by hand on a floured surface, then stretch gently between your palms in the air until the dough becomes thin.
4. Bake each flattened dough on a preheated griddle for about 10 minutes over high heat. Cook one side for 5 seconds, flip, and continue turning every few seconds for about a minute until evenly baked. Repeat for the remaining portions.

## The dish's nutritional content

| Analyte                     | per 100g | Full recipe | Unit |
|-----------------------------|----------|-------------|------|
| Energy (kJ)                 | 1037     | 10500       | kJ   |
| Energy (kcal)               | 247      | 2500        | kcal |
| Moisture Content            | 32.7     | 332         | g    |
| Total Protein               | 10.7     | 108         | g    |
| Total Nitrogen              | 1.7      | 17          | g    |
| Total Fat                   | 1.2      | 12          | g    |
| Available Carbohydrates     | 42.3     | 429         | g    |
| Total Carbohydrates         | 54.0     | 548         | g    |
| Total sugars                | 2.6      | 26          | g    |
| Added Sugar                 | 0.0      | 0.0         | g    |
| Total Dietary Fibre         | 11.5     | 116         | g    |
| Soluble Fibre               | 1.7      | 17          | g    |
| Insoluble Fibre             | 9.8      | 99          | g    |
| Ash Content                 | 1.7      | 17          | g    |
| Cholesterol                 | -        | -           | mg   |
| Saturated Fatty Acids       | 0.18     | 2           | g    |
| Monounsaturated Fatty Acids | 0.19     | 2           | g    |
| Polyunsaturated Fatty Acids | 0.78     | 8           | g    |
| Total Unsaturated Fat       | 0.97     | 10          | g    |
| Trans-Fat (TFA)             | -        | -           | g    |
| Sum of Omega-3 (n-3)        | -        | -           | g    |
| Sum of Omega-6 (n-6)        | 0.72     | 7           | g    |
| Sum of Omega-9 (n-9)        | 0.19     | 2           | g    |
| Calcium                     | 46       | 467         | mg   |
| Iron                        | 2.28     | 23          | mg   |

| Analyte                      | per 100g | Full recipe | Unit |
|------------------------------|----------|-------------|------|
| Magnesium                    | 118      | 1200        | mg   |
| Phosphorus                   | 323      | 3280        | mg   |
| Potassium                    | 389      | 3940        | mg   |
| Sodium                       | 332      | 3370        | mg   |
| Chloride                     | 5.49     | 56          | mg   |
| Zinc                         | 4.96     | 50          | mg   |
| Copper                       | 0.410    | 4           | mg   |
| Manganese                    | 1.58     | 16          | mg   |
| Selenium                     | 17       | 169         | µg   |
| Iodine                       | -        | -           | µg   |
| Vitamin A (as Retinol)       | -        | -           | µg   |
| Beta-carotene                | -        | -           | µg   |
| Vitamin D                    | 9.2      | 93          | µg   |
| Vitamin E (as a-Tocopherol)  | 0.5      | 5           | mg   |
| Vitamin K                    | -        | -           | µg   |
| Vitamin C (as Ascorbic Acid) | -        | -           | mg   |
| Vitamin B1                   | -        | -           | mg   |
| Vitamin B2                   | -        | -           | mg   |
| Vitamin B3 (Total)           | 1.3      | 13          | mg   |
| Vitamin B5                   | 0.80     | 8           | mg   |
| Vitamin B6                   | 0.40     | 4           | mg   |
| Vitamin B7 (Biotin)          | 3.0      | 30          | µg   |
| Vitamin B9 (Folic Acid)      | 70       | 713         | µg   |
| Vitamin B12 (Cyanocobalamin) | 1.0      | 10          | µg   |

## Recipe Name

## Date and Samh Ghamoos

Approximately 4 adults

| Ingredients       | Quantity |
|-------------------|----------|
| Khalas dates      | 333 g    |
| Ground Samh seeds | 20 g     |
| Sheep ghee        | 20 ml    |



## Preparation Method



1. Dip each date into the ghee, then coat it with ground Samh.
2. Arrange the coated dates on a flat serving plate. The Date and Samh Ghamoos is ready to serve.

## The dish's nutritional content

| Analyte                     | per 100g | Full recipe | Unit |
|-----------------------------|----------|-------------|------|
| Energy (kJ)                 | 1363     | 4410        | kJ   |
| Energy (kcal)               | 325      | 1050        | kcal |
| Moisture Content            | 15.3     | 50          | g    |
| Total Protein               | 3.8      | 12          | g    |
| Total Nitrogen              | 0.6      | 2           | g    |
| Total Fat                   | 2.5      | 8           | g    |
| Available Carbohydrates     | 65.7     | 212         | g    |
| Total Carbohydrates         | 77.0     | 249         | g    |
| Total sugars                | 56.5     | 183         | g    |
| Added Sugar                 | 0.0      | 0.0         | g    |
| Total Dietary Fibre         | 11.3     | 37          | g    |
| Soluble Fibre               | 0.9      | 3           | g    |
| Insoluble Fibre             | 10.5     | 34          | g    |
| Ash Content                 | 1.4      | 5           | g    |
| Cholesterol                 | 7.33     | 24          | mg   |
| Saturated Fatty Acids       | 1.56     | 5           | g    |
| Monounsaturated Fatty Acids | 0.56     | 2           | g    |
| Polyunsaturated Fatty Acids | 0.24     | 1           | g    |
| Total Unsaturated Fat       | 0.8      | 3           | g    |
| Trans-Fat (TFA)             | -        | -           | g    |
| Sum of Omega-3 (n-3)        | -        | -           | g    |
| Sum of Omega-6 (n-6)        | 0.22     | 1           | g    |
| Sum of Omega-9 (n-9)        | 0.5      | 2           | g    |
| Calcium                     | 57       | 185         | mg   |
| Iron                        | 1.41     | 5           | mg   |

| Analyte                      | per 100g | Full recipe | Unit |
|------------------------------|----------|-------------|------|
| Magnesium                    | 72       | 232         | mg   |
| Phosphorus                   | 76       | 244         | mg   |
| Potassium                    | 542      | 1750        | mg   |
| Sodium                       | 6        | 19          | mg   |
| Chloride                     | 1        | 4           | mg   |
| Zinc                         | 0.47     | 2           | mg   |
| Copper                       | 0.313    | 1           | mg   |
| Manganese                    | 0.833    | 3           | mg   |
| Selenium                     | -        | -           | µg   |
| Iodine                       | 98       | 316         | µg   |
| Vitamin A (as Retinol)       | -        | -           | µg   |
| Beta-carotene                | -        | -           | µg   |
| Vitamin D                    | -        | -           | µg   |
| Vitamin E (as a-Tocopherol)  | -        | -           | mg   |
| Vitamin K                    | 1.1      | 4           | µg   |
| Vitamin C (as Ascorbic Acid) | -        | -           | mg   |
| Vitamin B1                   | 0.20     | 1           | mg   |
| Vitamin B2                   | -        | -           | mg   |
| Vitamin B3 (Total)           | 1.00     | 3           | mg   |
| Vitamin B5                   | -        | -           | mg   |
| Vitamin B6                   | 0.40     | 1           | mg   |
| Vitamin B7 (Biotin)          | 2.0      | 6           | µg   |
| Vitamin B9 (Folic Acid)      | 57       | 184         | µg   |
| Vitamin B12 (Cyanocobalamin) | -        | -           | µg   |

## Recipe Name

## Mashed Dried Yogurt Iqt

Approximately 4 adults

| Ingredients   | Quantity |
|---|----------|
| Dried yogurt (Iqt/Baqal), washed and soaked in hot water for 20 minutes | 300 g    |
| Hot water   | 600 ml   |



## Preparation Method



1. In a deep bowl, gradually combine the dried yogurt with hot water and mash by hand for about 3 minutes until well mixed.
2. Strain the mixture through a fine sieve. The Mashed Dried Yogurt Iqt is ready to serve.

## The dish's nutritional content

| Analyte                     | per 100g | Full recipe | Unit |
|-----------------------------|----------|-------------|------|
| Energy (kJ)                 | 485      | 3540        | kJ   |
| Energy (kcal)               | 116      | 847         | kcal |
| Moisture Content            | 70.9     | 518         | g    |
| Total Protein               | 11.6     | 85          | g    |
| Total Nitrogen              | 1.9      | 14          | g    |
| Total Fat                   | 2.0      | 14          | g    |
| Available Carbohydrates     | 9.33     | 68          | g    |
| Total Carbohydrates         | 12.7     | 93          | g    |
| Total sugars                | 8.2      | 60          | g    |
| Added Sugar                 | 0.0      | 0.0         | g    |
| Total Dietary Fibre         | -        | -           | g    |
| Soluble Fibre               | -        | -           | g    |
| Insoluble Fibre             | -        | -           | g    |
| Ash Content                 | 2.9      | 21          | g    |
| Cholesterol                 | 16.0     | 117         | mg   |
| Saturated Fatty Acids       | 1.37     | 10          | g    |
| Monounsaturated Fatty Acids | 0.46     | 3           | g    |
| Polyunsaturated Fatty Acids | -        | -           | g    |
| Total Unsaturated Fat       | 0.46     | 3           | g    |
| Trans-Fat (TFA)             | -        | -           | g    |
| Sum of Omega-3 (n-3)        | -        | -           | g    |
| Sum of Omega-6 (n-6)        | -        | -           | g    |
| Sum of Omega-9 (n-9)        | 0.43     | 3           | g    |
| Calcium                     | 353      | 2580        | mg   |
| Iron                        | 0.45     | 3           | mg   |

| Analyte                      | per 100g | Full recipe | Unit |
|------------------------------|----------|-------------|------|
| Magnesium                    | 47       | 345         | mg   |
| Phosphorus                   | 319      | 2330        | mg   |
| Potassium                    | 486      | 3550        | mg   |
| Sodium                       | 113      | 823         | mg   |
| Chloride                     | 5.49     | 40          | mg   |
| Zinc                         | 1.28     | 9           | mg   |
| Copper                       | 0.04     | 0           | mg   |
| Manganese                    | -        | -           | mg   |
| Selenium                     | 13       | 97          | µg   |
| Iodine                       | 297      | 2167        | µg   |
| Vitamin A (as Retinol)       | -        | -           | µg   |
| Beta-carotene                | -        | -           | µg   |
| Vitamin D                    | -        | -           | µg   |
| Vitamin E (as a-Tocopherol)  | -        | -           | mg   |
| Vitamin K                    | -        | -           | µg   |
| Vitamin C (as Ascorbic Acid) | -        | -           | mg   |
| Vitamin B1                   | -        | -           | mg   |
| Vitamin B2                   | -        | -           | mg   |
| Vitamin B3 (Total)           | -        | -           | mg   |
| Vitamin B5                   | -        | -           | mg   |
| Vitamin B6                   | -        | -           | mg   |
| Vitamin B7 (Biotin)          | 3.0      | 22          | µg   |
| Vitamin B9 (Folic Acid)      | 113      | 828         | µg   |
| Vitamin B12 (Cyanocobalamin) | -        | -           | µg   |

## Recipe Name

## Salted Mashed Citron (Trunj)

Approximately 4 adults

| Ingredients      | Quantity |
|------------------|----------|
| Water            | 600 ml   |
| Salt             | 16 g     |
| Citron, peeled   | 600 g    |
| Hot chili pepper | 12 g     |



## Preparation Method



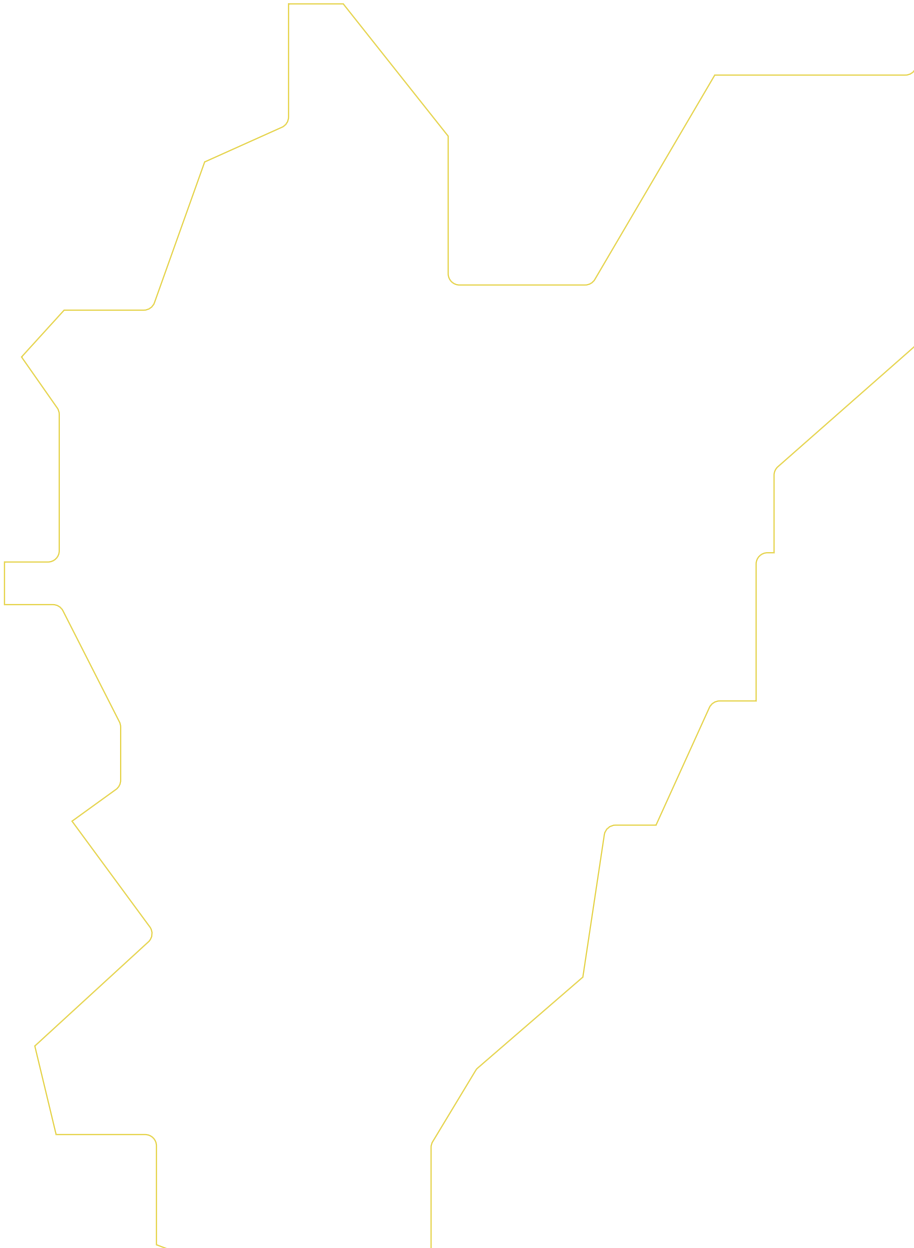
1. Cut the peeled citron into slices, then into small cubes. Remove the seeds and place the pieces in a deep bowl. Deseed the chili peppers, chop them finely, and add them to the bowl.
2. Pour the water over the mixture, then add the salt. Mash the ingredients thoroughly by hand, focusing on the sour pulp, until well blended and softened. The Salted Mashed Citron is ready to serve.

