

HOT & DRY FOOD LIST



DAR AL TADAWEE

DR HANI EL BATAL

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HOT & DRY SINGLE FOOD LIST

Rabbit Meat
Duck Meat
Fish Roe
Buffalo Meat
Camel Meat
Pigeon Meat
Quail Meat
Salted Fish
Birds
Mutton
Soybean
Tofu
Peanut Oil

Walnut Oil
Hazelnut Oil
Rock Sugar
Radish
Gundelia
Eggplant
Cabbage
Brussel
Sprouts
Leek
Celery
Arugula
Hyssop
Rocca

Fennel
Chestnut
Peanut
Hazelnut
Walnut
Rosemary
Parsley
Basil
Sage
Thyme
Mint
Oregano
Mustard
Mahlab

Anise
Paprika
Nutmeg
Onion
Garlic
Garden
Cress Seed
Black Seed
Fenugreek
ginger
White Pepper
Bay Leaf
Black Pepper
Cayenne
Pepper

Clove
Fennel Seeds
Safflower
Cumin
Cardamom
Tea
Orange
Blossom
Water
Honey
Dark
Chocolate
Wheat Bran
Bread

BREAKFAST

- **Whole wheat brioche with dark bitter chocolate.**
- **Peanut butter with honey:** Spread on wheat bran bread and eat.
- **Hazelnut butter with dark bitter chocolate:** Spread on wheat bran bread and eat.
- **Zaatar with Oil**

Ingredients

- Fennel – 250 grams
- Anise – 250 grams
- Cumin – 100 grams
- Half a kilo of thyme
- Half a kilo of ground peanuts
- 1 teaspoon of sumac
- 1 teaspoon of salt

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- Quarter kilogram of sesame seeds (can be toasted)

Preparation

It is eaten with wheat bran bread and peanut, walnut, or hazelnut oil. It can also be used to make manakish (a traditional Middle Eastern flatbread topped with zaatar).

LUNCH/DINNER

• Pesto Sauce :

Ingredients

- 4 large garlic cloves, finely chopped
- 2 cups fresh basil leaves
- 1/2 teaspoon salt
- 1/4 teaspoon ground black pepper
- 2/3 cup walnut or peanut oil

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Preparation:

1. Wash the basil leaves and let them dry completely.
2. In a food processor, place the basil leaves, walnuts, and garlic.
3. Blend the ingredients until finely chopped.
4. While the food processor is running, slowly add the oil until a smooth and consistent mixture forms.
5. Add the salt and pepper.

• Mayonnaise with Hot & Dry Oils:

Ingredients

- 2 egg yolks
- 1 cup peanut oil, walnut oil, or hazelnut oil
- 1 teaspoon Dijon mustard
- A pinch of salt
- A pinch of ground white or black pepper (optional)

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Preparation

1. **Prepare the ingredients:** Make sure all your ingredients are at room temperature. This helps the mayonnaise emulsify properly.
2. **Whisk the egg yolks:** In a clean mixing bowl, whisk the egg yolks until they are smooth. Add Dijon mustard to the yolks and whisk until combined.
3. **Add the acid:** Add about three drops of lemon juice to the egg yolks and whisk until the mixture is smooth.
4. **Begin emulsifying:** Slowly start adding the oil, drop by drop, while whisking constantly. It's crucial to add the oil slowly at first to make a stable emulsion.
5. **Continue adding oil:** As the mixture starts to thicken and emulsify, you can begin adding the oil in a slow, steady stream while continuing to whisk vigorously.
6. **Season the mayonnaise:** Once all the oil has been incorporated and the mayonnaise has

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reached the desired thickness, season it with salt and pepper to taste.

7. **Optional:** If the mayonnaise is too thick, you can thin it out by whisking in a few drops of water.

8. **Store:** Transfer the mayonnaise to an airtight container and refrigerate. It should last for about 3-5 days.

