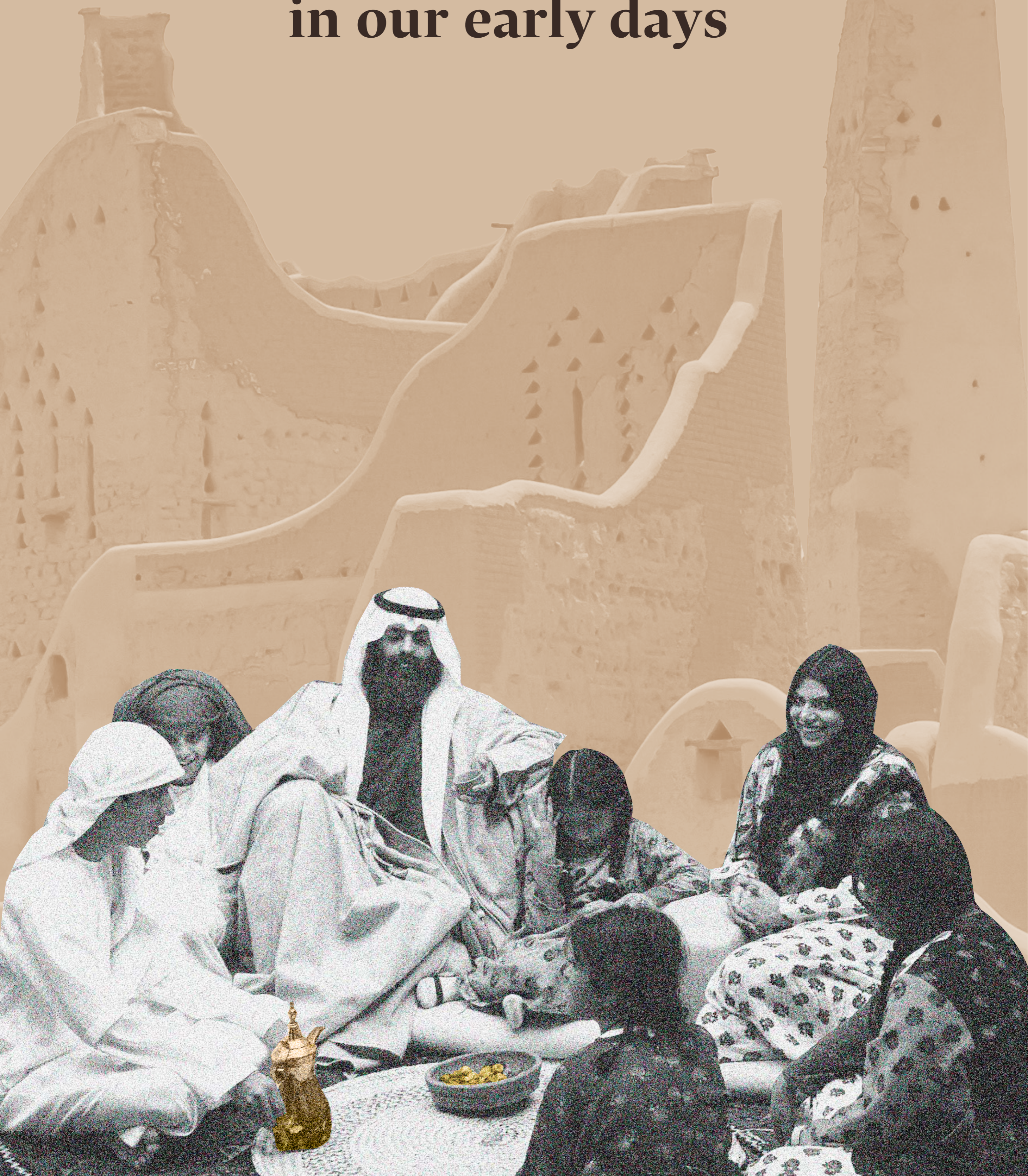


يوم التأسيس
Saudi Founding Day
— ١١٣٩هـ / ١٧٢٧م —



FOOD

in our early days



FOOD IN THE CENTRAL region of the Kingdom of Saudi Arabia



Qurs

Disc bread or coal disc bread

A type of bread usually eaten for breakfast along with a dish of ghee or butter. A favorite dish in the central region, it is also eaten with dates and main meals.

Ingredients

flour -water -salt-

Method

Mix the ingredients without adding yeast. Knead the dough into a large circular mold. Place directly on hot coals and cover with more coals so that it bakes well on all sides. Bake for a few minutes, remove and flip, return and cover with hot ashes once again.



Jareesh – Groats

Jareesh tops the list of celebrated dishes from the Central Region and its also a national dish.