## The dish's nutritional content

| Analyte                     | per 100g | Full recipe | Unit |
|-----------------------------|----------|-------------|------|
| Energy (kJ)                 | 88       | 1040        | kJ   |
| Energy (kcal)               | 21       | 248         | kcal |
| Moisture Content            | 93.8     | 1100        | g    |
| Total Protein               | 0.7      | 8           | g    |
| Total Nitrogen              | 0.1      | 1           | g    |
| Total Fat                   | 0.4      | 5           | g    |
| Available Carbohydrates     | 3.33     | 39          | g    |
| Total Carbohydrates         | 4.0      | 47          | g    |
| Total sugars                | 0.0      | 0.0         | g    |
| Added Sugar                 | 1.3      | 15          | g    |
| Total Dietary Fibre         | 0.8      | 9           | g    |
| Soluble Fibre               | 0.2      | 2           | g    |
| Insoluble Fibre             | 0.6      | 7           | g    |
| Ash Content                 | 1.3      | 15          | g    |
| Cholesterol                 | -        | -           | mg   |
| Saturated Fatty Acids       | 0.12     | 1           | g    |
| Monounsaturated Fatty Acids | 0.11     | 1           | g    |
| Polyunsaturated Fatty Acids | 0.21     | 2           | g    |
| Total Unsaturated Fat       | 0.32     | 4           | g    |
| Trans-Fat (TFA)             | -        | -           | g    |
| Sum of Omega-3 (n-3)        | 0.10     | 1           | g    |
| Sum of Omega-6 (n-6)        | 0.11     | 1           | g    |
| Sum of Omega-9 (n-9)        | 0.11     | 1           | g    |
| Calcium                     | 21       | 242         | mg   |
| Iron                        | -        | -           | mg   |

| Analyte                      | per 100g | Full recipe | Unit |
|------------------------------|----------|-------------|------|
| Magnesium                    | 4        | 50          | mg   |
| Phosphorus                   | 8        | 91          | mg   |
| Potassium                    | 107      | 1260        | mg   |
| Sodium                       | 474      | 5580        | mg   |
| Chloride                     | 9        | 106         | mg   |
| Zinc                         | 0.03     | 0           | mg   |
| Copper                       | 0.02     | 0           | mg   |
| Manganese                    | -        | -           | mg   |
| Selenium                     | -        | -           | µg   |
| Iodine                       | 59       | 691         | µg   |
| Vitamin A (as Retinol)       | -        | -           | µg   |
| Beta-carotene                | -        | -           | µg   |
| Vitamin D                    | -        | -           | µg   |
| Vitamin E (as a-Tocopherol)  | -        | -           | mg   |
| Vitamin K                    | -        | -           | µg   |
| Vitamin C (as Ascorbic Acid) | 15.4     | 182         | mg   |
| Vitamin B1                   | 0.40     | 5           | mg   |
| Vitamin B2                   | 0.30     | 4           | mg   |
| Vitamin B3 (Total)           | -        | -           | mg   |
| Vitamin B5                   | -        | -           | mg   |
| Vitamin B6                   | -        | -           | mg   |
| Vitamin B7 (Biotin)          | 2.0      | 24          | µg   |
| Vitamin B9 (Folic Acid)      | 147      | 1726        | µg   |
| Vitamin B12 (Cyanocobalamin) | -        | -           | µg   |

# Jazan



|   |   |
|---|---|
| <p>Marsah</p>                        | <p>270 Guar Beans</p>        |
| <p>Grilled watermelon</p>            | <p>272 Lahouh</p>            |
| <p>Meat Mahshoush/<br/>Hamees</p>  | <p>274 Meat Maghsh</p>     |
| <p>Black-Eyed Pea<br/>Stew</p>     | <p>276 Kan'ad Mkashan</p>  |

## Recipe Name

## Marsah

Approximately 6 adults

| Ingredients         | Quantity |
|---------------------|----------|
| Oil                 | 90 ml    |
| Ghee (for garnish)  | 27 g     |
| Honey (for garnish) | 27 g     |
| Water               | 560 ml   |
| White flour         | 1.1 kg   |
| Banana              | 520 g    |
| Salt                | 14 g     |



## Preparation Method



1. Preheat the Meefa oven (traditional clay oven) over a wood fire on very high heat for about an hour.
2. In a deep bowl, combine the flour, salt, and oil. Gradually add the water while kneading by hand for about 5 minutes until a firm dough forms.
3. Divide the dough into large oval-shaped balls, then stick them onto the inner wall of the Meefa oven and bake for about 11 minutes until cooked and the bread is formed.
4. In a deep bowl, mash the bananas by hand, then crumble the baked bread over them. Mix for about a minute until the ingredients are well blended.
5. Serve the Marsah in a deep dish and garnish with ghee and honey.

## The dish's nutritional content

| Analyte                     | per 100g | Full recipe | Unit |
|-----------------------------|----------|-------------|------|
| Energy (kJ)                 | 1050     | 22200       | kJ   |
| Energy (kcal)               | 251      | 5310        | kcal |
| Moisture Content            | 40.2     | 849         | g    |
| Total Protein               | 5.8      | 123         | g    |
| Total Nitrogen              | 0.9      | 20          | g    |
| Total Fat                   | 4.5      | 94          | g    |
| Available Carbohydrates     | 44.3     | 937         | g    |
| Total Carbohydrates         | 48.7     | 1030        | g    |
| Total sugars                | 3.8      | 80          | g    |
| Added Sugar                 | 1.2      | 26          | g    |
| Total Dietary Fibre         | 4.1      | 86          | g    |
| Soluble Fibre               | 0.8      | 18          | g    |
| Insoluble Fibre             | 3.2      | 68          | g    |
| Ash Content                 | 1.0      | 22          | g    |
| Cholesterol                 | -        | -           | mg   |
| Saturated Fatty Acids       | 0.81     | 17          | g    |
| Monounsaturated Fatty Acids | 1.23     | 26          | g    |
| Polyunsaturated Fatty Acids | 2.37     | 50          | g    |
| Total Unsaturated Fat       | 3.6      | 76          | g    |
| Trans-Fat (TFA)             | -        | -           | g    |
| Sum of Omega-3 (n-3)        | -        | -           | g    |
| Sum of Omega-6 (n-6)        | 2.35     | 50          | g    |
| Sum of Omega-9 (n-9)        | 1.21     | 26          | g    |
| Calcium                     | 13       | 268         | mg   |
| Iron                        | 0.41     | 9           | mg   |

| Analyte                      | per 100g | Full recipe | Unit |
|------------------------------|----------|-------------|------|
| Magnesium                    | 20       | 414         | mg   |
| Phosphorus                   | 32       | 685         | mg   |
| Potassium                    | 211      | 4450        | mg   |
| Sodium                       | 236      | 4980        | mg   |
| Chloride                     | 4        | 82          | mg   |
| Zinc                         | 0.29     | 6           | mg   |
| Copper                       | 0.140    | 3           | mg   |
| Manganese                    | 0.217    | 5           | mg   |
| Selenium                     | -        | -           | µg   |
| Iodine                       | 27       | 571         | µg   |
| Vitamin A (as Retinol)       | -        | -           | µg   |
| Beta-carotene                | -        | -           | µg   |
| Vitamin D                    | 4.2      | 88          | µg   |
| Vitamin E (as a-Tocopherol)  | -        | -           | mg   |
| Vitamin K                    | -        | -           | µg   |
| Vitamin C (as Ascorbic Acid) | -        | -           | mg   |
| Vitamin B1                   | -        | -           | mg   |
| Vitamin B2                   | -        | -           | mg   |
| Vitamin B3 (Total)           | -        | -           | mg   |
| Vitamin B5                   | -        | -           | mg   |
| Vitamin B6                   | -        | -           | mg   |
| Vitamin B7 (Biotin)          | 4.3      | 92          | µg   |
| Vitamin B9 (Folic Acid)      | 54       | 1148        | µg   |
| Vitamin B12 (Cyanocobalamin) | -        | -           | µg   |

## Recipe Name

## Grilled Watermelon

Approximately 4 adults

| Ingredients           | Quantity |
|-----------------------|----------|
| Ground cumin          | 12 g     |
| Salt                  | 10 g     |
| Ghee                  | 80 g     |
| Small watermelon      | 2 kg     |
| Onion, finely chopped | 140 g    |
| Ground black pepper   | 2 g      |



## Preparation Method



1. Preheat the Meefa oven (traditional clay oven) over a wood fire on very high heat for about an hour.
2. Place the whole watermelon inside the Meefa oven and roast for about 1 hour and 40 minutes. Remove it and let it cool for 20 minutes, then cut it into medium-sized cubes.
3. In a medium pot, melt the ghee and add the onion. Sauté over medium heat for about 6 minutes until golden.
4. Add the watermelon cubes, salt, black pepper, and cumin, and stir for about 20 minutes until well cooked and the flavors combine.
5. Serve the Grilled Watermelon hot in a deep serving dish.

## The dish's nutritional content

| Analyte                     | per 100g | Full recipe | Unit |
|-----------------------------|----------|-------------|------|
| Energy (kJ)                 | 231      | 4190        | kJ   |
| Energy (kcal)               | 55       | 1000        | kcal |
| Moisture Content            | 87.4     | 1580        | g    |
| Total Protein               | 0.8      | 15          | g    |
| Total Nitrogen              | 0.1      | 2           | g    |
| Total Fat                   | 2.8      | 51          | g    |
| Available Carbohydrates     | 5.0      | 91          | g    |
| Total Carbohydrates         | 8.67     | 157         | g    |
| Total sugars                | 2.6      | 48          | g    |
| Added Sugar                 | 0.0      | 0.0         | g    |
| Total Dietary Fibre         | 3.8      | 70          | g    |
| Soluble Fibre               | 0.3      | 6           | g    |
| Insoluble Fibre             | 3.5      | 63          | g    |
| Ash Content                 | 0.3      | 5           | g    |
| Cholesterol                 | 10.7     | 193         | mg   |
| Saturated Fatty Acids       | 1.77     | 32          | g    |
| Monounsaturated Fatty Acids | 0.75     | 14          | g    |
| Polyunsaturated Fatty Acids | 0.2      | 4           | g    |
| Total Unsaturated Fat       | 0.96     | 17          | g    |
| Trans-Fat (TFA)             | -        | -           | g    |
| Sum of Omega-3 (n-3)        | -        | -           | g    |
| Sum of Omega-6 (n-6)        | 0.14     | 3           | g    |
| Sum of Omega-9 (n-9)        | 0.7      | 13          | g    |
| Calcium                     | 40       | 724         | mg   |
| Iron                        | 0.68     | 12          | mg   |

| Analyte                      | per 100g | Full recipe | Unit |
|------------------------------|----------|-------------|------|
| Magnesium                    | 25       | 450         | mg   |
| Phosphorus                   | 30       | 548         | mg   |
| Potassium                    | 320      | 5800        | mg   |
| Sodium                       | 222      | 4030        | mg   |
| Chloride                     | 4        | 81          | mg   |
| Zinc                         | 0.16     | 3           | mg   |
| Copper                       | 0.077    | 1           | mg   |
| Manganese                    | 0.163    | 3           | mg   |
| Selenium                     | -        | -           | µg   |
| Iodine                       | -        | -           | µg   |
| Vitamin A (as Retinol)       | -        | -           | µg   |
| Beta-carotene                | -        | -           | µg   |
| Vitamin D                    | -        | -           | µg   |
| Vitamin E (as a-Tocopherol)  | -        | -           | mg   |
| Vitamin K                    | 12       | 218         | µg   |
| Vitamin C (as Ascorbic Acid) | -        | -           | mg   |
| Vitamin B1                   | -        | -           | mg   |
| Vitamin B2                   | -        | -           | mg   |
| Vitamin B3 (Total)           | 2.7      | 49          | mg   |
| Vitamin B5                   | -        | -           | mg   |
| Vitamin B6                   | -        | -           | mg   |
| Vitamin B7 (Biotin)          | 3.0      | 54          | µg   |
| Vitamin B9 (Folic Acid)      | 59       | 1070        | µg   |
| Vitamin B12 (Cyanocobalamin) | -        | -           | µg   |

## Recipe Name

## Meat Mahshoush / Hamees

Approximately 6 adults

| Ingredients                                  | Quantity |
|--|----------|
| Salt   | 12 g     |
| Ground cardamom                              | 12 g     |
| Ground cinnamon                              | 6 g      |
| Cinnamon sticks                              | 8 g      |
| Boneless lamb, cut into small cubes          | 2 kg     |
| Sheep tail fat (liyāh), cut into small cubes | 1 kg     |
| Ground black pepper                          | 10 g     |



## Preparation Method



1. Place the sheep tail fat in a medium-sized pot over medium heat and cook for about 8 minutes until the fat melts. Reduce the heat to low and continue cooking for another 3 minutes.
2. Add the lamb to the pot, increase the heat to medium, cover, and cook for 3 minutes.
3. Uncover the pot, reduce the heat to low, and continue cooking for about 50 minutes until the meat becomes tender.
4. Add the salt, black pepper, ground cinnamon, cinnamon sticks, and cardamom. Stir and cook for an additional 20 minutes until well combined and fragrant.
5. Serve the Meat Mahshoush (Hamees) hot in a shallow serving dish.