- **Honey Mustard Sauce:**

- 3 tablespoons of mayonnaise made with peanut oil, walnut oil, or hazelnut oil
- 2 tablespoons of mustard
- 1 and 1/2 tablespoons of honey
- A pinch of garlic powder
- 1 teaspoon of lemon juice
- A pinch of nutmeg

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- **Rabbit Maqluba (Upside-Down Rice with Rabbit):**

Ingredients

- 2 rabbits, cut into small pieces
- 2 cups rice
- 4 cups mutton broth (from a sheep older than two years) or rabbit broth
- 1 chopped onion
- 3 cloves of garlic, minced
- 1/4 cup peanut, walnut, or hazelnut oil
- 1 teaspoon mixed spices
- Salt and pepper to taste
- A little chopped parsley for garnish
- Optional: cumin, turmeric, or crushed red pepper.

Preparation

1. **Heat the oil** in a deep pot over medium heat. Add the onion and garlic and sauté until they turn golden.

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2. **Brown the rabbit pieces:** Add the rabbit pieces and cook until they are browned on all sides.
3. **Season:** Add the spices, salt, and pepper, stirring until the flavors are well combined.
4. **Add the rice:** Gently stir the rice into the pot for two minutes, allowing it to absorb the spices and fat.
5. **Add the broth:** Pour in the broth and mix well.
6. **Cook:** Increase the heat to bring the mixture to a boil, then reduce it to the lowest possible setting. Cover the pot tightly with a lid and let the rice cook for 20-25 minutes, or until the rice is tender and has absorbed the liquid.
7. **Rest:** Let the rice rest for a few minutes after cooking.
8. **Mix and serve:** Stir the rice and rabbit mixture gently to combine all the ingredients, then transfer it to a serving dish. Garnish with chopped parsley before serving.

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- **Eggplant Maqluba:**

Ingredients

- 1.5 kilograms of mutton over two years old, cut into pieces
- 1 large onion, sliced, and another onion cut into quarters
- 3 cups of long-grain rice
- 3 tablespoons of peanut or walnut oil
- 3 medium-sized eggplants
- ½ cup of coarsely chopped walnuts, toasted in peanut or walnut oil
- ¾ teaspoon of ground turmeric
- 1 tablespoon of salt
- ¼ teaspoon of black pepper
- 1 teaspoon each of ground cinnamon and mixed spices

Preparation

1. Rinse the rice in water, then soak it for 15 to 20 minutes in warm water before draining it well.

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2. Peel the eggplants and cut them into slices, then sprinkle with salt and set aside for 30 minutes.
3. Fry the eggplant slices in oil, then drain them on kitchen paper to remove excess oil.
4. In a large pot, place the meat, quartered onion, spices, and salt together. Add 6 to 7 cups of water, cover, and let it cook until the meat is tender (about 50 to 60 minutes).
5. Remove the cooked meat from the broth and strain the broth, adding enough water to make 5 cups of broth.
6. Prepare a large pot for cooking the Maqluba by adding oil. Fry the sliced onions until golden, then add the meat, followed by the fried eggplant slices, and finally the drained rice.
7. Pour the meat broth over the rice pot, let it come to a boil, then cover the pot and cook on low heat for 30 minutes until the rice is done.
8. Invert the pot onto a wide serving plate and garnish with walnuts toasted in oil.

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• **Duck Breast a la Gasconne:**

Ingredients

- 4 duck breasts with skin
- 1 teaspoon of chopped parsley
- Peeled and chopped garlic
- Chopped green onion
- Salt
- Black pepper
- Crushed bay leaves
- Crushed thyme leaves
- 4 tablespoons of peanut oil

Preparation

1. Season the duck breasts with the remaining ingredients.
2. Cover and refrigerate for 24 hours.
3. Roast in the oven and slice when serving.

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• Tofu with Honey and Garlic:

Ingredients

- 350g firm tofu, pressed and cut into 1.5 cm cubes
- 1 tablespoon peanut, walnut, or hazelnut oil
- 1/3 cup honey
- 1/4 cup soy sauce
- 5-6 garlic cloves (depending on size), minced
- 1/4 teaspoon ground ginger (or 1/2 teaspoon fresh minced ginger)
- 1 teaspoon rice vinegar
- 1 teaspoon cornstarch
- Green onion for serving (optional)

Preparation

1. Cut the pressed tofu into 1.5 cm cubes.
2. Heat 1 tablespoon of oil in a large skillet over medium-high heat. Add the tofu to the skillet and cook without stirring until the bottom side is lightly browned. Turn each tofu cube and repeat until the tofu is browned and crispy on