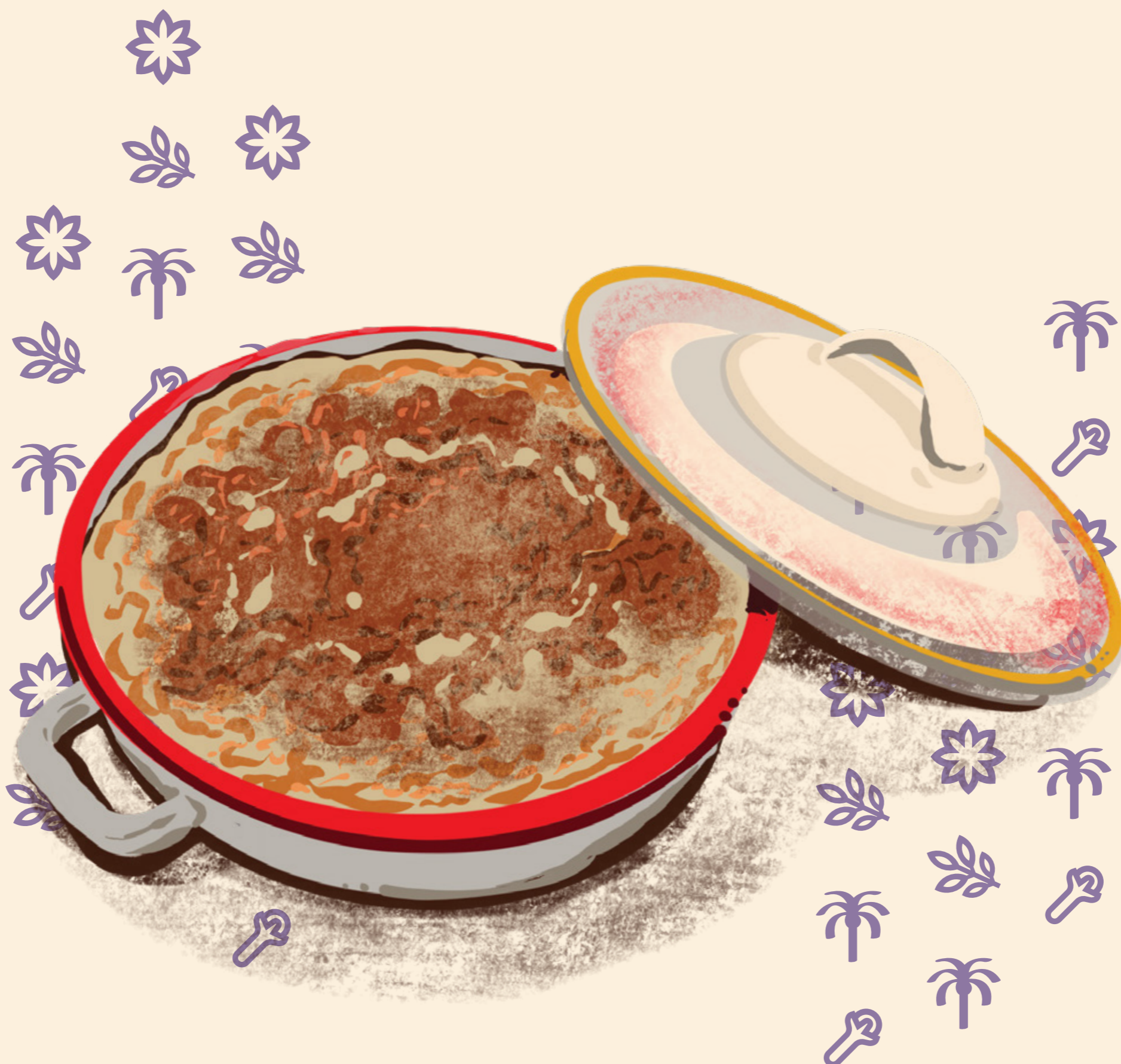
It is prepared with whole wheat kernels and gets its name from crushing (jarsh) the kernels in a mill to a coarse grain. Jareesh is served in a variety of ways, often with meat on top.

Ingredients

-jareesh (groats) -laban (yogurt/buttermilk) or milk -onion -water

Method

Boil the groats with the onions and water over a low heat. Add the laban or milk. Once cooked, serve with ghee (clarified butter) or butter and onion on top.



Henaini

A cold weather sweet, this dish gives warmth and energy due to its high carbohydrate content. The dish is served on special occasions.

Ingredients

- pitted dates
- wheat flour
- ghee or butter
- ground cardamom
- hot water

Method

Mash the dates. Add to this hot water and wheat flour. Then add ghee or butter with a few flavorings such as cardamom.



Faqaa or Kama desert truffles

This is a main dish among the residents of the central region due to its widespread availability in the desert. It is often eaten in lieu of meat.

Ingredients

-truffles -ghee or butter -water

Method

Wash the truffles well to remove any dust. Peel and dice. Boil as if boiling meat in water. It is usually served with rice.



Marqooq – Broth bread

Most dishes in the central region contain meat and wheat. Marqooq is one such.