## The dish's nutritional content

| Analyte                     | per 100g | Full recipe | Unit |
|-----------------------------|----------|-------------|------|
| Energy (kJ)                 | 2260     | 48100       | kJ   |
| Energy (kcal)               | 540      | 11500       | kcal |
| Moisture Content            | 23.4     | 498         | g    |
| Total Protein               | 17.2     | 367         | g    |
| Total Nitrogen              | 2.7      | 58          | g    |
| Total Fat                   | 49.7     | 1060        | g    |
| Available Carbohydrates     | 7.33     | 156         | g    |
| Total Carbohydrates         | 8.33     | 177         | g    |
| Total sugars                | -        | -           | g    |
| Added Sugar                 | 0.0      | 0.0         | g    |
| Total Dietary Fibre         | 1.0      | 21          | g    |
| Soluble Fibre               | 0.2      | 4           | g    |
| Insoluble Fibre             | 0.8      | 17          | g    |
| Ash Content                 | 1.5      | 32          | g    |
| Cholesterol                 | 59.3     | 1262        | mg   |
| Saturated Fatty Acids       | 24.0     | 511         | g    |
| Monounsaturated Fatty Acids | 21.3     | 453         | g    |
| Polyunsaturated Fatty Acids | 1.92     | 41          | g    |
| Total Unsaturated Fat       | 23.2     | 494         | g    |
| Trans-Fat (TFA)             | 2.45     | 52          | g    |
| Sum of Omega-3 (n-3)        | 0.34     | 7           | g    |
| Sum of Omega-6 (n-6)        | 1.58     | 34          | g    |
| Sum of Omega-9 (n-9)        | 19.9     | 424         | g    |
| Calcium                     | 20       | 419         | mg   |
| Iron                        | 1.25     | 27          | mg   |

| Analyte                      | per 100g | Full recipe | Unit |
|------------------------------|----------|-------------|------|
| Magnesium                    | 22       | 462         | mg   |
| Phosphorus                   | 167      | 3550        | mg   |
| Potassium                    | 279      | 5930        | mg   |
| Sodium                       | 246      | 5230        | mg   |
| Chloride                     | 4        | 88          | mg   |
| Zinc                         | 2.54     | 54          | mg   |
| Copper                       | 0.093    | 2           | mg   |
| Manganese                    | 0.223    | 5           | mg   |
| Selenium                     | -        | -           | µg   |
| Iodine                       | 190      | 4049        | µg   |
| Vitamin A (as Retinol)       | -        | -           | µg   |
| Beta-carotene                | -        | -           | µg   |
| Vitamin D                    | -        | -           | µg   |
| Vitamin E (as a-Tocopherol)  | -        | -           | mg   |
| Vitamin K                    | 3.0      | 65          | µg   |
| Vitamin C (as Ascorbic Acid) | -        | -           | mg   |
| Vitamin B1                   | -        | -           | mg   |
| Vitamin B2                   | -        | -           | mg   |
| Vitamin B3 (Total)           | 5.4      | 115         | mg   |
| Vitamin B5                   | -        | -           | mg   |
| Vitamin B6                   | -        | -           | mg   |
| Vitamin B7 (Biotin)          | 2.0      | 43          | µg   |
| Vitamin B9 (Folic Acid)      | 97       | 2064        | µg   |
| Vitamin B12 (Cyanocobalamin) | 1.0      | 21          | µg   |

## Recipe Name

## Black-Eyed Pea Stew

Approximately 4 adults

| Ingredients            | Quantity |
|------------------------|----------|
| Boiled black-eyed peas | 40 g     |
| Green chili pepper     | 6 g      |
| Onion, finely chopped  | 60 g     |
| Salt                   | 2 g      |
| Water                  | 20 ml    |
| Sesame oil             | 10 ml    |
| Minced garlic          | 6 g      |



## Preparation Method



1. In a blender, combine the boiled black-eyed peas, garlic, green chili pepper, salt, and water. Blend for about a minute until smooth and homogeneous.
2. In a small pot over medium heat, add the onion and sesame oil. Sauté for about 10 minutes until the onion turns golden.
3. Add the blended mixture to the pot and stir for about a minute until well combined.
4. Once cooked, serve the Black-Eyed Pea Stew hot in a deep serving dish.

## The dish's nutritional content

| Analyte                     | per 100g | Full recipe | Unit |
|-----------------------------|----------|-------------|------|
| Energy (kJ)                 | 532      | 665         | kJ   |
| Energy (kcal)               | 127      | 159         | kcal |
| Moisture Content            | 68.8     | 86          | g    |
| Total Protein               | 3.5      | 4           | g    |
| Total Nitrogen              | 0.6      | 1           | g    |
| Total Fat                   | 5.4      | 7           | g    |
| Available Carbohydrates     | 12.7     | 16          | g    |
| Total Carbohydrates         | 20.0     | 25          | g    |
| Total sugars                | 2.6      | 3           | g    |
| Added Sugar                 | 0.0      | 0.0         | g    |
| Total Dietary Fibre         | 7.1      | 9           | g    |
| Soluble Fibre               | 0.6      | 1           | g    |
| Insoluble Fibre             | 6.5      | 8           | g    |
| Ash Content                 | 2.4      | 3           | g    |
| Cholesterol                 | -        | -           | mg   |
| Saturated Fatty Acids       | 0.78     | 1           | g    |
| Monounsaturated Fatty Acids | 2.14     | 3           | g    |
| Polyunsaturated Fatty Acids | 2.42     | 3           | g    |
| Total Unsaturated Fat       | 4.57     | 6           | g    |
| Trans-Fat (TFA)             | -        | -           | g    |
| Sum of Omega-3 (n-3)        | -        | -           | g    |
| Sum of Omega-6 (n-6)        | 2.37     | 3           | g    |
| Sum of Omega-9 (n-9)        | 2.13     | 3           | g    |
| Calcium                     | 30       | 37          | mg   |
| Iron                        | 1.01     | 1           | mg   |

| Analyte                      | per 100g | Full recipe | Unit |
|------------------------------|----------|-------------|------|
| Magnesium                    | 35       | 44          | mg   |
| Phosphorus                   | 99       | 124         | mg   |
| Potassium                    | 312      | 390         | mg   |
| Sodium                       | 640      | 800         | mg   |
| Chloride                     | 10       | 13          | mg   |
| Zinc                         | 0.88     | 1           | mg   |
| Copper                       | 0.197    | 0           | mg   |
| Manganese                    | 0.360    | 0           | mg   |
| Selenium                     | 13       | 17          | µg   |
| Iodine                       | 38       | 48          | µg   |
| Vitamin A (as Retinol)       | -        | -           | µg   |
| Beta-carotene                | -        | -           | µg   |
| Vitamin D                    | -        | -           | µg   |
| Vitamin E (as a-Tocopherol)  | -        | -           | mg   |
| Vitamin K                    | 5.5      | 7           | µg   |
| Vitamin C (as Ascorbic Acid) | -        | -           | mg   |
| Vitamin B1                   | -        | -           | mg   |
| Vitamin B2                   | -        | -           | mg   |
| Vitamin B3 (Total)           | -        | -           | mg   |
| Vitamin B5                   | -        | -           | mg   |
| Vitamin B6                   | 0.40     | 1           | mg   |
| Vitamin B7 (Biotin)          | 3.0      | 4           | µg   |
| Vitamin B9 (Folic Acid)      | 116      | 145         | µg   |
| Vitamin B12 (Cyanocobalamin) | 1.0      | 1           | µg   |

## Recipe Name

## Guar Beans

Approximately 4 adults

| Ingredients           | Quantity  |
|-----------------------|-----------|
| Guar beans, washed    | 472 g     |
| Onion, finely chopped | 80 g      |
| Ground black pepper   | 2 g       |
| Ground cumin          | 4 g       |
| Salt                  | 6.8 g     |
| Minced garlic         | 16 g      |
| Ghee                  | 50 g      |
| Water for boiling     | As needed |



## Preparation Method



1. In a medium pot, boil the guar beans in enough water over medium heat for about 30 minutes, then drain using a sieve and set aside.
2. In another medium pot over medium heat, add the onion and ghee, and sauté for 5 minutes until golden.
3. Add the boiled guar beans, garlic, salt, black pepper, and cumin. Stir for 3 minutes until well combined and evenly coated.
4. Once cooked, serve the Guar Beans hot in a shallow serving dish.

## The dish's nutritional content

| Analyte                     | per 100g | Full recipe | Unit |
|-----------------------------|----------|-------------|------|
| Energy (kJ)                 | 617      | 3710        | kJ   |
| Energy (kcal)               | 147      | 886         | kcal |
| Moisture Content            | 69.2     | 416         | g    |
| Total Protein               | 2.2      | 13          | g    |
| Total Nitrogen              | 0.3      | 2           | g    |
| Total Fat                   | 6.8      | 41          | g    |
| Available Carbohydrates     | 17.7     | 106         | g    |
| Total Carbohydrates         | 20.7     | 124         | g    |
| Total sugars                | 2.1      | 13          | g    |
| Added Sugar                 | 0.0      | 0.0         | g    |
| Total Dietary Fibre         | 2.9      | 17          | g    |
| Soluble Fibre               | 0.7      | 4           | g    |
| Insoluble Fibre             | 2.2      | 13          | g    |
| Ash Content                 | 1.0      | 6           | g    |
| Cholesterol                 | 11.7     | 70          | mg   |
| Saturated Fatty Acids       | 4.49     | 27          | g    |
| Monounsaturated Fatty Acids | 1.67     | 10          | g    |
| Polyunsaturated Fatty Acids | 0.32     | 2           | g    |
| Total Unsaturated Fat       | 1.99     | 12          | g    |
| Trans-Fat (TFA)             | 0.29     | 2           | g    |
| Sum of Omega-3 (n-3)        | 0.14     | 1           | g    |
| Sum of Omega-6 (n-6)        | 0.19     | 1           | g    |
| Sum of Omega-9 (n-9)        | 1.47     | 9           | g    |
| Calcium                     | 105      | 631         | mg   |
| Iron                        | 2.84     | 17          | mg   |

| Analyte                      | per 100g | Full recipe | Unit |
|------------------------------|----------|-------------|------|
| Magnesium                    | 55       | 330         | mg   |
| Phosphorus                   | 50       | 303         | mg   |
| Potassium                    | 362      | 2170        | mg   |
| Sodium                       | 361      | 2170        | mg   |
| Chloride                     | 6        | 39          | mg   |
| Zinc                         | 0.52     | 3           | mg   |
| Copper                       | 0.133    | 1           | mg   |
| Manganese                    | 0.383    | 2           | mg   |
| Selenium                     | -        | -           | µg   |
| Iodine                       | 58       | 347         | µg   |
| Vitamin A (as Retinol)       | 42       | 254         | µg   |
| Beta-carotene                | -        | -           | µg   |
| Vitamin D                    | -        | -           | µg   |
| Vitamin E (as a-Tocopherol)  | 1.0      | 6           | mg   |
| Vitamin K                    | 69       | 413         | µg   |
| Vitamin C (as Ascorbic Acid) | -        | -           | mg   |
| Vitamin B1                   | -        | -           | mg   |
| Vitamin B2                   | 0.30     | 2           | mg   |
| Vitamin B3 (Total)           | 0.45     | 3           | mg   |
| Vitamin B5                   | 0.70     | 4           | mg   |
| Vitamin B6                   | -        | -           | mg   |
| Vitamin B7 (Biotin)          | 3.0      | 18          | µg   |
| Vitamin B9 (Folic Acid)      | 70       | 419         | µg   |
| Vitamin B12 (Cyanocobalamin) | 1.0      | 6           | µg   |

## Recipe Name

Lahouh

Approximately 4 adults

| Ingredients       | Quantity |
|-------------------|----------|
| White flour       | 167 g    |
| Millet flour      | 153 g    |
| Red sorghum flour | 107 g    |
| Fresh cow's laban | 187 g    |
| Ground cumin      | 4 g      |
| Instant yeast     | 7 g      |
| Water             | 667 ml   |
| Salt              | 7 g      |



## Preparation Method



1. In a deep bowl, combine the white flour, red sorghum flour, millet flour, salt, instant yeast, cumin, laban, and water. Mix with a spoon for about 2 minutes until the batter becomes semi-liquid. Cover and let it ferment for 30 minutes.
2. Pour a ladleful of the batter into a pan over low heat, shaping it into a medium-thick circular disc. Cook for about 2 minutes, then flip and cook the other side for another 2 minutes. Repeat until all the batter is used.
3. Once cooked, serve the Lahouh hot on a flat serving plate.

