

# Sensational Eid Sweets

Recipes from the  
Muslim-American Kitchen

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by Sister Corey Habbas



Bismillah Ar-Rahmaan Ar-Raheem



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# Introduction

I remember when I was a young girl and the holidays came around. I would smell the beautiful aromas coming from my mother's kitchen. Sweet and spices that my mother only used on special occasions began to mark the time of family togetherness and wonderful memories. This is why I chose to compile recipes for Eid and Ramadan that are geared toward the Muslim-American.

When I reverted to Islam, I wasn't sure how to celebrate or what to cook, but I wanted to conjure the same wonderful experiences for my children as my mother had for me. Through trial and error in the kitchen, modifying traditional Middle Eastern, North African and Southeast Asian favorites and developing some original recipes, this book should help any Muslim create a delicious Eid for their family, friends and themselves.

I have also included quotes from the Qur'an and Haddith to accompany these recipes so that while we cook, we can remember and reflect upon the documented beauty of our religion, history and culture.

## **Ingredients List**

All of the ingredients used in these recipes are listed below. Seeing an ingredient's list in one place should make your shopping and cooking experience easier. You need approximately 75 ingredients in order to make all recipes in this book. If you will be hosting a large Eid event this year, knowing that number and having your grocery list written for you (by me) might be helpful.

### **Grains and Dough**

breadcrumbs  
brown rice  
cornmeal  
couscous  
phyllo dough  
semolina  
white flour  
white rice  
whole wheat flour

### **Meats**

chicken  
lamb

### **Vegetables**

celery  
jalapeno pepper  
garlic

## **Fruit**

apricots

apples (large red baking, green)

bananas

blueberries

dates

dried cranberries

kiwi

lemon

lime

mangos

orange

raisins (light, dark)

strawberries

## **Dairy**

butter

cream cheese

French Vanilla ice-cream

heavy cream

whole milk

yogurt

## **Juices, Teas and Coffee**

Coffee

Juice (cranberry, orange, apple)

Tea (Earl Grey, peppermint)

## **Nuts and Seeds**

almonds

hazelnuts

Marzipan

pecans

pine nuts

sesame seeds

walnuts

## **Sweeteners and Chocolates**

Chocolate chips (semisweet, white, milk)

Sugar (white, brown, powdered)

Honey

Cocoa powder

## **Spices and Herbs**

Basil

Black pepper

Cilantro

Cardamom

Cinnamon (powder, sticks)

Cloves

Italian Parsley

Ginger

Mint leaves

Salt

Saffron

Turmeric

## **Canned Goods**

Apricot jelly

Candied cherries

Canned cherries

Cherry jelly

Coconut milk

Maraschino cherries

Peanut butter

## **Food Enhancers, Oils**

Almond flavored oil

baking powder

baking soda

food coloring

oil (olive, sesame, macadamia)

orange blossom water

rose water

## Liquid Oasis

Sweet drinks come in many forms. Their diverse temperatures and flavors can help quench thirst and abate hunger. A drink can serve as a meal by itself, or compliment other favorite dishes. These drink recipes add variety to liquid staples such as tea, milk and juice.

# Najran Qahwa

Traditional Arabic coffee will keep you up past midnight and enhance the flavor of a sumptuous desert.

## Ingredients

- 2 drops sesame oil
- 1 teaspoon macadamia oil
- 6 cups water
- ¼ cup Arabic coffee
- 1/2 teaspoon saffron
- ¼ cup powdered cardamom
- 1 ¼ cup sesame seeds

## Directions

Grind coffee and sesame seeds separately in coffee grinder. Set aside.

In a large pot, sauté oils with sesame seed paste. Stir constantly to avoid burning. Add water and bring to boil. Add coffee and simmer for 7 minutes. Remove pot from the heat and wait for coffee to settle to bottom.

Add cardamom. Strain coffee from the pot as much as possible. Add saffron. Boil once more and serve. Serves 7.



# Milk and Honey

Creamy spiced tea enlivens the breath with a cool peppermint essence. Honey gives the drink a hue of sugary warmth that compliments that summons the aroma of subtle cloves and cardamom.

## Ingredients

- ¼ cup honey
- 1 teaspoon butter
- 1 quart whole milk
- ½ teaspoon powdered cloves
- ¼ teaspoon crushed cardamom
- 3 peppermint tea bags

## Directions

In a large double boiler over very low heat, add cloves, cardamom and butter. After butter melts, add honey and peppermint tea bags. Gradually add milk, stirring constantly.

Allow milk to absorb the color of the tea and heat all the way through. Be careful not to boil. Ladle into teacups. Serve hot. Serves 7.

Allah's Apostle used to love sweet edible things and honey.

-- Narrated 'Aisha, Volume 7, Book 65, Number 342, Bukhari



# Almond Snow

The white ingredients used here make this drink deceptively plain looking, but the flavors burst onto the taste buds like a rainbow.

## Ingredients

6 cups whole milk  
1 cup heavy cream  
1 cup white chocolate chips  
2 tablespoons butter  
2 tablespoons coconut milk  
2 tablespoons almonds

## Directions

Grind almonds to a powder in a coffee grinder. In a pan, sauté almond powder with butter.

In a double boiler, melt white chocolate chips. Add almond butter mixture, coconut milk, and heavy cream. Stir until well blended.

Add whole milk gradually, stirring until all ingredients have dissolved. Be careful not to boil. Ladle liquid into teacups or mugs. Serve hot. Serves 5.



# Sahara Splendor

This hot drink is a soothing citrus crowd-pleaser. The aroma of fruit, tea and spices will envelop the home, perfuming it well after the last drop has been consumed.

## Ingredients

5 Earl Grey tea bags  
1 lemon  
2 oranges  
1 quart apple juice  
1 quart cranberry juice  
1 teaspoon powdered cloves  
5 cinnamon sticks  
¼ cup honey  
water

## Directions

In a large 4 quart pot pour apple juice, cranberry juice and bring to a boil. Reduce heat to simmer. Add tea bags, honey powdered cloves and cinnamon sticks.

Wash oranges and lemon and cut them into halves. Squeeze juices into the pot, then drop pulp and skins into the pot.

Fill pot a few inches from the top with water. Let simmer for 1 hour, adding water as evaporation occurs. Serves 15.



# Mango Date Palm Leban

A smoothly blended yogurt is sweetened with ripe mangos for a filling breakfast or afternoon snack. liquefied dates provide added texture and flavor.

## Ingredients

½ cup pitted dates  
32 ounces yogurt  
4 fresh mangos  
¼ cup white sugar  
16 ounces whole milk

## Directions

Mince dates in a food processor with sugar. Add peeled mangos, yogurt and milk. Blend until all ingredients have integrated well. Chill in freezer for 30 minutes. Pour into cups and serve. Serves 4.

Surely the righteous shall drink of a cup the admixture of which is camphor

A fountain from which the servants of Allah shall drink; they make it to flow a (goodly) flowing forth.

They fulfill vows and fear a day the evil of which shall be spreading far and wide.

And they give food out of love for Him to the poor and the orphan and the captive:

We only feed you for Allah's sake; we desire from you neither reward nor thanks:

*Qur'an 076.005-076.010*



# Cool Fruit Soup

This medley of fresh fruits quenches thirst and satisfies hunger. Packed with vitamins and minerals, refined sugar has been completely omitted so that you will be more likely to choose healthy snacks to satisfy hunger throughout the rest of the day. Eat healthy, have healthy food cravings.

## Ingredients

2 tablespoons macadamia oil  
2 apples  
5 oranges  
7 mangoes  
2 kiwi fruits  
5 tablespoons lemon juice  
½ cup whole fresh blueberries  
7 mint leaves

## Directions

Remove skin on apples, oranges, mangos and kiwi. Blend apples, oranges, mangoes and kiwi until smooth.

Squeeze lemon juice into the fruit mixture. Add water, blending until a drinkable consistency is reached. Pour fruit mixture into a medium bowl. Stir in blueberries.

Drizzle with macadamia oil. Garnish with mint leaves and ladle into single serving soufflé cups. Eat with spoons or drink directly from bowls. Serves 4.



## **Mediterranean Mocha**

The coffee essence in this icy cool drink mixes with fresh banana to yield an experience packed with energy and nutritious calcium and potassium. Mediterranean Mocha is best enjoyed in hot weather in the temperatures found before ‘Asr prayer.