Ingredients

- onions
- vegetables
- meat
- wheat dough or wheat flatbread

Method

Form thick sheets from the wheat dough. Boil the meat with the vegetables and onions. Add the dough sheets and leave to cook for about one hour until the dough cooks through with the meat and vegetables.



Saudi coffee (Central Region)

Coffee is a beverage that is drunk hot at all times. It is consumed locally and served to guests.

Ingredients

-coffee beans -water -cardamom -saffron

Method

The coffee beans are roasted (hams) in a tool called mehmas, a bowl-shaped roasting pan. Once roasted, allow to cool, then pound with a najr or naqirah, a heavyweight pestle (stone or brass) and mortar. Then boil and brew in water with cardamom and saffron and serve in a dallah, a traditional coffee pot.



Laban – buttermilk, yogurt

Laban is the favorite beverage of people from the central region, due to the area's widespread pastures. It is made from cows' milk. The cows are milked in the evening, then the milk is left in clay pots similar to an urn to keep it fresh until the next morning. The spout is then tied with wool rope made specially for the animal-skin canteen (sameel), which is hung at opposite ends by wool rope on the hoist made of three wooden posts of equal length. Then the laban is shaken and churned until ready to drink.



Camel Milk

Camel milk is the primary beverage among the people of the central region. It is usually served with dates. It is a satisfying breakfast meal when the dates and ghee or butter are added to the milk. It is also offered to guests. Camel milk is high in fat, making it very nutritious.



FOOD IN THE EASTERN region of the Kingdom of Saudi Arabia



Balaleet - vermicelli noodles

Balaleet is a confection common in the eastern region. It is a breakfast dish and sometimes served at Ramadan. It is made of wheat flour and is high in fiber.

Ingredients

-wheat vermicelli -water -ghee -sugar -eggs

Method

Boil the vermicelli in water and add ghee or butter. When almost done, add sugar and eggs on top.



Red bread

Red bread is served with most dishes and meals. For breakfast, it is eaten with boiled eggs or with dates and ghee. It is also served with main meals.

Ingredients

-wheat flour -dates -water -salt

Method

Knead together the wheat flour, mashed dates, and water. Add a pinch of salt. Do not use yeast in this type of bread. Bake at a high heat.



Prawns (shrimps) salted or (dried)

Shrimps are abundant in the eastern region. They are often dried and salted in order to preserve them and to retain their nutritional value. They are usually served with rice and constitute a main dish for local consumption and can be offered to guests.

Ingredients

-salted shrimp

-rice

-onion

-ghee

-spices

Method

Chop the onion and add the ghee, shrimps, and spices. Boil the rice and, once cooked, add the shrimps and serve.



Saudi coffee (Eastern Province)

Coffee is one of the main beverages consumed in the eastern province. There are many coffee shops where men gather to chat, joke, and drink coffee. When offered to guests it is served in decorative ceramic cups.

Ingredients

-coffee

-water

-cardamom

-saffron

Method

Boil the ground coffee in water briefly, for no more than five minutes. Then add cardamom and saffron and serve in a dallah. Pour into decorative ceramic cups.



FOOD IN THE WESTERN region of the Kingdom of Saudi Arabia



Bread with butter and honey

Bread is considered an essential part of breakfast in the western region. It is so important that bakery ovens are installed on ships just in order to make this bread.

Furthermore, honey is prevalent in the mountains and is a good source of energy. Butter is also considered an important accompaniment to breakfast and is a basic element of the Arabic kitchen.

Ingredients

-flour -salt -water -honey -butter

Method

Mix the ingredients without adding yeast. Knead the dough into a large circular mold. Place directly on hot coals and cover with more coals so that it bakes well on all sides. Bake for a few minutes, remove and flip, return and cover with hot ashes once again.



Foul - Fava or broad beans

Beans are one of the most ancient crops known to human civilizations. They are a healthy food, rich in fiber and a source of protein and energy. The western region is full of restaurants serving fava and broad beans, which are sometimes eaten for breakfast.

Ingredients

-fava beans -water -butter -pepper

Method

Soak the beans in water overnight, then boil. Serve seasoned with a little butter and pepper.



Bread (in ashes)

This bread is made just before mealtime so it can be eaten hot and fresh.