## The dish's nutritional content

| Analyte                     | per 100g | Full recipe | Unit |
|-----------------------------|----------|-------------|------|
| Energy (kJ)                 | 531      | 4500        | kJ   |
| Energy (kcal)               | 127      | 1080        | kcal |
| Moisture Content            | 68.4     | 579         | g    |
| Total Protein               | 6.8      | 58          | g    |
| Total Nitrogen              | 1.1      | 9           | g    |
| Total Fat                   | 2.3      | 20          | g    |
| Available Carbohydrates     | 18.0     | 152         | g    |
| Total Carbohydrates         | 21.3     | 181         | g    |
| Total sugars                | 2.6      | 22          | g    |
| Added Sugar                 | 0.0      | 0.0         | g    |
| Total Dietary Fibre         | 3.0      | 25          | g    |
| Soluble Fibre               | 0.3      | 2           | g    |
| Insoluble Fibre             | 2.7      | 23          | g    |
| Ash Content                 | 1.6      | 13          | g    |
| Cholesterol                 | -        | -           | mg   |
| Saturated Fatty Acids       | 0.64     | 5           | g    |
| Monounsaturated Fatty Acids | 0.67     | 6           | g    |
| Polyunsaturated Fatty Acids | 1.02     | 9           | g    |
| Total Unsaturated Fat       | 1.69     | 14          | g    |
| Trans-Fat (TFA)             | -        | -           | g    |
| Sum of Omega-3 (n-3)        | -        | -           | g    |
| Sum of Omega-6 (n-6)        | 0.97     | 8           | g    |
| Sum of Omega-9 (n-9)        | 0.65     | 5           | g    |
| Calcium                     | 51       | 428         | mg   |
| Iron                        | 1.99     | 17          | mg   |

| Analyte                      | per 100g | Full recipe | Unit |
|------------------------------|----------|-------------|------|
| Magnesium                    | 66       | 556         | mg   |
| Phosphorus                   | 195      | 1650        | mg   |
| Potassium                    | 276      | 2330        | mg   |
| Sodium                       | 329      | 2790        | mg   |
| Chloride                     | 6        | 48          | mg   |
| Zinc                         | 1.59     | 14          | mg   |
| Copper                       | 0.253    | 2           | mg   |
| Manganese                    | 0.627    | 5           | mg   |
| Selenium                     | 27       | 226         | µg   |
| Iodine                       | -        | -           | µg   |
| Vitamin A (as Retinol)       | -        | -           | µg   |
| Beta-carotene                | -        | -           | µg   |
| Vitamin D                    | 1.7      | 15          | µg   |
| Vitamin E (as a-Tocopherol)  | -        | -           | mg   |
| Vitamin K                    | 2.0      | 17          | µg   |
| Vitamin C (as Ascorbic Acid) | -        | -           | mg   |
| Vitamin B1                   | 0.40     | 3           | mg   |
| Vitamin B2                   | 0.06     | 1           | mg   |
| Vitamin B3 (Total)           | -        | -           | mg   |
| Vitamin B5                   | 0.40     | 3           | mg   |
| Vitamin B6                   | -        | -           | mg   |
| Vitamin B7 (Biotin)          | 2.0      | 17          | µg   |
| Vitamin B9 (Folic Acid)      | 122      | 1033        | µg   |
| Vitamin B12 (Cyanocobalamin) | 1.0      | 8           | µg   |

## Recipe Name

## Meat Maghsh / Masqut

Approximately 4 adults

| Ingredients                            | Quantity |
|--|----------|
| Lamb with bone, cut into medium pieces | 800 g    |
| Onion, sliced                          | 40 g     |
| Minced garlic                          | 5 g      |
| Ground black pepper                    | 1 g      |
| Ground cumin                           | 2 g      |
| Ground green chili pepper              | 2 g      |
| Ground turmeric                        | 2.4 g    |
| Cinnamon sticks                        | 4 g      |
| Cardamom pods                          | 3 g      |
| Salt                                   | 5 g      |
| Water                                  | 480 ml   |



## Preparation Method



1. Preheat the mifa oven over wood fire at a very high temperature for an hour.
2. In the maghsh pot, combine the lamb, onion, garlic, salt, cinnamon sticks, cardamom, and water along with the ground spices (black pepper, cumin, turmeric, and green chili). Stir the mixture for a minute.
3. Place the maghsh pot inside the preheated mifa oven, cover it tightly, and cook for about 2½ hours.
4. Once fully cooked, serve the Meat Maghsh hot in a deep serving dish.

## The dish's nutritional content

| Analyte                     | per 100g | Full recipe | Unit |
|-----------------------------|----------|-------------|------|
| Energy (kJ)                 | 721      | 6000        | kJ   |
| Energy (kcal)               | 172      | 1430        | kcal |
| Moisture Content            | 69.8     | 580         | g    |
| Total Protein               | 13.6     | 113         | g    |
| Total Nitrogen              | 2.2      | 18          | g    |
| Total Fat                   | 12.4     | 103         | g    |
| Available Carbohydrates     | -        | -           | g    |
| Total Carbohydrates         | 3.0      | 25          | g    |
| Total sugars                | -        | -           | g    |
| Added Sugar                 | 0.0      | 0.0         | g    |
| Total Dietary Fibre         | 2.5      | 21          | g    |
| Soluble Fibre               | 0.1      | 1           | g    |
| Insoluble Fibre             | 2.4      | 20          | g    |
| Ash Content                 | 1.1      | 9           | g    |
| Cholesterol                 | 75.7     | 629         | mg   |
| Saturated Fatty Acids       | 6.24     | 52          | g    |
| Monounsaturated Fatty Acids | 4.85     | 40          | g    |
| Polyunsaturated Fatty Acids | 0.54     | 4           | g    |
| Total Unsaturated Fat       | 5.39     | 45          | g    |
| Trans-Fat (TFA)             | 0.80     | 7           | g    |
| Sum of Omega-3 (n-3)        | -        | -           | g    |
| Sum of Omega-6 (n-6)        | 0.5      | 4           | g    |
| Sum of Omega-9 (n-9)        | 4.63     | 39          | g    |
| Calcium                     | 24       | 202         | mg   |
| Iron                        | 1.05     | 9           | mg   |

| Analyte                      | per 100g | Full recipe | Unit |
|------------------------------|----------|-------------|------|
| Magnesium                    | 17       | 144         | mg   |
| Phosphorus                   | 124      | 1030        | mg   |
| Potassium                    | 252      | 2100        | mg   |
| Sodium                       | 239      | 1990        | mg   |
| Chloride                     | 4        | 30          | mg   |
| Zinc                         | 1.35     | 11          | mg   |
| Copper                       | 0.060    | 0           | mg   |
| Manganese                    | 0.153    | 1           | mg   |
| Selenium                     | -        | -           | µg   |
| Iodine                       | -        | -           | µg   |
| Vitamin A (as Retinol)       | -        | -           | µg   |
| Beta-carotene                | -        | -           | µg   |
| Vitamin D                    | -        | -           | µg   |
| Vitamin E (as a-Tocopherol)  | -        | -           | mg   |
| Vitamin K                    | 4.5      | 37          | µg   |
| Vitamin C (as Ascorbic Acid) | -        | -           | mg   |
| Vitamin B1                   | -        | -           | mg   |
| Vitamin B2                   | -        | -           | mg   |
| Vitamin B3 (Total)           | 3.4      | 28          | mg   |
| Vitamin B5                   | -        | -           | mg   |
| Vitamin B6                   | -        | -           | mg   |
| Vitamin B7 (Biotin)          | 1.0      | 8           | µg   |
| Vitamin B9 (Folic Acid)      | 24       | 202         | µg   |
| Vitamin B12 (Cyanocobalamin) | -        | -           | µg   |

## Recipe Name

Kan'ad Mkashan /  
Fish Mkashan

Approximately 4 adults

| Ingredients                                    | Quantity |
|--|----------|
| Kan'ad fish (Kingfish), cut into medium slices | 720 g    |
| Onion, finely chopped                          | 200 g    |
| Whole red cherry pepper                        | 6 g      |
| Minced garlic                                  | 40 g     |
| Mixed spices (cumin, turmeric, black pepper)   | 22 g     |
| Sesame oil                                     | 320 ml   |
| Salt   | 18 g     |



## Preparation Method



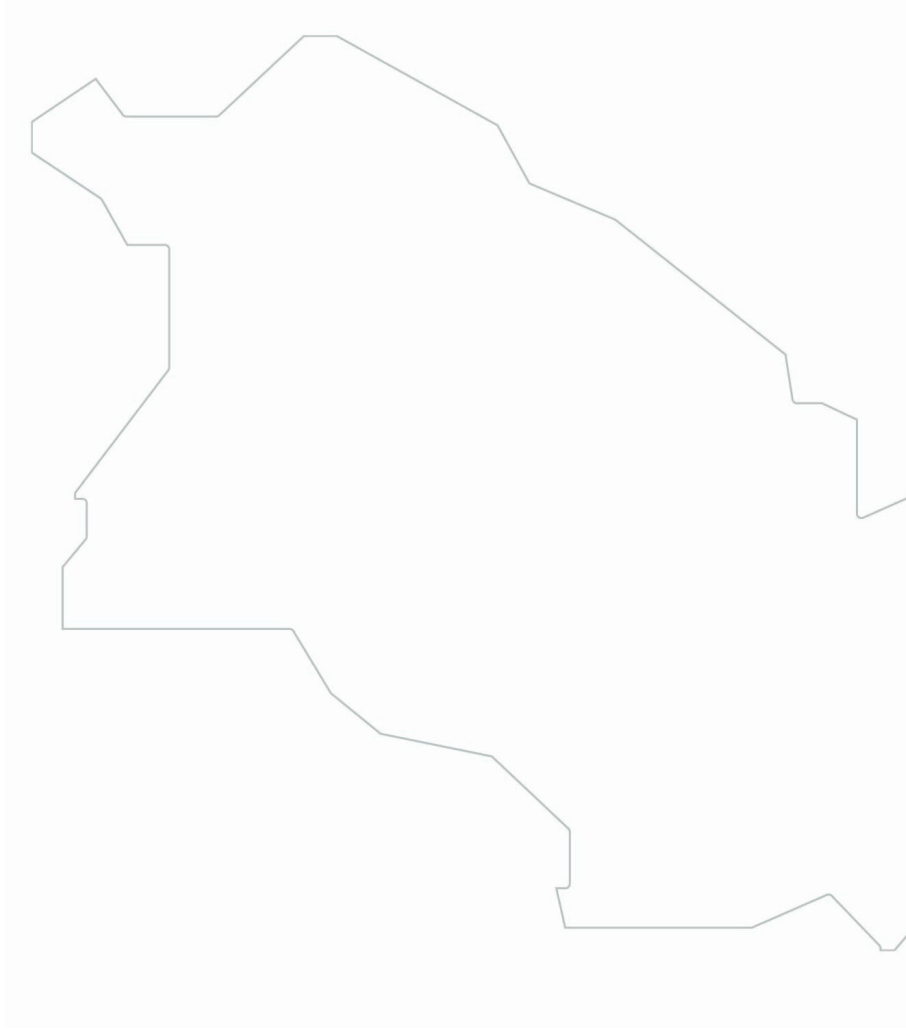
1. Preheat the mkashan pot directly over hot embers at very high heat for 2 minutes.
2. Pour the sesame oil into the mkashan and heat for 2 minutes.
3. Add the onion and sauté with a spoon for 2 minutes until softened.
4. Place the fish slices over the onions and cook for 2 minutes on each side. Add the mixed spices, garlic, salt, and whole red peppers, then stir again and cook for 10 minutes.
5. Once cooked, serve the Kan'ad Mkashan hot in a deep serving dish.










