

A close-up photograph of a bowl of chicken noodle soup. The bowl is filled with a clear, golden-brown broth. In the foreground, there are thick, white, wavy noodles. On top of the noodles, there are several pieces of shredded, light-colored chicken. Fresh green basil leaves are scattered throughout the soup, with a large leaf prominently in the center. The background is slightly blurred, showing more of the bowl and some green leaves.

EASY RAMADHAN RECIPES

Curated from
Umm Maimoonah's
HS Support Group

UMM MAIMOONAH

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بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ

Assalaamu Alaikum

Alhamdulillah, this is a little recipe book that we put together to make it easy for the busy mums to make the most of Ramadhaan.

Our enthusiastic and vibrant mums at my Homeschool Support Whatsapp group shared some mouth-watering delicious recipes during one of our structured discussion sessions in the group.

The recipes shared by them were so tempting that we thought of compiling them with their permission and making it available as a digital easy recipe book to refer and enjoy cooking dishes from different parts of the world.

We hope this will inspire you to enhance your cooking skills and make the most of Ramadhaan by spending less time in the kitchen and allocating more time for Ibaadah to reap the benefits of Ramadhaan and build the personal connection with your Merciful Lord.

Of course, feeding the fasting family itself is a rewarding act and we hope this book would make it much more pleasant for you and your family.

My sincere thanks to all the sisters in the Homeschool Support group for sharing these recipes and my special thanks to my dear sister Umm Julaybeeb at [PurplePen Media](#) for compiling the recipes and helping with the design in order to make available in a digital format which looks so elegant and beautiful, Maashaa Allaah.

Have a Blessed Ramadhaan. May Allaah accept our deeds and strengthen us to reap the fruits of this "Grand Season".

Baarakallaah Feekum

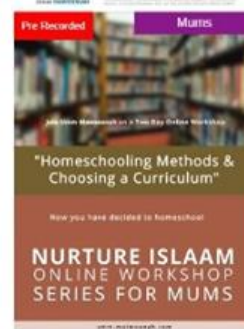
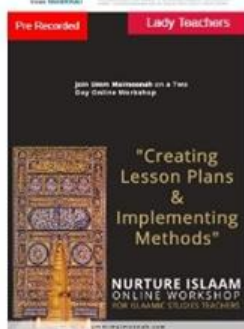
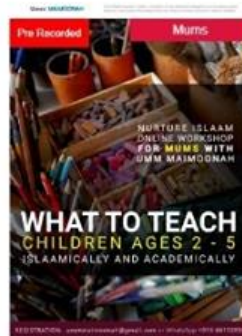
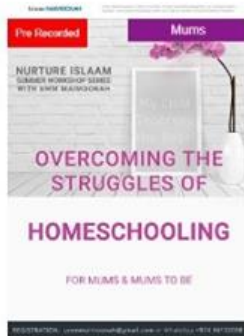
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Sweet Potato & Pumpkin Soup

| | |
|---------|--------|
| Cuisine | Season |
| Asian | All |

| | | | | | |
|-----------|--------|--------|----------|--------|------------|
| Served At | Prep | Cook | Ready In | Serves | Difficulty |
| Lunch | 10 min | 10 min | 20 min | 4 | 3/10 |

Ingredients

- 1 medium-size butternut pumpkin
- 2 medium sized sweet potatoes
- 1 large brown onion
- Ghee or coconut oil
- Salt + pepper
- Chicken or Vegetable Stock
- Coconut cream or sour cream



Preparation

- Peel and chop the vegetable into large chunks.
- In a heavy bottom large pot, heat the ghee and add the onion, sweet potato and pumpkin. Sauté until the onion is soft and brown and the pumpkin has become almost caramelised on the outside.
- Cover with just enough stock to just reach the top of the vegetables and leave to simmer until pumpkin and sweet potato is soft.
- Use a stick blender to blend it all together into a lovely creamy smooth soup! Add more water if it is too thick. Season with salt and pepper and add chili flakes if you like. Serve with a dollop of cream and some nice bread.
- You can also use it as a pasta sauce (a favorite for kids) with some Parmesan cheese.

Chermoula Chicken

| | |
|---------|--------|
| Cuisine | Season |
| Arabian | All |

| | | | | | |
|--------------|--------|--------|----------|--------|------------|
| Served At | Prep | Cook | Ready In | Serves | Difficulty |
| Lunch/Dinner | 30 min | 30 min | 60 min | 4 | 6/10 |

Ingredients

- Around 6-7 chicken pieces cut (600g) skin on or Off salt For the Chermoula sauce
- 1 1/2 tsp ground cumin or 2 tsp cumin seeds
- 1/2 tsp coriander powder or 1 tsp coriander seeds
- 1/2 tsp hot paprika 1 1/2 cup coriander leaves and stems
- 1 cup parsley leaves
- 1/2 cup mint leaves
- 4-5 garlic cloves
- 3-4 green chilli
- 2 tbsp lemon juice
- 1/4 cup + 2tbsp olive oil
- 1/4 tsp lemon zest for the gravy
- 1/2 chicken stock cube 500ml water OR 500ml Chicken broth 1 onion
- Chopped 1-2 garlic cloves chopped



Preparation

- Salt the chicken pieces on both sides and let it rest in the fridge. If using whole seeds, roast them slightly fragrant, then grind in a mortar and pestle
- Make the chermoula sauce by putting all the ingredients for the sauce in a mixture and blend till smooth
- Rub the chicken with around 1/4 cup of the sauce and let it marinate for at least 30 mins in the fridge.
- Keep the rest of the sauce for later.
- Dissolve stock.
- Preheat oven to Heat oil in a large size skillet
- add in the marinated chicken pieces and fry until both sides are nice and brown.
- pour in the stock and let it come to a boil.
- Turn off the heat and transfer the skillet into the oven for about 10-15 mins or till fully cooked.
- If your pan is not oven safe just lower the heat and finish cooking the chicken in the stove - itself.
- Remove from the oven and set the pan back on your stovetop and take out the chicken pieces.
- Add a little oil to the pan, sauté the onion and garlic.
- Add the rest of the stock.
- Now add in the rest of the marinade and cook it down till it darkens in color and reduces.
- When you get the desired consistency, place the chicken in the sauce and garnish with lemon slices and chopped coriander leaves.
- Serve with couscous or pita bread.

