

Experience Ramadan
in a new light



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Discover Diwan Al Khayal at Jumeirah Beach Hotel

This Ramadan choose a location that is as spectacular as it is memorable.

Diwan Al Khayal is superbly located directly on the shores of the Arabian Gulf overlooking the magnificent Burj Al Arab.

From an intimate family gathering to an event for several hundred guests, the flexibility of shape and extravagance of space within Diwan Al Khayal mean that all sizes of groups can be accommodated in either the main dining, corporate dining or Majlis areas.

Be spoilt for choice with the range of dining options, including a sumptuous Iftar

buffet (available after sunset) from AED 165 per person and lavish a la carte Suhour menu (available after 9.30pm).

In addition to Diwan Al Khayal, visit Latitude restaurant during the month of Ramadan to enjoy the daily Iftar buffet (served from sunset to 8pm).

And why not extend your Ramadan experience in style? Stay the night at the award winning Jumeirah Beach Hotel during Ramadan 2008 with rates starting from AED 788 for Ocean Deluxe rooms (excludes 10% service charge and 10% municipality fee).

The Ramadan feast at Diwan Al Khayal is prepared by Chef Ibrahim Hadia and his team, whilst the hotel's highly respected Arabic restaurant, Al Khayal, is closed for the holy month.

With a wide variety of dishes on offer for guests at Diwan Al Khayal, Chef Ibrahim presents a variety for you to cook at home.

Here is a typical selection for a Ramadan buffet:



Chef Ibrahim's Ramadan menu

Arabic merrxeh

Eggplant moussaka
Fattoush
Moutabel
Tabouleh
Hommous
Vine leaves

Hot merrxeh

Falafel
Kebbeh
Meat sambosak
Spinach fatayer
Cheese rakakat

Main courses

(Fish) Samak sayadiah
Chicken moloukhai
Kebbeh shish barak
Bamia stew with
vermicelli rice
Lamb ouzi with oriental rice
Mixed grill al khayal

Dessert

Mixed Arabic baklava
Halwet aljouben
Cheese kunafa
Shaibiat
Fruit slices
Dates

Juices

A variety of juices

The Mezzeh

Arabic feasts begin with a selection of hot and cold mezzeh - dips and appetisers eaten with bread and salad.

EGGPLANT MOUSSAKA

Ingredients:

600g large fresh eggplant

80g red onion, sliced

8g garlic, crushed

250g tomato cubes

20g tomato paste

40ml Lebanese olive oil

5g salt

70g chickpeas

3g cumin powder

3g white pepper

10g mint tips (for garnish)

40g tomato, sliced

40g lemons, sliced

Method:

1 Partially peel the eggplant, cut into cubes, season with salt and deep fry. Put through a strainer to get rid of the excess oil.

2 Soak the chickpeas overnight, then boil with soda until partially cooked.

3 In a pan, sauté the sliced onion and garlic in olive oil until transparent then add the boiled chickpeas. Sauté then add the tomato cubes and cover the pan until the ingredients are cooked.

4 Mix the tomato paste with water and add to the pan ingredients. Finally add the salt, cumin powder and white pepper, mix the ingredients together.

5 Take the fried eggplant and place in a tray. Top with the moussaka sauce and set aside to cool.

6 To serve, garnish with mint tips, lemon and tomato wedges.

FATTOUSH

Ingredients:

- 300g fresh local lettuce**
- 400g fresh tomato**
- 300g small cucumber**
- 40g fresh local parsley leaves**
- 40g fresh mint leaves**
- 50g fresh watercress leaves**
- 80g spring onion**
- 90g local red radish**
- 70ml fresh lemon juice**
- 10g fresh mashed garlic**
- 80ml Lebanese olive oil**
- 40ml balsamic vinegar**
- 40ml pomegranate molasses**
- 5g sumac powder**
- 7g salt**
- 140g lemon wedges**
- 1 medium size loaf of Lebanese**

Method:

- 1 Cut the loaf into one cm cubes and deepfry in oil until golden in colour.
- 2 Cut the tomato, cucumber, spring onion and radish into one cm cubes and add to the leafy vegetables.
- 3 Mix all the vegetables together carefully in a bowl, with the mashed garlic, lemon juice, salt, olive oil, balsamic vinegar and pomegranate molasses.
- 4 Place the salad in a serving bowl, with the fried bread and the sumac powder on top. Garnish with lemon and tomato wedges.