### **Ingredients**

5 scoops French vanilla ice cream  
1 tablespoon coffee  
1 banana  
1 cup milk  
fresh mint leaves

### **Directions**

In blender, combine ice cream, coffee and banana. Mix until smooth.

Add milk one cup at a time, blending until completely mixed.

Ladle into teacups. Garnish with mint leaves and serve. Serves 4.



## Single Serving Homemade Cocoa

All you need is a microwave, spoon and mug for this easy homemade cocoa recipe. While your guests are drinking their Eid coffee and your children are running around wondering what you're going to fix for them, surprise them this cocoa.

### Ingredients

1 tablespoon cocoa powder  
1 tablespoon sugar  
9 ounces whole milk

### Directions

In a microwave safe mug, add cocoa powder, sugar and 2 ounces of milk. Stir ingredients together. Heat for 40 seconds. Remove from microwave. Stir ingredients. Add the rest of the milk. Stir well and re-microwave for 1 minute and 30 seconds. Remove from heat and stir. Test temperature for safety before serving.



# Eid Date Ice Cream Shake

Nothing quenches thirst like an ice cream shake. This date treat is thick enough to eat with a spoon and thin enough to drink as well.

## Ingredients

4 scoops vanilla ice cream

2 cups whole milk

¼ teaspoon rosewater

1 cup pitted dates

## Directions

Add all ingredients to a blender. Mix well until all ingredients have incorporated. Serve in short, chilled glasses. Serves 4.

While we were sitting with the Prophet a spadix of palm tree was brought to him. The Prophet said, "There is a tree among the trees which is as blessed as a Muslim" I thought that it was the date palm tree and intended to say, "It is the date-palm tree, O Allah's Apostle!" but I looked behind to see that I was the tenth and youngest of ten men present there, so I kept quiet! Then the Prophet said, "It is the datepalm tree."

-- Narrated 'Abdullah bin Umar, Volume 7, Book 65, Number 355,  
Bukhari



## Finger Foods

Nothing is more satisfying than eating food with the fingers. This natural way of eating increases our intimacy to the food that sits before us. The fingers sense the textures before the mouth does and the beautiful scents of sweet chocolate and sugar perfumes us, reminding us after our meal of what we have enjoyed.

# Chocolate Fruit Kabobs

Metal or wooden skewers pierce an assortment of chocolate covered fruits and marzipan in this delicious variation of the renowned kabob. These are simple and chocolaty-pleasing.

## Ingredients

3 packages fresh strawberries  
8 apricots  
1 package of fresh large blackberries  
4 bananas  
3 apples  
2 jars of Maraschino cherries  
16 ounces marzipan  
1 cup white chocolate chips  
1 cup milk chocolate chips  
1 cup semisweet chocolate chips  
6 tablespoons of butter split into thirds  
12 kabob skewers

## Directions

Prepare the fruit by washing and peeling (if applicable). Roll marzipan into 1 inch balls. Set fruit and marzipan aside in the freezer.

Melt each type of chocolate in its own bowl by separating, then placing chocolate chips, and butter in medium microwave-safe bowls. Microwave each bowl of chocolate for 1 minute. Stir and heat again in increments of 20 seconds. Chips should be melted when stirred. Be careful not to overheat.

Line 2 trays with wax paper. Remove ingredients from freezer. One by one, pierce fruit or marzipan and dip into one of the chocolate bowls. Add the ingredient to the kabob skewer. Repeat until kabob is full.

Set kabob onto wax paper. Drizzle more chocolate of various flavors over the kabob. Repeat until all kabobs are done. Place trays in refrigerator until ready to serve. Serves twelve.

Who has made the earth your couch, and the heavens your canopy; and sent down rain from the heavens; and brought forth therewith Fruits for your sustenance; then set not up rivals unto Allah when ye know (the truth).

-- Qur'an 02.02, translation by Yusufali



# Lemon Moon Eclipses

Chocolate on the outside, zesty lemon on the inside, these miniature muffins will waken your taste buds and add some zip to your palate. Contrasting textures of a delicately soft muffin coexist with an exterior shell of hardened chocolate.

## Ingredients for Muffins

2 cups white flour  
3 teaspoons baking powder  
1/2 teaspoon salt  
3/4 cup white sugar  
1/2 cup milk  
1 egg  
3/4 cup lemon juice  
1/3 cup olive oil  
2 tablespoons lemon zest

## Ingredients for Chocolate Dipping Sauce

3 tablespoons butter  
2 cups semisweet chocolate chips

## Directions

Heat oven to 400 degrees F (205 degrees C). Grease bottoms only of 12 miniature muffin cups.

In a medium bowl, combine ingredients for muffins blend well (batter will be lumpy).

Fill cups 2/3 full. Bake for 10 to 15 minutes or until toothpick inserted in center comes out clean. Cool 1 minute before removing from pan. Place muffins in the refrigerator for 1 hour. Muffins need to be cold in order for the chocolate to set properly.

Place chocolate chips, and butter in medium microwave-safe bowl. Microwave 1 minute. Stir and heat again in increments of 20 seconds. Chips should be melted when stirred. Be careful not to overheat.

Line tray with wax paper. Remove muffins from freezer.

Spear each muffin with a skewer and dip completely into melted chocolate. Twirl and lift to remove excess. Set each chocolate covered muffin onto wax paper. Refrigerate until ready to serve.

### **Modifications**

Make full-sized muffins and dip only the top half in chocolate.

Substitute lemon juice and lemon zest with the same amounts of orange juice and orange zest.

For an extra chocolate surprise, push one Hershey's Kiss inside the batter of each muffin cup before baking.

The Prophet never criticized any food (he was invited to) but he used to eat if he liked the food, and leave it if he disliked.

-- Narrated Abu Huraira, Volume 7, Book 65, Number 320, Bukhari



# Honey-Dipped Suns

This variation of the Indian desert, Gulab Jamun, melts like sunlight in the mouth. A unique honey sauce coats these puffy and soft golden spheres. These are a satisfying treat after a light evening meal.

## Ingredients

8 ounces semolina  
4 ounces dried milk  
3 eggs  
3 tablespoons ground almonds  
butter  
1 teaspoon powdered ginger  
½ cup honey  
¾ cup water

## Directions

Sauté Semolina , dried milk and ground almond separately with a tablespoon of butter. Separate egg whites from egg yolks. Beat whites eggs until light and fluffy (about 5 minutes). Blend semolina mixture and egg yolks together. Gradually blend in beaten egg whites until dough can be easily kneaded. Roll dough into balls 1 inch thick.

Deep fry in boiling oil until golden brown, reducing heat after putting in the dough balls so that no burning occurs. Drain well.

Meanwhile, create the honey syrup by boiling together honey and water in a double boiler until all honey has dissolved in water. Place 2 warm fried dough balls each into small bowls. Drizzle syrup into the bowls until the fried dough balls are half-immersed and serve. Serves 5.



# Scrolls of Knowledge

The ends of these delicate jelly-rolled cookies are dipped in semisweet chocolate. In addition to Eid celebrations, Scrolls of Knowledge cookies can be served to celebrate good grades and all levels of academic graduation.

## Ingredients

2 cups butter  
3/4 cup packed brown sugar  
4 1/2 cups white flour  
1/4 cup cherry jelly  
3/4 cup semisweet chocolate chips  
1 tablespoon butter

## Directions

Preheat oven to 375 degrees F. With fork, mash butter and brown sugar together until completely blended. Add 3 cups flour. Mix well.

Dust your wooden bread board with flour. Set dough on board and work the remaining flour into the dough. Knead for 10 minutes, adding more flour to make the dough soft.

Roll dough out to 1/2 inch thickness on wax paper surface. Cut into 3x3 inch squares. Spread the top of each square with a thin layer of cherry jelly. Then roll each square into a scroll. Set scrolls on ungreased baking sheets. Bake at 375 degrees F for 10 to 15 minutes.

After cookies have finished baking, remove from oven and let cool 15 minutes. Line a tray with wax paper.

Meanwhile, in a double boiler, melt semisweet chocolate chips and butter. Take each cookie and dip each end in the melted chocolate. Set each cookie onto wax paper. Chill cookies until ready to serve. Serves 15.