Quick Mini Pizzas

| | |
|---------|--------|
| Cuisine | Season |
| Italian | All |

| | | | | | |
|--------------|--------|--------|----------|--------|------------|
| Served At | Prep | Cook | Ready In | Serves | Difficulty |
| Lunch/Dinner | 20 min | 35 min | 45 min | 4 | 4/10 |

Ingredients

- Pizza dough
- Flour 4 cups
- Oregano 1 tbsp
- Salt ½ tsp
- Sugar 1tsp
- 2 tbsp olive oil
- Instant yeast 1 tbsp
- Yogurt 3 tbsp
- Milk Powder 3 tbsp
- Water (not cold not hot you can say lukewarm)



Preparation

- Combine all ingredients in a mixing bowl and pour water and mix it until everything gets mixed properly.
- Now put the dough on the worktop and add some plain flour and knead it quite a bit until the dough stops sticking on the worktop and keeps adding flour.
- Tip: I knead it roughly for 5 to 8 minutes quite hardly.
- Now put the dough back in the mixing bowl and brush the olive oil on the top and cover it with cling film and keep leaving it on the side. I usually put it near the stove so it gets heat from there and rises up quickly.
- After 30 minutes dough will rise to its double size.

Topping:

- Tomato purée 5 tbsp.
- Pizza or pasta sauce whatever is available at home 3 tbsp.
- Heat the pan add 1tsp of crushed garlic with 1 tbsp oil.
- Let it get a bit golden brown colour now add tomato purée and sauce in the pan.
- And some cumin powder, vinegar, coriander powder oregano and Italian seasoning and salt to taste.
- Now mix it and let it cook for about 5 min on medium flame.
- Sauce is ready.

Main Preparation

- Roll the dough and cut into small pizzas (I cut using mugs and cereal bowls).
- Spread the sauce on the top.
- Add some capsicums, sweet corns, tomato, olive and a lot of cheese on the top.
- You can add some left-over chicken on the other pizza.
- Sometimes I just lay ranch sauce on the top of pizza sauce and whatever chicken is leftover put on and layer it with cheese.
- Preheat oven for 10 minutes on gas mark 4.
- When you put the pizzas in lower it to gas mark 2 and let it cook for about 10 minutes.

White Sauce Pasta

| | |
|---------|--------|
| Cuisine | Season |
| Italian | All |

| | | | | | |
|-----------|--------|--------|----------|--------|------------|
| Served At | Prep | Cook | Ready In | Serves | Difficulty |
| Lunch | 10 min | 35 min | 45 min | 4 | 5/10 |

Ingredients

- Pasta
- Oil
- Mushroom
- Broccoli
- Chicken
- Organic Stalk
- Butter
- Spices
- Cheddar Cheese
- Mozzarella Cheese
- Oregano
- Paprika

Sauce Ingredients

- 2 tbsp Flour
- 1 Litre Milk
- Crushed Green Chilies
- Salt
- Pepper



Preparation

- Boil and drain pasta and keep aside. Run it under cold water and drizzle some oil over it.
- Stir fry mushrooms , broccoli, and chicken in some butter along with some organic stalk and spices according to your taste (you can add any veggies of your choice but just make sure to sauté them one by one depending on which one will cook faster)
- For the white sauce: sauté 2 tbsp of flour in butter (this should roast well) add about a liter of milk, crushed green chilies, salt and pepper (according to taste)
- Keep stirring till it thickens (the consistency should be runny because it will dry up when you bake along with the pasta).
- The stalk of the broccoli can be chopped steamed and blended into a paste and added to the white sauce.
- Now mix the boiled pasta and the veggies into the white sauce and season with oregano and other mixed herbs of your choice.
- Remove the pasta into a glass baking dish and top it with cheddar and mozzarella cheese.
- Sprinkle some paprika and bake till the top layer browns.
- (cheddar cheese can also be grated and added to the white sauce).

Musakhan

| | |
|---------|--------|
| Cuisine | Season |
| Arabian | All |

| | | | | | |
|--------------|--------|---------|-----------|--------|------------|
| Served At | Prep | Cook | Ready In | Serves | Difficulty |
| Lunch/Dinner | 30 min | 2 Hours | 2.5 Hours | 4 | 7/10 |

Ingredients

- Chicken thighs -- 12-14 pc
- Dried sumac -- 1/4 cup
- Ground cinnamon -- 1 teaspoon
- Ground allspice or cloves - 1/2 teaspoon
- Ground nutmeg -- 1/4 teaspoon
- Salt and pepper -- to season
- Olive oil -- 1/4 cup
- Onions, thinly sliced -- 3
- Arabic bread -- 2 large or 4 medium pieces



Preparation

- In a large bowl, mix together the chicken, sumac, spices, salt and pepper. Refrigerate and let marinate for at least 30 minutes, or preferably for several hours.
- Preheat the oven to 170C.
- Heat the olive oil in a large skillet over medium-high flame.
- Add the chicken, a few pieces at a time, and brown on both sides. Remove to a plate and set aside.
- Add the onions to the skillet and saute, stirring often, until the onions are cooked down and beginning to brown, 15 to 25 minutes.
- Line the bottom of a baking dish large enough to hold the chicken and onions with a sheet of Arabic bread.