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- all sides. This step will take 10 to 15 minutes, depending on the heat of the skillet.
3. While the tofu is cooking, whisk the sauce ingredients together in a small bowl. Set aside. The sauce will sit until the tofu is browned on all sides.
 4. Once the tofu is browned and crispy, reduce the heat to medium-low and add the sauce to the skillet. Stir to coat the tofu with the sauce.
 5. Let the tofu simmer gently in the sauce until the sauce thickens and becomes sticky. This will take about 5 minutes.
 6. Remove the tofu from the heat and serve with rice cooked in mutton broth (from a sheep older than two years). Garnish with toasted nuts in hot dry oils (optional).

Note: Pressing the tofu helps remove excess moisture, which is essential for getting a nice crisp texture. You can press the tofu in advance using a tofu press.

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• **Buffalo Meat Kebabs:**

Ingredients

- 500 grams of shoulder meat, cut into cubes
- 1 large onion
- 1/2 cup (125 ml) soy sauce
- Peanut, hazelnut, or walnut oil
- 2 cloves of garlic, minced
- Salt and black pepper

Preparation

1. In a large bowl, mix the soy sauce, oil, garlic, salt, and black pepper. Stir well. Cover the bowl and place it in the refrigerator overnight or for at least two hours.
2. Cut the onion into medium-sized cubes. Thread the meat and onion alternately onto wooden skewers.
3. Preheat the oven to 180°C (356°F). Place the skewers on a baking tray, brush them with the marinade, and then put them in the oven for 15 minutes.

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4. Brush the meat again with the marinade and leave it in the oven for another 20 minutes. Serve hot.

- **Buffalo Steak with Rosemary:**

Ingredients

- 4 buffalo steaks
- 6 fresh rosemary sprigs, chopped
- 1/2 cup (125 ml) peanut, walnut, or hazelnut oil
- A squeeze of lemon
- Salt and black pepper

Preparation

1. In a large bowl, combine all the ingredients and mix well. Cover the bowl and refrigerate for two hours or overnight.
2. Preheat the oven to 200°C (392°F). Place the steaks in an oven-safe dish and pour the marinade over the meat.

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3. Cover the dish with aluminum foil and place it in the oven for 40 minutes.
4. Remove the foil and place the dish under the oven's broiler for 5 minutes until the top is browned. Serve hot

- **Camel Meat Kofta:**

Ingredients

- 250 grams of camel meat
- 25 grams of onion
- 25 grams of parsley
- 2 cloves of garlic
- 1 tablespoon of seven spices
- 1 teaspoon of salt
- 1 teaspoon of black pepper

Preparation

1. Chop the onion and parsley into medium-sized cubes.

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2. Place the camel meat, onion, parsley, spices, and garlic into a grinder, and grind well until the mixture forms a dough-like consistency.
3. Add some peanut or walnut oil to give the camel meat kofta dough a firm texture.
4. Shape the camel meat kofta mixture into finger-shaped or round patties, and it's ready for cooking.

• **French-style Pigeon Meat:**

Ingredients

- 6 pigeons
- 3 onions, chopped
- 4 bay leaves
- 1 tablespoon of salt
- 1 tablespoon of seven spices

Preparation

1. In a pressure cooker, roast the pigeons over high heat until browned.

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2. Add the onions and stir with the pigeons until browned.
3. Pour boiling water until the pigeons are submerged.
4. Add the seven spices, salt, and bay leaves.
5. Close the pressure cooker and leave on the heat for 15 minutes until the meat is cooked.
6. Serve the pigeons hot, and eat with rice cooked in pigeon broth.

• Oven-Baked Quail (Quail Birds):

Ingredients

- 4 whole quails
- 4 tablespoons peanut oil
- 1 teaspoon salt
- 1/2 teaspoon ground black pepper

Light Marinade (Optional):

- 3 tablespoons peanut oil

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- 1/2 teaspoon minced garlic
- 1 teaspoon chopped fresh thyme
- 1 teaspoon chopped fresh sage
- 1 teaspoon chopped fresh parsley

Brine Solution (Optional):

- 1/4 cup salt
- 4 cups water
- 4 bay leaves

Preparation

1. For a Simple Marinade:

- Mix all the marinade ingredients together, soak the quail in the marinade, cover the bowl, and leave in the fridge for 2 hours. Alternatively, soak the quail in the brine solution by mixing the ingredients together, boiling the mixture, then letting it cool completely, and soaking the quail in the fridge for 2 hours.

