

Al – Murshid Lil Amala Al-Manziliya –English Guide for Domestic Workers



عناية بالطفل



أطباق متنوعة

عناية بالمنزل



البيت الكويتي



إسعافات



IPC

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Al – Murshid Lil Amala Al-Manziliya –English

GUIDE FOR DOMESTIC WORKERS



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Preface

Dear Sisters,

All praises are due to Allah, the Almighty, who guides whomever He wills to the path of eternal bliss and happiness through the wonderful example of His beloved messenger and prophet, Muhammad (pbuh) whom He entrusted with His noble Message.

We at the IPC – Women Affairs Department - are glad to present to you the first edition of the book entitled “The Guide for Domestic Workers,” hoping that it will serve as a real guide, teacher and a helping hand in whatever you need regarding work in Kuwait.

Worthy mentioning is that it is not an ordinary Recipe Book because it contains the following :

Abiding by Islamic code of conduct and being mindful of Allah (SWT).

To Abide by Islamic morals and manners.

How to deal with Kuwaiti customs and traditions.

Teaching Purity and Prayer.

Home Instructions.

How to care about children.

First Aid.

Different Dishes.



مرحباً بكم في الكويت Welcome to Kuwait

Dear sisters,

You are warmly welcome to Kuwait; your second home. You should know that you are privileged to be here as many people around the world crave to live and work in Kuwait.

Kuwait is a very peaceful country compared to other countries in the region. Do not be worried. You will find many Kuwaitis very religious, humane and modest. As such they will treat you with kindness, care and consideration.

As the fate has necessitated that you work in Kuwait, please find herein some invaluable pieces of advice that will help you find work easily in Kuwait:

- 1-Try to characterize yourself with honesty, truthfulness, patience, cleanliness, sincerity, ect. Make sure you take care of your body to keep it healthy and attractive. Good health cannot be compromised For health is the most precious blessing of God endowed upon mankind that you can mostly enjoy.
- 2-You should always feel the presence of Allah-be afraid and shameful of Allah as though you see him –and if you don't see Him He definitely sees you .For He is the Omniscient.
- 3-Don't be disgruntled for being here; it is the plan of God that made you come here. So, be practical. rational and considerate. Nothing happens without the will and proposition of God. Your presence in Kuwait may be for your benefit sooner rather than later.
- 4-Be wise enough to learn how to adapt to the climate and environment and try your best to love all the people around you. Love is like a two-way street – in as much as you give it, you will receive it. Bear in mind that if you do something good you will get the rewards here in the world and in the hereafter.
- 5-Be perfect, punctual and accurate in whatever you do. Do unto people what you would like to be done unto you.

نصائح وإرشادات عامة General Advices and Instructions

Prophet Muhammad (PBUH) said: “Every one of you is a caretaker and every caretaker will be questioned about those he was responsible for A servant is a caretaker of her master’s wealth and will be questionable about that.”

Our Sister in humanity, you are not living with a Muslim family that adheres to customs and traditions that may seem strange to you. So try to understand them and then acclimatize to them so as to lead a happy and comfortable life. In this book, our aim is to expound to you some aspects of the local culture, the most important of which is trustworthiness as per the aforementioned saying of Prophet Muhammad (Peace be upon him.) Following are some of the areas in which to exercise God-consciousness:

- **Children:** You are responsible in from of Allah – in the first place – for the nursing and taking care of children. Under no circumstances should you inflict corporal punishment upon them. You should rather patiently persevere and observe kindness when dealing with them. Regarding naughty and hyperactive children, inform their mother immediately of their misbehavior. She will take necessary steps – according to her knowledge and experience – towards disciplining them.
- If your employer leaves you with children in a games corner of any co-operative society for shopping, be attentive to the children and avoid chitchatting with your friends. Be aware that the safety of those children should be given preference over other issues. They are a trust in your hands.
- If there happens to erupt any problem between you and the children, don’t hesitate to refer to the housewife who find a due effective and sustainable solution.
- Should there be any handicapped child in the house, try your best to learn how to deal with them. Remember always that such kind of special needs children – and others – is a trust in your hand; Allah is watching over you in how you deal with them and you will be accountable for that on the Day of Judgment. You should pay a raft attention towards those children as they need special care and treatment.

نظرة في البيت الكويتي

An Overview of Kuwaiti Homes

- 1- Sanctity of Homes:** Strangers are not allowed in a Kuwaiti house unless inhabitants are present.
- 2- Weekly Gatherings (Az-Zawara):** Among the traditions and customs passed from generation to another in Kuwait, is every family's desire to maintain the aforementioned gatherings as well as continue to communicate with family members on a regular basis as one of the means of strengthening familial bonds.
- 3- Dress Code:** Females in Kuwait are keen to wear decent clothes as they are required to wear a head cover and scarf making sure that the dresses are not transparent, tight fitting, or cleaved.
- 4- Gatherings at the dining table:** Every Kuwaiti family tries its best to make sure that all household members gather around the table to enjoy the meal together.
- 5- Family Management:** A husband is the naturally appointed head of the family. As such, he is entrusted with the process of decision-making after due consultation with his wife and adult children – if he has any.
- 6- Size of the Kuwaiti Family:** A Kuwaiti family is traditionally made up of a father, mother, grandmother and children. However, the size of any family differs from family to family.
- 7- All family members should abide by moral constitution that helps strengthen relations between them;** such as: honesty, trustworthiness, respect, appreciation of one another's good deeds, kindness towards the young, taking care of others' private property, moderation in expenditure and modesty in talking.
- 8- Being merciful towards one another and to be united in solidarity.** As such, every Kuwaiti family tries its level best to contribute to each other's welfare as well as being interconnected and communicate regularly with each other. They also try their best to interconnect with their neighbors inasmuch as they do the same to their kith and kin. They join them in happiness and sadness and render a helping hand when the need arises.
- 9- The family leader is always keen to inculcate the value and tenets of Islam into the minds of his household members. Following are some of the magnanimous principles and tenets of Islam:
 - (a) Taking children to observe prayer in mosque.
 - (b) Fasting during the auspicious month of Ramadan.
 - (c) Exchange of complimentary statements and congratulations on Islamic and other occasions such as Ramadan and the two Eids.