High above all is Allah, the King, the Truth! Be not in haste with the Qur'an before its revelation to thee is completed, but say, "O my Lord! advance me in knowledge."

-- Qur'an 20.114, translation by Yusufali



# Damascus Ghorayebah

Traditional Syrian almond cookies are enlivened with lime juice, and made hearty with whole wheat flour. These crispy treats will melt in your mouth.

## Ingredients

1 cup butter  
1 cups white flour  
2 cups whole wheat flour  
3 cups powdered sugar  
1 teaspoon almond flavored oil  
½ cup finely crushed almonds  
40 whole almonds  
3 tablespoons lime juice

## Directions

Preheat oven to 350 degrees F.

In large mixing bowl, add room temperature butter, almond flavored oil and lime juice. Beat until light and fluffy.

In medium bowl, combine white and wheat flours, powdered sugar and finely crushed almonds. Using fork, gradually mix flour-almond-sugar mixture into butter. Knead cookie dough with hands for 2 minutes.

Roll dough into 1 inch balls. Place them on baking sheet and gently flatten them with a spatula to ½ inch disks. Garnish each cookie by pressing a whole almond into the top of each one.

Bake cookies on ungreased baking sheet for 15 minutes or until golden. Serves 20.



# Samosa Chocolat

Who says that Samosas always have to be stuffed with potatoes, peas and onions? Here, in this desert version of the fine Indian treat, a cheesecake filling with semisweet chocolate explodes from a crispy, ginger and cinnamon seasoned, pastry shell.

## Ingredients for Pastry Shell

3 1/2 cups white flour  
2 tablespoons baking powder  
1 teaspoon salt  
2 tablespoons cornmeal  
1 tablespoon powdered ginger  
1 teaspoon cinnamon  
3 tablespoons white sugar  
1 cup butter

## Ingredients for Cheesecake Filling

2 packages (16 ounces) cream cheese  
1/4 cup honey  
1 egg  
1 cup semisweet chocolate chips  
2 tablespoons butter

## Directions

Preheat oven to 350 degrees F. Place chocolate chips, and butter in medium microwave-safe bowl. Microwave 1 minute. Stir and heat again in increments of 20 seconds. Chips should be melted when stirred. Be careful not to overheat.

Prepare the cheesecake filling. In a medium bowl, blend cream cheese, honey and eggs. Set aside.

Prepare the pastry dough. In a large bowl, mix together flour, salt, baking powder, cornmeal, sugar, ginger and cinnamon. Cut in butter, mashing with fork until mixture resembles coarse crumbs. Gradually add water, blending with fork until dough forms.

On a floured surface roll out the dough to 1/8 inch thick and cut with a round biscuit cutter. Gather dough scraps, re-roll and cut more circles until all dough has been used.

Spread melted chocolate onto dough circle. Then, Spoon cheesecake filling in the center of dough circle. Cover with second dough circle. Press edges of dough circles together with a fork. Repeat until all dough circles have been used.

Place samosas on baking sheets and bake at 350 degrees F. for 30 to 35 minutes or until golden brown. Serves 8.

I was a boy under the care of Allah's Apostle and my hand used to go around the dish while I was eating. So Allah's Apostle said to me, 'O boy! Mention the Name of Allah and eat with your right hand, and eat of the dish what is nearer to you.'" Since then I have applied those instructions when eating.

-- Narrated 'Umar bin Abi Salama, Volume 7, Book 65, Number 288,  
Bukhari



## Turkish Baklava

Finally an exotic baklava recipe that is quick and easy to make. This baklava is touched with a hint of orange blossom water, and moistened with zesty orange-honey sauce that will make you just sigh.

### Ingredients

¼ pound almonds  
¼ pound pecans  
¼ pound hazelnuts  
¼ pound walnuts  
1 teaspoon cinnamon  
½ teaspoon powdered cloves  
1 teaspoon orange blossom water  
3 tablespoons orange juice  
1 tablespoon orange zest  
1 (16 ounce) package phyllo dough  
1 pound chopped nuts  
1 cup butter  
1 cup water  
1 cup white sugar  
¾ cup honey

### Directions

Preheat oven to 350 degrees F. Grease 9x13 inch pan.

In a food processor, blend nuts into fine crumbs. In medium bowl, toss nuts with rosewater, cinnamon and cloves. Set aside.

Unroll phyllo dough and cut stack to fit pan. You must work fast so that the dough stays moist.

Cover phyllo dough with a dampened cloth. Put three sheets of dough in pan, generously spreading butter on top of dough with cooking brush. Repeat until you have 9 sheets layered. spread nut mixture evenly on top of dough. Top with three more sheets of dough. Repeat until nut mixture has been used. Top with 6 sheets of dough.

Cut baklava in squares. Bake for 55 minutes or until baklava is golden and crisp.

Meanwhile, in a double boiler, heat water and sugar. Add honey, orange juice and orange zest. Simmer on low for 30 minutes.

Remove baklava from oven and spoon sauce over squares. Serve on small plates. Serves 11.



# Burritos Chocolate

Burritos Chocolate delivers a rich, semisweet chocolate filling within a cinnamon, oven-baked tortilla and topped with red-raspberry sauce.

## Ingredients for Burritos

3 cups white flour  
1 cup semolina  
1 cup white sugar  
½ teaspoon salt  
2 teaspoons cinnamon  
2 cups semisweet chocolate chips  
½ cup butter

## Ingredients for Raspberry Sauce

3 cups raspberries  
¼ cup white sugar

## Directions

Liquefy raspberries in food processor with sugar Stir gently until sugar dissolves; cover and chill 4 hours

Preheat oven to 400 degrees F. Grease baking sheet.

In large bowl, add flour, semolina, sugar, salt and cinnamon. Cut in butter, mashing with fork until mixture resembles course crumbs. Gradually add water until dough holds together.

Dust bread board with semolina. Split dough into 16 small balls. Using a rolling pin, roll each dough ball into a small tortilla-shaped round no more than

¼ inch thick. Place 2 tablespoons semisweet chocolate chips in center of round. Then, fold like a burrito and seal with water.

Roll each burrito in white sugar until it is coated. Place burritos on baking sheet. Bake for 30-35 minutes. Serve warm with raspberry sauce. Serves 16.

I was with Ibn 'Umar when a man asked him, "I have vowed to fast every Tuesday or Wednesday throughout my life and if the day of my fasting coincided with the day of Nahr (the first day of 'Id-al-Adha), (What shall I do?)" Ibn 'Umar said, "Allah has ordered the vows to be fulfilled, and we are forbidden to fast on the day of Nahr." The man repeated his question and Ibn 'Umar repeated his former answer, adding nothing more.

-- Narrated Ziyad bin Jubair, Volume 8, Book 78, Number 697,  
Bukhari



# Orange Medallions

Orange medallions, flavored with orange juice and zest, topped with a pecan, will add variety to any cookie platter. Orange medallions melt in the mouth. It's hard to stop at one!

## Ingredients

1 cup white flour  
1 cup semolina  
1 cup butter  
½ teaspoon salt  
¾ cup powdered sugar  
3 tablespoons orange juice  
2 teaspoons orange zest  
½ cup pecans

## Directions

Preheat oven to 300 degrees F.

In a large bowl, mix white flour, semolina, and salt. Set aside.

In medium bowl beat butter with an electric mixer until fluffy (10 minutes). Add orange juice, orange zest and powdered sugar. Beat 5 more minutes. Gradually add flour mixture. Cover bowl with plastic wrap and refrigerate for 30 minutes.

Flatted a portion of dough at a time and cut with a round biscuit cutter. Place cookie on baking sheet. Press one pecan in center of cookie. Repeat until all dough has been used.

Bake for 30 minutes. Let cool for 3 hours. Serves 12.



## **Breads and Cakes**

Wheat, flower and semolina provide the soft sponge, the delicate foundation of a bountiful desert. Each acts like a sponge to the beautiful flavors and fragrances that comprise sugary sweet treats. Breads and cakes provide instant energy and mark the time of indulgence and enjoyment.

# Traditional Basbousa

Semolina is a high-fiber staple of this traditional Egyptian Basbousa. Cut into squares, these spongy little cakes will disappear faster than you can say insha'Allah.

