

# Try it yourself 30

For the month of Ramadan, we asked a number of locally based chefs to share some favourite Arabic dishes



## **Oriental rice with chicken**

### **Ingredients:**

**900g whole chicken**  
**500g rice**  
**500g red onion**  
**500g mince meat**  
**200g butter**  
**20ml corn oil**  
**15g cooking salt**  
**5g black pepper**  
**5g sweet pepper**  
**5g cinnamon powder**  
**15g pine nut**  
**15g cashew nuts**  
**500ml chicken stock**

### **Method:**

1 Preheat oven to 190C/fan 170C/gas 5. De-skin the chicken, season well and roast for 1.5 hours or until cooked through.  
2 Boil the rice for 15 mins and set aside.  
3 In a large pot, heat the oil and cook the onion, minced meat and spices until brown. Add the rice to the meat and add the chicken stock. Leave to cook until the stock has almost entirely absorbed.  
4 Fry the nuts and serve as a garnish over the chicken on top of the rice.

## **Grand Hyatt Dubai**

### **Fatet hommus bil laham**

#### **Ingredients:**

**500g boiled chickpeas**  
**500g yoghurt**  
**10g garlic, peeled**  
**20g samneh bakher (ghee)**  
**10g pine nut**  
**10g paprika**  
**5g chopped parsley**  
**5g cooking salt**  
**30g deep fried bread**  
**100ml water from boiled chickpeas**  
**10g dry mint**  
**100g lamb shank, cooked**

#### **Method:**

1 Combine the yoghurt, garlic and salt and set aside.  
2 Place the bread in a large glass, then layer the chickpeas on top, followed by the boneless lamb, then the yogurt mixture.  
3 Garnish with hot ghee, pine seeds, parsley and paprika.



Chef Tareek



## Osmaliyah

**SERVES 4**

### Ingredients:

**400g Arabic vermicelli dough**

**400g kachta**

**200g ghee**

**100ml sugar syrup**

**20g pistachio**

### Method:

1 Place the vermicelli dough in a tray with the ghee. Place the kachta on top of the dough and carefully roll into a log. Cut the log into 10cm lengths and cover with 80ml of sugar syrup.

2 Place on a tray and cook in an oven preheated to 150C/gas 2 for 20 mins until golden brown in color.

3 Cover with the remaining sugar syrup and garnish with kachta and crushed pistachio.



Refresh Your Life



Available at all leading supermarkets in UAE.





## Um Ali

### Ingredients:

**2kg baked puff pastry**  
**1lt milk**  
**1lt cream**  
**400g sugar**  
**350g hazelnut**  
**200g pistachio**  
**150g raisins**  
**200g dedicated coconut**  
**crushed pistachio and desiccated coconut**  
**for decoration**

### Method:

1 Break the puff pastry into a round tray 50cm diameter.  
2 In a bowl mix the milk, cream and sugar. When combined, add the nuts and raisins then pour onto the puff pastry. Bake at 240C/gas mark 9 for 15 minutes.  
3 Decorate the top with the pistachio and coconut. Serve warm in a round chafing dish.

## Lobia bil zait

### Ingredients:

**1kg fresh green beans**  
**100g garlic, chopped**  
**100g onion, chopped**  
**100ml olive oil**  
**20g fresh coriander**  
**500g peeled tomatoes**  
**100g tomato paste**  
**20g salt**  
**10g white pepper**

### Method:

1 Blanche the beans and set aside.  
2 Using a large pot over a medium heat, add the olive oil, onion, garlic, and coriander and gently cook for a few mins.  
3 Return the beans to the pot. Add tomatoes, tomato paste, salt and pepper and cook for another few mins. Serve cold.





## Radisson SAS Dubai Media City

### Bamia-bil-laham with saffron rice and Arabic salad

#### Ingredients:

**200g okra**  
**200g beef stew chunks**  
**2 medium brown onions, chopped**  
**2 garlic cloves**  
**1 can tomato sauce (8 oz) or 3 medium tomatoes diced**  
**50ml saffron water**  
**250g rice**  
**100g cherry tomatoes**  
**2 white onions, chopped**  
**1 green capsicum**  
**1 small cucumber**  
**50g red radish (small)**  
**100g roccka leaf**  
**75ml olive oil**  
**salt and pepper to taste**

#### Method:

##### For the Bamia-laham:

**1** Clean and cut okra into 2 inch lengths and deep-fry then set aside.  
**2** Cut meat into 1-inch cubes and sauté for 10 mins. Add chopped brown onion, garlic cloves and seasoning. Sauté for a further 5 mins. Add a ¼cup of water and simmer for 10 mins, then add tomato sauce (or cut small pieces of tomatoes).  
**3** Add water to cover the meat half way. Cover and cook for 20-25 mins on a medium flame or

until meat is tender. Stir occasionally before removing it. Add the fried okra and stir again. Season to taste.  
**4** Boil rice with saffron water until soft, strain and pore some Ghee on it. Set aside.

#### For the salad:

**1** Dice the cucumber, white onion, Green capsicum, and slices of red radish and combine in a bowl. Add the roccka leaf, cherry tomatoes, salt, pepper, lemon juice and olive oil. Toss well and serve in a small bowl for each portion  
**2** Serve Bamia-bil-laham with bowl of saffron rice and salad on side.