MOUTABEL

Ingredients:

1.4kg large eggplant
80g tahinaa
6g garlic, crushed
7g salt
5g lemon salt
100g fresh pomegranate seeds
10g mint leaves
80ml Lebanese olive oil
5g sumac powder

Method:

1 Grill the eggplant over hot charcoal or a gas cooker. Once grilled place it in a container with ice to cool and to keep its inner side white.

2 Peel the eggplant under cold running water, then put in a strainer.

3 Blend the tahina with ice water until white then add the mashed garlic, salt and lemon salt. Mix until smooth.

4 Chop the roasted eggplant, then add to the tahina mixture. Whisk until completely blended.

5 Place the moutabel on a plate and top with pomegranate seeds and olive oil. Garnish with the mint leaves.

TABOULEH

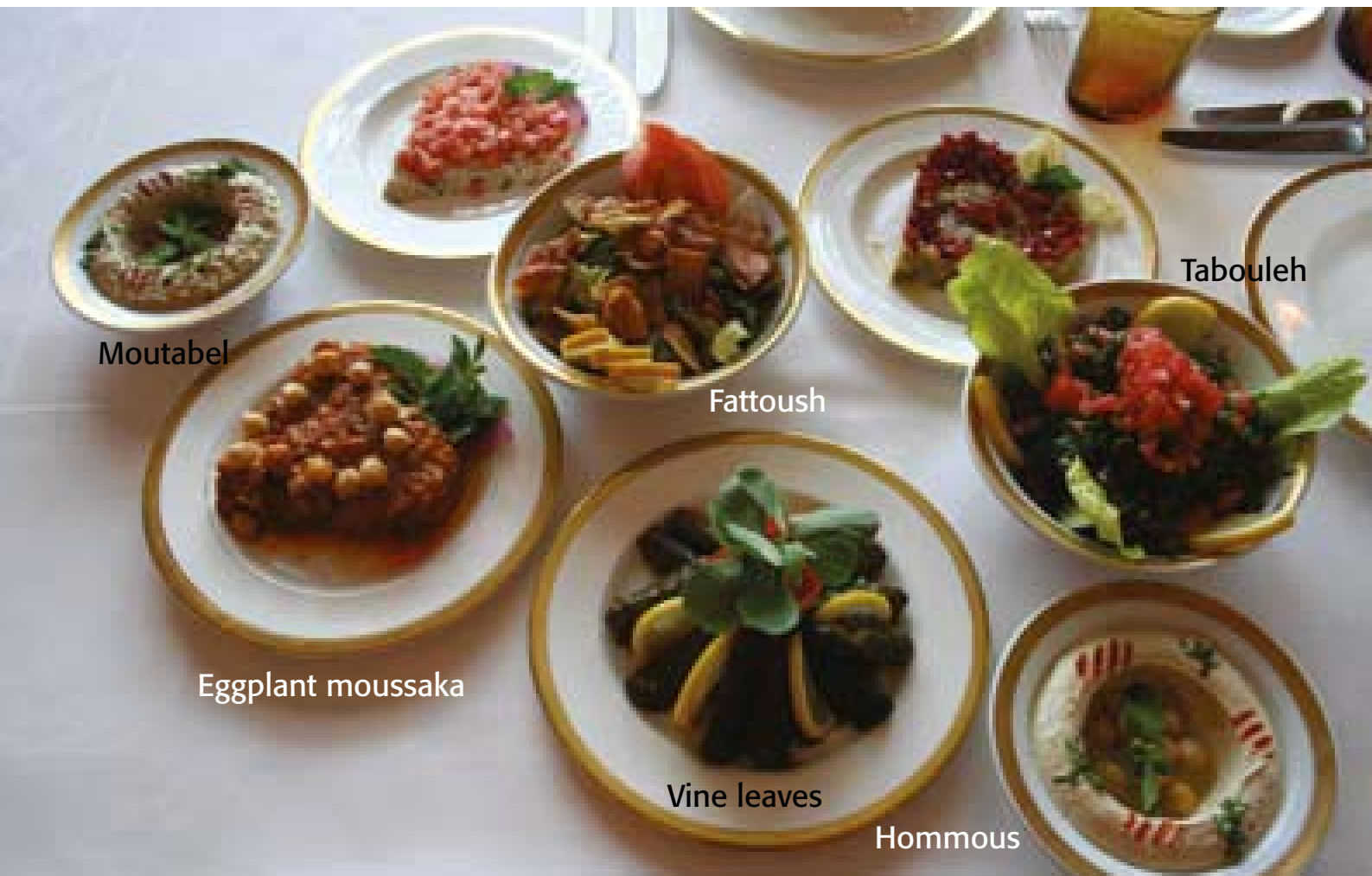
Ingredients:

500g Arabic parsley, finely chopped
60g spring onion, finely chopped
400g tomato, finely chopped
50g mint leaves, finely chopped
15g brown burgol
120g Lebanese olive oil
80ml lemon juice fresh
100g lemon wedges
(for garnish)
3g cinnamon powder
8g salt
100g heart of an Arabic lettuce
(for garnish)

Method:

1 Mix all the above ingredients in a bowl.

2 In a serving bowl place a piece of lettuce heart with the tabouleh on top. Garnish with tomatoes and a lemon wedge on the side.