## Ingredients for Cake

2 cups semolina  
2 eggs  
1/2 cup butter  
1/2 cup whole milk  
2 tablespoons coconut milk  
1 cup powdered sugar  
1 tablespoon baking powder  
1/2 teaspoon baking soda  
1/2 teaspoon salt  
1/2 cup almonds

## Ingredients for Syrup

1 cup sugar  
1/3 cup water  
2 tablespoons orange juice  
1 tablespoon rose water

## Directions

Preheat the oven to 350 degrees F. Melt butter and let cool.

In large bowl, mix semolina, baking soda, baking powder, salt and sugar. Add butter, eggs and milk, stirring with fork until well mixed. Pour into 9x9 inch baking pan. Decorate cake top with almonds.

Bake for 30 minutes and until top is golden.

Meanwhile, make syrup by mixing sugar and water in a double boiler. Boil until sugar dissolves and mixture is clear. Add orange juice and boil one more minute. Pour into small dish. Cool completely.

Remove cake from oven after 30 minutes. Pour thin layer of syrup on cake and bake in oven for 5 more minutes. Let cool 30 minutes. Cut into rectangles and serve. Serves 8.

A man used to eat much, but when he embraced Islam, he started eating less. That was mentioned to the Prophet who then said, "A believer eats in one intestine (is satisfied with a little food) and a Kafir eats in seven intestines (eats much). "

-- Narrated Abu Huraira, Volume 7, Book 65, Number 309, Bukhari



# Jounieh Sfoof

Ingredients are mixed entirely by hand (no blenders, yes spoons) in this old hometown-style Lebanese sfoof. Most recipes for sfoof call for saffron or turmeric, but this recipe uses both in order to capture their unique properties. Here together like never before, saffron and turmeric enliven the sfoof.

## Ingredients for Cake

3 cups white flour  
1 cup semolina  
1 cup white sugar  
1 teaspoon salt  
4 teaspoons baking powder  
1 teaspoon saffron  
½ teaspoon turmeric  
½ teaspoons orange blossom water  
½ cup butter  
½ cup whole milk  
3 tablespoons olive oil

## Ingredients for Topping

2 tablespoons pine nuts  
2 teaspoons olive oil  
2 teaspoons brown sugar

## Directions

Preheat oven to 350 degrees F. Grease a 9x9 inch square or 9 inch round cake pan.

In medium bowl, mix white flour, semolina, turmeric, baking powder and salt. Stir with fork until all ingredients are evenly dispersed. Set aside.

In a double boiler over low heat, add milk, sugar olive oil and orange blossom water. Crush saffron into mixture and stir constantly until sugar is dissolved and saffron has colored the milk. Remove from heat and let cool.

Meanwhile, soften butter; be careful not to melt. Mash it into flour mixture until it has incorporated without any large lumps. The mixture will be dry.

Incrementally pour the milk mixture into the dry mixture and stir with fork. Mix until the mixture is mostly even with no large lumps. Don't worry about small lumps.

Using spoon or soft spatula, scrape the sfoof batter into pan. In a small bowl, create the topping by stirring pin nuts, olive oil and brown sugar. Place nuts in even rows in your own creative pattern that you choose. Using a spoon, scoop remaining sugary oily mixture out of the small bowl and shake it over the top of the cake.

Bake at 35 minutes or until toothpick comes out clean when inserted in the center of sfoof. Let cool. 30 minutes. Cut and serve on small plates. Serves 10.

Ibn 'Umar told us that the people used to buy food from the caravans in the lifetime of the Prophet. The Prophet used to forbid them to sell it at the very place where they had purchased it (but they were to wait) till they carried it to the market where foodstuff was sold. Ibn 'Umar said, 'The Prophet also forbade the reselling of foodstuff by somebody who had bought it unless he had received it with exact full measure'

-- Narrated Nafi, Volume 3, Book 34, Number 334, Bukhari



## Berber Sweet Bread with Apricot Pudding Dip

Semolina flat bread is enjoyed in the Berber mountain towns of Algeria. Typically, it is a mixture of just semolina water, salt and olive oil. In this recipe, we take those traditional essentials and blend them into a sweet medley of dried apricots, yellow raisins and almonds. When the bread comes out of the skillet, use it to scoop up the fragrant apricot pudding dip.

### Ingredients for Bread

4 cups semolina  
½ teaspoon saffron  
1 ½ teaspoons salt  
¼ cup white sugar  
½ cup dried apricots  
¼ cup yellow raisins  
¼ cup almonds  
water

### Ingredients for Apricot Pudding

4 apricots  
½ cup buttermilk  
¼ cup coconut milk  
½ cup whole milk  
1 cup water  
3 eggs  
¼ cup white sugar  
¼ cup brown sugar  
¼ teaspoon turmeric  
½ teaspoon saffron  
¼ teaspoon salt

## Directions

Preheat the oven to 350 degrees F.

To make the pudding dip, wash and pit apricots. Liquefy apricots with salt turmeric and saffron in a food processor. Add sugars milk, coconut milk and water. Blend more. Set aside.

In a large bowl, whisk eggs. Pour the apricot-milk mixture into eggs. Fold in the sugars until well blended. Pour mixture into a soufflé dish.

Set soufflé dish into a 3 inch tall baking pan. Place in the oven. Pour water into baking dish so that soufflé dish sits in 2 inches of water.

Bake 50 minutes. Check water level after 30 minutes. Add water if the water level has lessened due to evaporation. Test for doneness by inserting a knife in center of pudding dip. If the knife comes out clean, pudding dip is done.

While pudding dip bakes, make bread. In medium bowl mix semolina salt and sugar.

In food processor, blend apricots, raisins and almonds to coarse crumbs. Add to semolina mixture.

Heat one cup of warm water in the microwave. Crush the saffron into the water, stirring to distribute.

Begin adding water to the bread, mixing ingredients by hand in the bowl. Continue to add water until the dough is of a soft consistency without sticking too much to the hand. Knead until the ingredients are nicely distributed.

Divide dough into 6 pieces and form into balls. Roll each ball of dough out with rolling pin to  $\frac{1}{4}$  inch thick.

Fry each round over medium heat in a skillet with 1 teaspoon olive oil. Cook until medium golden brown on each side. Remove from skillet, and wrap in clean towel while preparing the remaining rounds.

Note: In order for the resulting bread to be a nice, flat, even texture and color on both sides, flip bread to other side with spatula after 5 seconds of being in skillet. Push bread down with spatula and let it cook for 10 seconds on present side. Then, flip again to other side, where it will stay until golden brown. Next flip and cook completely on other side.

To eat the bread and pudding dip, break off pieces of the bread, and scoop up pudding dip. Serves 5.

I heard Allah's Apostle saying." By Allah! I ask for forgiveness from Allah and turn to Him in repentance more than seventy times a day."

-- Narrated Abu Huraira, Volume 8, Book 75, Number 319, Bukhari



# Cherry Jeweled Ammama Bread

Soft, tightly rolled, am mama-shaped bread hides a chocolate-walnut surprise at its center. The sweet cherry flavored nut bread decorated with candied cherries on top compliments the semisweet chocolaty nut filling. This bread is truly an Eid delight.

## Ingredients

2 teaspoons dry yeast  
½ cup cream  
¼ cup butter  
¼ cup water  
4 tablespoons sugar  
½ teaspoon salt  
3 eggs  
1/2 teaspoon rosewater  
1 teaspoon ginger  
olive oil  
2 cups semisweet chocolate chips  
½ cup dates, pitted and minced  
¼ cup candied cherries  
½ cup chopped walnuts  
½ cup canned cherries

## Directions

Heat water for 30 seconds or until warm in microwave. (If water is too hot it will kill the yeast and bread won't rise.) In large bowl add yeast and water. Stir and let sit 5 minutes.

In double boiler over very low flame, heat milk, butter, sugar, salt and rosewater until the butter begins to melt, then turn off flame and stir. Let cool until warm. (If mixture is too hot it will kill the yeast and bread won't rise.) Pour into yeast-water mixture and stir a few times. Add 1 cup flour and stir with fork. Beat eggs and add them to dough. Add 2 cups more flour, stirring and mashing with forks.

