Lesson 5

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Arabic Authentic Food
Culture

Essential to any cooking in the Arabian Peninsula is the concept of hospitality and generosity. Meals are generally large family affairs, with much sharing and a great deal of warmth over the dinner table. Formal dinners and celebrations generally involve large quantities of lamb, and every occasion entails large quantities of Arabic coffee. In an average Arab state household, a visitor might expect a dinner consisting of a very large platter, shared commonly, with a vast amount of rice, incorporating lamb or chicken, or both, as separate dishes, with various stewed vegetables, heavily spiced, sometimes with a tomato-based sauce. Most likely there would be several other less hearty items on the side. Tea would certainly accompany the meal, as it is almost constantly consumed. Coffee would be included as well.

There are many regional differences in Arab cuisine. For instance, mujadara in Syria and Lebanon is different from mujadara in Jordan or Palestine. Some dishes, such as mansaf (the national dish of Jordan), are native to certain countries and rarely, if ever, make an appearance in other countries. Unlike in most Western cuisines, cinnamon is used in meat dishes, as well as in sweets such as baklava. Other desserts include variations of rice pudding and fried dough. Groundnuts are a common filling for such treats. Saffron is used in everything, including sweets, rice, and beverages. Fruit juice is quite popular due to the climate. Due to historical interactions, Arabic cuisine has been imminently influenced by Persian and Turkish culture. The rice dish known as pilaf is very popular in Arab countries and among Arab communities around the world.
Try making one of the food listed in this section (or search for one):

• Make the food
• Create a power point presentation about steps you made to make the recipe
• Write down when do people eat this food (occasion, and meal: breakfast, lunch, dinner)
• Tell us in Arabic if you liked it or not.
قطايف

http://www.youtube.com/watch?v=8EDLhnMBON8&feature=related
ورق عنب

http://www.youtube.com/watch?v=Lx5fl2z0GD
M&feature=related
تبولة

http://www.youtube.com/watch?v=vrvW2XgO6GA