العادات والتقاليد الكويتية

Kuwaiti Culture

In public, Arabs behave conservatively. Display of affection between spouses is nonexistent. It is a private society and display of one's feelings is kept private. You will also notice that laughter and joking in public is toned down, which is not the case in private gatherings. Arguments between spouses, friends, and people in general are also kept private or conducted in a way that guarantees no one else is aware of it. When you are visiting your Arabian host's office or home and you are introduced to a female worker or a female relative of your host, in all cases you should not greet her with a kiss. If the woman extends her hand to greet you, you may shake her hand; otherwise greeting with words only is appropriate.

Kuwaitis appreciate it when a visitor uses common Arabic greetings and expressions of politeness. Kuwaitis give freely of themselves and their possessions, which is an outgrowth of the third pillar of Islam or almsgiving. They do not look for thanks-their hospitality is sincerely offered without conscious awareness of gaining anything in return. A Kuwaiti believes in doing for others as he expects they will eventually do for him. Genuinely they try to make any guest feel at home, but they especially enjoy entertaining foreign guests. Be yourself and enjoy their hospitality and do try all the food! Kuwaiti hospitality can be somewhat overwhelming to the Westerner, but this is not pretentiousness on the Kuwaiti's part. A host is expected to always offer his guest the best and the most of everything. Even the shortest visit to a Kuwaiti home or office will involve drinks and/or snacks. As general rule refreshment are served without asking-it is simply understood and done.

During the leisure hours after a day's work, men are most likely to be found visiting in the "diwaniya," When invited to a Kuwaiti home, find out beforehand if the invitation is for both husband and wife, since an invitation to a diwaniya (a room where they gather to talk, play cards, watch TV or videos or just relax from the day's pressures) is generally for men only. It is common for a foreign male visitor to be invited to the home of a Kuwaiti colleague where the host and a few male guests will dine. Although the Kuwaitis are very informal at home among themselves, the opposite is true in front of strangers. When entering a Kuwaiti home, notice if there are shoes outside the door. If everyone has removed their shoes, you should comply out of respect. In the diwaniya it is customary to remove one's shoes before entering. Upon entering a room, it is always polite to give the general greeting of "Assalam A'laikum." The response will be "A'laikum Assalam." Whenever a newcomer enters the room, everyone rises to greet him. Each person introduces himself as the new arrival proceeds around the room, usually beginning on the right. Often the host will perfume his guests with bakhour, sandalwood incense that one wafts into the hair, and rosewater, which is sprinkled on the hands. After the arriving guests have greeted everyone (if the gathering is co-educational,) the ladies will usually sit with the other ladies apart from the men, unless the family is very westernized or you are a very close friend of the family. Kuwaitis are very enthusiastic in greeting friends. Persons of the same sex will kiss each other on both cheeks with some repetition for those especially close to them. A number of formal salutations will be offered and returned between greeters at almost the same time. Traditions of courtesy dictate that greetings are repeated several times, along with expressions of welcome and concern for the family's health. One does not ask specifically about the women and female children of the family unless your relationship

is very close. A handshake is extended for a more formal or a first time greeting. Some extremely conservative men will not shake hands with a female, and likewise, neither will an extremely conservative woman extend her hand to a male other than relatives. Remember that one always stands for greetings and introductions. An invitation to a meal is always an elaborate affair on the part of the Kuwaiti host. Since dinner is served extremely late in Kuwaiti homes, conversation and visiting are done before the meal. Kuwaiti eating habits vary with the lifestyle of the individual family, according to those who may be present, and the nature of the occasion. Informally Kuwaitis traditionally eat with their right hand, gracefully folding the food with their fingers into thin Arabic bread. In formal dining arrangements, the Kuwaitis favor Western-style of dining since cleanliness is a very important aspect of the culture; hands are always washed before eating. The meal begins with the words “Bismillah” (in the name of God). Like all Muslims, Kuwaitis do not eat any form of pork and refrain from alcohol. Lamb, fish, chicken, rice and thin Arabic bread are the basic staples, but a meal would not be complete without fresh vegetables, salads and fruits. The guest is served first, with the host often placing what he considers a special portion on the guest’s plate. The host will continue to refill the guest’s plate as long as the food is completely eaten. When food is left on the plate and eating has stopped, the plate will no longer be refilled. Usually fruits are offered after the main course.

After dining everyone washes their hands and adjourns to another room where choices of hot tea; the thick, sweet Turkish coffee; the thin, bitter, cardamom-flavored Arabic coffee; or cafe au lait (commonly known as ‘Nescafe’) are offered usually with sweets. When Arabic coffee is served, it is to be completely finished. The host automatically refills the tiny china cup until it is swayed back and forth to indicate no more is desired. The tea is served in the customary small glass cup and saucer. The cup is filled to the rim with the spoon resting on the saucer. Leaving the spoon in the glass is taken as a sign of wanting the guest to depart quickly. Again the cup is refilled automatically until the guest signals that he has had enough. Coffee is the sign that the evening is over and guests are to leave.

The proper host will try to dissuade his guests, but it is polite to decline. Generally speaking Kuwaitis are more reserved in their social relations than Westerners. Avoid direct questioning that may prove an embarrassment if a reply were to be given. Kuwaitis are very astute about the world around them and deeply interested in world issues and usually express themselves freely on all issues. On most occasions men and women will sit separated from each other, such as at weddings, funerals and gatherings of unrelated people.



مبادئ السلوك الاجتماعي في الكويت

Social Norms in Kuwait

Relations between individuals in Kuwait and elsewhere can be more harmonious if certain rules are adhered to. If you take the time and effort to get to know Kuwaitis. You will discover and experience their own special charm. Neither friendship nor business can be rushed, and it is worth talking time to learn something about their customs in order to be venerated guests in the country. The following “do’s” and “don’ts” will help you learn how to deal with Kuwaitis as well as spare you a culture shock. or an embarrassing situation

Outline:

1. The Kuwait Home
2. Hosting a Local
3. Men Vs. Women in Public
4. The Workplace
5. Call and Conversations
6. Hand signals
7. Simple English for Communication

1. The Kuwaiti Home

- a. Take off their shoes upon entering
- b. Greeting of peace to the inhabitants
- c. On first visit take a gift: flowers, sweets, decorative item
- d. Expect constant flow of drinks. Minimally, accept first serving of each.
- e. You may be seated at the floor to eat around a communal serving
- f. You may be separated from you spouse (each of you take a cell phone)
- g. The host must prove his esteem of you by offering you the best of what he has and the most he can afford. You may hurt your hosts’ feeling if you refuse anything served to you, so if you can’t accept it, be positive anyway, saying, “Maybe in a while “otherwise praise his generosity and kindness.
- h. Avoid eating with the left hand as it is generally used for personal hygiene and is there considered dirty.