- Spread half the onions over the bread, then place chicken over the onions. Top the chicken with the remaining onions.
- Cover the whole dish with the remaining sheet of arabic bread, tucking in the sides to seal the chicken in.
- Sprinkle the lavash bread with water to lightly moisten it.
- Place the baking dish in the oven and bake for 1 1/2 to 2 hours, or until the chicken is cooked through.
- If the bread starts to burn, cover it lightly with aluminum foil.
- Remove the dish from the oven and let it rest for about 10 minutes.
- Remove and discard the top bread and serve the chicken in its dish.

Mexican Chicken and Veg

| | |
|---------|--------|
| Cuisine | Season |
| Mexican | All |

| Served At | Prep | Cook | Ready In | Serves | Difficulty |
|--------------|--------|--------|----------|--------|------------|
| Lunch/Dinner | 10 min | 35 min | 45 min | 4 | 4/10 |

Ingredients

- 2 chicken breasts
- 1 bunch of spring onion
- 1 red capsicum
- 1 yellow capsicum
- 1 green capsicum
- 1 carrot
- 1/2 teaspoon of sugar
- 1 teaspoon of cumin
- 1 teaspoon of paprika
- 1/2 teaspoon of oregano
- 1/2 teaspoon of chilli powder (optional)
- Salt and pepper



Preparation

- Heat olive oil and add chicken, salt and pepper and cook.
- Add spices, if the spices are sticking to the pan add a tiny splash of water to avoid burning and mix.
- Once chicken is cooked then add vegetables, mix in and cook.
- Can serve with rice and beans, or as a base to burritos/tacos and top with cheese, carrot, lettuce, spinach, tomatoes etc

| | |
|---------------|--------|
| Cuisine | Season |
| Asian/Western | All |

Quick Bread and Cheese Snack

| Served At | Prep | Cook | Ready In | Serves | Difficulty |
|-----------|-------|--------|----------|--------|------------|
| Anytime | 5 min | 30 min | 35 min | 2 | 2/10 |

Ingredients

- 4 Slices of Bread
- Cheese
- Egg
- Bread Crumbs
- Butter or Oil



Preparation

- Sandwich a slice of cheese between 2 bread pieces.
- Cut into 4 pieces
- Dip each in egg solution followed by breadcrumbs.
- Shallow fry in butter/oil.
- Egg solution could be made spicy or sweet as per preference. For sweet mix, add an egg with little sugar and cardamom powder. For a spicy version mix egg with salt and pepper.

Cheesy Sweet Potato Snack

| | |
|---------------|--------|
| Cuisine | Season |
| Asian/Western | All |

| | | | | | |
|--------------|--------|--------|----------|--------|------------|
| Served At | Prep | Cook | Ready In | Serves | Difficulty |
| Lunch/Dinner | 10 min | 35 min | 45 min | 4 | 4/10 |

Ingredients

- Sweet Potatoes
- Mozzarella or Cheddar Cheese
- Pepper



Preparation

- Peel the sweet potatoes and cut in half lengthways.
- Boil with salt till cooked through.
- Place in an ovenproof dish with the flat side up and spread some slices of cheddar (or mozzarella) cheese on top.
- Sprinkle with pepper and grill until the cheese has melted or started to bubble.
- A quick, simple and filling snack that is somewhat similar to baked potato

Plantain with Coconut Cream

| | |
|---------------|--------|
| Cuisine | Season |
| Asian/African | All |

| | | | | | |
|-----------|--------|--------|----------|--------|------------|
| Served At | Prep | Cook | Ready In | Serves | Difficulty |
| Anytime | 10 min | 20 min | 30 min | 4 | 3/10 |

Ingredients

- Plantains
- Salt
- Sugar
- Cardamom Powder
- Coconut Milk
- Coconut Cream



Preparation

- Cut the plantain into halves.
- Then you remove the inner core.
- Arrange in a pot.
- sprinkle a pinch of salt and add a bit of sugar and cardamom powder depending on the amount of plantain you have.
- Then add coconut milk just a bit like one cup for 4
- Let it boil.
- Then add coconut cream to have creamy sauce.

Mahamri

| | |
|---------|--------|
| Cuisine | Season |
| African | All |

| | | | | | |
|-----------|--------|--------|----------|--------|------------|
| Served At | Prep | Cook | Ready In | Serves | Difficulty |
| Anytime | 45 min | 10 min | 65 min | 4 | 4/10 |

Ingredients

- 6 Cups of Flour
- 3/4 cup - Sugar
- 1/2tsp - Salt
- 1Tbs - Instant Yeast
- 1tsp - Cardamom Powder
- 4Tbs - Cooking Oil
- Coconut Milk



Preparation

- In a bowl mix 6cups flour, 3/4cup sugar, 1/2tsp salt, 1Tbs instant yeast and 1tsp cardamom powder
- Pour in the bowl 4Tbs hot veg cooking oil.
- Then mix well.
- Make a nice dough using coconut milk.
- Leave it for 45min to double the size.
- Then make round portions.
- Roll and cut into 4
- Arrange them in a tray or table and leave for 10min then deep fry.
- You can have them with meat/chicken/fish curry or beans sauce.

