

COLD & DRY FOOD LIST



DAR AL TADAWEE

DR HANI EL BATAL

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COLD & DRY SINGLE FOOD LIST

Peas
Spleen
Lentils
Fava beans
Corn Oil
Rice
(according to
one saying
rice is
moderate)
Potato

Corn
Barley
Barley bread
Cornstarch
Sour tomato
Cauliflower
Pickled
grape leaves
Coriandre
Lemon Juice
Lime Juice

Pomegranate
Molasses
Vinegar
Tamarind
Sour Orange
Mandarin
Unripe
Grapes
Greengage
(Sour Plum)
Unripe
Peach
Unripe Kiwi

Sour
Cherries
Hawthorn
Sour Quince
Sour
Pomegranate
Coffee
Ice
Freshly
pressed olive
oil from
unripe green
olives

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BREAKFAST

• Barley Porridge:

Ingredients

- 1 cup barley grains
- 4 cups water
- 1/4 teaspoon salt
- 1 teaspoon honey
- Sliced sour kiwi or unripe peach

Preparation

1. Rinse the barley grains thoroughly under cold water. Soak the barley in water for 2-3 hours or overnight to speed up the cooking process.
2. In a large pot, add the barley, water, and salt. Bring the mixture to a boil over medium heat.

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3. Reduce the heat and let the barley simmer for 45-60 minutes, or until the grains are soft and the water is absorbed.
4. Sweeten with honey, stirring until fully dissolved.
5. Add the fruit as desired.
6. Leftover barley porridge can be stored in the fridge for up to 5 days. Reheat it on low heat, adding a little water as needed.

- **Lentil Salad with Lemon:**

Ingredients

- 1 cup red lentils
- 4 cups water
- 3 tablespoons lemon juice
- 1 small onion, chopped
- Salt to taste
- 1/4 cup freshly pressed green olive oil

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Preparation

1. Rinse the red lentils under cold water until the water runs clear.
2. In a large pot, bring 4 cups of water to a boil.
3. Add the lentils and reduce the heat to medium.
4. Let the lentils cook for 15-20 minutes or until the lentils are soft and have absorbed most of the water.
5. Mix the cooked lentils with lemon juice, chopped onion, and salt.
6. Serve with freshly pressed green olive oil and barley bread.

- Foul Medames:

Ingredients

- ½ kg of fava beans
- Lemon juice
- Freshly pressed green olive oil
- 1 small clove of garlic

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- Salt
- A small pinch of cumin

Preparation

1. Wash the fava beans thoroughly, then soak them in water overnight.
2. Place the soaked beans in a pressure cooker over medium heat until they are fully cooked.
3. Remove the beans from the heat.
4. Add lemon juice, cumin, salt, and garlic, and mix the ingredients well.
5. Mash the mixture using a pestle until it becomes smooth.
6. Serve with freshly pressed green olive oil and barley bread.

LUNCH/DINNER

- **Using Starch as a Thickener for Cold, Dry Sauces and Soups:**

Ingredients

- 1 tablespoon of starch
- 1/4 cup of cold water

Preparation

1. In a small bowl, mix the starch with cold water until it is completely dissolved.
2. Gradually add the starch mixture to the hot sauce or soup while stirring continuously.
3. Keep stirring until the desired thickness is achieved.

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- **Pea Stew**

Ingredients

- 2 cups of green peas
- 1 minced garlic clove
- ¼ cup corn oil
- 1 teaspoon ground dried coriander
- 1 tablespoon of sour tomato paste
- 3 cups of water
- Salt and a pinch of pepper
- Juice of 1 lemon
- A bunch of fresh coriander, chopped
- A small amount of minced mutton from a sheep over two years old

Preparation

1. In a large pot, heat the corn oil over medium heat.
2. Add the minced garlic and sauté for a minute until fragrant.

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3. Add the ground coriander and stir with the garlic for another minute.
4. Add the tomato paste and mix until well combined with the ingredients.
5. Add the green peas and stir with the mixture.
6. Pour in the water and bring the mixture to a boil.
7. Season with salt and pepper to taste, then let the mixture simmer on low heat for 15-20 minutes or until the peas are tender.
8. Add the lemon juice and chopped fresh coriander, stirring well.
9. Serve the pea stew hot with rice cooked in corn oil. You can also add a little minced meat from a mutton over two years old to the stew.

- **Potato Stew:**

- **Ingredients**

- 4 potatoes
- A bunch of fresh coriander
- 1 garlic clove

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- A small amount of mutton over two years old
- Corn oil

Preparation

1. Cut the potatoes into cubes, cover them with water, and cook over medium heat until they are tender.
2. In a frying pan, heat the corn oil, then sauté the garlic and coriander until fragrant. Add this mixture to the potatoes.
3. Lightly fry the mutton in corn oil and then add it to the potatoes.
4. Serve the stew with rice cooked in corn oil.