- i. Avoid admiring specific items in the house, but be general in your praise.
- j. The burning of incense usually signals that it is time to go. Wait 5 minutes and make your exit.

2. Hosting A Local

- a. Specify who is invited, but don't be shocked if they bring an extra guest or two.
- b. Cook a variety of food and more than you expect to eat.
- c. Don't serve alcohol or pork products.
- d. Remove pets from the room (except birds or fish)
- e. Expect your guests to be a little late; they allow extra time for hostess to prepare.
- f. Kissing and hand shaking is expected within genders. Plenty of "welcome"s will make the guest at ease.
- g. If they bring a gift, thank them and put it aside until after they leave. If they bring food, add it to your meal. If it is sweets, you have the choice to serve it or not. If you only have one choice of dessert, do offer it.
- h. Offer food and drinks repeatedly, as your guest may shyly refuse the first time.
- i. Serve with the right hand (i.e. hand them something with the right hand.)
- j. Have nuts, chocolates, etc. on hand to offer in turn after the meal, desserts, coffee/tea.
- k. As long as you offer food, drinks, sweets, your guests will stay longer. (A longer gap in service will indicate that it is time to go).
- l. Hosting Kuwaiti at a restaurant is acceptable if your home environment is not suitable. Avoid awkward moments when the check arrives by having a credit card ready.

3-Men vs. Women in Public

- a. Men will often yield to women in roads, queues, etc. It is not necessary to do so, but don't be upset if it happens, since it is customary.
- b. In public activities, women should:
 - 1. Consider your dress. Knee-length trousers and a shirt that covers your hips would be best for sport activities outdoors.
 - 2. Consider the place. Avoid secluded places and opt for places like the whole beachfront starting with the Scientific Center till the Seif Palace in Kuwait City. Public parks are also OK

3. Consider the time - .avoid going out along after dark or before work hours.
4. Take a cell phone. If you feel uncomfortable, call a friend (or pretend to)
5. If you're being harassed in your car, write down the license number of the offender – make sure he sees you.
6. Avoid talking to or making contact with flirtatious men.

4. The Workplace

- a. Allow for tardiness
- b. Allow for small before business
- c. Provide refreshments: tea or sweets or both
- d. Avoid meeting during prayer times
- e. Don't offer to shake hands with a Muslim woman unless she does so first
- f. Don't be surprised if you are kissed or hugged by someone of the same gender. Prolonged handshake or taking you by the hand or arm when walking somewhere is also common.
- g. When meeting with a Muslim of the opposite sex do not close the door, but leave it open. Seclusion may make them uncomfortable.

5. Calls and Conversations

- a. Call on holidays and important occasions with your greetings.-Start calls with a good greeting and some general small talk.
- b. Ask about one's "family"-don't talk about personal matters such as divorce .Expect that religion and politics might be discussed.
- c. Suppress yawning as much as possible. When inevitable, hold the palm of your left hand or the back of your right hand over your mouth, and avoid making any sound.

6. Hand Signals

- a. Putting the tips of the fingers and thumb together and moving the hand up and down slowly means, "Wait" or "be patient, please."
- b. Putting the fingers together and pointing down –wards when beckoning someone means," Come! Do not beckon with one finger upward as this has an offensive connotation in Arabia.
- c. If an official stretches out his palm and draws a line on it with the tip of the other palm, it means, he want to see your passport or ticket or any other necessary document.

7. Simple English for Communication:

Use clear simple English words and avoid idioms as they may be misunderstood. Avoid idioms and technical terms such as:

- a. Oedipus Complex:** n (In Freudian theory) the complex of emotions aroused in a young child by an unconscious sexual desire for the parent of the opposite sex.
 - b. Haggard:** tired in the Canadian dialect.
 - c. Don't take the micky:** Don't make fun.
 - d. You are pulling my leg:** joking
 - e. Pull up your socks:** work hard.
 - f. He has gone bonkers:** He became crazy.
 - g. Adam's Apple:** a projection of the front of the neck formed by thyroid cartilage of the larynx. Often prominent in men.
 - h. Drop one's bundle:** Australian / Newzealandi = go to pieces.
 - i. He swallowed the bitter pill:** Put up with or tolerate.
- Finally:** give optimistic outlook, since most Kuwaitis are well-traveled, aware of other culture and gracious hosts and guests.

المحافظة على ممتلكات الأسرة Safekeeping of family property

- Before using any appliance in the house (telephone, tape recorder, vacuum cleaner or broom or else,) take owner's permission first as this will indicate your good manners and refined character.

If you are asked to wash clothes or clean electrical appliances or kitchenware, try your best not to break or spoil any of them. If it so happens accidentally that you broke any of them, inform the house wife as soon as possible. Avoid lying under any circumstances.

- Try to be moderate and avoid extravagance. Immoderation and stinginess are among the condemned vices in Islam. As such, avoid wastage of the following:

1- Water:

- Do not leave water gushing out of a tap without any reason.
- Use a reasonable quantity of water when washing cars or cleaning a courtyard or irrigating plants.

2- Electricity:

- Do not leave lights on in the house without any reason.
- Do not leave air conditioners, heaters, fans, etc, operating when you don't need them.

3- Food stuffs:

- Do not cook big quantities of food that the household cannot eat up.
- Do not dump extra food in a garbage bin but rather preserve them employing the safest methods.
- After buying fruits and vegetables, categorize them in that you keep the good ones in the fridge and dump the damaged or rotten ones.
- If the house wife of foods that you like and those you don't in order to avoid the cooking of unwanted food.

كيفية المحافظة على البيت الذي تعيشين فيه

How to take care of your homes

You are now a member of the family that you work for. As such, all the means of a decent life are at your disposal. Therefore, be grateful to Allah Almighty by constant supplication and thanks as well as feeling the presence of Allah, which will deter you from misbehaving. We would like to narrate to you a story that happened during the time of Prophet Muhammad (Peace be upon him). It was reported that Abdullah bin Dinar said: I traveled with Umar bin Al-Khattab (the second caliph in Islam) to Makkah, on the way we fell tire and decided to rest. As we were resting, a shepherd descended upon us from a hill and the following dialog ensued:

- **Umar:** Could you sell me a sheep from this flock?
- **Shepherd:** the flock belongs to my master.
- **Umar:** You will tell her that it was snatched by a wolf.
- **Shepherd:** I can lie to her and she will believe me. But where is Allah? Alluding to the fact that Allah watches over everyone.
- **Umar:** Cried... in the following day he went to the master and paid her to set free the shepherd.