## The dish's nutritional content

| Analyte                     | per 100g | Full recipe | Unit |
|-----------------------------|----------|-------------|------|
| Energy (kJ)                 | 1497     | 16200       | kJ   |
| Energy (kcal)               | 357      | 3880        | kcal |
| Moisture Content            | 46.2     | 502         | g    |
| Total Protein               | 14.8     | 161         | g    |
| Total Nitrogen              | 2.4      | 26          | g    |
| Total Fat                   | 30.6     | 332         | g    |
| Available Carbohydrates     | 3.0      | 33          | g    |
| Total Carbohydrates         | 6.33     | 69          | g    |
| Total sugars                | -        | -           | g    |
| Added Sugar                 | 0.0      | 0.0         | g    |
| Total Dietary Fibre         | -        | -           | g    |
| Soluble Fibre               | -        | -           | g    |
| Insoluble Fibre             | -        | -           | g    |
| Ash Content                 | 1.7      | 18          | g    |
| Cholesterol                 | 36.7     | 398         | mg   |
| Saturated Fatty Acids       | 6.82     | 74          | g    |
| Monounsaturated Fatty Acids | 11.5     | 125         | g    |
| Polyunsaturated Fatty Acids | 12.1     | 131         | g    |
| Total Unsaturated Fat       | 23.6     | 256         | g    |
| Trans-Fat (TFA)             | -        | -           | g    |
| Sum of Omega-3 (n-3)        | 1.75     | 19          | g    |
| Sum of Omega-6 (n-6)        | 10.3     | 112         | g    |
| Sum of Omega-9 (n-9)        | 10.9     | 119         | g    |
| Calcium                     | 18       | 193         | mg   |
| Iron                        | 0.25     | 3           | mg   |

| Analyte                      | per 100g | Full recipe | Unit |
|------------------------------|----------|-------------|------|
| Magnesium                    | 28       | 304         | mg   |
| Phosphorus                   | 153      | 1660        | mg   |
| Potassium                    | 342      | 3710        | mg   |
| Sodium                       | 428      | 4650        | mg   |
| Chloride                     | 6        | 67          | mg   |
| Zinc                         | 0.90     | 10          | mg   |
| Copper                       | 0.117    | 1           | mg   |
| Manganese                    | 0.270    | 3           | mg   |
| Selenium                     | 40       | 434         | µg   |
| Iodine                       | 261      | 2832        | µg   |
| Vitamin A (as Retinol)       | -        | -           | µg   |
| Beta-carotene                | -        | -           | µg   |
| Vitamin D                    | 7.0      | 76          | µg   |
| Vitamin E (as a-Tocopherol)  | 0.7      | 8           | mg   |
| Vitamin K                    | 5.2      | 57          | µg   |
| Vitamin C (as Ascorbic Acid) | -        | -           | mg   |
| Vitamin B1                   | -        | -           | mg   |
| Vitamin B2                   | -        | -           | mg   |
| Vitamin B3 (Total)           | 6.6      | 72          | mg   |
| Vitamin B5                   | -        | -           | mg   |
| Vitamin B6                   | -        | -           | mg   |
| Vitamin B7 (Biotin)          | 1.0      | 11          | µg   |
| Vitamin B9 (Folic Acid)      | 32       | 351         | µg   |
| Vitamin B12 (Cyanocobalamin) | -        | -           | µg   |

# Najran



|   |  |
|---|--|
| <p>Whole wheat and ghee/Ghee Fattah</p>  | <p>288 Ruqsh / Shataf</p>                       |
| <p>Osab – (Ma’aseeb)</p>                 | <p>290 Mardhoufah</p>                           |
| <p>Meat Bormah</p>                     | <p>292 Corn Ma’asubah with Meat Broth</p>     |
| <p>chicken Bormah</p>                  | <p>294 Corn Ma’asubah with chicken Broth</p>  |
| <p>Cornbread</p>                       | <p>296</p>   |

## Recipe Name

Whole Wheat and Ghee /  
Ghee Fattah

Approximately 4 adults

| Ingredients       | Quantity |
|-------------------|----------|
| Whole wheat flour | 300 g    |
| Date molasses     | 53 g     |
| Water             | 400 ml   |
| Ghee              | 40 g     |



## Preparation Method



1. In a deep bowl, combine the flour and gradually pour in the water while kneading by hand for about 2 minutes until the mixture becomes semi-liquid.
2. Heat a flat griddle over high heat for 3 minutes, then pour a ladleful of the batter onto the griddle to form a thin circular disc. Cook for a minute, then flip to the other side.
3. Pour another ladleful of the batter as a second layer, cook for 2 minutes, and flip again.
4. Pour a third ladleful to form the final layer and cook for 5 minutes until fully cooked.
5. Remove the bread and place it in a deep bowl. Knead it by hand for about 2 minutes until it forms a soft paste and shape it into a disc.
6. Drizzle date molasses and ghee on top.
7. Serve the Whole Wheat and Ghee Fattah warm in a deep serving dish.

## The dish's nutritional content

| Analyte                     | per 100g | Full recipe | Unit |
|-----------------------------|----------|-------------|------|
| Energy (kJ)                 | 887      | 6040        | kJ   |
| Energy (kcal)               | 212      | 1450        | kcal |
| Moisture Content            | 47.8     | 326         | g    |
| Total Protein               | 7.7      | 53          | g    |
| Total Nitrogen              | 1.2      | 8           | g    |
| Total Fat                   | 4.9      | 34          | g    |
| Available Carbohydrates     | 29.7     | 202         | g    |
| Total Carbohydrates         | 38.3     | 261         | g    |
| Total sugars                | 7.9      | 54          | g    |
| Added Sugar                 | 7.8      | 53          | g    |
| Total Dietary Fibre         | 9.0      | 61          | g    |
| Soluble Fibre               | 0.6      | 4           | g    |
| Insoluble Fibre             | 8.4      | 57          | g    |
| Ash Content                 | 1.1      | 7           | g    |
| Cholesterol                 | 11.33    | 77          | mg   |
| Saturated Fatty Acids       | 3.01     | 21          | g    |
| Monounsaturated Fatty Acids | 1.1      | 7           | g    |
| Polyunsaturated Fatty Acids | 0.59     | 4           | g    |
| Total Unsaturated Fat       | 1.69     | 11          | g    |
| Trans-Fat (TFA)             | 0.20     | 1           | g    |
| Sum of Omega-3 (n-3)        | -        | -           | g    |
| Sum of Omega-6 (n-6)        | 0.5      | 3           | g    |
| Sum of Omega-9 (n-9)        | 0.94     | 6           | g    |
| Calcium                     | 27       | 184         | mg   |
| Iron                        | 1.31     | 9           | mg   |

| Analyte                      | per 100g | Full recipe | Unit |
|------------------------------|----------|-------------|------|
| Magnesium                    | 83       | 562         | mg   |
| Phosphorus                   | 180      | 1230        | mg   |
| Potassium                    | 298      | 2030        | mg   |
| Sodium                       | 74       | 503         | mg   |
| Chloride                     | 1        | 8           | mg   |
| Zinc                         | 1.70     | 12          | mg   |
| Copper                       | 0.263    | 2           | mg   |
| Manganese                    | 1.30     | 9           | mg   |
| Selenium                     | 10       | 68          | µg   |
| Iodine                       | -        | -           | µg   |
| Vitamin A (as Retinol)       | -        | -           | µg   |
| Beta-carotene                | -        | -           | µg   |
| Vitamin D                    | 4.0      | 27          | µg   |
| Vitamin E (as a-Tocopherol)  | -        | -           | mg   |
| Vitamin K                    | -        | -           | µg   |
| Vitamin C (as Ascorbic Acid) | -        | -           | mg   |
| Vitamin B1                   | 0.23     | 2           | mg   |
| Vitamin B2                   | -        | -           | mg   |
| Vitamin B3 (Total)           | 0.50     | 3           | mg   |
| Vitamin B5                   | 0.50     | 3           | mg   |
| Vitamin B6                   | 0.33     | 2           | mg   |
| Vitamin B7 (Biotin)          | 2.0      | 14          | µg   |
| Vitamin B9 (Folic Acid)      | 70       | 477         | µg   |
| Vitamin B12 (Cyanocobalamin) | -        | -           | µg   |

## Recipe Name

## Osab (Ma'aseeb)

Approximately 4 adults

| Ingredients                       | Quantity |
|-----------------------------------|----------|
| Sheep tripe, cut into wide strips | 182 g    |
| Sheep belly fat                   | 254 g    |
| Ground black pepper               | 1 g      |
| Mixed spices                      | 5 g      |
| Water                             | 1.8 L    |
| Sheep intestines, whole           | 147 g    |
| Salt                              | 10 g     |
| Ground turmeric                   | 4 g      |
| Onion, chopped                    | 100 g    |



## Preparation Method



1. Spread a strip of tripe on a flat surface and cut it lengthwise. Place a portion of belly fat on top, then tightly wrap it with the intestines to form a cylindrical roll and tie it securely.
2. In a pressure cooker, add the water, the wrapped tripe rolls, salt, black pepper, turmeric, mixed spices, and onion. Cover the cooker and cook for 45 minutes.
3. Once cooked, serve the Osab hot on a flat serving platter.
4. Drizzle date molasses and ghee on top.

## The dish's nutritional content

| Analyte                     | per 100g | Full recipe | Unit |
|-----------------------------|----------|-------------|------|
| Energy (kJ)                 | 1270     | 6500        | kJ   |
| Energy (kcal)               | 303      | 1550        | kcal |
| Moisture Content            | 59.4     | 304         | g    |
| Total Protein               | 6.6      | 34          | g    |
| Total Nitrogen              | 1.0      | 5           | g    |
| Total Fat                   | 29.3     | 150         | g    |
| Available Carbohydrates     | 4.33     | 22          | g    |
| Total Carbohydrates         | 4.33     | 22          | g    |
| Total sugars                | -        | -           | g    |
| Added Sugar                 | 0.0      | 0.0         | g    |
| Total Dietary Fibre         | -        | -           | g    |
| Soluble Fibre               | -        | -           | g    |
| Insoluble Fibre             | 4.2      | 22          | g    |
| Ash Content                 | 0.3      | 1           | g    |
| Cholesterol                 | 95.0     | 486         | mg   |
| Saturated Fatty Acids       | 16.6     | 85          | g    |
| Monounsaturated Fatty Acids | 8.77     | 45          | g    |
| Polyunsaturated Fatty Acids | 1.45     | 7           | g    |
| Total Unsaturated Fat       | 10.2     | 52          | g    |
| Trans-Fat (TFA)             | 2.47     | 13          | g    |
| Sum of Omega-3 (n-3)        | 0.1      | 1           | g    |
| Sum of Omega-6 (n-6)        | 1.32     | 7           | g    |
| Sum of Omega-9 (n-9)        | 8.4      | 43          | g    |
| Calcium                     | 16       | 84          | mg   |
| Iron                        | 0.61     | 3           | mg   |

| Analyte                      | per 100g | Full recipe | Unit |
|------------------------------|----------|-------------|------|
| Magnesium                    | 6        | 32          | mg   |
| Phosphorus                   | 53       | 272         | mg   |
| Potassium                    | 41       | 209         | mg   |
| Sodium                       | 131      | 672         | mg   |
| Chloride                     | 2        | 9           | mg   |
| Zinc                         | 1.10     | 6           | mg   |
| Copper                       | 0.070    | 0           | mg   |
| Manganese                    | -        | -           | mg   |
| Selenium                     | -        | -           | µg   |
| Iodine                       | 24       | 124         | µg   |
| Vitamin A (as Retinol)       | -        | -           | µg   |
| Beta-carotene                | -        | -           | µg   |
| Vitamin D                    | -        | -           | µg   |
| Vitamin E (as a-Tocopherol)  | -        | -           | mg   |
| Vitamin K                    | 5.3      | 27          | µg   |
| Vitamin C (as Ascorbic Acid) | -        | -           | mg   |
| Vitamin B1                   | -        | -           | mg   |
| Vitamin B2                   | -        | -           | mg   |
| Vitamin B3 (Total)           | -        | -           | mg   |
| Vitamin B5                   | -        | -           | mg   |
| Vitamin B6                   | -        | -           | mg   |
| Vitamin B7 (Biotin)          | 1.0      | 5           | µg   |
| Vitamin B9 (Folic Acid)      | 38       | 193         | µg   |
| Vitamin B12 (Cyanocobalamin) | -        | -           | µg   |

## Recipe Name

## Meat Bormah

Approximately 4 adults

| Ingredients                            | Quantity |
|--|----------|
| Lamb with bone, cut into medium pieces | 210 g    |
| Onion, chopped                         | 65 g     |
| Ground mixed spices                    | 4 g      |
| Ground black pepper                    | 4 g      |
| Ground turmeric                        | 5 g      |
| Salt                                   | 10 g     |
| Water                                  | 1 L      |



## Preparation Method



1. In a bormah pot, combine the lamb, onion, salt, black pepper, turmeric, mixed spices, and water. Place over high heat and stir with a spoon for about 2 minutes.
2. Cover the pot and cook over medium heat for 45 minutes.
3. Once cooked, serve the Meat Bormah hot in a deep serving dish.