Chef Ajay Dhoundiyal



### Dajaj-Mahammar (Arabic baked chicken)

#### Ingredients:

**100ml olive or vegetable oil**  
**75ml lemon juice**  
**1 tbsp salt**  
**½ tbsp oregano**  
**½ tbsp pepper**  
**¼ tbsp cinnamon**  
**1 chicken, cut into serving pieces**  
**1 saffron leaf**  
**3 cups rice**  
**50g toasted pine nuts**  
**parsley, chopped**

#### Method:

**1** Combine olive oil, lemon juice, saffron and spices in shallow baking pan. Add chicken and marinade for 20 mins. Bake in an oven at 185C for roughly 20-30 mins basting occasionally. Remove from oven and baste again.  
**2** Boil rice and sprinkle rice with sautéed pine nuts and parsley.  
**3** To serve, pour chicken juice over chicken next to a bed of rice and salad.



### Lamb couscous

**Ingredients:**

- 200g lamb shank
- 80g onion, chopped
- 20g garlic, crushed
- 30ml olive oil
- 40g tomato paste
- 30g baby marrow
- 40g carrots, medium
- 50g potatoes, chopped into wedges
- 2 red chillis, whole
- 20g parsley, chopped
- 80g couscous
- 20g pine nuts
- salt & pepper

**Method:**

- 1 Marinade lamb shank with salt, pepper and olive oil then sear in hot pan with olive oil, and set aside.
- 2 Heat some oil in a thick bottom pan and sauté the onion and garlic, Add lamb shank and stir. Add tomato paste and some water and stir. Add potato wedges, cook for a further 5 mins then add carrots and baby marrow wedges. Season and leave to cook, stirring occasionally until lamb is tender and vegetables are cooked through.
- 3 Place couscous in a tray with some salted water and olive oil. And rub in with your hands. Place the tray in an oven of 100C to steam for 10 mins. Remove, fluff up with a fork and mix with pine nuts.
- 4 To serve, arrange lamb shank on a bed of couscous with vegetables and sprinkle with some chopped parsley. Sauce from the lamb can be served separately in a bowl with some vegetables.



### Dubai Marine Beach Resort and Spa

#### Tabouleh

**SERVES 2**

**Ingredients:**

- 50g Bourgool
- 30g spring onions, chopped
- 25g white onion, chopped
- 20ml olive oil
- 20ml lemon juice
- 5gm salt
- 3g mixed sweet + hot black pepper
- 100g parsley, chopped
- 25g mint, chopped
- 100g fresh tomatoes, diced

**Method:**

- Mix all ingredients together and garnish with lettuce leaves and lemon wedges.



Chef de Cuisine, Joseph Dib - Dubai Marine Beach Resort



### Samakeh harra

**SERVES 2**

**Ingredients:**

- 40g hammour
- 25g flour
- 100ml corn oil

**For the sauce:**

- 15g onions, chopped
- 10g garlic, chopped
- 10g coriander, chopped
- 5gm hot chilli, chopped
- 20gm bell peppers, diced
- 15gm fresh tomato, diced
- lemon Juice
- salt
- cumin powder

**Method:**

- 1 Pan fry hammour on a medium heat with some of the oil and set aside.
- 2 Saute onions, garlic, coriander, chilli pepper, tomato until soft, then add the hammour and lemon juice and simmer for 20 mins.
- 3 Garnish with toasted pine nuts and lemon wedges and serve with boiled herb potatoes.



## Le Meridien, Dubai

### Feta cheese salad

**SERVES 10**

#### Ingredients:

50g green peppers  
50g yellow peppers  
50g red peppers  
100g feta cheese  
50g large tomatoes  
50g olive oil  
20g zathar leaves

#### Method:

- 1 Cut the peppers and feta cheese into cubes.
- 2 Mix the zathar leaves and olive oil together.
- 3 Cut off the head of the tomato and remove the seeds.
- 4 Put the mixtures inside the tomatoes and serve.



### Kebbeh fish

**SERVES 1**

#### Ingredients:

100g hammour, shredded  
100g borgol  
300g onion  
20g coriander  
20g cumin powder  
50g salt  
50g peanuts  
5g saffron  
20g white pepper, powdered  
20g lemon skin

#### Method:

- 1 Mince the fish, borgol, coriander, cumin, white pepper and lemon skin.
- 2 Sauté the onion and peanuts then add saffron.
- 3 Layer the two mixtures on a baking pan then place the fish on top. Bake in an oven at 180C for 15 mins. Serve with lemon wedges on the side.



### Vermicelli soup

**SERVES 10**

#### Ingredients:

300g vermicelli  
2l chicken stock  
50g jasmine rice  
10g white pepper  
500g butter

#### Method:

- 1 Fry the vermicelli with butter in a large pot over a medium heat.
- 2 Add the chicken stock, rice and pepper and cook for 30mins. Serve with lemon wedge on the side



### Jalab juice

**SERVES 30**

#### Ingredients:

200l jalab  
2l water  
5g bakhor  
5g rose water

#### Method:

- 1 Mix the jalab with water.
- 2 Heat bakhor in a pot with the lid on for 15 mins then remove the bakhor from the pot. The fumes from this will infuse the juice.
- 3 In the same pot, pour in the jalab mixture with ice and mix thoroughly. Serve chilled.