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2. Before Cooking:

- Remove the quail from the fridge 60 minutes before cooking to bring it to room temperature, and dry it using paper towels or parchment paper.

3. Cooking:

- Tie the legs together with clean kitchen twine, then brush the quail with oil and rub with salt and pepper. In a non-stick baking tray greased with oil, place the quail breast side up. Cook in a preheated oven at 180°C (356°F) for 15 to 20 minutes, or until cooked through.

• Fried Small Birds:

Ingredients

- 10 small birds
- Salt and black pepper
- 1 tablespoon lemon juice
- 1/2 teaspoon seven spices

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- 1/2 teaspoon black pepper
- 1/2 cup peanut oil, walnut oil, or hazelnut oil
- 1 medium onion, coarsely chopped

Preparation

1. Clean the birds by removing the feathers and gutting them.
2. Remove the intestines and skin from the inside of the birds.
3. Wash the birds inside and out, and dry them.
4. Heat the oil in a frying pan, and add the birds and onion.
5. Add the spices, and cook the birds over low heat for 20 minutes, then stir for an additional 5 minutes.

• Akkoub (Gundelia) in Oil:

Ingredients

- 500g Akkoub (Gundelia)
- 2 onions

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- A small cup of peanut oil, walnut oil, or hazelnut oil
- Salt, black pepper, curry powder to taste

Preparation

1. Sauté the onions in oil until they soften.
2. Add the Akkoub to the oil and stir for a minute.
3. Add salt, black pepper, and curry powder to taste, and mix well.
4. Cover the pan and let it cook on low heat for 30 minutes.

• Charcoal-Grilled Mutton Skewers:

Ingredients

- 500g Mutton (over 2 years old), cut into cubes
- 1 cup onion juice (blend about 4 chopped onions in a blender, adding water gradually. Strain the mixture well to get a clear juice without any pulp)
- 1 teaspoon salt

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- 1 teaspoon black pepper and mixed spices
- 1 teaspoon paprika

Preparation

1. Pour the onion juice into a large bowl, then add the salt, black pepper, mixed spices, and paprika to the onion juice and mix well.
2. Add the mutton cubes to the mixture and stir until they are well coated. Place the marinated mutton in the refrigerator for at least 5 hours.
3. If using wooden skewers, soak them in water for 3 hours.
4. Cut the onions into medium-sized cubes, then alternate between a piece of onion and a piece of lamb on the skewer until the skewer is complete.
5. The skewers are now ready for grilling.

• Cabbage Makmoura:

Ingredients

- 1 kg cabbage, thinly sliced

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- 3 tablespoons peanut oil, walnut oil, or hazelnut oil
- 1 large onion, chopped
- 1 cup rice
- 2 cups Mutton broth (from a mutton over 2 years old)
- 1 teaspoon cumin
- Salt to taste

Preparation

1. Heat the oil slightly, then add the onion and cook until it turns golden.
2. Add the cabbage slices and stir, then add the cumin and stir again.
3. Let the cabbage wilt over low heat for a while, then add the salt.
4. Add the rice and stir well, then pour in the broth.
5. Allow the Makmoura to cook on low heat after it starts boiling until done.

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APPETIZERS

• **Baba Ghanoush (Eggplant Dip):**

Ingredients

- 4 black eggplants
- 4 cloves of garlic, minced
- 1 tablespoon of tahini
- 1 teaspoon of lemon juice
- Parsley or dried mint for garnish

Preparation

1. Preheat the oven to 200°C (392°F).
2. Place the eggplants on a baking tray and put them in the oven, leaving them to cook until they are fully done.
3. Remove the eggplants from the oven and let them cool. Then, peel them and scoop out the flesh into a bowl.
4. Mash the eggplant flesh with an electric blender and mix it with the remaining ingredients.

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5. Place the mixture in a serving dish and garnish with parsley or dried mint.