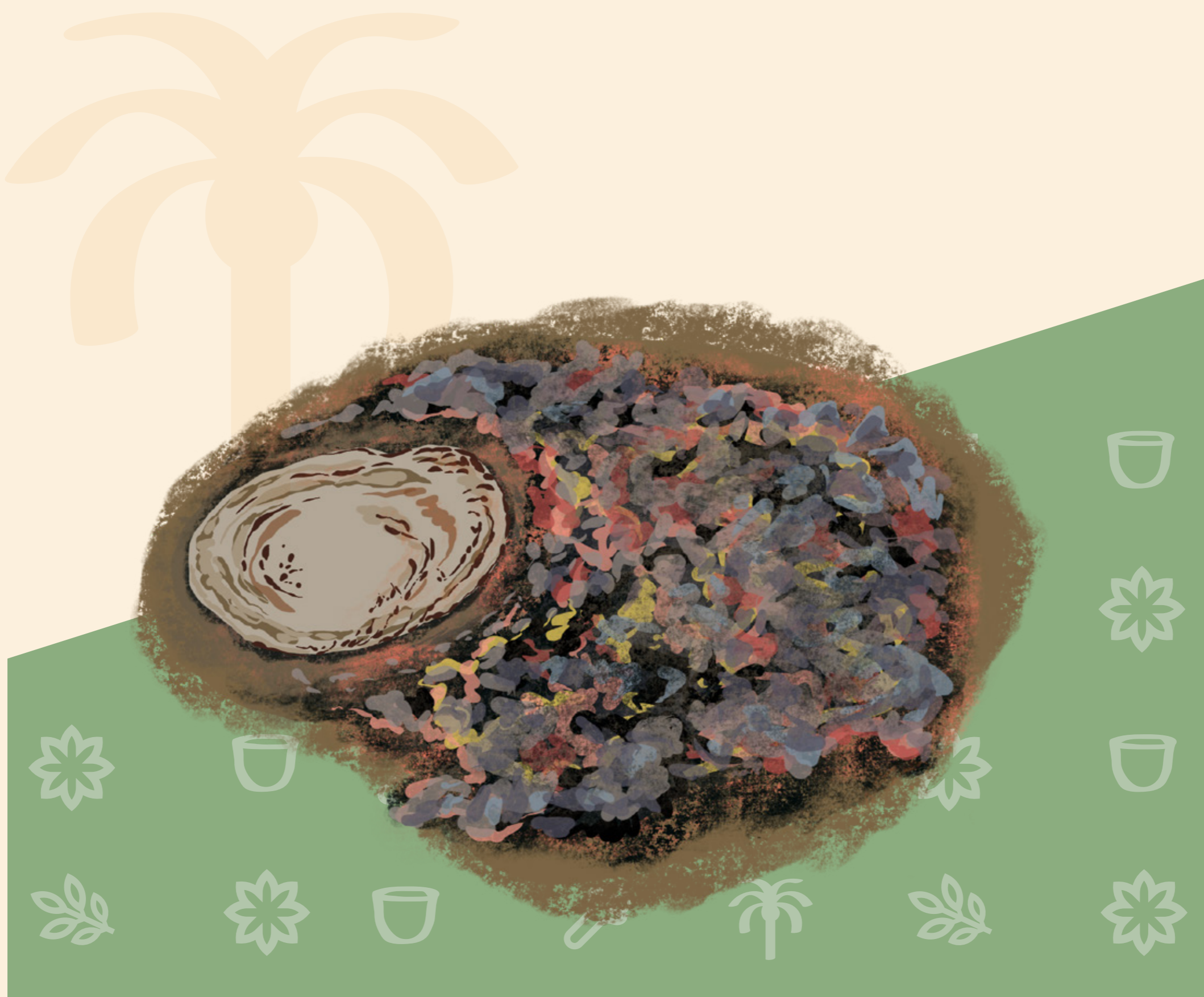
It is often made for breakfast but served also with other meals. In the western region, radishes and chives often accompany this type of bread.

Ingredients

-wheat flour -water

Method

Knead the ingredients into thin layers of dough and place in hot cinders. Cover completely with cinders until baked through.



Ta'if rose jam

This side dish offered at breakfast is prepared by boiling Ta'if rose petals with sugar.

The dish has health benefits, especially for stomach pains, and is an age-old dish, well known in Ta'if.

Ingredients

-water -Ta'if rose petals -sugar

Method

Boil the rose petals in a little water. Add the sugar and cook until the ingredients blend and become a firm jelly-like mix.



Fried fish and rice

Rice is a main dish among the people of the western region. Fish is also a favorite due to its wide availability, especially around Jeddah.

Ingredients

-fish -oil -spices -rice -water -salt

Method

Boil the rice and add salt. Season the fish with spices and fry in the oil. Once cooked, turn the rice onto a plate, and place the fried fish on top of the rice..



Aseedah with meat and tamarin

This is a main dish in the western region and full of health benefits.

Ingredients

-meat -tamarind -water

Method

Boil the meat in the water. Add tamarind. Stir the ingredients well until blended. Eat hot.



Maadous - Lentils

A popular dish in the western region, it is usually served at dinner. It is eaten either with dried fish or just ghee.

Ingredients

-rice -lentils -water

Method

Boil the rice and lentils together in equal quantities until soft. Serve with ghee or butter.



Saudi coffee (Western Region)

This is the most popular beverage in the western region, and it is drunk at all times. It is served to guests and in coffee shops, in small ceramic pots that fill five to ten small ceramic cups. The pot, called a mashrabah (clay pitcher), has a strainer at the spout made of palm fibers integrated into the clay

Ingredients

-ground coffee -water -cardamom -cloves -saffron

Method

Boil the water, add the coffee and allow to boil for about 15 minutes.
Add the cardamom, cloves, and saffron and serve the coffee hot.