- Pâté Chinois:

Ingredients

- A small amount of ground mutton over two years old
- 1 small onion, finely chopped
- 1 cup of green peas
- 4 tablespoons corn oil

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- 4 large potatoes, peeled and cut into cubes
- ¼ cup milk
- 1 teaspoon salt
- A small pinch of black pepper

Preparation

1. In a large pot, boil the potatoes in salted water until tender. Drain and mash them with milk and 2 tablespoons of corn oil. Add salt and pepper, and mix until smooth and creamy.
2. In a large pan, heat the remaining oil and sauté the onions until golden. Add the ground mutton and cook until browned. Add the peas and cook for a few minutes until they soften. Season the mixture with salt and pepper.
3. Preheat the oven to 200°C (392°F). In a baking dish, spread a layer of the mutton and pea mixture, then cover with a layer of mashed potatoes.
4. Bake in the oven for 20-25 minutes or until the top is golden.

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- **Boiled Barley:**

Ingredients

- 1 cup barley
- 4 cups water
- Salt to taste

Preparation

1. Wash the barley thoroughly with cold water.
2. In a large pot, add the barley and water, and bring to a boil.
3. Reduce the heat and let the barley simmer for 45-60 minutes or until it becomes tender.
4. Drain the excess water and add salt.

Boiled barley can be served as a side dish or added to salads and soups.

- **Fried Spleen:**

Ingredients

- Spleen
- Lemon juice

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- Salt
- Corn oil

Preparation

1. Wash the spleen with lemon and salt.
2. Cover it with water and let it cook on low heat until tender, for 2 to 3 hours.
3. Let it cool in the broth.
4. Remove the thin outer skin and fat.
5. Cut into slices and fry in corn oil.
6. Serve with barley bread.

- Cauliflower Maqluba:

Ingredients

- 2 medium-sized cauliflowers, cut into pieces
- 3 cups of soaked and washed rice
- 4 potatoes
- 1 small onion
- Salt
- A light pinch of sweet spice

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- A small amount of mutton (aged more than two years)
- Corn oil

Preparation

1. Fry the vegetables in oil and drain.
2. In a pot, add a quarter cup of oil, then add the onion and sauté until soft, then add the meat and stir until its color changes.
3. Add salt and a light pinch of pepper.
4. Add the vegetables to the mutton.
5. Add the rice over the vegetables and mutton.
6. Pour boiling water as needed for the rice.
7. Let the mixture boil on medium heat until the water evaporates.
8. Lower the heat until cooking is complete.

- Mujaddara with Sour Tomato Sauce:

Ingredients

- 4 cups of brown lentils

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- 2 cups of rice
- 3 liters of water
- ½ cup of corn oil
- 2 teaspoons of salt
- ¼ teaspoon of cumin
- 1 small onion

For the Tomato Sauce:

- 4 large sour tomatoes, chopped
- 2 tablespoons of sour tomato paste
- 1 tablespoon of corn oil
- ¼ teaspoon of sugar
- Salt and a light pinch of black pepper

Preparation

1. Place the lentils in a pot, cover with 3 liters of water, and bring to a boil. Cook until nearly tender.
2. Chop the onion into small cubes. Sauté the onion cubes in oil until softened.

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3. Add the rice, sautéed onions, salt, and cumin to the lentils.
4. Reduce the heat, cover the pot, and let it cook on low heat for about 30 minutes until the rice is fully cooked.

Tomato Sauce Preparation:

1. In a large skillet, heat the oil over medium heat.
2. Add the chopped tomatoes and tomato paste, and stir well.
3. Add the sugar, salt, and black pepper, and bring the mixture to a boil.
4. Reduce the heat and let the sauce simmer for 15-20 minutes until thickened.

• **Stuffed Grape Leaves with Meat:**

Ingredients

- 1 kg of pickled grape leaves

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For the filling:

- 4 cups Calrose rice
- 250 g minced mutton (over two years old)
- A pinch of salt and a pinch of sweet spice

For cooking:

- 500 g bone-in mutton (from the shoulder of mutton over two years old)
- 750 ml lemon juice

Preparation

1. Place the grape leaves in a pot with lukewarm water for 5 to 15 minutes, depending on the toughness of the leaves. Prepare the rice filling by mixing the ingredients thoroughly.
2. Spread out each grape leaf, and if it's large, cut it in half. Place a small amount of rice and meat mixture on the rough side of the leaf. Do not overfill, and roll the leaf tightly.
3. Place the stuffed grape leaves over the bones in a pot. Place a weight or a plate over the grape

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leaves, and on top of the plate, place a pot filled with water.