Once most of moisture has been absorbed into flour, place dough on floured bread board and knead. Form dough into round ball.

Grease an opaque bowl with olive oil. Rub some olive oil on your palms and thinly coat the dough. Place dough in bowl. Cover bowl with plastic wrap and dishtowel so that no light or air enters. Let dough rise for 1 hour 20 minutes.

Meanwhile, dry canned cherries of excess juice by placing them between paper towels and patting. Dust bread board with flour. Remove dough from bowl and knead the air out of dough. Work canned cherries into dough one at a time by pushing cherry into dough and folding dough over. Stretch dough and roll it into a log approximately 15 inches long.

Lightly flour a rolling pin and roll dough flat, lengthwise until dough's length doubles and width is at least 6 inches wide. If dough sticks, then dust it with flour again. Line the center of dough strip with chocolate chips, dates and walnuts. Seal the dough around the filling by brushing water along the sides of the dough and lifting both edges together, pinching to seal. Use more water as needed to bind the dough and get rid of seams.

Grease baking sheet. Transfer chocolate-date-nut filled log to baking sheet and coil tightly, like a turban. Cover with a light cloth and let rest for 30 minutes.

Preheat oven to 325 degrees F. Cut candied cherries in half, then place them along top of bread coil. Cover loosely with foil and bake 1 hour 30 minutes or until. Let cool on rack. Serves 14.



# Humble Cheesecake

If you haven't made a cheesecake before, then you don't yet know how easy they are to bake. You'll soon find out with this simple and tasty recipe that uses white chocolate chips and coconut milk.

## Ingredients

7 large graham crackers  
3 packages cream cheese (24 ounces)  
3 eggs  
½ cup white sugar  
¼ cup white chocolate chips  
2 tablespoons butter  
2 teaspoons coconut milk  
2 tablespoons cream

## Directions

Preheat oven to 400 degrees F. Crush graham crackers in food processor. Pour crumbs and evenly distribute inside bottom of a springform pan. Set aside.

In a large mixing bowl, add cream cheese. Melt white chocolate chips and butter in microwave. Pour into cream cheese. Add sugar, eggs, coconut milk, and cream. Beat with blender no longer than it takes to combine ingredients. Mixture will still be lumpy. Scoop onto crust. Smooth top with soft spatula.

Bake for approximately 45 minutes. Be careful not to over bake. If you see that the top of the cheesecake is cracking or getting slightly golden or brown around the edges, remove it from the oven. Serves 10.



# Golden Desert Apricot Tart

The dark golden color of this rich apricot tart makes for a visually alluring desert. Fresh apricots and jam fill this delicately crusted tart.

## Ingredients for Tart Shell

3/4 cup white flour  
1/4 cup crushed almonds  
1/2 cup butter  
1/4 teaspoon salt  
1 teaspoon white sugar

## Ingredients for Filling

2 tablespoons powdered sugar  
6 fresh apricots  
1/4 teaspoon saffron  
1 jar (8 ounces) apricot jam

## Directions

In medium bowl, add flour, almonds, sugar and salt.. Cut in butter. Knead with hands until mixture resembles dough that sticks together. Chill dough for 1 hour 15 minutes.

Preheat oven to 375 degrees F. Remove dough from refrigerator and place in center of tart pan. Push dough into 9 inch tart pan, flattening the dough to cover bottom and sides of pan.

Bake tart crust in oven for 9 minutes. Let cool.

Cut apricots in slices and arrange in tart crust. Set aside.

Scoop jam into small bowl and heat in microwave so that the jam melts to liquid. Crush saffron and stir into jam. Pour over apricots. Cover and refrigerate tart at least 1 hour or until ready to serve. Serves 6.

Allah's Apostle said, Whoever believes in Allah and the Last Day, should serve his guest generously. The guest's reward is: To provide him with a superior type of food for a night and a day and a guest is to be entertained with food for three days, and whatever is offered beyond that, is regarded as something given in charity. And it is not lawful for a guest to stay with his host for such a long period so as to put him in a critical position."

-- Narrated Abu Shuraih Al-Ka'bi, Volume 8, Book 73, Number 156,  
Bukhari



# White Chocolate Rain-Cloud Soufflé

Soufflés are challenging and touchy creatures, but once you have mastered the basics, they are surprisingly easy to make thereafter. This White Chocolate Rain-Cloud Soufflé is a chocolate-lover's dream. Semi-sweet chocolate melts within the white chocolate body of the soufflé cloud.

## Ingredients

4 eggs

2 egg whites (in addition to the 4 whites you will use from above ingredient)

5 tablespoons white sugar

4 ounces white chocolate chips

½ cup semi-sweet chocolate chips

2 tablespoons butter

2 tablespoons powdered sugar

## Ingredients for Blueberry Sauce

2 cups fresh blueberries

1 teaspoon lemon juice

2 tablespoons sugar

¼ cup water

## Directions

Remove 6 eggs from refrigerator. Set aside for 20 minutes. Eggs are best prepared for soufflés when they are room temperature.

Prepare blueberry sauce by mixing blueberries, lemon juice, sugar and water in food processor for 3 minutes. Store in serving dish and refrigerate until ready to serve.

Preheat oven to 375 degrees F. Grease a 1 quart soufflé dish evenly with butter. Dust lightly with powdered sugar. Refrigerate immediately.

In microwave, melt white chocolate and 1 tablespoon butter. Let cool.

Crack 4 eggs and separate yolks from whites. Put whites in large bowl. Set aside. In large bowl, beat egg yolks and 4 tablespoons white sugar until yolks are thick and ribbon-like. Add white chocolate to yolks and whisk until well blended. Set aside.

Crack two more eggs and separate yolks from whites. Add new whites to whites already in large bowl. Store new yolks in refrigerator for another time, another recipe. Beat whites until foamy and the texture of melted whipped cream on cocoa. Add 1 tablespoon white sugar. Beat whites until stiff peaks form, but not dry. With a rubber spatula, Fold 1/3<sup>rd</sup> of whites into white chocolate-yolk mixture. Do not stir or beat. Next, fold in half of the remaining whites. Lastly, fold in the last portion of whites with semi-sweet chocolate chips. It is important that the mixture has blended well so that ingredients have integrated.

Remove soufflé dish from refrigerator. With rubber spatula, scrape soufflé batter into soufflé dish. Smooth the batter in a mountain-shape that peaks in the middle of the dish. Bake for 40 to 45 minutes. Soufflé should be golden on top. Soufflé must be served immediately. Serves 6.



## Creative Couscous Ensembles

Couscous is one of the most versatile comfort foods. It can be cooked for savory meals or used in mouth-watering desserts. Mostly a staple of North African cooking, its popularity has spread in North America as well. Traditionally, couscous was made by hand by rolling semolina and water together to form tiny granules that are steamed over water or sauce.

# Tunisian Emeralds

Green apples embrace fluffy couscous and honey-coated chicken in this Tunisian ensemble of natural sweetness with a jalapeno kick. This dish simmers in the oven for 2 hours, allowing plenty of time for the couscous to absorb apple, chicken and honey juices. Tunisian Emeralds are mouth-watering good!

## Ingredients

2 pounds boneless, skinless chicken  
32 ounces dry couscous  
1 egg  
6 green apples  
¼ cup honey  
1 cup almonds  
1 cup pecans  
1 jalapeno pepper  
½ cup cilantro  
1 cup butter  
1 tablespoon basil  
1 teaspoon black pepper  
½ teaspoon salt  
4 tablespoons olive oil

## Directions

Preheat oven to 350 degrees F. In food processor, purée almonds, jalapeno (with heart and seeds) and cilantro. Set aside. Cook couscous according to directions on package. Set aside. Melt butter. Set aside.

Make apples into bowls by cutting top  $\frac{1}{4}$  of apples off and hollowing out insides. Set apple tops and raw apple pieces aside. The sides of the apple should be slightly more than  $\frac{1}{4}$  inch thick.

In large glass baking dish, pour 2 tablespoons olive oil and apple pieces. Stir until all apple pieces have been coated with olive oil. Set hollow, apple bowls in baking dish. Set aside.

In large bowl, beat egg, add almond-jalapeno-cilantro mixture, basil, salt and pepper. Add two cups of cooked couscous, blending ingredients until completely integrated.