Soubiya

This is a cold beverage specially made for Ramadan. It is also made in the summertime as a refreshing cold drink. It is made in two ways: either with barley or raisins, or made from leftover white bread.

Ingredients

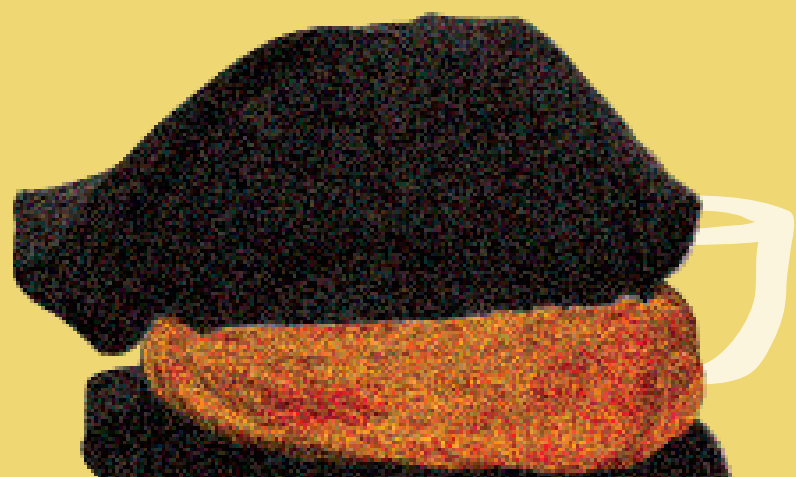
- barley
- raisins
- leftover white bread
- sugar
- cinnamon
- water

Method

Soak the bread overnight or over several nights. Strain and add sugar with a little cinnamon. Or make it with barley or raisins mixed with the water and add the sugar and cinnamon



FOOD IN THE SOUTHERN region of the Kingdom of Saudi Arabia



Rijlah stew – Purslane stew

Purslane is a plant grown both commercially, on farms, and in the wild.

It is similar to spinach and has numerous health benefits. It aids digestion, strengthens the heart, regulates the kidneys, and is rich in calcium, iron, and vitamins A, B, and C. This dish is customarily not offered to guests. It is usually eaten with bread and is a breakfast meal.

Ingredients

- purslane -seasonings (pepper, cumin)
- served with sesame oil (as desired)

Method

Select and clean bunches of purslane. Place in a pot of water for one hour or more until cooked. Add pepper and cumin. Drizzle with sesame oil when serving as desired.



Mefa Bread

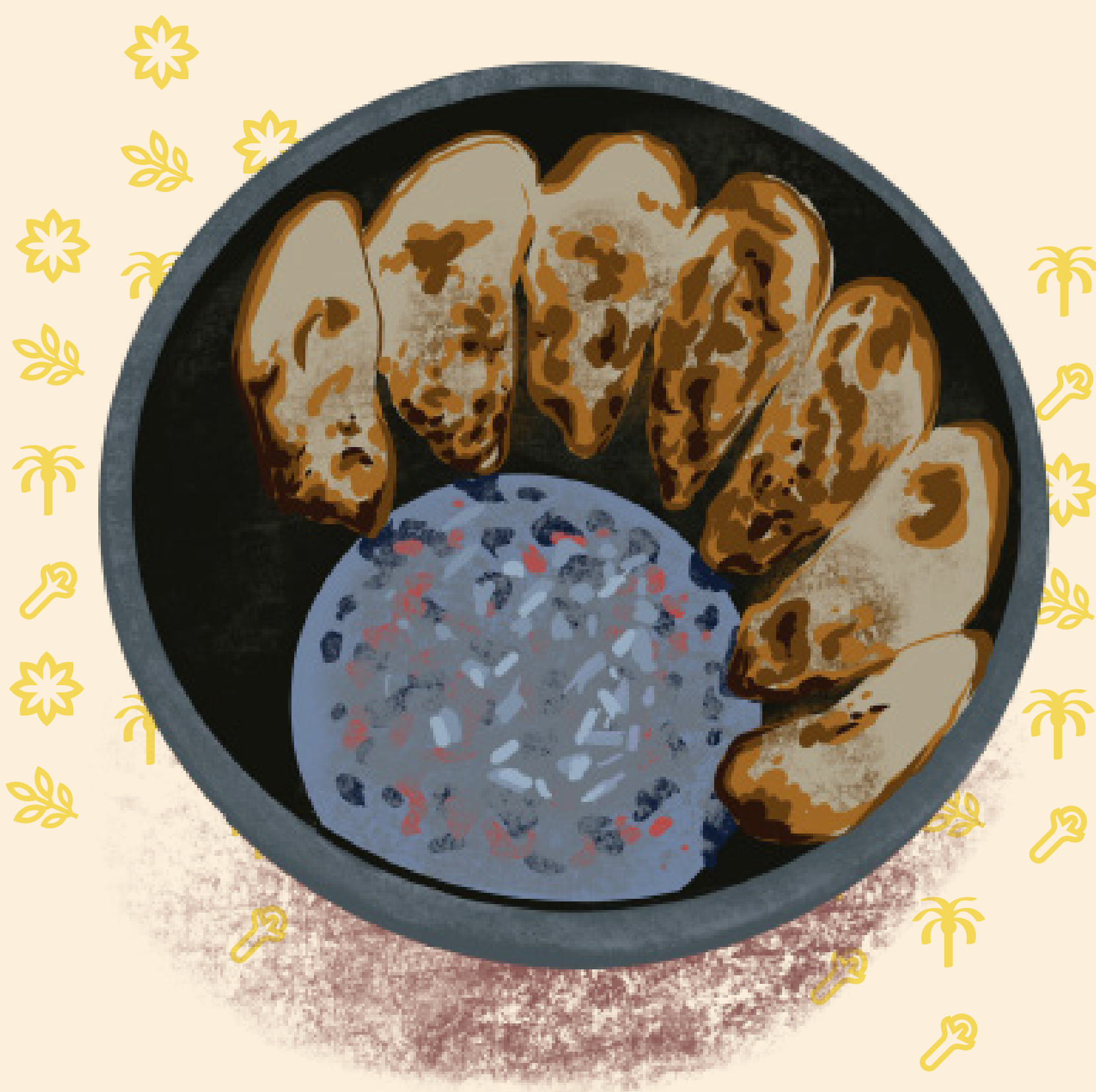
An ancient folk food that is popular in the southern regions of Saudi Arabia, it has different names from one area to another, including: fateer bread, dho bread, mefa or tannour bread referring to the tandoor oven that it is baked in. It is high in carbohydrates, vitamins, and minerals. It is normally served with breakfast or dinner and is also offered to guests.