• Fried Eggplant:

Ingredients

- 1 kg eggplant, peeled and cut into 1 cm thick slices
- Peanut oil, walnut oil, or hazelnut oil
- Salt to taste

Preparation

1. Sprinkle salt on the eggplant slices and set them aside on a plate until the water starts to seep out.
2. Heat the oil in a deep frying pan over medium heat.
3. Fry the eggplant slices until they turn golden brown on all sides.

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- **Tabbouleh:**

Ingredients

- 1 small tomato
- 2 large bunches of parsley
- 1 bunch of mint
- 3 green onions
- 1 tablespoon of fine bulgur (before soaking in water)
- Lemon juice
- Salt
- Black pepper
- Peanut oil, walnut oil, or hazelnut oil

Preparation

1. Finely chop the parsley, mint, and green onions.
2. Dice the tomato into small pieces.
3. Soak the fine bulgur in water until it softens, then drain.
4. Mix the chopped vegetables with the softened bulgur.

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5. Add lemon juice, salt, black pepper, and the oil of your choice to taste.
6. Stir everything together well and serve.

• Cabbage and Arugula (Rocket) Salad:

Ingredients

- Shredded cabbage
- 1 bunch of arugula or rocket
- 1 bunch of parsley
- 1 bunch of mint
- 1 bunch of radishes
- White or green onions
- Garlic
- Small tomato
- Salt and black pepper
- Lemon juice or 1 teaspoon of grape vinegar or a pinch of sumac
- Peanut oil, walnut oil, or hazelnut oil

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Preparation

1. Finely chop the cabbage, arugula (or rocket), parsley, mint, radishes, and onions.
 2. Mince the garlic and dice the tomato into small pieces.
 3. Combine all the chopped ingredients in a large bowl.
 4. Season with salt, black pepper, and your choice of lemon juice, grape vinegar, or sumac.
 5. Drizzle with the oil of your choice and mix well.
 6. Serve the salad fresh.
- **Grated Radish Salad**: Grate the radish and add salt, a little lemon juice, and peanut oil.

- **Leek Soup**:

Ingredients

- ½ cup peanut oil, walnut oil, or hazelnut oil
- 1.5 kg leeks, chopped (use the white and light green parts)

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- 1 large onion, chopped
- 4 cloves garlic, minced
- 1 teaspoon salt, plus more to taste
- ½ teaspoon black pepper
- ½ teaspoon garlic powder
- ½ teaspoon onion powder
- 3 sprigs fresh thyme
- 1 liter mutton broth (from mutton older than two years)
- 1 cup water
- ¼ cup cooking cream

Preparation

1. Heat the oil in a large pot over medium heat. Add the leeks, onion, and garlic, and cook, stirring constantly, until the leeks are soft, about 10 minutes.
2. Add the salt, pepper, garlic powder, onion powder, thyme, mutton broth, and water. Increase the heat to high and bring the mixture to a boil. Then reduce the heat to medium-low and let the soup simmer for 15 minutes.

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3. Remove and discard the thyme sprigs. Use an immersion blender to blend the soup directly in the pot until smooth. (Alternatively, transfer the soup to a blender, let it cool slightly, then blend until smooth and return to the pot.)
4. Add the cream and stir until the cream is heated through. Serve the soup in bowls and garnish with fried garlic or parsley.

- **Braised Celery:**

Ingredients

- 1 bunch of celery, cleaned and cut into medium pieces
- ½ teaspoon salt
- ¼ teaspoon pepper
- 2 tablespoons peanut oil
- 1 cup mutton broth (from mutton older than two years)
- 1 tablespoon fresh parsley, chopped

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Preparation

1. Arrange the celery in a single layer at the bottom of a large pan. Season with salt and pepper.
2. Pour the peanut oil over the celery.
3. Pour the mutton broth mixture over the celery.
4. Cover the pan and bring it to a boil over medium-high heat. Reduce the heat to low and let it simmer for 30 minutes.
5. Sprinkle with parsley before serving.

- **Coleslaw:**

Shredded cabbage, sliced celery, a bit of grated carrot, onion, 1 teaspoon cane sugar, 1 teaspoon apple cider vinegar, 1 cup mayonnaise made from peanut oil or peanut oil as desired, salt, and black pepper.