In medium bowl, pour honey and  $\frac{1}{4}$  cup butter. Cut chicken into 1 inch cubes. Add to honey-butter mixture. Stir until chicken is completely coated. Pour chicken-honey mixture into couscous-nut mixture. Stir until well blended.

Loosely stuff chicken-couscous mixture into apples. Scoop any excess into the bottom of baking dish, around the apples. Cover baking dish with foil. Bake 2 hours, basting frequently with butter, every 30 minutes.

Monitor the bottom of baking pan carefully to make sure couscous and apples do not burn. Add small amounts of water to baking pan if bottom gets too dry. Cook for about 2 hours. Apple bowls should be tender. Serves 6.



## Algerian Aquamarine Crepes

These crepes are set with beautiful, fresh blueberries and stuffed with sweet cheese filling. Lemon zest flavors the cheese and compliments the blueberry textured crepe that you and your entire family will enjoy for Suhoor.

### Ingredients for Crepes

1 cup white flour  
1 cup cooked couscous  
2 eggs  
4 ounces blueberries  
1/2 cup milk  
1/2 cup water  
2 tablespoons butter, melted  
1/4 teaspoon salt  
2 tablespoons honey

### Ingredients for Filling

1 package (8 ounces) cream cheese  
1/4 cup honey  
1/2 cup whole milk  
1 tablespoon lemon zest

### Ingredients for Sauce

4 ounces blueberries  
2 tablespoons white sugar  
1 teaspoon lemon juice  
1/4 cup water

## Directions

Prepare blueberry sauce by mixing blueberries, lemon juice, sugar and water in food processor for 3 minutes. Store in serving dish and refrigerate until ready to serve.

Prepare the crepe filling. In a medium bowl, using an electric mixer, blend cream cheese, milk, honey and lemon zest. Beat for 4 minutes on the highest setting so that honey and lemon flavors get a chance to dissolve into cream cheese.

Prepare the crepes. In large bowl mix flour, eggs, water and milk using electric beater. Next, add butter and salt. Beat until mixture is smooth.

In frying pan over medium heat, scoop  $\frac{1}{4}$  cup of batter into pan. Tilt pan in circular motion so batter coats pan surface evenly. Immediately sprinkle a few blueberries and couscous over the wet batter in the pan.

Cook for 2 minutes or until bottom of crepe is golden brown. Loosen crepe with a spatula to avoid tearing; turn and cook other side. Repeat until all batter has been used.

Spoon 2 tablespoons filling into each crepe. Roll and fold the crepes. Allow guests to spoon desired amount of blueberry sauce onto their own crepes.



# Amber Mountain Sfuf

Lava-like caramel sauce pours down from this mountain of sweet couscous. Honey and a mixture of pecans sautéed in brown sugar, sweetens this comforting desert.

## Ingredients

2 cups dry couscous  
4 ounces butter  
½ cup honey  
½ teaspoon saffron  
1 teaspoon cinnamon  
¼ teaspoon turmeric  
¼ teaspoon salt  
¼ cup dark raisins  
¼ cup light raisins  
½ cup crushed almonds  
¼ cup pecans  
3 tablespoons brown sugar  
1 tub whipped cream (brand is your choice)

## Ingredients for Caramel Sauce

1 package (12 ounces) individually wrapped caramels, unwrapped  
1 can (12 ounces) condensed milk

## Directions

In double boiler, heat caramels with condensed milk. Melt completely, then pour into serving dish. Set aside until ready to serve.

Cook couscous according to package instructions. Transfer to a large bowl.

In skillet, add 2 Tablespoons butter, pecans and brown sugar. Sautee until sugar dissolves into butter. Add pecan mixture to couscous. Blend well.

In skillet, add rest of butter, honey, raisins (dark and light) and bring to a simmer. Crush in saffron. Add cinnamon, turmeric and salt. Pour butter-honey mixture into couscous with crushed almonds and stir completely.

Arrange couscous by piling it high on large plate. Serve with caramel sauce. Serves 6.

The Prophet said (on the day of Idal-Adha), "The first thing we will do on this day of ours, is to offer the ('Id) prayer and then return to slaughter the sacrifice. Whoever does so, he acted according to our Sunna (tradition), and whoever slaughtered (the sacrifice) before the prayer, what he offered was just meat he presented to his family, and that will not be considered as Nusak (sacrifice)." (On hearing that) Abu Burda bin Niyar got up, for he had slaughtered the sacrifice before the prayer, and said, "I have got a six month old ram." The Prophet said, 'Slaughter it (as a sacrifice) but it will not be sufficient for any-one else (as a sacrifice after you). Al-Bara' added: 'The Prophet said, "Whoever slaughtered (the sacrifice) after the prayer, he slaughtered it at the right time and followed the tradition of the Muslims."

-- Narrated Al-Bara:, Volume 7, Book 68, Number 453, Bukhari



## Sweet Meats

Sweet is a relative term. The following meat recipes utilize honey and the natural sugars in fruits to deliver a refreshing alternative to main course meat meals. These aren't to be eaten as deserts, but they are a step up from the usual meat wagon.

## Sweet and Spicy Sambousas

Dried cranberries and cherries blend with spices to make this sweet and spicy ground meat a tasty filling for homemade fried pastry dough. Sambousas, a traditional Middle Eastern snack are a familiar treat during Ramadan, Eid Al Fitr and Eid Al Adha.

### Ingredients for Pastry Shell

3 1/2 cups white flour  
1 teaspoon salt  
1 cup butter

### Ingredients for filling

1 pound ground halal turkey or chicken  
2 green jalapeno peppers with heart and seeds  
12 pitted, sweet cherries  
1/4 cup dried cranberries  
1 teaspoon salt  
1/2 teaspoon black pepper  
1 teaspoon powdered cinnamon  
1/4 teaspoon powdered cloves  
olive oil

### Directions

In a large skillet over medium heat, add meat and peppers with 2 teaspoons olive oil; cook for 5 minutes. Add dried cranberries, cherries, cinnamon, cloves, and black pepper. Cook until meat is done. Set aside.

Prepare the pastry dough. In a large bowl, mix together flour, salt, baking powder, cornmeal, sugar, ginger and cinnamon. Cut in butter, mashing with

fork until mixture resembles coarse crumbs. Gradually add water, blending with fork until dough forms.

On a floured surface roll out the dough to 1/8 inch thick and cut with a round biscuit cutter. Gather dough scraps, re-roll and cut more circles until all dough has been used.

Spoon meat filling in the center of dough circle. Cover with second dough circle. Press edges of dough circles together with a fork. Brush edges with water to seal. Repeat until all dough circles have been used.

In a large skillet over medium heat, using oil to taste, fry the sambousas until crispy. Serves 8.

Forbidden to you (for food) are: dead meat, blood, the flesh of swine, and that on which hath been invoked the name of other than Allah; that which hath been killed by strangling, or by a violent blow, or by a headlong fall, or by being gored to death; that which hath been (partly) eaten by a wild animal; unless ye are able to slaughter it (in due form); that which is sacrificed on stone (altars); (forbidden) also is the division (of meat) by raffling with arrows: that is impiety. This day have those who reject faith given up all hope of your religion: yet fear them not but fear Me. This day have I perfected your religion for you, completed My favour upon you, and have chosen for you Islam as your religion. But if any is forced by hunger, with no inclination to transgression, Allah is indeed Oft-forgiving, Most Merciful.

-- Qur'an 05.003, translation by Yusufali



## Lamb in Sweet Clothing

Lamb and apples unite in this pleasing combination of lamb and apple's. Hardly anyone can argue that there is a better tasting fat on earth than that of the wonderful lamb. In this recipe, the rich lamb fats accentuate the natural apple's sweetness. This is one of the most pleasing meals to enjoy during the Eid holidays.

### Ingredients

6 large baking apples  
2 pounds ground halal lamb  
¼ cup breadcrumbs  
1 ½ teaspoons salt  
1 ½ teaspoons cinnamon  
2 teaspoons black pepper  
1 egg  
1 celery stick  
½ cup black raisins  
½ cup crushed walnuts  
2 generous handfuls of fresh Italian parsley  
1 head garlic  
1 jalapeno pepper  
1 teaspoon brown sugar  
3 tablespoons olive oil  
¼ cup fresh lemon juice  
1 ½ cup cooked white rice  
1 cup cooked brown rice  
1 teaspoon salt

## Directions

Preheat oven to 375 degrees F.