Ingredients

-white, barley, or corn flour -salt -yeast
-water -ghee -honey

Method

Mix and knead all ingredients until you have a thick dough. Separate the dough into equal pieces. Spread each piece into elongated shapes. Stick the dough around the edges of the tandoor oven from the inside. Cover the tandoor oven and place hot coals on top to allow the bread to bake from all sides. Once it changes color, peel the bread off the side of the oven and serve hot with ghee or honey or laban.



Rawani – egg cake

A type of sweet, this dish is full of healthy protein and provides energy. It is high in vitamins and iron, as well as sodium and calcium. This dish is often neglected today.

Ingredients

-eggs -rice flour

Method

For each egg, add one spoonful of rice flour and whip until the eggs become frothy. Place in the mefa oven (which has a cylindrical shape built into a solid platform in the home's kitchen), or place it between two flames, one below the pan and one above the lid. Allow to bake until the surface is lightly browned and puffs up. Once cooked, soak in syrup made from sweetened water flavored with cardamom and cinnamon.



Aseedah

mashed grain paste

Aseedah is one of the favorite folk dishes in the southern region of the Kingdom of Saudi Arabia. It named thus because it is made by continuously stirring into a firm, smooth mush. It is rich in carbohydrate and some vitamins and minerals. It is mostly a lunch or dinner meal dish and is offered on special occasions, not to mention a main dish served in Ramadan. The culture of the southern region has a saying that goes:

I wish that aseedah before me ... and four cups of broth
And I eat from this aseedah ... until the sweat pours forth

Ingredients

-wheat flour -water -ghee -honey

Method

Add the flour to the water on low heat and stir with a miswaat (a long wooden stick). Keep stirring until all dry flour balls have been absorbed. Leave until cooked through and serve with ghee or honey or laban. It is also served with meat and broth. Some people serve it with qashm or hamees (barbecued or grilled meat).



Shuwaytah

fire-scorched ears of wheat

The name refers to the singing of the wheat over an open fire. Shuwaytah is a high carbohydrate food. It is usually eaten mid-morning or mid-afternoon and is accompanied by a hot drink such as tea.

Ingredients

-fresh ears of wheat.

Method

Ears of wheat are collected while still fresh, then tied into small bunches (called ghazilah). These bunches are roasted over a fire (tashawat). As they are removed from the fire each ear is rubbed using a kafeen (a tool like a small hand rake). Then the kernels are sifted from the chaff by pouring from hand to hand and blowing the chaff into the air, thereby cleaning the kernels of inedible fibers. The dish may be eaten immediately or put in a container to be eaten later.



Saudi coffee (Coffee hulls drink)

Coffee hulls drink is similar to regular coffee except that it is made from the coffee bean hull rather than the bean itself. It is a favorite drink among many locals due to its distinctive flavor. Sometimes sugar is added and a little ginger.