Moutabel

Tabouleh

Fattoush

Eggplant moussaka

Vine leaves

Hommous

HOMMOUS

Ingredients:

140g chickpeas

90g tahina

4g garlic

7g salt

5g lemon salt

2g chopped parsley

6g parsley leaves, chopped

80ml Lebanese olive oil

4g paprika powder

2g bicarbonate of soda

Method:

1 Soak the chickpeas overnight in water and soda powder. The following day rinse then boil until almost cooked through.

Retain some chickpeas for the garnish then continue cooking until completely mashed. Rinse to remove the skin and place in a strainer.

2 Place in a blender with garlic and blend until smooth. Add the tahina, salt, lemon salt and ice cubes, blend until velvety and refrigerate.

3 To serve place the hommous in a serving dish. Garnish with paprika, parsley, chickpeas and olive oil.

VINE LEAVES (WARAK ENAB BIL ZAITE)

Ingredients:

300g vine leaves pickled
120g parsley, coarsely chopped
60g spring onion, finely chopped
170g tomato, finely chopped
40g mint leaves, finely chopped
50g green capsicum, finely chopped
60g Egyptian rice
60ml Lebanese olive oil
50ml lemon juice
100g lemon wedges (for garnish)
**100g romaine lettuce, chopped
(for garnish)**
10g mint tips (for garnish)
3g cinnamon powder
8g salt
150g tomato, thickly sliced
150g potato, thickly sliced

Method:

- 1 Wash the vine leaves and remove the stalks. Blanch in boiling water. Then set aside to cool.
- 2 Combine the parsley, spring onion, tomato, mint leaves and capsicum, then add the rinsed rice. Season with lemon juice, olive oil, cinnamon powder and salt. Place in a strainer, keeping the extra juice aside.
- 3 Flatten the vine leaves and add the filling in the centre of each leaf, then roll over folding in at the edges.
- 4 Take a small pan and place the tomato and potato slices in the bottom. Then arrange the vine leaf parcels on top. Place a layer of romaine lettuce on top and add a heavy lid or ceramic plate to weigh it down.
- 5 Add the remaining juice from the vegetables and place on the stove until boiling. Reduce the heat and simmer for one and half hours. Remove to cool.
- 6 Take a serving plate place the chopped lettuce on the bottom and arrange the parcels on top. Garnish with tomato, lemon wedges and mint tips.

The main course

A variety of hot dishes surround the centrepiece of the meal - a whole lamb to be shared between family and friends.



SAMAK SAYADIAH

FISH AND STOCK

Ingredients:

1kg hammour fish, whole piece
250g olive oil
4g cumin powder
1g white pepper
200g red onion, finely sliced
200g ripe tomato
10g iodised salt
40g leek
40g celery
30g carrots
2g cinnamon sticks
2g bay leaves

Method:

- 1 Cut the fish into three pieces and the vegetables into cubes.
- 2 Heat some oil in a frying pan then fry the fish until light brown and set aside.
- 3 Using the same pan with olive oil fry the onion until brown in colour.
- 4 Add the fried fish, fried onion and the vegetables with seasoning to a pan, bring to the boil and then simmer until the fish is cooked through.
- 5 Take out the fish, remove the bones and set aside.
- 6 Strain the stock and set aside.

RICE

Ingredients:

200g basmati rice
4g iodised salt
70ml olive oil
400ml fish stock
200g red onion, finely sliced
5g cumin powder
3g white pepper powder

Method:

- 1 Soak the rice in water for 30 minutes then strain and set aside.
- 2 Heat some oil in a pot, then add the onion and sauté until light brown. Add the rice and stir until dry. Then add the seasoning with the stock, bring to the boil and simmer until cooked through.

For the garnish:

200g red onion, finely sliced
100g pine seeds
150ml corn oil

Method:

- 1 Fry the onion in oil until light brown and set aside.
- 2 In the same pan, fry the pine seeds, strain and set aside.