In medium bowl, mix white rice, brown rice, salt, ¼ cup raisins and ¼ cup walnuts. Stir until well mixed. Set aside.

Make apples into bowls by cutting top ¼ of apples off and hollowing out insides. Set apple tops and raw apple pieces aside. The sides of the apple should be slightly more than ¼ inch thick.

In large glass baking dish, pour olive oil and apple pieces. Stir until all apple pieces have been coated with olive oil. Set hollow, apple bowls in baking dish. Set aside.

In large bowl, mash ground lamb with egg, salt, cinnamon, black pepper, ¼ cup raisins, ¼ cup walnuts and bread crumbs. Set aside.

Peel garlic of skins. Mince garlic, celery stalk, jalapeno and Italian parsley in food processor. Add to meat.. Knead well with hands until all ingredients have integrated.

Spoon ¼ cup rice mixture into each apple bowl. Loosely stuff the remaining space in the apple bowl with ground lamb mixture. Repeat until all apples are stuffed.

Cover with foil and bake for 1 hour 40 minutes. In the middle of baking time, remove dish from the oven, and add 2 cups water, lemon juice and brown sugar to the bottom of pan. Stir and spoon liquid over each of the apples. Re-cover with foil and continue to bake until done. Serves 6.



## Fun Children's Recipes

No matter how old, children (both girl and boy) usually love to partake in food preparation. These easy recipes are a fun tradition to repeat year after year and can become a learning experience, not only in cooking, but in culture. The Biscotti-Meringue Mosque recipe especially unites lessons in baking and Islamic Architecture. With this involved family activity, who knows, maybe this will inspire your child to become a master chef or an architect!

# Handprint Cookies

Children ages 3 to 12 enjoy making these handprint cookies with multi-colored, shortbread-style cookie dough flavored with ginger. They enjoy eating their creative cookies almost as much as they enjoyed making them!

## Ingredients

4 cups white flour  
2 cups butter  
1 cup white sugar  
2 teaspoons lemon juice  
2 teaspoons ginger  
food coloring (3 different colors of your choice)

## Directions

Remove butter from refrigerator. Allow to sit at room temperature until softened.

Preheat oven to 350 degrees F.

With electric mixer, beat butter, sugar, ginger, salt and lemon juice until fluffy. Stir flour and mix well.

Separate dough into 3rds. Put each dough ball into its own bowl. Add a different food coloring to each bowl. Knead well until dough is uniform in color.

On ungreased cookie sheet, flatten out dough of one color. Have your child press their hand into dough. Cut around the hand print with a blunt knife, removing excess dough so that the only remaining dough is the hand print. Have you or your child take another color of dough and stuff pieces of dough between fingers and around the outline of the palm. Shape the edges round or

square. The result will be your child's hand print, surrounded by dough of another color, to form one unified 2 color cookie. Repeat until all dough has been used.

Bake for 10 - 12 minutes. Let cool. Take pictures of the project for posterity and then eat!

## **Designer Cookies**

If your children love play-dough then they will love colored cookie dough even more. This colorful dough can be sculpted, then baked in the oven. Your children will have fun eating their creations! Let them use cookie-cutters, forks and other clean objects to design anything they want.

### **Ingredients**

4 cups white flour

2 cups butter

1 cup white sugar

1 tablespoon rose water

food coloring (4 or more different colors of your choice)

### **Directions**

Preheat oven to 375 degrees F.

In medium bowl, mix together flour, butter, sugar and rosewater. Knead until ingredients are completely integrated. Separate dough into four separate balls. Apply food coloring of choice to each dough ball. Knead until color is distributed evenly. Allow children to put different colors together. Teach them how to press them down and transfer cookies to cookie sheet.

Cook 10 to 15 minutes. Let cool completely. Show them their creations. Take a picture. Eat and enjoy!

## Edible Peanut Butter Clay

Children love this edible version of clay. They can mold it, shape it and create a diverse array of shapes and objects. If they aren't sure what to do with it, give them some ideas. Ask them if they can make a ball, their favorite animal or a flower.

Due to the frequency and severity of peanut allergies in children, it is a good idea that this not be your children's first exposure to peanuts and peanut butter. If your children have tried peanuts, peanut butter and peanut oils before and they have not had a reaction, then have fun with this playful Ramadan and Eid snack. For children 3 or older.

### Ingredients

2 cups powdered milk

2 cups peanut butter

2 cups dry oats

½ cup Honey

white chocolate chips

### Directions

In large bowl allow your child to mix powdered milk, peanut butter, dry oats and honey until all ingredients are well integrated. Have them wash hands.

Meanwhile, lay out wax paper on table where your child can play with edible clay. Set bowl of white chocolate chips for him/her to use for decoration. When he/she is ready, let them play and eat! Stores for 10 days in airtight container in refrigerator.

# Candy-Drop Edible Clay

Colorful Candy-Drop Clay will add variety to other edible clays or will make a tasty substitute for Peanut Butter Edible Clay if there are allergies in the family. Candy-Drop Edible Clay can be divided and colored to give your children a rainbow experience! For children 3 or older.

## Ingredients

1 pound box of powdered sugar  
1/3 cup butter  
1/4 teaspoon salt  
1/3 cup corn syrup  
1 tsp rosewater  
Food coloring

## Directions

Mix butter, salt, corn syrup and rosewater. Add powdered sugar. Knead until smooth. Divide clay into 4ths and roll into balls. Add a different color to each ball, then knead until color is evenly distributed.

Lay out wax paper on table where your child can play with edible clay. When he/she is ready, let them play and eat! Stores for 14 days in airtight container in refrigerator.

## Biscotti-Meringue Mosque

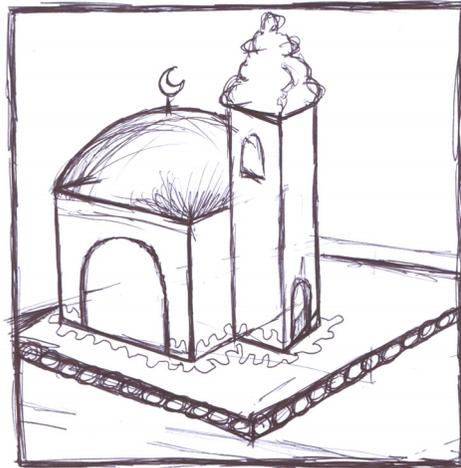
This Biscotti-Meringue Mosque adds even more fun to your child's Eid and Ramadan experience. Teach your children about beautiful, ingenious Islamic architecture. Review terms like arch, dome, minaret and mihrab

The recipe for this mosque employs the use of meringue domes, minarets, and a candy mihrab. The platform and structure of the mosque is made with biscotti. Archways are painted on with white chocolate frosting.

After you and your children have mastered this design, you can design your own mosque, adding and combining other concepts in Islamic architecture. There are many more glossary terms related to Islamic architecture at the site <http://archnet.org/library/dictionary>.

When you and your children have completed the mosque building project, take a photograph and put it in the photo album to capture a wonderful memory!

After you have built the Biscotti-Meringue Mosque, the final result should look something like the following illustration:



## **Ingredients for Biscotti Mosque**

2 ½ cups white flour  
5 eggs  
2 cups white sugar  
1 cup unsweetened cocoa powder  
1 teaspoon baking soda  
½ teaspoon salt  
1 cup crushed almonds

## **Ingredients for Meringue Dome and Minaret**

4 egg whites  
2 cups powdered sugar  
food coloring (optional)

## **Ingredients for Decorative Chocolate**

2 cups white chocolate chips  
1 tablespoon powdered sugar  
2 tablespoons shortening  
food coloring

## **Ingredients for Cement Frosting**

4 cups powdered sugar  
¼ cup butter  
2 tablespoons water  
Food coloring (optional)

## Directions

1. Make the biscotti that will be used as the platform and walls of the mosque.

Preheat oven to 350 degrees F. Grease baking sheet.

In large bowl, combine dry ingredients; flour, baking soda, salt, cocoa powder and sugar. Stir well with fork. Add eggs until ingredients are well moistened. Mix well. Mash in crushed almonds until well blended. Dough will be sticky.