Sugar free Banana Oat Chocolate Muffins

| | |
|---------|--------|
| Cuisine | Season |
| Western | All |

| Served At | Prep | Cook | Ready In | Serves | Difficulty |
|-----------|--------|--------|----------|--------|------------|
| Anytime | 10 min | 25 min | 35 min | 4 | 4/10 |

Ingredients

Dry Ingredients

- Oats flour/ whole oats/ rolled oats 3 cups
- Baking powder 1 tsp
- Baking soda 1 tsp
- Salt a pinch
- Cinnamon 1/2 tsp

Wet Ingredients

- Well ripened bananas 3
- Coconut oil 1/2 cup (optional)
- Honey / maple syrup 1/4 cup (optional)
- Vanilla 1 tsp
- Eggs - 2 (or flaxseed egg for vegan option)
- Milk (low fat/skimmed/full fat/almond milk/coconut milk) 1.5 cups

Chocolate version- recipe's

the same- just change in oats level 2.5 cup oats

Half cup cocoa powder

Dark chocolate chips (optional)



Preparation

- Add all ingredients in a bowl.
- Mix them well.
- Bake 180 degrees C for 25 minutes

Pakoras

| | |
|---------|--------|
| Cuisine | Season |
| Indian | All |

| | | | | | |
|-----------|--------|--------|----------|--------|------------|
| Served At | Prep | Cook | Ready In | Serves | Difficulty |
| Anytime | 10 min | 35 min | 45 min | 4 | 6/10 |

Ingredients

- 1 cup Gram or all-purpose Flour
- 2 medium/large onions cut in thin strips
- 1 potato cut into thin strips
- 3 chillies finely chopped
- 1 handful coriander chopped finely
- 1/4tspn baking soda
- 1 tsp cumin powder
- 1 tsp of coriander powder
- 1tspn of curry powder
- 1 & 1/2 tsp salt
- 1 & 1/2 tsp garam masala
- (Any other spices u like)



Preparation

- Mix 1 cup of gram flour (used plain once and worked just as well) and coat ingredients
- Add 1 egg to bind ingredients.
- Take handful while shaping gently without tightly squeezing ingredients
- Fry on medium heat until golden brown
- Serve with mint sauce
- Blend handful of mint 3/4 chillies mix with natural yogurt and honey/sugar

Puri Pizza

| | |
|---------|--------|
| Cuisine | Season |
| Indian | All |

| | | | | | |
|-----------|--------|--------|----------|--------|------------|
| Served At | Prep | Cook | Ready In | Serves | Difficulty |
| Anytime | 10 min | 35 min | 45 min | 4 | 4/10 |

Ingredients

- 8 to 10 puri
- 1/4 cup pizza sauce
- 2 tablespoon finely chopped onion
- 2 tablespoon finely chopped capsicum
- 2 tablespoon finely chopped paneer
- 2 tablespoon boiled sweet corn
- 2 tablespoon finely chopped tinned pineapple
- 1 tablespoon finely chopped olives
- 1 teaspoon chilli flakes
- 1 teaspoon pizza seasoning
- 2 cubes cheese (cheeza cheese)



Preparation

- In a mixing bowl take pizza sauce and then add onion, capsicum, sweet corn, pineapple, paneer, olives and some of the chilli flakes and pizza seasoning.
- Mix well. Arrange puries in a serving plate, make a small hole in the centre and then above mixture into puri.
- Cover with grated cheese.
- Sprinkle some pizza seasoning and chilli flakes.
- That's it our super delicious Pizza Puri - Golgappa with Pizza Filling is ready to serve.
- For yummy melted cheese, place the serving plate in the microwave and micro for 30 to 40 seconds or till cheese melts.

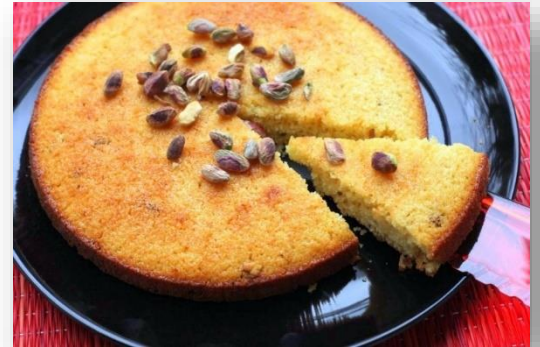
Semolina Cake

| | |
|---------|--------|
| Cuisine | Season |
| Arabian | All |

| | | | | | |
|-----------|--------|--------|----------|--------|------------|
| Served At | Prep | Cook | Ready In | Serves | Difficulty |
| Anytime | 10 min | 40 min | 60 min | 4 | 4/10 |

Ingredients

- Semolina- 2 cups
- Powdered sugar - 1 cup
- baking powder - 2 tsp
- Baking soda - 1 tsp
- A pinch of salt
- Oil -10 tbsp
- Curd - 1 cup.
- Vanilla essence - 1 or 2 drops
- Add 1 cup milk onto the ingredients



Preparation

- Add 1 and 2 and mix well in a mixing bowl.
- Then add 3,4,5. Mix again.
- then add oil and mix thoroughly.
- Add vanilla essence, add milk before refrigeration.
- Rest it for 30 minutes in the refrigerator.
- After that add curd to the mixture. Mix well to get a uniform mixture.
- Grease a baking tray and pour it onto the tray.
- Tap the tray once or twice to clear the small pores.
- Preheat the oven 180 degrees C and bake it for 40 minutes in 180 degrees C .
- Hope all of you will enjoy. (if needed you can also pour some sugar syrup over it to add to the taste)

Fried Plantain

| | |
|---------------|--------|
| Cuisine | Season |
| Asian/African | All |

| | | | | | |
|-----------|--------|--------|----------|--------|------------|
| Served At | Prep | Cook | Ready In | Serves | Difficulty |
| Anytime | 10 min | 10 min | 20 min | 4 | 4/10 |

Ingredients

- 2 ripe plantains (peeled and cut diagonally or round, into 1/4-inch-thick slices)
- 2 tablespoons oil (or more canola or vegetable oil for frying)
- Optional: sea salt



Preparation

- Gather the ingredients.
- Drizzle just enough oil into a nonstick skillet to coat the bottom of the pan and place it on medium heat.
- When the oil begins to shimmer, but not smoke, add plantains (work in batches) and fry for 1 1/2 minutes on one side, flip and cook for 1 minute on the other side.
- Remove plantains from the pan and drain on paper towels.
- Continue frying in batches until all the plantains are fried.
- Sprinkle lightly with sea salt to give a sweet and salty taste to your fried ripe plantains.
- Serve and enjoy!