- Do not allow strangers to enter your employer's house without his/her permission so as to avoid problems in the future.
- Do not eat any foodstuff in the house without your employer's permission.
- Avoid curiosity as it will benefit you nothing. Besides, it may arouse your employer's resentment.
- Do not disclose home secrets and problems between the household/family members to your friends whatsoever. Be aware that you are entrusted with the task of maintaining the house in which you live and work. So keep it sacrosanct.
- When visitors come to your employer's house, open the door nicely and politely and welcome them graciously, then serve them cold drinks and snacks if available. Avoid interfering into their conversation until their host arrives.
- Should your employer's guests be accompanied by children, and asked you to keep an eye on them, do not nag or growl. For treating a visitor hospitably is among the virtues that Islam promotes.
- When your employer travels and you are left in one of his relative's house, respect them and never complain about that. Avoid disclosing secrets of that house in as much as you avoid doing so regarding your employer's house. You must not be involved in kindling fires of discord and disputes among family and household members of that house. During various occasions in which families meet each other and friends, cooperate with them all wholeheartedly and don't cause problems between them.



كيفية التعامل مع كبار السن (المسنين)

Dealing with The Elderly

Muslims strongly believe that it is imperative upon them to give parents their due rights. As such, parents must be obeyed, respected and taken care of as it is part of worshipping Allah Almighty. Filial dutifulness is among the aspects of worship in Islam. Allah says: **“Your Lord has decreed that you worship none but Him, and that you be kind to parents. Whether one or both of them attain old age in they life, say not to them a word of contempt, nor repel them, but address them in terms of honor. And out of kindness, lower to them the wing of humility, and say: “My Lord! Bestow on them your mercy even as they cherished in childhood.” (17:23-24)**

If you are taking care of an elderly lady, anticipate your rewards from Allah Almighty, and treat her like you would treat your own mother. Such a lady, is desperately in need of special care and attention. Observe kindness and forbearance while dealing with her. If she happens to be rude or garrulous, do not growl; just be patient. Observe the following guidelines when dealing with such kind of people:

- If she needs massage or cleaning her body, do it gently because elderly people always suffer from frailty of bones. Under no circumstances should you expose her private parts.
- During her children’s absence, listen to and talk to her amiably wearing a smile on your face.
- If she happens to use the intercom several times calling you, don’t grumble. For you are paid for that and Allah rewards you abundantly based on the degree of your sincerity. Do not pretend not hearing the belling. That old lady may be in dire need of you either to escort her to the toilet or give her some medication. She may also need you to inform her sons and daughters of her indisposition she is going through.
- React in a responsible manner and be aware that Allah Almighty rewards you for whatever services you render to the elderly people. You are accountable of everything you do, and you will be questionable in front of Allah on the Day of Judgment about every minute thing you did.



Cleanliness, Beauty and Body Hygiene

- Islam staunchly advocates for personal hygiene and beauty as these are among the core tenets of Islam, and as such acts of worship. A person will never attain a balanced personality – according to Islamic standards – without cleaning his body. Also, people cannot respect him. Every human being should be clean in dress, food and drinks. Effects of cleanliness are not confined to material tangible benefits only. But they transcend them to include soul purification and elevation. It also empowers a human being in such a way that he is able to carry out his responsibilities of life easily. All of us are in need of healthy strong bodies so as to be able to carry out our responsibilities in life. Islam urges Muslims to be clean by taking shower daily, trimming nails and hair, etc. Teeth should also be brushed regularly, especially after meals to avoid foul smells. It also helps in getting rid of bacteria and germs that find a breeding ground in a dirty mouth. Such germs – if ignored – would cause your teeth and gum to decay.

Prophet Muhammad (PBUH) said: “Allah Almighty is the source of beauty and likes beautiful people and things, He is clean and likes cleanliness, He is generous and like generosity. So clean your courtyards and do not look like Jews.”

In the afore-mentioned tradition, Prophet Muhammad (PBUH) commands Muslims to observe cleanliness in their bodies, clothes and dwelling places. Cleanliness impacts upon ones health and makes him more appealing to people who deal with him/her.

- Wash and iron your clothes regularly and wear decent clothes. Avoid wearing what you used to wear in your native country. You are now living in a different country and environment. It is a Muslim country different from your in many aspects. Observing the Islamic Dress Code will make you more respected and appreciated.
- Hoping that you have benefited greatly from the afore-mentioned advices, we would like to advise you one more thing... It was your own decision to come to Kuwait; no one forced you. Therefore, you much patiently persevere. You ought to bear whatever problems you face. Take this as a chance to explore a new country as well as getting acquainted with its citizens. Take it easy and enjoy yourself as much as you can.

كيفية التعامل مع من يحيطون بك من الرجال

Dealing with Men

- Islam has clearly unequivocally defined the way women ought to deal with strange men in the Qur'an and Sunnah (sayings, acts and approvals of Prophet Muhammad.) All that is about preserving women's honor and pride as she enjoys a high status in Islam.
- Be elegant and formal in dress; avoiding the dress code you used to observe in your country of origin. Do not forget that you are in a Muslim country that differs from yours in many aspects. Be sure that formality in dress will force people to respect and appreciate you.
- When talking to men observe formality and conversational etiquette. Be brief and straight to the point. This applies to all men and in the house regardless of status or nationality or family affiliation.

THE COMPLETE ABLUTION (AL-GHUSL)

Ghusl is the complete washing /bathing of all the parts of the body with clean water. A non-Muslim embracing Islam must perform Ghusl

The manner of performing Ghusl

1. Say the intention sincerely to perform Ghusl and it is not needed to say it by tongue because the place of intention is from the heart only.
2. Say ‘ Bismillahir Rahmanir Rahim ‘(In the name of Allah, The Most Merciful, The Most Beneficent)
3. Wash both hands (right first) (3x)
4. Wash the private parts.
5. Perform Wudu [down] .The Prophet SAWS used to ready washing his feet until the of his Ghusl, if he was using a tub.
6. Pour water through the head, rub and let the water reach down to the roots of the hair (3x)
7. Pour water through the entire body (right first) Rub the armpits, inside the ears, inside the navel, between the toes and whatever parts of the body that can easily be reached.