4. Fill the pot with water until the grape leaves are submerged. Bring to a boil on high heat, then lower the heat and cook for 3 hours. After 3 hours, gently add 500 ml of lemon juice (about 12 lemons).
5. Continue cooking on very low heat for approximately 12 hours. In the last hour before turning off the heat, add the remaining lemon juice.

APPETIZERS

- Potatoes with Cilantro:

Ingredients

- 4 potatoes, peeled
- 1 bunch of fresh cilantro, finely chopped

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- 1 clove of garlic, minced
- Corn oil, as needed

Preparation

1. Cut the potatoes into cubes and parboil them in salted boiling water.
2. Drain the potatoes well, then fry them in hot oil until golden brown. Remove them from the oil and place them on paper towels to absorb excess oil.
3. In a pan, heat 2 tablespoons of oil and sauté the minced garlic until fragrant. Add the chopped cilantro, sprinkle with salt to taste, and stir well before turning off the heat.

- Barley Soup:

Ingredients

- ½ cup of barley
- 6 cups of water
- 1 small carrot, diced
- ¼ stalk of celery, chopped

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- 1 small onion, chopped
- Salt and pepper to taste
- 1 tablespoon corn oil

Preparation

1. Heat the corn oil in a large pot over medium heat.
2. Add the onion, carrot, and celery, and sauté the vegetables until they become tender.
3. Add the barley and stir for one minute.
4. Pour in the water and bring the mixture to a boil.
5. Reduce the heat and let the soup simmer for 45 minutes, or until the barley is cooked through.
6. Season with salt and pepper to taste.

- **Lentil Soup:**

Ingredients

- 1 cup of red lentils
- 4 cups of water
- 1 small onion, chopped
- 1 small potato, chopped

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- ¼ cup of corn oil
- A light pinch of cumin and black pepper
- Juice of 1 lemon
- Fresh cilantro, chopped for garnish

Preparation

1. Heat the corn oil in a large pot over medium heat, then add the onion and sauté until it becomes translucent.
2. Add the chopped potato and sauté for 5 minutes.
3. Add the red lentils and stir for 2 minutes.
4. Pour in the water and bring the soup to a boil. Reduce the heat and let it simmer for 25-30 minutes, or until the lentils and vegetables are fully cooked.
5. Add the cumin, black pepper, and salt to taste.
6. Use an immersion blender to puree the soup until smooth.
7. Stir in the lemon juice.

8. Serve the soup garnished with fresh chopped cilantro.

- **Fried Cauliflower in Corn Oil**

Ingredients

- 1 large head of cauliflower, cut into florets
- Corn oil, for frying
- Salt, to taste

Preparation

1. **Boil the Cauliflower:** Bring a large pot of salted water to a boil. Add the cauliflower florets and cook for 5-7 minutes until slightly tender. Drain and let the cauliflower dry completely.
2. **Heat the Oil:** In a deep frying pan, heat enough corn oil over medium heat until hot.
3. **Fry the Cauliflower:** Carefully add the cauliflower florets in batches and fry until golden and crispy, about 5-7 minutes per batch. Use a

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slotted spoon to remove the cauliflower and place it on paper towels to drain excess oil.

4. **Season:** Sprinkle the fried cauliflower with salt to taste.

5. **Serve:** Serve hot.

- **Grape Leaves with Corn Oil:**

- **Ingredients**

- 200 grams of boiled grape leaves
- **Filling Ingredients:**
 - $\frac{3}{4}$ cup of washed Egyptian rice
 - 1 teaspoon of salt
 - $\frac{1}{4}$ teaspoon of sweet spice
 - 1 tablespoon of chopped and washed parsley and mint
 - 2 finely chopped sour tomatoes
 - 1 finely chopped green onion
 - $\frac{1}{2}$ cup of lemon juice

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- ½ cup of corn oil

Preparation

1. Place peeled and sliced potatoes at the bottom of the pot where the grape leaves will be cooked. Sprinkle a little salt and corn oil over them as desired.
2. Mix the filling ingredients together and wrap them in the grape leaves.
3. Arrange the stuffed grape leaves on top of the potatoes, one layer on top of the other.
4. Place a plate on top of the stuffed grape leaves to prevent the filling from leaking during the boiling process.
5. Pour the broth produced from the filling over the grape leaves in the pot.
6. Taste the broth when it starts to boil to adjust the flavor as desired.
7. Cook the grape leaves over medium heat for 45 minutes to 1 hour until they are done.

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8. Remove the broth from the grape leaves and let them cool.
9. Turn the pot of grape leaves onto a plate once it has completely cooled, and then it will be ready to serve.