Ingredients

-coffee bean hulls -water -sugar and ginger (as desired)

Method

Boil the water and add coffee hulls. Boil for no more than ten minutes.
Add sugar and ginger as desired.



Murays date drink

Dates are widely grown across the region. For this reason, they are used to create a variety of foods and beverages, including murays, which is a very popular drink due to its many health benefits.

Ingredients

-dates -water

Method

Soak the dates in water. Then mix until fully blended into a thick liquid.



Abeelah

This is a drink made by mixing Laban and Meat soup. People usually drink it at banquets.



Laban mukabba or mudakhan- smoke-infused yogurt/buttermilk

Method

This is a smoke-infused dairy drink. First, shake the laban to separate it from the ghee or butter. Then burn sticks from highly fragrant herbs, such as basil, dodonaea (hopbush), and rosemary. Cover the smoking sticks placed on a hot coal (as with incense) with the pot in which the laban is to be heated to infuse the smoke in the pot. Then heat the laban in the pot. Sometimes, the burning sticks are put directly in the laban.



FOOD IN THE NORTHERN

region of the Kingdom of Saudi
Arabia



Fattah

Crumbled bread

This is a folk dish usually served as a breakfast meal because the Bedouin people tend to be busy herding sheep and camels and gathering wood at other times. Fattah nourishes them for long hours of work ahead. It is easy to make, and its ingredients are always available. It is also made during long, cold, winter nights.

Ingredients

- laban -locally made ghee (clarified butter)
- honey -sugar -bread made of wheat or barley
- almonds for decoration

Method

Cut up coal-baked bread and crumble into small pieces. Pour the laban over the bread and let it soak. Another way to make it is with shrak bread, plain flat bread made over a dome-shaped griddle. Cut the bread into small pieces and soak with ghee and honey and scatter with almonds. Fattah with sugar is served as a sweet alongside a main meal.



Maleehah (aka Mansaf)

Maleehi is a popular food in the northern region. It is made of natural, local ingredients, in a regions whose population is famous for the animal husbandry of sheep and goats.

Ingredients

-rice -jameed (hard-skimmed laban/yogurt) -ghee -meat

Method

To begin with, prepare a quantity of meat and wash well. Add hot water and place over a flame until the water boils. Then add the yogurt or jameed. Prepare rice in another pot and heat. Have a large platter ready to hold both the rice and meat. First, place a layer of griddle-baked flatbread on the platter, then scoop the rice over the bread until it covers the middle but leaves the edges free of rice. Then strain the meat and place it in the middle of the rice. You can further decorate with parsley and pine nuts, while the broth is poured into a side dish (bowl).



Tutmaaj

This traditional main dish is usually made in the winter because of its heavy, filling ingredients.

Ingredients

- jareesh (groats)
- kidney beans
- ghee
- samh flour (desert succulent ice plant that tastes like wheat)

Method

Soak jareesh, and kidney beans in water for one full day. Then cook until done and add samh flour and ghee.



Bakeelah

Bakeelah is a famous dish in the northern region. Its name comes from classical Arabic and is found in linguistic reference books. It means: bakala - bakla: to mix something. It is called “basteelah” in the local dialect. The people of the northern region of Saudi Arabia offer it to all visitors and guests on various occasions.

Ingredients

- samh (desert succulent ice plant) flour
- sweet dates
- ghee

Method

After toasting the samh flour, add equal amounts of flour and pitted sweet dates. Knead together until fully blended and cook over a low heat, stirring all the while, until done. To serve, shape into a ball and place on a circular plate accompanied by butter or ghee or date syrup.



Mat'han (mill) bread

Mat'han bread or griddle bread is a specialty of the people of the northern region. It requires expertise to make and is often baked by women, who often compete to make the biggest loaves – and the fastest bake. One of the region's most celebrated types of bread, it is served with tea on holidays. No northern meal goes without it, along with other specialty dishes. A folk saying goes: “He whose mother bakes bread will never go hungry.” This bread is used to make the famous mansaf (same as maleehah) dish. It is also eaten with stews, honey, ghee, date syrup, and butter.

Ingredients

-wheat flour -salt -yeast -water

Method

Mix all ingredients and knead into a dough. Once the dough has risen, cut into individual circles, flip between the forearms to stretch, then spread into a large circle. Place the circular piece of dough on a saaj (dome-shaped griddle) over heat until the bread changes color and remove from the griddle once baked through.