INCOMPLETE ABLUTION (AL-WUDU)

Wudu is the washing of some parts of the body with clean water.

The manner of performing wudu

1. Say the intention sincerely to perform wudu and it is needed to say it by tongue because the place of intention is from the heart only
2. Say ‘ Bismillahir Rahmanir Rahim ‘(In the name of Allah, The Most Merciful, The Most Beneficent)
3. Wash both hands until the wrists (right first) (3x)
4. Rinse the mouth (3x)
5. Sniff water inside the nose and blow it out (3x)
6. Wash the face from the roots of the hair in the forehead until the beginning of the neck and from ear to ear (3x)
7. Wash the arms until the elbows (right first) (3x)
8. Wipe the head with wet hands from the roots of the hair in forehead until the nape and vice versa.
9. Rub the ears by inserting the index fingers inside it while rubbing its outside with the thumbs.
10. Wash the feet from the tips of the toes until the ankles (right first) (3x)

Dua’ (supplication) After Performing Wudu/Ghusl

“Ash-hado an la ilaha ill –Allah wa ash-hado anna Muhammad rasulollah.Allahummaj’alni minat tawwabina waj’alni minal mutatahherin.Wal hamdulillahi rabbil ‘alamin.”

(I testify that there is no God but Allah and I testify that Muhammad is the Messenger of Allah. O Allah Make me among those who turn in repentance and among those who are purified .And all praises are due to Allah , the Lord of the universe)

صفة الوضوء THE ABLUTION

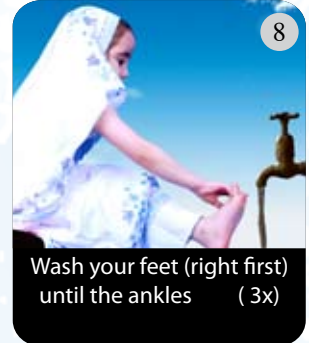
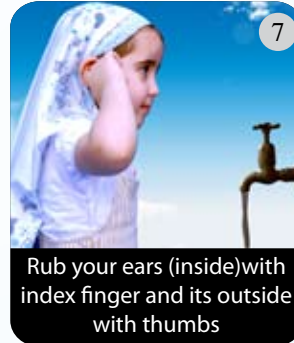
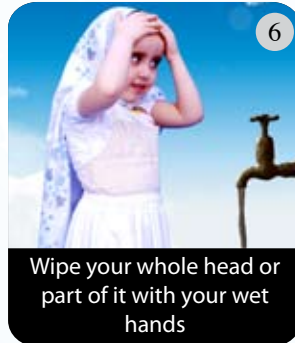
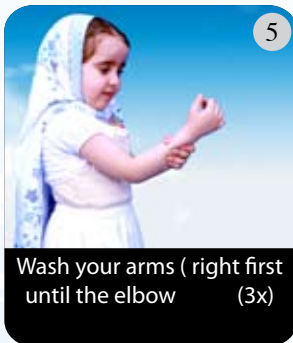
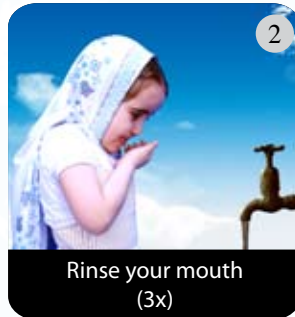
﴿يا أيها الذين آمنوا إذا قمتم إلى الصلاة فاغسلوا وجوهكم وأيديكم إلى المرافق وامسحوا برؤوسكم وأرجلكم إلى الكعبين﴾

(Al-Macdah 5:6)

“O you who believe ! When you intend to offer prayer, wash your faces and your hands (forearms) up to the elbows, rub (by passing wet hands over) your heads, and (wash) your feet up the ankles...”

(Al-Maédah 5:6)

1. Say your intention sincerely by heart:” Nawayto an atawadda lillahi ta ‘ala.”(I intend to purify myself for Allah Almighty)
2. Say : “Bismillahir Rahmanir Rahim”(In the name of Allah , The Most Merciful , The Most Beneficent)
3. Perform the following.



- 4-Say the Dua’(supplication) after Wudu:”Ash-hado an la ilaha ill Allah wa ash–hado anna Muhammad rasulollah .Allahummaj ‘alni minat –tawwabina waj’alni minalmutahherin.Wal hamdullillahi rabbil ‘alamin”(I testify that there is no God but Allah and I testify that Mohammad is the Messenger of Allah .O Allah! Make me among those who turn in repentance and among those who are purified. And all praises are due to Allah, the Lord of the universe)

قال رسول الله (إن أمتي يأتون يوم القيامة غرا محجلين من أثر الوضوء)

(رواه أحمد)

“The Messenger of Allah said: My community will come on the Day of Judgment shining from the traces of Wudu”

(Rawa Ahmad)








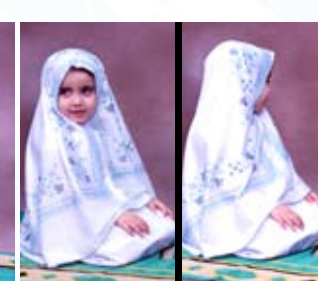
الصلاة THE PRAYER (AS-SALAH)

“...Set up regular prayers: for such prayers are enjoined on believers at stated times.”

[An-Nisa 4:103]

“... and establish regular prayer restrains from shameful deed...”

[Al-Ankabut 29:45]

 <ol style="list-style-type: none"> 1. Stand facing the Qiblah and say the Niyyah that you are going to perform a certain Salah 2. Say Takbirat-ul- Ihram with hands raised at shoulder level 3. Place your hands on your chest with the right hand over the left and say the Iftitah and the isthi'adhah 	 <ol style="list-style-type: none"> 1. Say Surat-ul- Fatihah, followed by any other Surah /Ayah of the holy Quran 2. 'Say the Takbir to bow as illustrated above 3. Position the on the knees with fingers spread apart 	 <ol style="list-style-type: none"> 1. Say Subhana Rabbiyal Adhim '3 times upon bowing completely (Ruku) 2. say 'Sami Allahu Liman Hamidah 'while standing 3. say 'Rabbana Wa Lakal Hamd 'upon standing completely 	 <ol style="list-style-type: none"> 1. Say the Takbir to prostrate 2. position your feet as illustrated above with the toes pointing towards the Qiblah 3. say 'Subhana Rabbiyal Ala'3timesu upon prostrating completely (Sujud)
 <ol style="list-style-type: none"> 1. Say the takbir to sit. 2. Say 'Rabbigh Ferli'upon sitting completely 3. Perform the 4th action again, then do the 6th one. 	 <ol style="list-style-type: none"> 1. Say the Takbir to stand for the 2nd Rakah 2. perform the actions froms 2nd until 5th , skip the 6th and do the 7th one 	 <ol style="list-style-type: none"> 1. say the tashhud and point your index finger towards the Qiblah when saying the Shahadah 	 <ol style="list-style-type: none"> 1. turn your face to the right side and say the Taslim 2. turn to the left and say the same to end the Salah