Snack/Dessert

● Popcorn with Corn Oil:

Ingredients

- ½ cup of corn kernels
- 3 tablespoons of corn oil
- Salt to taste

Preparation

1. Heat the corn oil in a deep pot over medium heat.

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2. Add the corn kernels to the pot and stir until they are coated with the oil.
3. Cover the pot with a tight lid and leave it on the heat.
4. When the kernels start to pop, shake the pot occasionally to prevent the kernels from burning.
5. Once the popping sound stops, remove the pot from the heat.
6. Add salt to taste and serve the popcorn.

- **Boiled or Grilled Corn on the Cob**

- **Barley Dessert:**

Ingredients

- 1 cup barley flour
- ¼ cup cornstarch
- ¼ cup sugar
- 2 cups water

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- ½ cup corn oil
- ¼ teaspoon ground cardamom

Preparation

1. In a pot, combine the sugar and water. Bring the mixture to a boil, stirring until the sugar is completely dissolved. Once it starts boiling, let it simmer on low heat for a few minutes. Remove from heat and set aside.
2. In a large pan, heat the oil over medium heat. Add the barley flour, stirring continuously to avoid burning. Toast the flour until it turns golden and releases a nutty aroma.
3. Dissolve the cornstarch in a little water to create a smooth paste. Add this paste to the toasted flour mixture, stirring constantly to avoid lumps.
4. Gradually add the prepared syrup to the flour mixture, stirring continuously to ensure the ingredients are well combined. Continue cooking and stirring until the mixture thickens and starts to pull away from the sides of the pan.

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- 5.If using ground cardamom, add it now and mix well.
- 6.Pour the mixture into a greased dish or mold.
Smooth the surface with a spoon.
- 7.Allow the dessert to cool and set for a few hours.
Once firm, cut it into desired shapes and serve.

● **Fruit Salad:**

Ingredients

- 1 cup sour cherries, pitted and chopped
- 1 sour orange, peeled and chopped
- 1 sour kiwi, peeled and chopped
- 1 grapefruit, peeled and chopped
- 1 cup sour pomegranate seeds

For the Dressing:

- 1 teaspoon honey
- ¼ cup fresh sour orange juice
- Zest of 1 lemon

BEVERAGES

- Tamarind Drink:

Ingredients

- 2 cups peeled and sliced tamarind
- 6 cups water
- 1 tablespoon sugar
- 2 tablespoons lime juice

Preparation

1. Boil the water in a pot.
2. Place the tamarind in a large pot over medium heat.
3. Add the lime juice, then pour the boiling water over the tamarind.
4. Add the sugar, cover the pot, and leave it at room temperature overnight.

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5. The next day, strain the tamarind mixture through a sieve, pressing well to extract the juice.
 6. Pour the strained juice into a glass bottle and store it in the refrigerator.
- **Hawthorn Juice:** Squeeze the hawthorn berries to obtain a refreshing juice. Add a little sugar or honey to enhance the flavor.
 - **Hawthorn Tea:** Boil dried hawthorn berries with water to make tea.
 - **Sour Quince Tea:**

Ingredients

- 1 sour quince
- 4 cups water
- Juice of half a lemon

Preparation

Prepare the Quince:

1. Wash the quince thoroughly to remove any dirt and impurities.
2. Peel the quince and remove the seeds. The peel can be left on if desired.
3. Slice the quince into thin slices or small cubes.

Boil the Quince:

1. In a large pot, add the water and quince slices.
2. Heat the pot over medium heat until the water begins to boil.
3. Once the water is boiling, reduce the heat and let the quince cook for 20-30 minutes until it becomes soft and releases its flavor into the water.

Strain the Tea:

1. Strain the water to remove the quince pieces. If you prefer, you can leave some pieces of quince in the water.

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Add Sweetener:

1. Add half a teaspoon of honey or sugar to sweeten the tea as desired.
2. Add lemon juice for a refreshing flavor.

• **Lemonade Drink:**

Ingredients

- 4 fresh lemons
- 1/4 cup sugar
- 4 cups cold water
- Ice cubes
- Lemon slices for garnish

Preparation

- Wash the lemons well, then juice them to obtain about one cup of lemon juice.
- In a large bowl, mix the sugar with one cup of hot water. Stir until the sugar is completely dissolved.

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- Add the lemon juice to the dissolved sugar mixture and stir well.
 - Add the remaining cold water to the lemon-sugar mixture and stir until well combined.
 - Place ice cubes in serving glasses, then pour the lemonade over the ice.
 - Garnish the glasses with lemon slices.
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- **Coffee without Sugar:** Prepared in Turkish or Lebanese style without cardamom, or as espresso, or in the American way without cream and sugar)