## The dish's nutritional content

| Analyte                     | per 100g | Full recipe | Unit |
|-----------------------------|----------|-------------|------|
| Energy (kJ)                 | 195      | 1990        | kJ   |
| Energy (kcal)               | 46       | 474         | kcal |
| Moisture Content            | 90.7     | 926         | g    |
| Total Protein               | 5.2      | 53          | g    |
| Total Nitrogen              | 0.8      | 9           | g    |
| Total Fat                   | 2.8      | 29          | g    |
| Available Carbohydrates     | -        | -           | g    |
| Total Carbohydrates         | -        | -           | g    |
| Total sugars                | -        | -           | g    |
| Added Sugar                 | 0.0      | 0.0         | g    |
| Total Dietary Fibre         | 0.5      | 5           | g    |
| Soluble Fibre               | -        | -           | g    |
| Insoluble Fibre             | 0.5      | 5           | g    |
| Ash Content                 | 1.2      | 12          | g    |
| Cholesterol                 | 13.0     | 133         | mg   |
| Saturated Fatty Acids       | 1.5      | 15          | g    |
| Monounsaturated Fatty Acids | 1.12     | 11          | g    |
| Polyunsaturated Fatty Acids | 0.11     | 1           | g    |
| Total Unsaturated Fat       | 1.23     | 13          | g    |
| Trans-Fat (TFA)             | -        | -           | g    |
| Sum of Omega-3 (n-3)        | -        | -           | g    |
| Sum of Omega-6 (n-6)        | -        | -           | g    |
| Sum of Omega-9 (n-9)        | 1.05     | 11          | g    |
| Calcium                     | 13       | 132         | mg   |
| Iron                        | 0.41     | 4           | mg   |

| Analyte                      | per 100g | Full recipe | Unit |
|------------------------------|----------|-------------|------|
| Magnesium                    | 7        | 75          | mg   |
| Phosphorus                   | 35       | 358         | mg   |
| Potassium                    | 119      | 1210        | mg   |
| Sodium                       | 442      | 4520        | mg   |
| Chloride                     | 7        | 74          | mg   |
| Zinc                         | 1.06     | 11          | mg   |
| Copper                       | 0.08     | 1           | mg   |
| Manganese                    | -        | -           | mg   |
| Selenium                     | -        | -           | µg   |
| Iodine                       | -        | -           | µg   |
| Vitamin A (as Retinol)       | -        | -           | µg   |
| Beta-carotene                | -        | -           | µg   |
| Vitamin D                    | -        | -           | µg   |
| Vitamin E (as a-Tocopherol)  | -        | -           | mg   |
| Vitamin K                    | 1.4      | 14          | µg   |
| Vitamin C (as Ascorbic Acid) | -        | -           | mg   |
| Vitamin B1                   | 0.4      | 4           | mg   |
| Vitamin B2                   | -        | -           | mg   |
| Vitamin B3 (Total)           | 1.9      | 19          | mg   |
| Vitamin B5                   | -        | -           | mg   |
| Vitamin B6                   | -        | -           | mg   |
| Vitamin B7 (Biotin)          | 2.7      | 27          | µg   |
| Vitamin B9 (Folic Acid)      | 11       | 116         | µg   |
| Vitamin B12 (Cyanocobalamin) | 1.0      | 10          | µg   |

## Recipe Name

## Chicken Bormah

Approximately 4 adults

| Ingredients                               | Quantity |
|---|----------|
| Chicken with bone, cut into medium pieces | 210 g    |
| Onion, chopped                            | 65 g     |
| Ground mixed spices                       | 4 g      |
| Ground black pepper                       | 4 g      |
| Ground turmeric                           | 5 g      |
| Salt                                      | 10 g     |
| Water                                     | 1 L      |



## Preparation Method



1. In a bormah pot, combine the lamb, onion, salt, black pepper, turmeric, mixed spices, and water. Place over high heat and stir with a spoon for about 2 minutes.
2. Cover the pot and cook over medium heat for 45 minutes.
3. Once cooked, serve the Meat Bormah hot in a deep serving dish.

## The dish's nutritional content

| Analyte                     | per 100g | Full recipe | Unit |
|-----------------------------|----------|-------------|------|
| Energy (kJ)                 | 129      | 1390        | kJ   |
| Energy (kcal)               | 31       | 330         | kcal |
| Moisture Content            | 92.1     | 992         | g    |
| Total Protein               | 3.7      | 40          | g    |
| Total Nitrogen              | 0.6      | 6           | g    |
| Total Fat                   | 0.6      | 7           | g    |
| Available Carbohydrates     | 2.67     | 29          | g    |
| Total Carbohydrates         | 2.67     | 29          | g    |
| Total sugars                | -        | -           | g    |
| Added Sugar                 | 0.0      | 0.0         | g    |
| Total Dietary Fibre         | 0.5      | 5           | g    |
| Soluble Fibre               | -        | -           | g    |
| Insoluble Fibre             | 0.5      | 5           | g    |
| Ash Content                 | 1.1      | 11          | g    |
| Cholesterol                 | 13.7     | 147         | mg   |
| Saturated Fatty Acids       | 0.17     | 2           | g    |
| Monounsaturated Fatty Acids | 0.32     | 3           | g    |
| Polyunsaturated Fatty Acids | 0.15     | 2           | g    |
| Total Unsaturated Fat       | 0.46     | 5           | g    |
| Trans-Fat (TFA)             | -        | -           | g    |
| Sum of Omega-3 (n-3)        | -        | -           | g    |
| Sum of Omega-6 (n-6)        | 0.13     | 1           | g    |
| Sum of Omega-9 (n-9)        | 0.29     | 3           | g    |
| Calcium                     | 19       | 205         | mg   |
| Iron                        | 0.46     | 5           | mg   |

| Analyte                      | per 100g | Full recipe | Unit |
|------------------------------|----------|-------------|------|
| Magnesium                    | 8        | 89          | mg   |
| Phosphorus                   | 44       | 472         | mg   |
| Potassium                    | 120      | 1290        | mg   |
| Sodium                       | 404      | 4350        | mg   |
| Chloride                     | 7        | 76          | mg   |
| Zinc                         | 0.58     | 6           | mg   |
| Copper                       | 0.073    | 1           | mg   |
| Manganese                    | 0.193    | 2           | mg   |
| Selenium                     | -        | -           | µg   |
| Iodine                       | 49       | 527         | µg   |
| Vitamin A (as Retinol)       | -        | -           | µg   |
| Beta-carotene                | -        | -           | µg   |
| Vitamin D                    | -        | -           | µg   |
| Vitamin E (as α-Tocopherol)  | -        | -           | mg   |
| Vitamin K                    | 6.7      | 72          | µg   |
| Vitamin C (as Ascorbic Acid) | -        | -           | mg   |
| Vitamin B1                   | -        | -           | mg   |
| Vitamin B2                   | -        | -           | mg   |
| Vitamin B3 (Total)           | 2.0      | 22          | mg   |
| Vitamin B5                   | 0.4      | 4           | mg   |
| Vitamin B6                   | -        | -           | mg   |
| Vitamin B7 (Biotin)          | 2.0      | 22          | µg   |
| Vitamin B9 (Folic Acid)      | 68       | 736         | µg   |
| Vitamin B12 (Cyanocobalamin) | 1.0      | 11          | µg   |

## Recipe Name

## Cornbread

Approximately 4 adults

| Ingredients   | Quantity |
|---------------|----------|
| Water         | 400 ml   |
| Sorghum flour | 333 g    |



## Preparation Method



1. Preheat the mefa oven over a wood fire at a high temperature for one hour.
2. In a deep bowl, add the sorghum flour and gradually pour in the water while kneading by hand for about 2 minutes until the dough becomes firm.
3. Divide the dough into palm-sized balls, then press each one onto the inner wall of the mefa. Repeat until all dough is used, then cover the mefa and bake for 15 minutes.
4. Once baked, remove the sorghum bread and serve hot on a flat plate.

## The dish's nutritional content

| Analyte                     | per 100g | Full recipe | Unit |
|-----------------------------|----------|-------------|------|
| Energy (kJ)                 | 859      | 5160        | kJ   |
| Energy (kcal)               | 205      | 1230        | kcal |
| Moisture Content            | 45.9     | 276         | g    |
| Total Protein               | 7.7      | 46          | g    |
| Total Nitrogen              | 1.2      | 7           | g    |
| Total Fat                   | 1.5      | 9           | g    |
| Available Carbohydrates     | 36.0     | 216         | g    |
| Total Carbohydrates         | 44.0     | 264         | g    |
| Total sugars                | 5.1      | 30          | g    |
| Added Sugar                 | 0.0      | 0.0         | g    |
| Total Dietary Fibre         | 8.4      | 50          | g    |
| Soluble Fibre               | 7.6      | 46          | g    |
| Insoluble Fibre             | 0.7      | 4           | g    |
| Ash Content                 | 1.0      | 6           | g    |
| Cholesterol                 | -        | -           | mg   |
| Saturated Fatty Acids       | 0.25     | 1           | g    |
| Monounsaturated Fatty Acids | 0.5      | 3           | g    |
| Polyunsaturated Fatty Acids | 0.77     | 5           | g    |
| Total Unsaturated Fat       | 1.27     | 8           | g    |
| Trans-Fat (TFA)             | -        | -           | g    |
| Sum of Omega-3 (n-3)        | -        | -           | g    |
| Sum of Omega-6 (n-6)        | 0.75     | 5           | g    |
| Sum of Omega-9 (n-9)        | 0.48     | 3           | g    |
| Calcium                     | 13       | 75          | mg   |
| Iron                        | 2.02     | 12          | mg   |

| Analyte                      | per 100g | Full recipe | Unit |
|------------------------------|----------|-------------|------|
| Magnesium                    | 101      | 605         | mg   |
| Phosphorus                   | 134      | 807         | mg   |
| Potassium                    | 250      | 1500        | mg   |
| Sodium                       | 78       | 469         | mg   |
| Chloride                     | 1        | 6           | mg   |
| Zinc                         | 1.36     | 8           | mg   |
| Copper                       | 0.197    | 1           | mg   |
| Manganese                    | 0.777    | 5           | mg   |
| Selenium                     | 30       | 180         | µg   |
| Iodine                       | -        | -           | µg   |
| Vitamin A (as Retinol)       | -        | -           | µg   |
| Beta-carotene                | -        | -           | µg   |
| Vitamin D                    | -        | -           | µg   |
| Vitamin E (as α-Tocopherol)  | -        | -           | mg   |
| Vitamin K                    | -        | -           | µg   |
| Vitamin C (as Ascorbic Acid) | -        | -           | mg   |
| Vitamin B1                   | -        | -           | mg   |
| Vitamin B2                   | -        | -           | mg   |
| Vitamin B3 (Total)           | -        | -           | mg   |
| Vitamin B5                   | -        | -           | mg   |
| Vitamin B6                   | -        | -           | mg   |
| Vitamin B7 (Biotin)          | 2.7      | 16          | µg   |
| Vitamin B9 (Folic Acid)      | 69       | 416         | µg   |
| Vitamin B12 (Cyanocobalamin) | 0.9      | 5           | µg   |

## Recipe Name

Ruqsh / Shataf

Approximately 4 adults

| Ingredients       | Quantity |
|-------------------|----------|
| Whole wheat flour | 250 g    |
| Water             | 500 ml   |



## Preparation Method



1. In a deep bowl, add the flour and gradually pour in the water while kneading by hand for about 1 minute until the dough becomes semi-liquid.
2. Heat a griddle over high heat for 2 minutes, then spread the dough by hand into a thin circular layer. Cook for about 5 minutes until the bread is done.
3. Once baked, serve the Ruqsh hot on a flat plate.

## The dish's nutritional content

| Analyte                     | per 100g | Full recipe | Unit |
|-----------------------------|----------|-------------|------|
| Energy (kJ)                 | 881      | 3720        | kJ   |
| Energy (kcal)               | 210      | 888         | kcal |
| Moisture Content            | 44.7     | 188         | g    |
| Total Protein               | 8.6      | 36          | g    |
| Total Nitrogen              | 1.4      | 6           | g    |
| Total Fat                   | 1.6      | 7           | g    |
| Available Carbohydrates     | 35.7     | 151         | g    |
| Total Carbohydrates         | 44.3     | 187         | g    |
| Total sugars                | -        | -           | g    |
| Added Sugar                 | 0.0      | 0.0         | g    |
| Total Dietary Fibre         | 8.5      | 36          | g    |
| Soluble Fibre               | 0.8      | 3           | g    |
| Insoluble Fibre             | 7.7      | 32          | g    |
| Ash Content                 | 0.9      | 4           | g    |
| Cholesterol                 | -        | -           | mg   |
| Saturated Fatty Acids       | 0.33     | 1           | g    |
| Monounsaturated Fatty Acids | 0.27     | 1           | g    |
| Polyunsaturated Fatty Acids | 0.99     | 4           | g    |
| Total Unsaturated Fat       | 1.26     | 5           | g    |
| Trans-Fat (TFA)             | -        | -           | g    |
| Sum of Omega-3 (n-3)        | -        | -           | g    |
| Sum of Omega-6 (n-6)        | 0.92     | 4           | g    |
| Sum of Omega-9 (n-9)        | 0.25     | 1           | g    |
| Calcium                     | 32       | 134         | mg   |
| Iron                        | 1.99     | 8           | mg   |

| Analyte                      | per 100g | Full recipe | Unit |
|------------------------------|----------|-------------|------|
| Magnesium                    | 92       | 386         | mg   |
| Phosphorus                   | 195      | 821         | mg   |
| Potassium                    | 297      | 1250        | mg   |
| Sodium                       | 26       | 109         | mg   |
| Chloride                     | 1        | 2           | mg   |
| Zinc                         | 1.84     | 8           | mg   |
| Copper                       | 0.310    | 1           | mg   |
| Manganese                    | 2.023    | 9           | mg   |
| Selenium                     | 13       | 56          | µg   |
| Iodine                       | -        | -           | µg   |
| Vitamin A (as Retinol)       | -        | -           | µg   |
| Beta-carotene                | -        | -           | µg   |
| Vitamin D                    | 4.3      | 18          | µg   |
| Vitamin E (as α-Tocopherol)  | -        | -           | mg   |
| Vitamin K                    | -        | -           | µg   |
| Vitamin C (as Ascorbic Acid) | -        | -           | mg   |
| Vitamin B1                   | 0.12     | 1           | mg   |
| Vitamin B2                   | -        | -           | mg   |
| Vitamin B3 (Total)           | 3.2      | 14          | mg   |
| Vitamin B5                   | 0.6      | 3           | mg   |
| Vitamin B6                   | -        | -           | mg   |
| Vitamin B7 (Biotin)          | 5.3      | 23          | µg   |
| Vitamin B9 (Folic Acid)      | 124      | 522         | µg   |
| Vitamin B12 (Cyanocobalamin) | -        | -           | µg   |

## Recipe Name

## Mardhoufah

Approximately 4 adults

| Ingredients              | Quantity |
|--------------------------|----------|
| Salted whole wheat flour | 193 g    |
| Fresh cow butter         | 133 g    |
| Water                    | 248 ml   |



## Preparation Method



1. In a medium pot, melt the butter over high heat for about 2 minutes.
2. In a deep bowl, add the flour and gradually pour in the water while kneading by hand for about 1 minute until the dough becomes firm.
3. Heat a hajar marw (traditional quartz cooking stone) (about 110 g) over a stove at high temperature for 10 minutes.
4. Heat a flat griddle over high heat for 2 minutes.
5. Shape the dough into a thick round disc and cook it on the griddle for 5 minutes.
6. Transfer the disc to a deep bowl and knead by hand for 2 minutes until it becomes paste-like.
7. Make a hollow in the center, pour in the melted butter, and place the hot hajar marw inside.
8. Once ready, serve the Mardhoufah hot in a deep dish.