This is an example of a 2-unit (Rak'ah)Salah as in Salat –ul-Fajr. If performing 3 or 4 units :(a) Do not say any other surah /Ayah after the 2nd Rak'ah and (2) Say only the 1st part of the Tashhud on the 2nd Rak'ah and say fully on the last Rak'ah.



أذكار بعد الصلاة Adhkar After Salaah

1- Astaghfirullah (x3) “Allahumma antas-salam waminkas salam, tabaarakta yaa dhal-jalaal wal-ikraam.”

O Allah I ask your forgiveness. (x3) O Allah! You are the source of peace and from You comes peace, blessed are You, O Possessor of Majesty and Honor.”

2- La hawla wala Quwwata Illa billah. There is no might or power except with Allah.

La ilaha illallahu mukhlisina lahoddina wa law karihal – Kafirun – None has the right to be worshipped except Allah and we are sincere in faith and devotion to Him although the disbelievers detest it.

3- Subhanallah (33x) Alhamdulillah (33x) Allahu Akbar (33x)

Glory be to Allah (33x) All praise is due to Allah (33x) Allah is the greatest (33x)

4- La ilaha illallahu wahdahu la sharika lah, lahol-mulk, wa la hul-hamdu was huwa ala kulli shay'in Qadir."

None has the right to be worshipped except Allah alone, without partner, to Him belongs all praise and sovereignty and He is over all things omnipotent."

5- Allahu la ilaha illa huwal hayyul qayyum, la ta'khudhuhu sinatuw wal nawm, lahu ma fis samawati wa mafil ardi, man dhal ladhi yash'fau indahu illa bi-idhnihi ya'lamu ma bayna aydihim wamaa khalfahum wala yuheetuna bishay-in min ilmihi illa bima sha'a wasia kursiyyuhus samawati wal ardi wa la yauduhu hifdhuhuma wa huwa al-aliyyu al-adhim. (2:255)

Allah! None has the right to be worshipped but He – the Living, the Self-Subsisting, Eternal. Neither slumber nor sleep overtakes Him. To Him belongs whatever is in the heavens and whatever is on the earth. Who is there that can intercede in His presence except with His permission? He knows what happens to them (His creatures) in this world, and what will happen to them in the Hereafter. And they will never encompass anything of His knowledge except that which He wills. His throne extends over heavens and the earth, and He feels no fatigue in guarding and preserving them. And He is the Most High, the Greatest."

6- Bismillahir Rahmanir Rahim, Qul huwal lahu ahad. Allahus samad. Lam yalid wa lam yulad wa lam yakul lahu kufuwan ahad (Suratul – Ikhlas)

Say: He is Allah, the One and Only; Allah, The Eternal, Absolute; He begetteth not, nor is He begotten; and there is none like unto Him.

7- Bismillahir Rahmanir Rahim. Qul audhu birabbil falaq. Min sharri ma khalaq. Wa min sharri ghasiqin idha wagab. Wamin sharrin nafathati fil Uqad. Wa min sharri hasidin idha hasad. (Suratul-Falaq)

Say: I seek refuge with the Lord of the dawn, from the mischief of created things; from the mischief of those who practice arts; and from the mischief of the envious one as he practices envy.

8- Bismillahir Rahmanir Rahim. Qul audhu bi rabbil nas. Malikin nas. Ilahin nas. Min sharril waswasil Khan-nas. Alladhi yuwaswisu fi sudurin nas. Minal jinnat wan nas. (Suratun-Nas)

Say: I seek refuge with the Lord and Cherisher of mankind, the King (or Ruler) of mankind, the God (or Judge) of mankind – from the mischief of the whisper (of evil), who withdraws (after his whisper) – (the same) who whispers into the hearts of mankind – among Jinns and men b vrbtrtb
btu7hg8990

أذكار الصباح والمساء

Remembrance of Allah in the Morning and Evening

- 1- Read **Ayatul-Kursi** (see page 8, number 15)
- 2- Read **Suratul-Ikhlās** (x3) (see page 8 and 9 number 7)
- 3- Read **Suratul- Falaq** (x3) (see page 9 number 7)
- 4- Read **Suratun-Nisa** (x3) (see page 9 number 8)



- 5- **La ilaha illallahu, wahdahu la sharika lah, lahul mulku wa lahul hamdu wa huwa ala kulli shay-in qadir.** (x10)

None has the right to be worshipped except Allah alone, without partner, to Him belong all praise and sovereignty, and He is over all things, Omnipotent.

- 6- **Subhanallahi wa bihamdih** (x100)

Glory be to Allah and all praise be to Him.

- 7- **Bismillahi ladhi la yadhurruhu maa ismihi shay'on fil ardhi wa la fis sama'I wa huwas-samiul-alim.** (x3)

In the name of Allah with whose name nothing is harmed on earth or in the heavens and He is the All-Hearing, the All-Knowing.

- 8- **Audhu bikalimatil-lahit tammati min sharri ma khalaq.** (x3)

I seek refuge in Allah's perfect words from the evil of His creation.

- 9- **Radheetu billahi rabban wabil-Islam dinaw wabi Muhammadin nabiyyaw wa rasula.** (x3)

I am pleased with Allah as my Lord, and Islam as my religion and Muhammad as Prophet and Messenger.

- 10- **Hasbiyyal-lahu la ilaha illa huwa alayhi tawakkaltu wa huwa rabbul arshil adhim**

Allah is sufficient for me, none has the right to be worshipped except Him, upon Him I rely and He is the Lord of the exalted throne.