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• **Cabbage and Chestnut Soup:**

Ingredients

- 2 tablespoons peanut oil, walnut oil, or hazelnut oil
- 1 onion, chopped
- 1 clove of garlic
- 1 teaspoon fennel seeds
- 4 cups shredded cabbage
- 6 cups mutton broth (from mutton older than two years)
- Peel of 1 orange
- 20 cooked chestnuts
- 2 tablespoons parsley
- Salt and black pepper

Preparation

1. Heat the oil in a pan. Add the onion and sauté over low heat until it becomes soft.
2. Add the garlic and fennel seeds and sauté for another minute.

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3. Add the cabbage and cook until it wilts.
4. Add the mutton broth and bring it to a boil.
5. Add the chopped chestnuts and orange peel, and let the soup simmer until the cabbage is tender.
6. Remove the orange peel from the soup.

SNACK/DESSERT

- **Honey Peanut Butter Cookies:**

Ingredients

- 1 cup (250 ml) natural peanut butter
- ½ cup (125 ml) honey
- 1 egg
- ¾ cup (175 ml) whole wheat flour
- ½ teaspoon baking soda

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Preparation

1. Preheat the oven to 350°F (175°C).
2. Mix the peanut butter, honey, and egg together, then add the remaining ingredients to the mixture.
3. Take a tablespoon of the dough and shape it into a ball. Place it on a baking sheet lined with parchment paper and flatten it with your hand.
4. Bake the cookies for 10 minutes until they turn golden.
5. Let them cool for 15 minutes.

• Peanut Dessert:

Ingredients

- 700 grams roasted peanuts
- 5 tablespoons white honey
- 400 grams dark chocolate (unsweetened)
- 3 tablespoons peanut oil

Preparation

1. Grind the peanuts finely.

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2. In a deep bowl, mix the ground peanuts with the white honey, stirring well until you obtain a peanut paste.
3. Shape the peanut paste into balls, place them on parchment paper, and cover with a plastic bag. Then, use a rolling pin to flatten the mixture into a square or rectangle according to the desired thickness and size. Place it in a tray according to its size, and set it aside.
4. In a saucepan, add the chocolate squares and peanut oil. Heat over low heat, stirring constantly until the chocolate melts.
5. Remove from the heat, and pour half of the chocolate sauce over the peanut mixture, spreading it evenly. Place the tray in the refrigerator and let it cool for an hour.
6. Remove the tray from the refrigerator and flip the dessert onto parchment paper, removing the previous parchment paper. Return the dessert to the tray (with the chocolate-covered side facing down). Pour the remaining chocolate sauce over

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7. the dessert, spreading it evenly like the previous side.
8. Return the tray to the refrigerator again and let it cool for another hour. Afterward, take the tray out of the refrigerator, flip the dessert, and remove it from the tray. Cut the dessert into pieces with a knife according to the desired shape.

- **Chestnuts Roasted on Charcoal**

BEVERAGES

- **Spiced Tea (Chai Tea):**

Ingredients

- 12 cardamom pods
- 8 peppercorns

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- A small piece of fresh ginger
- 4 cups water
- 4 cinnamon sticks
- 1 tablespoon cane sugar
- 2 star anise
- A little vanilla
- $\frac{1}{8}$ teaspoon nutmeg
- 4 tea bags

Step 1:

Place all the ingredients except for the tea bags in a pot and bring to a boil over medium-high heat.

Reduce the heat to medium-low, cover the pot, and

let it simmer for 15 minutes. Add the tea bags and steep for 5 minutes. Strain the mixture and reserve the liquid to make the chai tea concentrate, then let it cool to room temperature.

Step 2:

Mix equal parts of the concentrate with water to make chai tea, or refrigerate the concentrate in an airtight container for up to a week.

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- **Fresh Mint Tea:**

Ingredients

- 1½ cups of water (350 ml)
- 2 sprigs of mint
- 1 teaspoon honey (optional)

Preparation

1. Boil the water. Pour the water into serving cups.
2. Lightly rub the mint sprigs between your hands to help release the oils, then add 1 or 2 sprigs to each cup. Let it steep for 3 to 5 minutes.
3. Optionally, add a little honey and stir until dissolved.

Additional Flavor Options:

- **Adding Green Tea:** This style is known as Moroccan mint tea and includes both green tea and fresh mint.
- **Adding Black Tea:** Similarly, you can add fresh mint leaves to hot black tea.