Chicken moloukhai

Moloukhai

Bamia stew

Samak sayadiah

Mixed grill
al khayel

Vermicelli rice

CHICKEN MOLOUKHAI WITH VERMICELLI RICE

CHICKEN

Ingredients:

500g whole chicken

100g red onion

80g carrots

50g celery

50g leek

5g bay leaves

50g parsley stems

10g iodised salt

Method:

1 Wash the vegetables then cut it into cubes.

2 Cut the chicken into four pieces then add to a pan of water, bring to boil remove the skin from the water then add the cut vegetables, salt and bay leaves. Keep boiling until cooked through.

3 Strain the stock and keep the cooked chicken aside.

MOLOUKHAI

Ingredients:

1kg frozen moloukhai

150g red onion, finely chopped

100g garlic, finely chopped

100g coriander leaves

20g iodised salt

10g coriander powder

5g white pepper

100g ghee

150g fresh lemon

Method:

1 Squeeze the lemon, strain and set aside.

2 Defrost the moloukhai and set aside.

3 In a cooking pan over a medium heat melt the ghee, then add the onion, garlic, chili, coriander and sauté until golden.

4 Add the moloukhai, salt and spices and stir. Add the chicken stock and bring to the boil, reduce the heat and simmer until cooked. Add the lemon juice.



VERMICELLI RICE

Ingredients:

350g basmati rice

100g vermicelli

80ml corn oil

15g iodised salt

700ml chicken stock

Method:

1 Soak the rice in cold water for 30 minutes then strain and set aside.

2 Heat some oil in a pan then add the vermicelli and fry until golden.

3 Add the rice and salt and sauté until dry then add the stock and bring to the boil. Cover the pan, reduce the heat and simmer until cooked through.

Accompaniments:

Ingredients:

1 loaf Arabic bread

200g red onion, finely chopped

200ml red vinegar

Method:

1 Cut the Arabic bread into small cubes then roast it in the oven.

2 Mix the onion with the red vinegar.

Serving:

1 Serve the moloukhai with chicken in a deep plate with the rice in a side plate.

2 Serve the vinegar with onion and toasted bread on the side.



KEBBEH SHISH BARAK DOUGH

Ingredients:

200g beef topside cubed

400g brown burgol

100g red onion, cubed

50g mint

40g lamb fat

15g iodised salt

4g cumin powder

2g white pepper powder

1g mixed Arabic spices

Method:

- 1 Wash the burgol then strain and set aside.
- 2 Wash the mint and remove the stalks.
- 3 Mix the beef with the lamb fat, mint leaves, onion and seasoning, then add the burgol.
- 4 Mince the ingredients twice in a meat mincer using a medium cutter. Knead and place in the refrigerator for 30 minutes.

For the filling:

260g red onion, chopped

100g pine seeds

600g minced lamb

15g iodised salt

4g mixed Arabic spices

2g white pepper powder

150ml corn oil

Method:

- 1 Heat the oil in a frying pan and add the pine seeds, sauté until light brown. Add

the onion and sauté until golden. Add the minced lamb with salt keep stirring until cooked.

- 2 Add the spice mix and stir through, remove to strain and set aside, then refrigerate.

Kebbeh assembling:

Method:

- 1 Take a small piece of dough and make a hole in the centre, then add the filling, close it then deep fry until cooked through.
- 2 Continue the same way until all of the dough has been used.

SHISH BARAK

Dough ingredients:

200g flour No 1 (hard flour)

6g sugar

3g iodised salt

20ml olive oil

140ml iced water

Mixing method:

- 1 Mix the flour, salt, sugar and olive oil together for one minute.
- 2 Using a dough mixer, pour the water into the flour mixture and mix for five minutes on a low speed and five minutes on high. Mix the dough until soft and pliable. Set aside to rest for four minutes.
- 3 Roll the dough flat to 2mm thickness. Then cut with 2cm diameter size cutter.

Shish barak preparation:

Fill the Shish barak dough with the cooked lamb mince filling and shape into a small hat shape then oven bake until golden.

Yogurt preparation:**Ingredients:**

600g yogurt

20g corn flour

20g egg white

20g iodised salt

4g white pepper powder

20g garlic, finely chopped

30g coriander, chopped

50g butter

Method:

1 In a small saucepan over a low to medium heat, mix the yogurt, egg whites, corn flour, salt and pepper. Keep stirring and bring to the boil until lightly thickened.

2 Melt the butter in a frying pan and add the garlic and coriander. Sauté until soft, remove and add to the yogurt mixture.

Serving:

Take the serving plate add the yogurt with four pieces of fried kebbeh and eight pieces of baked shish barak and serve hot.