Lasagne

| | |
|---------|--------|
| Cuisine | Season |
| Italian | All |

| | | | | | |
|--------------|--------|--------|----------|--------|------------|
| Served At | Prep | Cook | Ready In | Serves | Difficulty |
| Lunch/Dinner | 10 min | 35 min | 45 min | 4 | 4/10 |

Ingredients

- 1 box of Lasagne noodles
- 1 jar of pasta sauce
- Whatever add ins you want for the sauce (I use broccoli, ground beef, mushrooms, onion and garlic)
- 1 lb mozzarella
- 16 oz cheddar (or a shredded cheese you like)
- 1 container ricotta cheese (15 oz)
- 2 eggs
- Salt & pepper garlic and onion powder



Preparation

- Cook whatever mix-ins you want for your sauce.
- Add that to the sauce, season it how you like (I add a little sugar, salt, pepper, garlic and onion powder, basil, olive oil.)
- Shred the cheeses.
- Mozzarella is easiest to shred frozen.
- Boil the lasagne noodles in salted water until just done (or you can use no boil ones if you have them).
- Drain the noodles.
- Mix ricotta, eggs and seasonings.
- You will now have the sauce, ricotta mixture, shredded cheeses, and noodles.
- add a little sauce to the lasagne pan to keep the noodles from sticking.
- Layer the lasagne with (as you like), Sauce, Noodles, Ricotta cheese, Noodles .

- Continue until the pan is full, sprinkle the top with cheese.
- Cover with foil and bake for about an hour at 375 degrees.
- Take off the foil and let the cheese melt and get browned and bubbly for 15 mins.
- After this, I take it out to cool, and then cover the pan twice with foil to keep our freezer burning. If you like, you can cut the lasagne into pieces and freeze in a freezer bag.
- To reheat we take the entire pan out of the freezer (if I remember I let it defrost in the fridge, if it's late on the counter for a moment...) and bake it again at 375 for an hour.

Spinach and Chicken Soup/Stew

| | |
|---------|--------|
| Cuisine | Season |
| Asian | All |

| | | | | | |
|--------------|--------|--------|----------|--------|------------|
| Served At | Prep | Cook | Ready In | Serves | Difficulty |
| Lunch/Dinner | 10 min | 35 min | 45 min | 4 | 4/10 |

Ingredients

- 2 bags of chopped Spinach (approximately 600g)
- 500g Chicken breast (or any meat or fish you like)
- 3 Red bell peppers
- 1 Onion
- Ginger (thumb size)
- 1 or 2 Habanero pepper (alternatives chilli flakes or powder)
- 1/2 tablespoon Palm oil (alternative no oil or any other oil you like)
- Knorr Chicken Cubes



Preparation

- Season and cook your chicken breast as preferred (boiled, steamed, fried, roasted etc.)
- Whilst the chicken is cooking blend the red bell peppers, onion, habanero and ginger until coarse
- Pour the blended mixture in a separate pot for about 20mins on medium/high heat until reduced (leave the pot opened)
- Once reduced add in seasoning to taste as desired (I use salt, 1 Knorr cube, ground crayfish, curry)
- Add the palm oil and let it simmer covered for about 5/7mins (on low heat)
- Stir in the cooked chicken and let it simmer for another 5mins
- Stir in the washed chopped spinach and let it simmer for another 5mins (make sure you stir everything together properly)
- Taste and adjust seasoning as desired
- Take the pot off the heat and let it rest for a minute or two before serving. Enjoy.

Chicken Alfredo Lasagne

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| Cuisine | Season |
| Italian | All |

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| Served At | Prep | Cook | Ready In | Serves | Difficulty |
| Lunch | 10 min | 35 min | 45 min | 4 | 4/10 |

Ingredients

- Garlic
- Onions
- Spinach
- Parmesan Cheese
- Cheese
- Heavy Cream
- Ricotta
- Seasoning
- Pasta/Noodles/Lasagne Strips
- Stock
- Water
- Olive Oil



Preparation

- Make the sauce – In this Chicken Lasagna, the sauce is one with the filling. There's no need to layer them between each other, so it's easier and faster! Once you've got the garlic, onion, and spinach sauteed, add in the parmesan, heavy cream, ricotta, and seasoning. When it's at a simmer, set it aside.
- Cook the noodles – Next, you want to cook the pasta. Start by boiling it in a stock pot filled with water and add salt. Cook until the pasta is al dente. I also like to drizzle some olive oil into the pasta so it helps prevent them from sticking to each other.
- Assemble the lasagna- Usually, a lasagna has at least 3 layers and goes in the following order: Sauce, lasagna noodles, sauce, filling, and then cheese, you want to continue this pattern starting from the lasagna noodles again. For our chicken lasagna, you'll layer a little of the sauce/filling on the bottom, then noodles, sauce/filling, cheese, noodles, sauce/filling, cheese, until you've used up all the noodles. End with the cheese. You can bake at this point, or cover tightly and refrigerate or freeze for later.

- Lasagna bake time- Depending on if your lasagna is fresh or frozen, your bake time differs. Make sure to cover with aluminum foil until the last few minutes of baking to prevent the cheese from burning. For fresh lasagna– Bake in the oven at 350 degrees Fahrenheit for 30-35 minutes. For frozen– Bake at 375 degrees Fahrenheit for about 50 minutes.