Cover work-surface with wax paper. With extra sheet of wax paper in hand, press down dough until  $\frac{1}{4}$  inch thick and more than 10x10 in length. Cut out Platform (7"x4") with floured knife, using a ruler to measure. Ball up extra dough repeat, this time cutting out four 3"x3" slabs for the Dome Support. Do the same for the Minaret Supports (four 7"x1.5" slabs of dough). If you don't have enough dough to make all pieces, make one more batch of dough.

Transfer cut dough slabs to cookie sheet. Bake for 30 minutes.

Allow slabs to cool for 25 minutes. Preheat oven to 325 degrees F. Flip biscotti slabs over and bake for 15 more minutes. Turn biscotti over and bake another 10 minutes or until crisp. Cool completely. Set aside.

2. Make the meringues that will function as the dome and the minaret on the mosque.

Preheat oven to 200 degrees F. Grease baking sheet. Cut 3x3 inch and 1.5x1.5 inch squares of foil. Place them on baking sheet, evenly spaced. These foil squares will function as guides for when you shape your dome and minaret.

In large bowl, with electric beater, mix egg whites until foamy. Very gradually add sugar as you continue mixing. When stiff peaks have formed, transfer mixture to pastry bag.

Pipe meringue out onto baking sheet using a large round tip. Using the 3x3 inch foil square as a guide, shape the dome by creating a circle spiral and ascending to a point about two inches above the base. Make as many as you have created squares for on the sheet. (You will pick the best one for the dome, and reserve the remaining meringues for cookies to enjoy later). Shape the minarets in the same way, only using the 1.5x1.5 inch squares and building a taller, more triangular shaped meringue.

Bake for 2 hours, or until meringues are dry. Check meringues periodically to make sure they don't burn. Allow meringues to cool completely. Peel off and discard foil. Choose the best dome and minaret. Store the others in an airtight container at room temperature.

3. Make the cement frosting that will be used to hold the biscotti pieces together.

In large bowl, with electric beater, mix butter, food coloring and water until smooth. Gradually add powdered sugar. If too dry, add a spoon or two more water until mixture holds together and reaches spreading consistency. Beware; this frosting dries quickly.

4. Put the Biscotti Mosque together.

You will be cementing the Biscotti together with Cement Frosting that you made in one of the above steps. Put plate or baking sheet down onto which the Biscotti Mosque will be displayed. It must be a flat and even surface.

Place the Platform down first (7"x4" slab of biscotti). Spread Cement Frosting on the bottom edges and side edges of the Dome Supports (3"x3" slabs of biscotti). Set them on top of the Platform, leaving enough room to the side for the Minaret Supports. Add more frosting where the Platform and Dome Supports meet, as necessary. Hold with hand for 15 minutes, or until frosting sets enough for the Dome Supports to stand on their own. You should have, what looks like a square building without a roof, sitting on top of the platform.

Put Cement Frosting on the top edges of the Dome Supports. Stick on the Meringue Dome. You should now have what looks like a square building with a dome on top.

Now, put together the Minaret Tower. Spread Cement Frosting on the bottom and side edges of one of the Minaret Supports (7"x1.5" slab of biscotti). Spread more frosting along one full side. Mount the side of the Minaret Support to the side of the square building that faces the empty area of the Platform. Spread Cement frosting on the side edges and base edges of the remaining Minaret Supports. Fasten them together on the Platform. Hold for 15 minutes or until frosting sets enough for the Minaret Supports to stand on their own.

Put Cement Frosting on the top edges of the Minaret Supports. Stick on the Meringue Minaret. You should now have what looks like a square building with a dome on top.

5. Make the decorative frosting that will be used to make the mosque look like a tasty work of art!

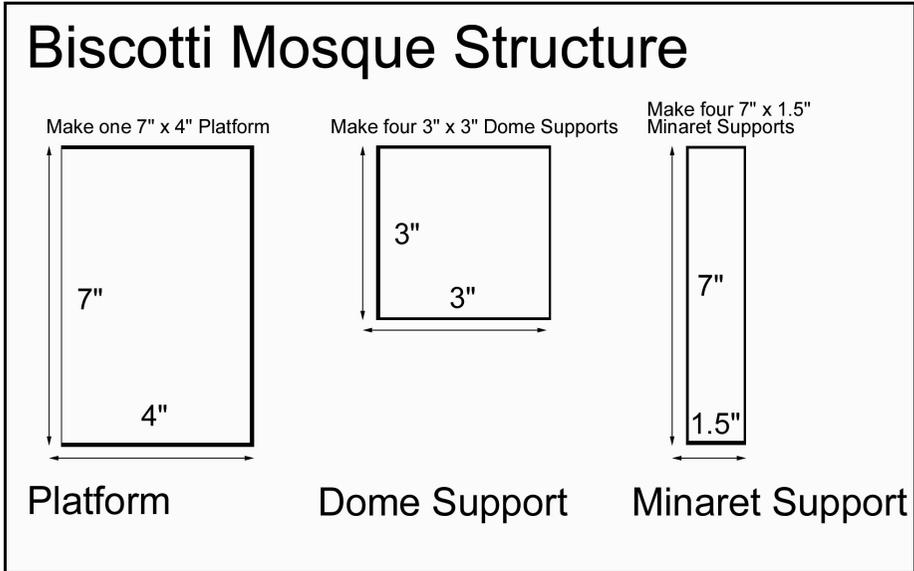
In double boiler or in microwave bowl melt chocolate chips. When chocolate chips are hot, remove from heat source and mix in shortening and powdered sugar until completely blended. Separate equally into separate small dishes and add food coloring of your choice.

Paint and decorate Biscotti Mosque and Platform by spreading and/or painting chocolate on to the biscotti. Add more cement and stick on small candy and cookies to make the mosque as ornate as you wish!

In the evenings, make a hot drink like cocoa, coffee or tea. Break off pieces of the biscotti mosque and dip them into your drink and enjoy!

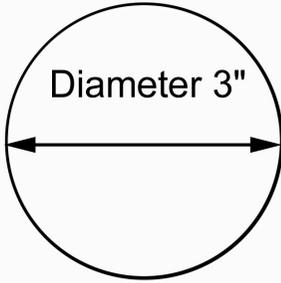
## Biscotti Mosque Architecture

The Biscotti Mosque architecture is simple. It consists of nine total pieces of biscotti and two meringue toppings. The following illustrations should help you understand the individual pieces that are required.

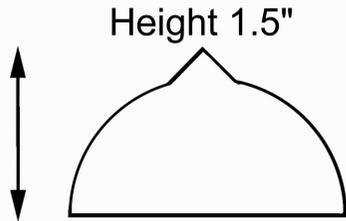


The platform is the base onto which the actual mosque is constructed. The Meringue Dome will sit atop the Dome Supports. The Dome Supports will make a square building upon the base. The Meringue Minaret will sit atop the Minaret Supports. The Minaret Supports will make a tall, rectangular building that will attach to the side of the square building.

# Meringue Dome



Mosque Dome  
Top View

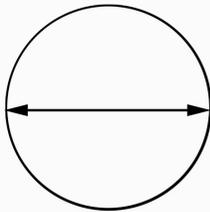


Mosque Dome  
Side View

The Meringue Dome will sit atop the Dome Supports.

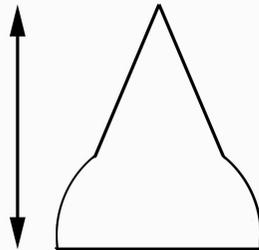
# Meringue Minaret

Diameter 1.5"



Mosque Minaret  
Top View

Height 3"



Mosque Minaret  
Side View

The Meringue Minaret will sit atop the Minaret Supports.

## **Islamic Architecture Glossary**

You can teach your children the following terms that will be relevant to this project.

### **Dome**

A dome is a series of arches that have been built together on a circular base. Structurally speaking, domes are very stable, but early builders had challenges when trying to place them over square buildings. Islamic architects innovated many solutions like corner squinches and the muqarnas (stalactite) vault.

### **Mihrab**

This is the ornamental station inside the mosque where the Imam leads the communal prayer.

### **Minaret**

This is the tower from which the Muezzin stands who calls the community to prayer.

# My Recipes







