Saudi coffee (Northern Region)

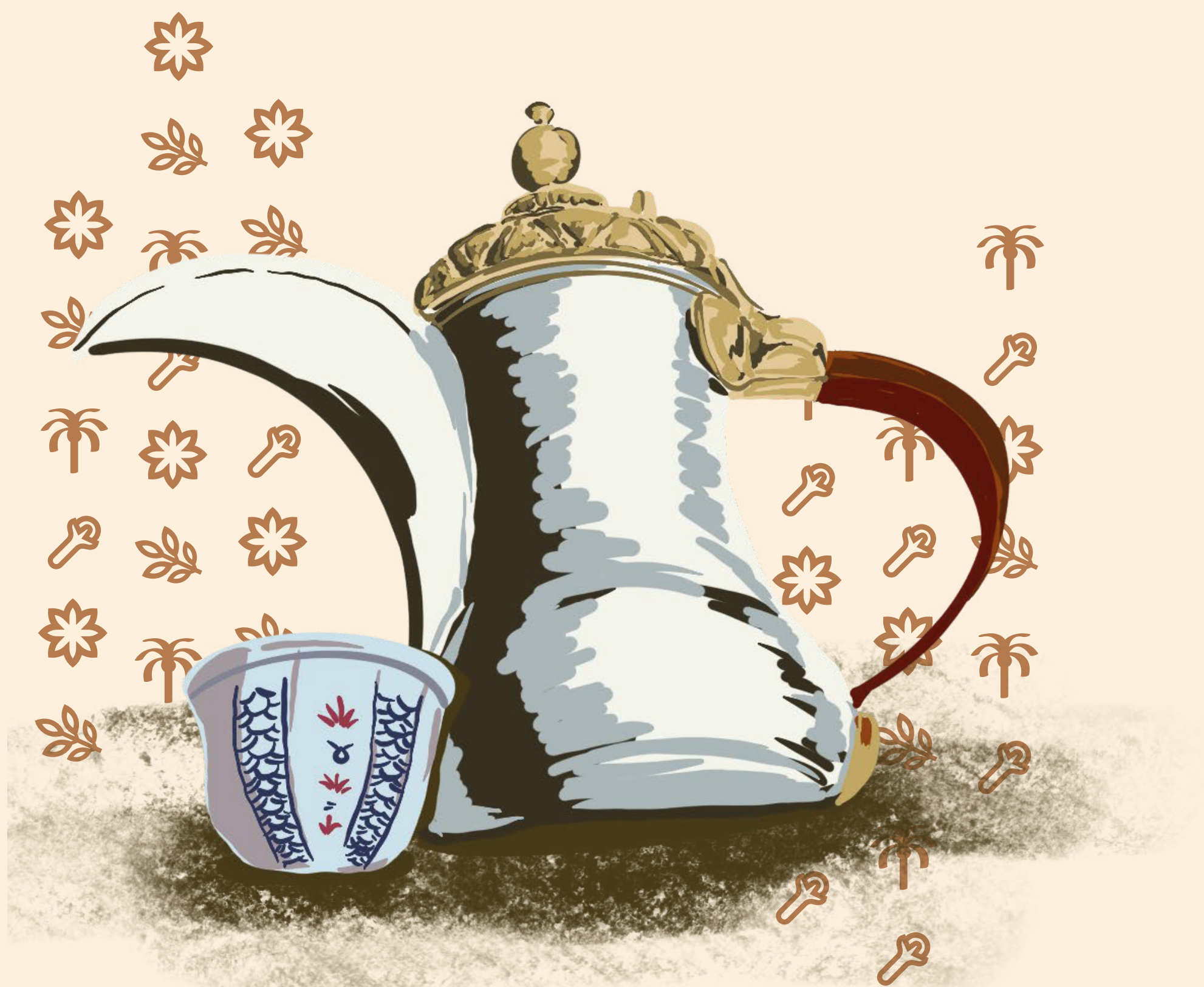
An essential drink at all times and regularly offered to guests, coffee is a basic item that no home can do without. Guest reception rooms have a square-shaped coffee stove (wajjar) made of granite or other stone, and the pot (dallah) is usually made of brass.

Ingredients

-coffee beans -water -cardamom -cloves

Method

Take unroasted green coffee beans and place them in a bowl made of palm fronds to pick out the bad beans and chaff that is mixed with coffee beans when bought in large quantities. Once cleaned (sifted), place in a large iron pot over the fire, kindle the fire by using bellows, and stir the beans slowly until they start to crackle and redden, taking care not to let them burn and turn black. Once the color changes, remove and place on a mat made of palm fronds to cool. Then pound using a stone pestle and mortar. Place the ground coffee in the dallah and add boiling water. Stir with a stick so that it does not boil over while simmering. Boil for five minutes, then add cardamom and saffron. Put a palm frond strainer on the dallah spout when pouring and serve with dates and hot butter.



هيئة فنون الطهي
Culinary Arts Commission

يوم التأسيس
Saudi Founding Day
— ١٣٣٩هـ / ١٧٢٧م —



Al-Maqshoosh

Al-Maqshoosh is one of the authentic national Saudi sweets spread in the northern region of the Kingdom of Saudi Arabia.

Ingredients

-Flour - Water - sugar - salt - Honey -cardamom (optional)

Method

The flour is kneaded with water and salt, sugar and cardamom are added to it. After the dough has fermented, it is cut into circular pieces of small size, then placed on the baking sheet until it is cooked and served after adding honey.