Instant Oats Dosa with Coconut Chutney

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| Cuisine | Season |
| Indian | All |

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| Served At | Prep | Cook | Ready In | Serves | Difficulty |
| Lunch/Dinner | 10 min | 35 min | 45 min | 4 | 2/10 |

Ingredients

- 1 Cup Oats
- 1 Cup Oats Powder
- 1 Cup Rice Flour
- 1 Cup Fine Semolina
- 2 Tbsp Curd
- Salt to taste
- Water
- 1/2, cup oil
- 1 tsp Red Chilli Powder
- 1 tsp Chaat Masala
- 2 Tbsp Butter
- Some Chopped Coriander



Preparation

- Slightly roast and grind 1 cup of oats to a fine powder. In a big bowl put 1 cup oats powder, 1 cup rice flour, and 1 cup fine semolina. Add 2 tbsp curd and salt to taste, and enough water to make a thin pourable batter.
- For oil mix. Mix half cup oil, 2 tbsp butter, 1 tsp red chilli powder, 1 tsp chaat masala and some chopped coriander.
- Heat a nonstick pan and pour some dosa batter and let it form a shape. Drizzle some oil mix and cook till slightly crisp and golden.
- Serve hot with coconut chutney.

Mince Lamb Whirls

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| Cuisine | Season |
| Asian/Arabian/African | All |

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| Served At | Prep | Cook | Ready In | Serves | Difficulty |
| Lunch/Dinner | 10 min | 35 min | 45 min | 4 | 4/10 |

Ingredients

- Flour
- Yogurt
- Water
- Minced Lamb
- Cumin Powder
- Clove Powder
- Chopped Fresh Coriander
- Chopped Green Chillies



Preparation

- First get flour and mix with yoghurt and water to make a dough.
- Then get minced lamb, and add cumin powder, salt, coriander powder, chopped green chillies, cinnamon powder, clove powder, handful chopped fresh coriander. Mix.
- Then roll out the dough into a rectangle. Spread thin layer of mince mix onto the dough reaching all sides. Roll the dough (a bit like you do with cinnamon whirls to make a long cylinder).
- And cut into pieces and flatten a bit and put on a baking tray on greaseproof paper. Brush with some milk.
- And bake until lightly golden. Great for kids if you omit the salt and green chillies!

Creamy Fruit Delight

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| Cuisine | Season |
| Asian/Western | All |

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| Served At | Prep | Cook | Ready In | Serves | Difficulty |
| Anytime | 10 min | 5 min | 15 min | 4 | 2/10 |

Ingredients

- 2 Cups Whipped Cream
- Condensed Milk
- Apples
- Mangoes
- Bananas
- Grapes
- Cherries
- Strawberries
- Any other fruits



Preparation

- 2 cups whipped heavy cream mixed with condensed milk
- Add fruits like apple, mango, banana, cherries, grapes, strawberries are chopped and added to cream...
- And yummy and simple dessert is ready.

Talbina

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| Cuisine | Season |
| Arabian | All |

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| Served At | Prep | Cook | Ready In | Serves | Difficulty |
| Lunch | 5 min | 10 min | 15 min | 4 | 2/10 |

Ingredients

- Milk
- Barley flour
- Honey and/or dates



Preparation

- Wash and soak the barley overnight in water.
- Cook it in milk the next day (with the water), until the barley is soft and the mixture is a runny creamy consistency.
- Add honey and/or dates to sweeten.

Tips:

- For one bowl per person, you'll need one chopped date and a drizzle of honey.
- Best to use pot barley as it is more nutrients than pear barley.
- If you can find ground pot barley, that is great. Otherwise, grind the pot barley and then soak it in water. Though you may cook it a bit longer than store bought flour and pearl barley, it will insha Allah be more beneficial.
- Aisha (may Allah be pleased with her) used to recommend talbina for the sick and for which suffered too by a dead person. "She (may Allah be pleased with her) said:" I heard that the Messenger (sallallahu alayhi wa Salaam) said: "the talbina gives rest to the patient's heart and makes it active and helps relieve your pain and sorrow." [Sahih al - Bukhari (5325)].

Amala and Gbegiri

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| Cuisine | Season |
| Nigerian | All |

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| Served At | Prep | Cook | Ready In | Serves | Difficulty |
| Lunch | 10 min | 35 min | 45 min | 4 | 6/10 |

Ingredients

- Yam Flour (Elubo)
- 1 Cup Ewedu leaves
- 2 cups of Beans
- Locust beans
- 8 Scotch bonnets (ata rodo)
- 2 Bell Peppers (optional)
- Onions
- 8-10 Chilli Peppers
- 1 Cooking spoon Palm oil
- Ground Crayfish
- Seasoning cubes
- Salt to taste



Preparation

Step 1 (Gbegiri preparation):

- Peel beans using any technique you find convenient then wash thoroughly to remove skin residue. Next, pour peeled beans into a cooking pot with enough water to cook it soft. When beans are very soft, mash with a jute broom while still in pot or pour into a blender and puree into a smooth consistency.
- Pour pureed cooked beans into the pot; add blended peppers/onion, palm oil, seasoning cubes, ground crayfish and leave to cook. Taste for salt and add some more water if too thick.

Step 2 (Ewedu preparation):

- Put some water in a pot with a pinch of potash or bicarbonate soda and locust beans. When the water gets boiled add the thoroughly washed ewedu (jute) leaves and till when the leaves become soft (by that time the water will be slimy).

- Mash with jute broom or blend then add ground crayfish and a pinch of salt to taste. Allow to cook on low heat.