- 11- **Allahumma afini fi badani, Allahumma afini fi sam'ei, Allahumma afini fi basari. La ilaaha illa an'ta. Allahumma inni audhu bika minal kufri wal faqri, wa audhu bika min adhabil qabri, la ilaha illa an'ta.** (x3)

O Allah! Grant my body good health. O Allah! Grant strength to my sense of hearing. O Allah! Grant my sight sharpness. None has the right to be worshipped except You. O Allah! I take refuge in You from disbelief and poverty, and I take refuge in You from the punishment of the grave. None has the right to be worshipped except You.

12- Subhanallahi wa bihamdihi adada khalqihi wa ridha nafsihi wazinata arshihi wa midada kalimatihi (x3)

Glory be to Allah, praise be to Him, by the number of His creation and by His pleasure, and by the weight of His Throne, and by the ink of His words.

13- Asbahna wa asbaha (Amsaina wa amsa) * almulku lillah, wal hamdulillah, la ilaha illallahu wahdahu la sharika lah, lahul mulku wa lahul hamdo wa huwa ala kulli shay'in qadir.

We have reached the morning (evening) * and at this time unto Allah belongs all sovereignty, and all praise is for Allah. None has the right to be worshipped except Allah alone, without partner, to Him belongs all sovereignty and praise. He is over all things omnipotent.

14- Rabbi as'aluka khaira ma fi hadhal yawm (hadhihil laylah)*, wa khaira ma ba'dahu (ba'daha)* wa audhu bika min sharri ma fi hadhal yawm (hadhihil laylah)* wa sharri ma ba'dahu (ba'daha)*, Rabbi audhu bika minal kasal wa su'il kibar, Rabbi a'udhu bika min adhabin nar wa adhabil qabr.

O my Lord, I ask You for the good of this day (night)* and the good of what follows it and I take refuge in You from the evil of this day (night)* and the evil of what follows it. O my Lord! I seek refuge from laziness and senility. O my Lord! I seek refuge in You from the torment of the Fire and punishment of the grave.

15- Allahumma ma asbaha (amsa)* bi min ni'mah, aw bi ahadin min khalqika fa minka wahdaka laa sharika lak, falakal hamdu wa laksh shukr.

O Allah! The blessings You gave me in the day time (night time)* or to any of Your creation is from You alone, without a partner, so far Yours is all praise and unto You are all thanks.

16- Allahumma bika asbahna (amsayna)*, wa bika amsayna (asbahna)* wa bika nahya wa bika namout, wa ilaikan nushour (ilaykal masir)

O Allah! By Your leave we have reached the morning (evening)* and by Your leave we have reached the evening (morning)* and by Your leave we live and by Your leave we die and unto You is our resurrection.

17- Allahumma inni asbahtu (amsaytu)* Ush-hiduka, wa ush'hidu hamalata arshik, wa mala-ikatik, wa jami'a khalqika, bi annaka antallah. La ilaha illa anta wahdaka la sharika lak wa anna Muhammadan abduka wa rasuluka.

O Allah! I have reached the morning (evening)* and call on You, the bearers of the Throne, Your angels, and all of Your creation to witness that You are Allah, none has the right to be worshipped except You alone, without partner and Muhammad is Your servant and messenger.

18- Allahumma inni as'aluka afiyatan fid dunya wal akhira. Allahumma inni as'alukal afwa wal afiyata fi dini wa dunyaya wa ahli wa mali. Allahummas stur awrati, wa ammin raw'ati. Allahummah fadh'ni min bayni yadayya, wa min khalfi, wa an yamini wa an shimali wa min fawqi, wa audhu bi adhamatika an aghtala min tahti.

O Allah! I ask You to bestow upon me well-being in this world and in the hereafter. O Allah! I ask You for pardon and well-being in my religious and worldly affairs, and my family and my wealth. O Allah! Veil my weakness and set at ease my dismay. O Allah! Preserve me from the front and from behind and on my right and on my left and from above, and I take refuge in Your Exalted might lest I be swallowed up by earth.

19- Allahumma anta rabbi la ilaha illa anta, khalaqtani wa ana abduka, wa ana ala ahdika, wa wa'dika mas tata'tu, audhu bika min sharri ma sana'tu, abo'u laka bini'matika alayya wa abo'u bidhambi, faghfirli fa innahu la yaghfirudh dhunouba illa ant.

O Allah! You are my Lord; none has the right to be worshipped except You. You created me and I am Your servant and I abide to Your covenant and promise as best as I can. I take refuge in You from the evil of which I have committed. I acknowledge you favor upon me and I acknowledge my sin. So forgive me, for verily none can forgive sins except You.

- This is the chief invocation for asking Allah's forgiveness according to a Hadith narrated by Shaddad bin Aws (may Allah be pleased with him) [Al-Bukhari]
- If anyone recites it during the day with firm faith, and dies on the same day before the evening, he will be among the people Paradise; and if anyone recites it at night with firm faith, and dies before the morning, he will be among the people of Paradise.

20- Allahumma salli wa sallem ala nabiyyina Muhammad.

O Allah! Send prayer and blessings upon our prophet Muhammad.

In the evening, say the word/s inside the brackets instead of the underlined word/s.

Medical and Psychological Benefits of Prayer

When we talk about the medical benefits of prayer we have to bear in mind that it is one of the five pillars of Islam. It is the first act of worship that will be taken into account on the Day of Judgment. If the Muslims prayers are found perfect on that day, then the rest of his acts of devotion would be good. But if it is found deficient, then the rest of your acts of devotion will be deficient. **Abdullah bin Qart** related that the Messenger of Allah (peace be on him) said: **“The first act that the slave of God will be accountable for on the Judgment Day will be prayer. If it is good, then the rest of his acts will be good. And if it is bad, then the rest of his acts will be bad.”** (Related by At-Tabarani)

The importance of prayer is so great that one is ordered to observe it in all situations, but in a suitable applicable manner various situations. It requires a special guidance. Prophet Abraham (Peace be upon him) asked his Lord to give him descendants who abide by their prayers. He said as mentioned in the Holy Qur'an: **“O my Lord! Make me one who establishes regular prayer, and also (raise such) among my offspring O our Lord! And accept my supplication.”** (14: 40)

This is to assure you that every act of worship is based on the commandment of God Almighty. Worship of Allah Almighty is beneficial for the believers in this ephemeral life and in the hereafter. Allah Almighty says in the Holy Qur'an: **“Whoever works righteousness, man or woman, and has faith, verily, to him will we give a new life, and life that is good and pure, and we will bestow on such their reward according to the best of their actions.”** (16: 97)

When Allah Almighty orders us to carry out an act of devotion, we have to comply immediately without asking about the wisdom behind it. The wisdom at the time might be obscure to us due to our limited perception. What we need to know is that God Almighty does not command us to do what is harmful for us. If the prayer in the first position is without the spiritual significance then it is like an empty shell without a kernel. If we realize this, we shall look upon prayer not as a burden but as a blessing and shall be duly grateful for the lead given to us in this matter.