## The dish's nutritional content

| Analyte                     | per 100g | Full recipe | Unit |
|-----------------------------|----------|-------------|------|
| Energy (kJ)                 | 1327     | 6310        | kcal |
| Energy (kcal)               | 316      | 1510        | g    |
| Moisture Content            | 41.1     | 196         | g    |
| Total Protein               | 6.5      | 31          | g    |
| Total Nitrogen              | 1.0      | 5           | g    |
| Total Fat                   | 20.0     | 95          | g    |
| Available Carbohydrates     | 24.7     | 117         | g    |
| Total Carbohydrates         | 31.3     | 149         | g    |
| Total sugars                | 2.2      | 10          | g    |
| Added Sugar                 | 0.0      | 0.0         | g    |
| Total Dietary Fibre         | 6.8      | 32          | g    |
| Soluble Fibre               | 0.8      | 4           | g    |
| Insoluble Fibre             | 6.0      | 29          | g    |
| Ash Content                 | 1.0      | 5           | mg   |
| Cholesterol                 | 52.3     | 249         | g    |
| Saturated Fatty Acids       | 14.0     | 67          | g    |
| Monounsaturated Fatty Acids | 4.42     | 21          | g    |
| Polyunsaturated Fatty Acids | 0.96     | 5           | g    |
| Total Unsaturated Fat       | 5.39     | 26          | g    |
| Trans-Fat (TFA)             | 0.68     | 3           | g    |
| Sum of Omega-3 (n-3)        | 0.24     | 1.16        | g    |
| Sum of Omega-6 (n-6)        | 0.7      | 3           | g    |
| Sum of Omega-9 (n-9)        | 3.61     | 17          | mg   |
| Calcium                     | 36       | 171         | mg   |
| Iron                        | 1.29     | 6           | mg   |

| Analyte                      | per 100g | Full recipe | Unit |
|------------------------------|----------|-------------|------|
| Magnesium                    | 72       | 344         | mg   |
| Phosphorus                   | 182      | 865         | mg   |
| Potassium                    | 241      | 1150        | mg   |
| Sodium                       | 36       | 169         | mg   |
| Chloride                     | 1        | 4           | mg   |
| Zinc                         | 1.86     | 9           | mg   |
| Copper                       | 0.190    | 1           | mg   |
| Manganese                    | 0.837    | 4           | µg   |
| Selenium                     | -        | -           | µg   |
| Iodine                       | 52       | 249         | µg   |
| Vitamin A (as Retinol)       | 160      | 762         | µg   |
| Beta-carotene                | -        | -           | µg   |
| Vitamin D                    | -        | -           | mg   |
| Vitamin E (as a-Tocopherol)  | 0.7      | 3           | µg   |
| Vitamin K                    | 1.6      | 8           | mg   |
| Vitamin C (as Ascorbic Acid) | -        | -           | mg   |
| Vitamin B1                   | 0.72     | 3           | mg   |
| Vitamin B2                   | -        | -           | mg   |
| Vitamin B3 (Total)           | 0.30     | 1           | mg   |
| Vitamin B5                   | -        | -           | mg   |
| Vitamin B6                   | -        | -           | µg   |
| Vitamin B7 (Biotin)          | 4.0      | 19          | µg   |
| Vitamin B9 (Folic Acid)      | 39       | 186         | µg   |
| Vitamin B12 (Cyanocobalamin) | 1.0      | 5           | µg   |

## Recipe Name

Corn Ma'asoubah with  
Meat Broth

Approximately 4 adults

| Ingredients                                   | Quantity |
|---|----------|
| Lamb with bone and fat, cut into small pieces | 240 g    |
| Onion, chopped                                | 120 g    |
| Ground black pepper                           | 3 g      |
| Ground turmeric                               | 3 g      |
| Salt  | 7 g      |
| Water   | 1.3 L    |
| Salted sorghum flour                          | 87 g     |
| Meat broth                                    | 134 ml   |
| Water   | 134 ml   |



## Preparation Method



1. In a medium pressure cooker over medium heat, add the lamb, onion, salt, black pepper, turmeric, and water. Stir the ingredients for a minute, then cover and cook for 30 minutes.
2. Add the sorghum flour and water to the pot and stir well, then gradually pour in the meat broth while continuously mixing with a wooden whisk (muswat) for about 10 minutes over low heat until the mixture becomes smooth and cohesive.
3. Once cooked, serve the Sorghum Ma'asoubah with Meat Broth hot in a deep dish.

## The dish's nutritional content

| Analyte                     | per 100g | Full recipe | Unit |
|-----------------------------|----------|-------------|------|
| Energy (kJ)                 | 214      | 3140        | kJ   |
| Energy (kcal)               | 51       | 750         | kcal |
| Moisture Content            | 88.8     | 1300        | g    |
| Total Protein               | 2.4      | 36          | g    |
| Total Nitrogen              | 0.4      | 6           | g    |
| Total Fat                   | 2.4      | 35          | g    |
| Available Carbohydrates     | 4.33     | 64          | g    |
| Total Carbohydrates         | 5.67     | 83          | g    |
| Total sugars                | -        | -           | g    |
| Added Sugar                 | 0.0      | 0.0         | g    |
| Total Dietary Fibre         | 1.6      | 23          | g    |
| Soluble Fibre               | 0.1      | 2           | g    |
| Insoluble Fibre             | 1.4      | 21          | g    |
| Ash Content                 | 0.6      | 8           | g    |
| Cholesterol                 | 8.0      | 117         | mg   |
| Saturated Fatty Acids       | 1.16     | 17          | g    |
| Monounsaturated Fatty Acids | 0.98     | 14          | g    |
| Polyunsaturated Fatty Acids | 0.2      | 3           | g    |
| Total Unsaturated Fat       | 1.18     | 17          | g    |
| Trans-Fat (TFA)             | -        | -           | g    |
| Sum of Omega-3 (n-3)        | -        | -           | g    |
| Sum of Omega-6 (n-6)        | 0.18     | 3           | g    |
| Sum of Omega-9 (n-9)        | 0.93     | 14          | g    |
| Calcium                     | 10       | 144         | mg   |
| Iron                        | 0.58     | 9           | mg   |

| Analyte                      | per 100g | Full recipe | Unit |
|------------------------------|----------|-------------|------|
| Magnesium                    | 15       | 213         | mg   |
| Phosphorus                   | 48       | 708         | mg   |
| Potassium                    | 103      | 1510        | mg   |
| Sodium                       | 207      | 3030        | mg   |
| Chloride                     | 4        | 53          | mg   |
| Zinc                         | 1.05     | 15          | mg   |
| Copper                       | 0.053    | 1           | mg   |
| Manganese                    | 0.150    | 2           | mg   |
| Selenium                     | -        | -           | µg   |
| Iodine                       | -        | -           | µg   |
| Vitamin A (as Retinol)       | -        | -           | µg   |
| Beta-carotene                | -        | -           | µg   |
| Vitamin D                    | -        | -           | µg   |
| Vitamin E (as a-Tocopherol)  | -        | -           | mg   |
| Vitamin K                    | -        | -           | µg   |
| Vitamin C (as Ascorbic Acid) | -        | -           | mg   |
| Vitamin B1                   | -        | -           | mg   |
| Vitamin B2                   | -        | -           | mg   |
| Vitamin B3 (Total)           | -        | -           | mg   |
| Vitamin B5                   | -        | -           | mg   |
| Vitamin B6                   | -        | -           | mg   |
| Vitamin B7 (Biotin)          | 3.0      | 44          | µg   |
| Vitamin B9 (Folic Acid)      | 36       | 523         | µg   |
| Vitamin B12 (Cyanocobalamin) | -        | -           | µg   |

## Recipe Name

Corn Ma'asoubah with  
Chicken Broth

Approximately 4 adults

| Ingredients                              | Quantity |
|--|----------|
| Chicken with bone, cut into small pieces | 240 g    |
| Onion, chopped                           | 120 g    |
| Ground black pepper                      | 3 g      |
| Ground turmeric                          | 3 g      |
| Salt                                     | 7 g      |
| Water                                    | 1.3 L    |
| Salted sorghum flour                     | 87 g     |
| Chicken broth                            | 134 ml   |
| Water                                    | 134 ml   |



## Preparation Method



1. In a medium pressure cooker over medium heat, add the chicken, onion, salt, black pepper, turmeric, and water. Stir for a minute, then cover and cook for 30 minutes.
2. Add the sorghum flour and water to the pot and stir well, then gradually pour in the chicken broth while continuously mixing with a wooden whisk (muswat) for about 10 minutes over low heat until the mixture becomes smooth and cohesive.
3. Once cooked, serve the Sorghum Ma'asoubah with Chicken Broth hot in a deep dish.

## The dish's nutritional content

| Analyte                     | per 100g | Full recipe | Unit |
|-----------------------------|----------|-------------|------|
| Energy (kJ)                 | 176      | 2700        | kJ   |
| Energy (kcal)               | 42       | 645         | kcal |
| Moisture Content            | 89.3     | 1370        | g    |
| Total Protein               | 3.1      | 47          | g    |
| Total Nitrogen              | 0.5      | 7           | g    |
| Total Fat                   | 1.1      | 17          | g    |
| Available Carbohydrates     | 4.0      | 61          | g    |
| Total Carbohydrates         | 5.67     | 87          | g    |
| Total sugars                | -        | -           | g    |
| Added Sugar                 | 0.0      | 0.0         | g    |
| Total Dietary Fibre         | 1.9      | 29          | g    |
| Soluble Fibre               | 0.1      | 2           | g    |
| Insoluble Fibre             | 1.7      | 27          | g    |
| Ash Content                 | 0.6      | 10          | g    |
| Cholesterol                 | 9.67     | 148         | mg   |
| Saturated Fatty Acids       | 0.26     | 4           | g    |
| Monounsaturated Fatty Acids | 0.51     | 8           | g    |
| Polyunsaturated Fatty Acids | 0.29     | 5           | g    |
| Total Unsaturated Fat       | 0.81     | 12          | g    |
| Trans-Fat (TFA)             | -        | -           | g    |
| Sum of Omega-3 (n-3)        | -        | -           | g    |
| Sum of Omega-6 (n-6)        | 0.28     | 4           | g    |
| Sum of Omega-9 (n-9)        | 0.47     | 7           | g    |
| Calcium                     | 11       | 170         | mg   |
| Iron                        | 0.41     | 6           | mg   |

| Analyte                      | per 100g | Full recipe | Unit |
|------------------------------|----------|-------------|------|
| Magnesium                    | 15       | 237         | mg   |
| Phosphorus                   | 56       | 858         | mg   |
| Potassium                    | 112      | 1720        | mg   |
| Sodium                       | 219      | 3370        | mg   |
| Chloride                     | 3        | 53          | mg   |
| Zinc                         | 0.80     | 12          | mg   |
| Copper                       | 0.050    | 1           | mg   |
| Manganese                    | 0.140    | 2           | mg   |
| Selenium                     | -        | -           | µg   |
| Iodine                       | -        | -           | µg   |
| Vitamin A (as Retinol)       | -        | -           | µg   |
| Beta-carotene                | -        | -           | µg   |
| Vitamin D                    | -        | -           | µg   |
| Vitamin E (as a-Tocopherol)  | -        | -           | mg   |
| Vitamin K                    | 4.3      | 66          | µg   |
| Vitamin C (as Ascorbic Acid) | -        | -           | mg   |
| Vitamin B1                   | 0.5      | 8           | mg   |
| Vitamin B2                   | -        | -           | mg   |
| Vitamin B3 (Total)           | 1.3      | 20          | mg   |
| Vitamin B5                   | -        | -           | mg   |
| Vitamin B6                   | -        | -           | mg   |
| Vitamin B7 (Biotin)          | 2.0      | 31          | µg   |
| Vitamin B9 (Folic Acid)      | 110      | 1688        | µg   |
| Vitamin B12 (Cyanocobalamin) | 1.3      | 20          | µg   |