Step 3 (Amala preparation):

- Bring water to boil in a pot. Still on the stove, sprinkle in yam flour and turn with a wooden ladle till you've it smooth and solid.
- To ensure it's well cooked, add a bit of water, then cover to steam on low heat for about 3-5 minutes.
- Stir properly and your soft amala is ready

Egyptian Fool

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| Cuisine | Season |
| Arabian | All |

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| Served At | Prep | Cook | Ready In | Serves | Difficulty |
| Lunch/Dinner | 10 min | 35 min | 45 min – 6 Hours | 4 | 4/10 |

Ingredients

- Kidney Beans
- Garlic Cloves
- Salt
- Cumin
- Olive Oil/Tahini
- Lemon
- Chopped Fresh Tomatoes
- Chopped Coriander
- Boiled Eggs



Preparation

- We have a very traditional platter for Suhoor in Egypt.
- Its Egyptian Fool , it's very easy basic and easy recipe as long as you have the Egyptian beans.
- Soak the beans for at least one day
- Wash it, put the beans in a pot or slow cooker for 6 hours , we add garlic cloves one hour before turning off the stove .
- If you like it as a smooth paste , put it in the food processor with salt , Cumin, olive oil, lemon and Enjoy.
- you can use Tahini instead of olive oil and you will have another different taste.
- we sometimes add chopped Fresh tomato and Coriander, sometimes we add boiled eggs slices on top .
- we eat it with flat Egyptian bread or toasted toast

Fattoush

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| Cuisine | Season |
| Arabian | All |

| Served At | Prep | Cook | Ready In | Serves | Difficulty |
|--------------|--------|--------|----------|--------|------------|
| Lunch/Dinner | 10 min | 15 min | 25 min | 4 | 3/10 |

Ingredients

Salad

- Romaine lettuce, chopped in bite sized pieces.
- Cucumber, cut into ovals, and then halves(or really however you desire)
- Red cabbage, shredded
- Carrot shredded or diced (I diced them it's really a personal preference)
- Chickpeas.
- You can add/ swap the other ingredients with tomatoes, Pomegranates... etc.
- Play around with the salad and have fun.



Dressing

- fresh juice of 1/2 a lemon
- 3 Tablespoons of olive oil.

Pita chips

- 1 piece of pita bread or more depending on how crunchy you prefer the Fattoush to be.

Preparation

Dressing

- Combine olive oil and lemon juice ; let sit while you make the pita chips and prepare the salad.

Pita Chips

- Pre-heat pan on low.
- Cut the pita bread into small tiny square pieces. Add about a tablespoon of oil to the pan, toss the pita chips into the pan and continue to turn over until the chips are lightly toasted and brown, turn the gas off and place the chips on a tray to cool.

Salad

- Cut lettuce and prepare other vegetables
- Arrange into a large bowl
- Sprinkle with a small handfuls of pita chips (DO NOT ADD PITA CHIPS UNTIL READY TO EAT TO PREVENT SOGGINESS)

Serve

- Add pita chips to the salad right before serving

Disclaimer

- This is not a traditional fattoush recipe. I've adapted it to my liking and availability of certain ingredients.
- It's really a fun and healthy side dish.

One Tray, Hidden Veg Pasta with Sauce

| Cuisine | Season |
|---------|--------|
| Italian | All |

| Served At | Prep | Cook | Ready In | Serves | Difficulty |
|--------------|--------|--------|----------|--------|------------|
| Lunch/Dinner | 10 min | 35 min | 45 min | 4 | 3/10 |

Ingredients

- Chopped Onions
- Red capsicum
- Tomato
- Zucchini
- Garlic
- Carrots
- Herbs (dried or fresh),
- Salt and Pepper
- A little sprinkle of turmeric
- Pasta
- Water
- Olive Oil



Preparation

- Mix all the vegetables and herbs and coat with olive oil on the tray and roast until it's well done (I don't have a set time I just check it when I can between chores/activities)
- Boil water. Once boiled sprinkle with a bit of salt and add pasta.
- Once veggies are roasted take out and blend the ingredients, squeeze garlic out and blend that too.
- Add more salt or pepper if you feel that it is needed.
- If the sauce is a paste like texture, gradually add some water or olive oil until it's like a smooth sauce.
- If pasta is ready- strain it and pour veg sauce over the pasta, otherwise have the veg sauce on the stove to keep hot.
- You can store the veg sauce in a jar in the fridge and use later, 2-3 days max.
- Serve in a bowl and can sprinkle some fresh herbs or hemp seeds on top.

Nombu Kanji

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|--------------|--------|
| Cuisine | Season |
| South Indian | All |

| Served At | Prep | Cook | Ready In | Serves | Difficulty |
|--------------|--------|--------|----------|--------|------------|
| Lunch/Dinner | 10 min | 35 min | 45 min | 4 | 5/10 |

Ingredients

- 1 cup parboiled rice
- 1/2 cup moong dal (small yellow daal)
- 1 tbsp channa dal
- 1 tbsp green moong dal whole
- 1/2 tbsp methi dana
- Soak them for 1/2 or 1 hr
- 5 tbsp oil or ghee
- 3 cardamom
- 3 cloves
- 1 stick 3 inch size cinnamon
- 1 big thinly sized onion
- 2-4 green chillies depends on how spicy u are able to take
- 1/2 tbsp ginger garlic paste
- 1/2 tomato thinly sliced
- 2-3 bones of goat optional
- and 1/4 tsp haldi (If you are using the bones of goat or else omit haldi)
- coconut milk 1/2 cup
- Pudina and coriander leaves for garnish



Preparation

- You will need, slotted spoon, cooker, knife to cut, a cutting board.
- Put the cooker on fire and put some oil after you when it is heated up put the cloves elichi cinnamon stick and fry for few seconds and then add onions and green chillies (u

can add bones of goat and meat if you like and Haldi now or else omit this and carry on with the next)

- And fry them until they become translucent not brown then put ginger garlic paste then fry it till the smell of ginger garlic is gone by putting 1 tbsp water don't allow it to burn then tomatoes and then 7 -8 cups water and then put the rice and put the whistle up to say 10 or u can put on slow fire for 45 mins
- After the cooker is cooled down open it and see the consistency and put coconut water and if water is too much on high heat cook for a while or else on slow fire cook with coconut milk and add pudina and coriander
- Your Kanji is ready. This is a south Indian style porridge!