Note:

Serve with white rice



BAMIA STEW WITH VERMICELLI RICE

Ingredients:

280g lamb shoulder, cubed
500g frozen okra
500g fresh tomatoes
200g red onion, chopped
40g garlic
150g coriander leaves, chopped
100ml corn oil
4g mixed Arabic spices
2g white pepper
150g lemon fresh
30g tomato paste
1l lamb stock
150g fresh lemon

Method:

- 1 Deep fry the okra and set aside.
- 2 Squeeze the lemon and strain through.
- 3 Add the meat to a pan of water and bring to the boil, remove the skin from the water, strain and set aside.
- 4 In the same pan heat some oil and sauté the onion, garlic and coriander until golden. Add the meat cubes and tomatoes, and simmer until the tomatoes soften, then add green peas, if required.
- 5 Add the stock to the seasoning and simmer until the meat is cooked.
- 6 Stir the tomato paste with water, add to the boiling stew, and simmer.

VERMICELLI RICE

Ingredients:

350g basmati rice
100g vermicelli
80ml corn oil
15g iodised salt
700ml chicken stock

Method:

- 1 Soak the rice in cold water for 30 minutes then strain and set aside.
- 2 Heat some oil in a medium sized pot and add the vermicelli, fry until golden.
- 3 Add the rice with the salt and sauté until dry then add the stock and bring to the boil. Cover the pot, simmer over a low heat until cooked.

Serving:

Serve the stew in a deep plate with the rice on a side plate.

LAMB OUZI

OUZI

Ingredients:

1 whole lamb
200ml corn oil
25g salt
10g mixed Arabic spices
8g white pepper
100g red onion
100g leek
100g celery
5g bay leaves
5g cinnamon sticks

Method:

- 1 Wash the vegetables and cut into large cubes.
- 2 Marinate the whole lamb with salt, spices and corn oil.
- 3 Place the whole lamb in a roasting tray uncovered with the cut vegetables and cook in a 190C oven for one hour. Continue to baste with the oil produced at intervals throughout the cooking time.
- 4 Add hot water and cover with aluminum foil and continue the roasting process for another 90 minutes or until cooked.

ORIENTAL RICE

Ingredients:

2kg basmati rice
4l lamb stock
1kg minced lamb
200ml corn oil

150g pine seeds
500g red onion, chopped coarsely
20g iodised salt
10g mixed Arabic spices
5g cinnamon powder
3g white pepper

Method:

- 1 Wash the rice and soak in cold water for 30 minutes.
- 2 Heat the oil in a pan and sauté the pine seeds until golden. Add the onions, sauté until golden, then add the lamb and stir until cooked.
- 3 Strain the rice and add it to the cooked lamb, season with salt and spices. Sauté until almost dry then add the stock. Bring to the boil and reduce the heat, cover and simmer until cooked through and the stock has been absorbed.

For the garnish:

150g pine seeds
150g almonds
300ml corn oil

Method:

- 1 Boil some water and blanch the almonds then set aside until cool then peel off the skin.
- 2 Heat some oil in the frying pan and fry the almonds and pine seeds until golden. Strain and set aside.

MIXED GRILL AL KHAYAL

Ingredients:

- 1 skewer kofta kebab**
- 1 skewer shish tawook**
- 1 skewer lamb kebab**
- 1 piece lamb chop**
- 1 small piece arayes lamb**
- 150g tomato wedges**
- 30ml olive oil**
- 3 loaves medium size
Lebanese bread**
- 50g onion, sliced**
- 30g onion, finely chopped**
- 30g whole parsley leaves, finely chopped**
- 40g parsley, finely chopped**
- 40g tomato, finely chopped**
- 120g shallots**
- 120g green capsicum**
- 2g dry mint powder**
- 10ml pomegranate molasses**
- sumac powder**

Method:

- 1 Chargrill the meat skewers and the arayes.
- 2 Place the tomato wedges, shallots and capsicum on the skewers, brush with oil then chargrill for the garnish.
- 3 For the bread filling mix the tomato, onion, parsley, chilli paste, olive oil, cumin powder, pomegranate molasses, salt and pepper together.
- 4 Take two loaves of bread and spread one with chilli paste and mint powder and fill the



- other with the tomato mixture and chargrill it.
- 5 Wash the parsley leaves together with the onion, strain and mix together with sumac powder.
- 6 Open the third bread loaf into two, place one piece on the serving plate and the grilled kebabs on top. Add some of the parsley mixture as a garnish on the side as well as the grilled tomato, shallots and capsicum.
- 7 Cut the grilled stuff bread into pieces and place on top along with the arayes.



Jumeirah

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