## Appendix (1): Definitions of Key Terms

This appendix provides definitions of key nutritional terms used throughout this book

| Definition                  | Nutrient  |
|-----------------------------|---|
| Energy                      | The amount of energy provided by food when consumed, expressed in kilojoules (kJ) or kilocalories (kcal). It is calculated based on the content of protein, fat, and carbohydrates.   |
| Moisture                    | The amount of water present in the edible portion of food, typically determined by drying to a constant weight. Moisture is one of the primary components of food and affects the concentration of other nutrients.                               |
| Total Protein               | The protein content calculated from the total nitrogen content using the appropriate nitrogen-to-protein conversion factor.   |
| Total Nitrogen              | The amount of nitrogen in food, used to estimate protein content.   |
| Total Fat                   | All fat substances extracted from food, including triglycerides, phospholipids, sterols, and other minor components.  |
| Available Carbohydrates     | Carbohydrates that can be digested, absorbed, and used by the human body as an energy source including monosaccharides, disaccharides, and starches. Dietary fiber is not included.   |
| Total Carbohydrates         | The sum of available carbohydrates and dietary fiber. Includes monosaccharides, disaccharides, starches, and fiber.   |
| Total Sugars                | All monosaccharides and disaccharides present in food, such as glucose, fructose, lactose, and sucrose.   |
| Added Sugars                | Sugars added during food preparation or to the final dish, including sucrose, glucose, fructose, and other sweeteners. Does not include naturally occurring sugars in milk or fruits.   |
| Dietary Fiber               | A group of non-digestible carbohydrates that are not digested in the human small intestine and reach the colon, where they may be partially fermented. Includes soluble and insoluble fiber.  |
| Soluble Fiber               | The fraction of dietary fiber that dissolves in water to form a viscous solution. It is found mainly in fruits such as citrus (as pectin), and in whole grains such as oats and barley.   |
| Insoluble Fiber             | The fraction of dietary fiber that does not dissolve in water. It is found in whole grains, vegetables, and seeds as cellulose, hemicellulose, and lignin.  |
| Ash                         | The total mineral content remaining after complete combustion of organic matter in food at high temperatures. It is used as an approximate indicator of total mineral content and in calculating certain components such as total carbohydrates.  |
| Cholesterol                 | A sterol compound naturally present in all foods of animal origin, such as meat, dairy, and eggs.   |
| Saturated Fatty Acids       | Fatty acids that contain no double bonds; often solid at room temperature. Examples include palmitic acid and stearic acid. Found abundantly in butter, meat, full-fat dairy, coconut oil, and palm oil.  |
| Monounsaturated Fatty Acids | Fatty acids containing one double bond.   |
| Polyunsaturated Fatty Acids | Fatty acids containing two or more double bonds, including essential fatty acids such as linoleic acid (omega-6) and alpha-linolenic acid omega-3.  |
| Trans Fatty Acids           | Unsaturated fatty acids containing one or more double bonds in the trans configuration. They occur naturally in small amounts in animal products, but most are formed during partial hydrogenation of vegetable oils or due to cooking processes. |

### Appendix (2): Reference Dietary Recommendations

This appendix presents the daily dietary recommendations within the framework of the Dietary Reference Intakes (DRIs), including the Recommended Dietary Allowance (RDA) and Adequate Intake (AI), based on U.S. guidelines, and classified by age group and gender.

#### Recommended Dietary Allowance (RDA) and Adequate Intake (AI) for water, energy, and macronutrients by age group and sex:

| Age Group     | Reference BMI        | Reference Height -cm- | Water -AI- | Energy -EER- | Carbohydrates -RDA- | Total Fiber -AI- | Total Fat -AI- | Linoleic Acid -AI- | Alpha-Linolenic Acid -AI- | Protein -RDA- |
|---------------|----------------------|-----------------------|------------|--------------|---------------------|------------------|----------------|--------------------|---------------------------|---------------|
| Years         | (Kg m <sup>2</sup> ) | (cm)                  | (L/day)    | (kcal/day)   | (g/day)             | (g/day)          | (g/day)        | (g/day)            | (g/day)                   | (g/day)       |
| <b>Male</b>   |                      |                       |            |              |                     |                  |                |                    |                           |               |
| 1-3           | -                    | 86                    | 1.3        | 1046         | 130                 | 19               | -              | 7                  | 0.7                       | 13            |
| 4-8           | 15.3                 | 115                   | 1.7        | 1742         | 130                 | 25               | -              | 10                 | 0.9                       | 19            |
| 9-13          | 17.2                 | 144                   | 2.4        | 2279         | 130                 | 31               | -              | 12                 | 1.2                       | 34            |
| 14-18         | 20.5                 | 174                   | 3.3        | 3152         | 130                 | 38               | -              | 16                 | 1.6                       | 52            |
| 19-30         | 22.5                 | 177                   | 3.7        | 3067         | 130                 | 38               | -              | 17                 | 1.6                       | 56            |
| 31-50         | 22.5                 | 177                   | 3.7        | 3067         | 130                 | 38               | -              | 17                 | 1.6                       | 56            |
| > 50          | 22.5                 | 177                   | 3.7        | 3067         | 130                 | 30               | -              | 14                 | 1.6                       | 56            |
| <b>Female</b> |                      |                       |            |              |                     |                  |                |                    |                           |               |
| 1-3           | -                    | -                     | 1.3        | 992          | 130                 | 19               | -              | 7                  | 0.7                       | 13            |
| 4-8           | 15.3                 | 86                    | 1.7        | 1642         | 130                 | 25               | -              | 10                 | 0.9                       | 19            |
| 9-13          | 17.4                 | 115                   | 2.1        | 2071         | 130                 | 26               | -              | 10                 | 1                         | 34            |
| 14-18         | 20.4                 | 144                   | 2.3        | 2368         | 130                 | 26               | -              | 11                 | 1.1                       | 46            |
| 19-30         | 21.5                 | 163                   | 2.7        | 2403         | 130                 | 25               | -              | 12                 | 1.1                       | 46            |
| 31-50         | 21.5                 | 163                   | 2.7        | 2403         | 130                 | 25               | -              | 12                 | 1.1                       | 46            |
| > 50          | 21.5                 | 163                   | 2.7        | 2403         | 130                 | 21               | -              | 11                 | 1.1                       | 46            |

- (AI) indicates that the value is derived from the Adequate Intake (AI).
- (RDA) indicates that the value is derived from the Recommended Dietary Allowance (RDA).
- (EER) refers to the Estimated Energy Requirement (EER).

Recommended Dietary Allowances (RDA) and Adequate Intake (AI): Minerals

| Age Group       | Chloride -AI- | Sodium -AI- | Potassium -AI- | Zinc -RDA- | Selenium -RDA- | Phosphorus -RDA- | Molybdenum -RDA- | Manganese -AI- | Magnesium -RDA- | Iron -RDA- | Iodine -RDA- | Fluoride -AI- | Copper -RDA- | Chromium -AI- | Calcium -RDA- |
|-----------------|---------------|-------------|----------------|------------|----------------|------------------|------------------|----------------|-----------------|------------|--------------|---------------|--------------|---------------|---------------|
| Years           | g/day         | mg/day      | mg/day         | mg/day     | µg/day         | mg/day           | µg/day           | mg/day         | mg/day          | mg/day     | µg/day       | mg/day        | µg/day       | µg/day        | mg/day        |
| <b>Children</b> |               |             |                |            |                |                  |                  |                |                 |            |              |               |              |               |               |
| 1-3             | 1.5           | 800         | 2,000          | 3          | 20             | 460              | 17               | 1.2            | 80              | 7          | 90           | 0.7           | 340          | 11            | 700           |
| 4-8             | 1.9           | 1,000       | 2,300          | 5          | 30             | 500              | 22               | 1.5            | 130             | 10         | 90           | 1             | 440          | 15            | 1,000         |
| <b>Male</b>     |               |             |                |            |                |                  |                  |                |                 |            |              |               |              |               |               |
| 9-13            | 2.3           | 1,200       | 2,500          | 8          | 40             | 1,250            | 34               | 1.9            | 240             | 8          | 120          | 2             | 700          | 25            | 1,300         |
| 14-18           | 2.3           | 1,500       | 3,000          | 11         | 55             | 1,250            | 43               | 2.2            | 410             | 11         | 150          | 3             | 890          | 35            | 1,300         |
| 19-30           | 2.3           | 1,500       | 3,400          | 11         | 55             | 700              | 45               | 2.3            | 400             | 8          | 150          | 4             | 900          | 35            | 1,000         |
| 31-50           | 2.3           | 1,500       | 3,400          | 11         | 55             | 700              | 45               | 2.3            | 420             | 8          | 150          | 4             | 900          | 35            | 1,000         |
| 51-70           | 2.0           | 1,500       | 3,400          | 11         | 55             | 700              | 45               | 2.3            | 420             | 8          | 150          | 4             | 900          | 30            | 1,000         |
| > 70            | 1.8           | 1,500       | 3,400          | 11         | 55             | 700              | 45               | 2.3            | 420             | 8          | 150          | 4             | 900          | 30            | 1,200         |
| <b>Female</b>   |               |             |                |            |                |                  |                  |                |                 |            |              |               |              |               |               |
| 9-13            | 2.3           | 1,200       | 2,300          | 8          | 40             | 1,250            | 34               | 1.6            | 240             | 8          | 120          | 2             | 700          | 21            | 1,300         |
| 14-18           | 2.3           | 1,500       | 2,300          | 9          | 55             | 1,250            | 43               | 1.6            | 360             | 15         | 150          | 3             | 890          | 24            | 1,300         |
| 19-30           | 2.3           | 1,500       | 2,600          | 8          | 55             | 700              | 45               | 1.8            | 310             | 18         | 150          | 3             | 900          | 25            | 1,000         |
| 31-50           | 2.3           | 1,500       | 2,600          | 8          | 55             | 700              | 45               | 1.8            | 320             | 18         | 150          | 3             | 900          | 25            | 1,000         |
| 51-70           | 2.0           | 1,500       | 2,600          | 8          | 55             | 700              | 45               | 1.8            | 320             | 8          | 150          | 3             | 900          | 20            | 1,200         |
| > 70            | 1.8           | 1,500       | 2,600          | 8          | 55             | 700              | 45               | 1.8            | 320             | 8          | 150          | 3             | 900          | 20            | 1,200         |

- (AI) indicates that the value is derived from the Adequate Intake (AI).
- (RDA) indicates that the value is derived from the Recommended Dietary Allowance (RDA).

Table: Daily Vitamin Recommendations by Age Group and Gender

| Age Group       | Vitamin A | Vitamin C<br>-RDA- | Vitamin D<br>-RDA- | Vitamin E<br>-RDA- | Vitamin K<br>-AI- | Thiamin<br>-RDA- | Riboflavin<br>-RDA- | Niacin<br>-RDA- | Pantothenic Acid<br>-AI- | Vitamin B6<br>-RDA- | Biotin<br>-AI- | Folate<br>-RDA- | Vitamin B12<br>-RDA- | Choline<br>-AI- |
|-----------------|-----------|--------------------|--------------------|--------------------|-------------------|------------------|---------------------|-----------------|--------------------------|---------------------|----------------|-----------------|----------------------|-----------------|
| Years           | µg/day    | mg/day             | µg/day             | mg/day             | µg/day            | mg/day           | mg/day              | mg/day          | mg/day                   | mg/day              | µg/day         | µg/day          | µg/day               | mg/day          |
| <b>Children</b> |           |                    |                    |                    |                   |                  |                     |                 |                          |                     |                |                 |                      |                 |
| 1–3             | 300       | 15                 | 15                 | 6                  | 30                | 0.5              | 0.5                 | 6               | 2                        | 0.5                 | 8              | 150             | 0.9                  | 200             |
| 4–8             | 400       | 25                 | 15                 | 7                  | 55                | 0.6              | 0.6                 | 8               | 3                        | 0.6                 | 12             | 200             | 1.2                  | 250             |
| <b>Male</b>     |           |                    |                    |                    |                   |                  |                     |                 |                          |                     |                |                 |                      |                 |
| 9–13            | 600       | 45                 | 15                 | 11                 | 60                | 0.9              | 0.9                 | 12              | 4                        | 1.0                 | 20             | 300             | 1.8                  | 375             |
| 14–18           | 900       | 75                 | 15                 | 15                 | 75                | 1.2              | 1.3                 | 16              | 5                        | 1.3                 | 25             | 400             | 2.4                  | 550             |
| 19–30           | 900       | 90                 | 15                 | 15                 | 120               | 1.2              | 1.3                 | 16              | 5                        | 1.3                 | 30             | 400             | 2.4                  | 550             |
| 31–50           | 900       | 90                 | 15                 | 15                 | 120               | 1.2              | 1.3                 | 16              | 5                        | 1.3                 | 30             | 400             | 2.4                  | 550             |
| 51–70           | 900       | 90                 | 15                 | 15                 | 120               | 1.2              | 1.3                 | 16              | 5                        | 1.7                 | 30             | 400             | 2.4                  | 550             |
| > 70            | 900       | 90                 | 20                 | 15                 | 120               | 1.2              | 1.3                 | 16              | 5                        | 1.7                 | 30             | 400             | 2.4                  | 550             |
| <b>Female</b>   |           |                    |                    |                    |                   |                  |                     |                 |                          |                     |                |                 |                      |                 |
| 9–13            | 600       | 45                 | 15                 | 11                 | 60                | 0.9              | 0.9                 | 12              | 4                        | 1.0                 | 20             | 300             | 1.8                  | 375             |
| 14–18           | 700       | 65                 | 15                 | 15                 | 75                | 1                | 1                   | 14              | 5                        | 1.2                 | 25             | 400             | 2.4                  | 400             |
| 19–30           | 700       | 75                 | 15                 | 15                 | 90                | 1.1              | 1.1                 | 14              | 5                        | 1.3                 | 30             | 400             | 2.4                  | 425             |
| 31–50           | 700       | 75                 | 15                 | 15                 | 90                | 1.1              | 1.1                 | 14              | 5                        | 1.3                 | 30             | 400             | 2.4                  | 425             |
| 51–70           | 700       | 75                 | 15                 | 15                 | 90                | 1.1              | 1.1                 | 14              | 5                        | 1.5                 | 30             | 400             | 2.4                  | 425             |
| > 70            | 700       | 75                 | 20                 | 15                 | 90                | 1.1              | 1.1                 | 14              | 5                        | 1.5                 | 30             | 400             | 2.4                  | 425             |

- (AI) indicates that the value is derived from the Adequate Intake (AI)
- (RDA) indicates that the value is derived from the Recommended Dietary Allowance (RDA).

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