Blended Veg Soup

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|---------|--------|
| Cuisine | Season |
| Asian | All |

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| Served At | Prep | Cook | Ready In | Serves | Difficulty |
| Lunch/Dinner | 10 min | 10 min | 20 min | 4 | 2/10 |

Ingredients

- 200 g each of Potato
- Carrot
- Beans
- Cabbage
- Roughly chopped and boiled with 2 tomatoes and 2 onions.

Preparation

- Blend all Vegetables.
- Boil again.
- Add salt and pepper to taste (a stock cube and soya sauce are both optional.) You can add a tbsp of corn flour dissolved in water to thicken.
- Add some finely chopped celery and turn off heat.
- Fry finely chopped garlic and onion in butter till golden brown and add and serve.
- It's a really filling soup. Sometimes I replace potatoes with chickpeas Or pumpkin and it's yum too.



Mutabbaq

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|---------|--------|
| Cuisine | Season |
| Arabian | All |

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|--------------|--------|--------|----------|--------|------------|
| Served At | Prep | Cook | Ready In | Serves | Difficulty |
| Lunch/Dinner | 10 min | 30 min | 40 min | 4 | 5/10 |

Ingredients

Dough

- 1 Cup Flour
- 1 tsp Salt
- 1 tbsp Oil
- and 1/2 cup lukewarm water
- water will be added gradually

Meat

- 2 Eggs
- 200g Minced Meat
- 1 Tomato (Diced)
- 1 tsp Salt
- 1 tsp Cumin (Powder)
- 1 tsp Black Pepper (Powder)
- 4-5 Spring Onions (Leaves Only)



Preparation

Dough Preparation

- 1 Cup Flour 1 tsp Salt 1 tbsp Oil 1/2 cup lukewarm water
- water will be added gradually. The prepared dough should be neither hard or soft and it should not be sticky at all. let's put some oil let it rest for 30 minutes
- Even if you are kneading the dough with a machine or by hand make sure to add water gradually as all water will not be used.
- If you are preparing the dough with a machine it will take 3-4 minutes and approx. 9-10 minutes by hand. The prepared dough should be neither hard or soft and it should not be sticky at all.
- Now the dough is ready, let's put some oil and let it rest for 30 minutes. Resting the dough is very important .

Meat Stuffing

- 2 Eggs 200g Minced Meat 1 Tomato (Diced) 1 tsp Salt 1 tsp Cumin (Powder) 1 tsp Black Pepper (Powder) 4-5 Spring Onions (Leaves Only)
- Now let us prepare the meat stuffing for Mutabbaq
- start with 2 eggs and mix the following: 200g boiled minced meat, 1 small tomato seedless, 1 tsp Salt, 1 tsp Cumin powder, 1 tsp Black pepper, 4-5 Spring onion leaves only
- You can use more eggs, but it will make the pastry difficult to handle

Meat Bag

- Spread some oil on the mat take a small ball and roll with hands and then with a rolling pin The muttabaq sheet should be thinner make the dough thinner
- so we can see the surface under it add the meat stuffing in a rectangular shape.
- Fold all sides yay! muttabaq bag is ready to roll
- Now let's prepare the sheet for Mutabbaq filling, spread some oil on the mat, take a small ball and roll with hands and then with a rolling pin.
- The muttabaq sheet should be thinner which makes it crunchy. We will also make the dough thinner so we can see the surface under it, add the meat stuffing in a rectangular shape and fold it from all the sides.

Mutabbaq Final Stage

- Brush some oil on the pan now let's put mutabbaq on the pan carefully from the folded side Make a small hole using a toothpick to release the steam so it can cook properly takes 2-3 minutes each side for filling to cook properly takes 2-3 minutes each side for filling to cook properly mutabbaq is ready and the filling is cooked properly cut into pieces and serve with green chillies and lemon
- Brush some oil on the pan; now let us put mutabbaq on the pan carefully from the folded side.
- Make a small hole using a toothpick to release the steam so it can cook properly during cooking as it will cook from both sides evenly.
- Usually, it takes 2-3 minutes on each side for the filling to cook properly.
- Once mutabbaq is ready and the filling is cooked properly inside, then cut into pieces and served with green chillies and lemon.

Harees

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| Cuisine | Season |
| Arabian | All |

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|-----------|--------|---------|-----------|--------|------------|
| Served At | Prep | Cook | Ready In | Serves | Difficulty |
| Anytime | 15 min | 2 Hours | 2.5 Hours | 4 | 3/10 |

Ingredients

- Lamb with bones or beef -1 pound
- Pearl barley or pearl wheat- 2 1/2 cups (soaked overnight or 2 hours)
- Salt -1 teaspoon or to taste
- Black pepper- 1/2 teaspoon
- Boiling water - as needed
- Unsalted butter- 125 g



Preparation

- In a big pot add meat and cover with water. Bring to a boil and skim impurities. Cover and cook 2 hours.
- Keep skimming impurities as needed. Can cook barely in another pan with water. When meat tender, remove any bones.
- When barely is ready; to the meat add cinnamon stick, salt, black pepper and the barely. Lower heat and cook 2 hours or until ready.
- Then remove cinnamon stick. Should have a sticky, stringy, porridge like consistency. Stir and mash as you go or use a hand blender. But remember to leave some texture.
- Take another pot, put it on medium heat and melt the butter. Cook the butter so it boils and then becomes foamy and then the foam subsides. (Lower the heat in the process if worried the butter might burn). Sprinkle the butter (ghee) onto the Harees.

We hope you enjoyed the recipes.

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