The Medical and Psychological Benefits of Prayer:

When talking about the medical benefits of prayer, we have to put into consideration the benefits of performing ablutions. Before we go to pray it is mandatory that we perform ablution by cleaning some of our major organs. This process helps in washing the pores of the skin through which oxygen goes forth into our bodies and from which carbon dioxide comes out. This means that the oxygen we take in through the skin is cleaner. The water we use for performing ablution also makes the joints soft and flexible. So we can easily move our limbs without pain. And when our age advances, the probability of suffering from psoriasis or rheumatism or gout is lessened. The water by which we rinse the nose during the ablution process helps in cleaning it and acts as prevention against suffering from rhinitis.

Prayer is a form of physical exercise that helps in the following aspects:

- 1- Regulation of the calorie in-take in that it helps in cutting down the extra calories that may cause harm to our bodies. For the safety and smooth functioning of our bodies, the calorie in take should not go beyond the natural requirement. The prayer helps in maintaining the calorie in-take at the required level by the slight movements a Muslim performs when praying.
- 2- Weight management in a manner that after you eat and then perform the slight movements of prayer, some of the extra fats in your body melt down and eventually your weight becomes less.
- 2- Weight management in a manner that after you eat and then perform the slight movements of prayer, some of the extra fats in your body melt down and eventually your weight becomes less.
- 3- A free and quick movement of the organs especially joints. These movements help our ligaments and joints to gain flexibility. It should be clear that performing ablution and then prayer activate the body, mind and soul. They also renew our hope of success and enhance our optimism that Allah Almighty will never let down anyone who sincerely performs acts of devotion seeking His (Allah's) pleasure.
- 4- It should be borne in mind that Allah Almighty has emphasized the need for humility and concentration in prayers. There is no doubt that the Devil is the most inveterate enemy of mankind; he is always tireless in trying to disturb the person performing the prayers. Sometimes, you find your mind engrossed in memories, problems, worries, work and family. Man was created to worship only Allah Almighty. God Almighty says in the Holy Qur'an: **"I created not the jinn and mankind except to worship Me."** (51: 56)

The recitation of the Holy Qur'an during prayer does not only produce tranquility of heart and mind, but improves the memory as well. If you face many problems and don't find an urgent solution, then you are advised to resort to Allah Almighty in prayer. Allah Almighty says in the Holy Qur'an: **"Seek Allah's help with patient perseverance and prayer: it is indeed hard, except to those who bring lowly spirit."** (2: 45)

Resorting to God Almighty when faced with calamities and tragedies helps you to calm down and look for viable solutions; it helps you to be rational rather than emotional in solving your problems. This is why suicide rate in Muslims countries is far below that of western and eastern non-Muslim countries. Whenever Prophet Muhammad (Peace be upon him) ordered **Bilal bin Raba'h** (May Allah be pleased with him,) to call for prayer, he could say: **"Give us comfort by it (prayer) O Bilal"**. Prophet Muhammad (Peace be upon him)m Psychological and spiritual balance and tranquility in a person help him to lead a happy untroubled life. This balance can only be found in prayer.

A Muslim who observes prayer on a regular basis in its essence does not fall prey to his whims and physical desires. If he happens to be engrossed in evil and yet he performs prayer on a regular basis, then he has not fulfilled the spirit of prayer. Allah Almighty says in the Holy Qur'an ordering prophet Muhammad (PBUH) and consequently his bona-fide companions and followers: **"Recite what is sent of the Book by inspiration to thee, and establish Regular Prayer: for Prayer**

restrains from shameful and unjust deeds; and remembrance of Allah is the greatest (thing in life) without doubt. And Allah knows the deeds that ye do.” (29: 45)

It should be understood that prayer purges us of anything (act, plan, thought, motive, words, etc.) of which we should be ashamed or which would work injustice to others. Such prayer passes into our inmost life and being. After that we realize the presence of Allah. For remembrance is the bringing to mind of things as present to us that may otherwise be absent from us. That is the greatest thing in life. It fills our consciousness with Allah. God Almighty is always present and knows all. When we realize this, then we don't need to panic and nag when afflicted with calamities. For continuous sadness may be detrimental to our physical and psychological health.

Prayer teaches us to be optimistic and realistic all the time. Being openhearted helps a person live a happy life far from grievances. For he is aware that God Almighty is always with him and nothing can happen to him without the Will of Allah Almighty. And if it happens one should understand that there is a reason behind it. Allah Almighty says in the Holy Qur'an: **“If Allah causes any affliction to touch you, non can remove it but He; and if He causes happiness to befall on you, then it should be clear that he has power over all things.”(6: 17)**

From the above diction, we deduct that prayer is physically, psychologically, and religiously beneficial to man. So try your best not to miss it.

لماذا نصلي Why Do We Pray?

All praise is due to Allah and may His peace and blessings be upon Prophet Muhammad!

Dear Brother/Sister,

It should be borne in mind that prayer is the second of the five pillars of Islam after the two testimonies (Shahadatain). It is also the backbone of the Islamic faith after professing the two testimonies as well as being the most preferable act of worship to Allah. Performing prayer in a congregation is more rewarding because it is among the confirmed acts of worship among the noblest acts of worship as well as being the greatest ritual of worship in Islam.

Prayer is a timely prescription and one of the signs of humbling oneself to Allah Almighty. It is also a means of succumbing to the Grandeur and Magnificence of Allah as well as yielding to His Lordship. It nourishes the heart and provides a believer with the opportunity of enjoying and intimate discourse with his Lord.

PRAYER: is a means of secret conversation with Allah and is the preserver of faith, a believer's light, the rescuer from the Hell-fire and one of the prerequisites of getting our acts of worship accepted by Allah Almighty.

Do you know my beloved brother and sister that prayer is the best of all the acts of worship? The Messenger of Allah (PBUH) says: "Can I show you a tool that Allah uses to wipe out sins and instead grant rewards to His servants? His companions exclaimed, "tell us O Messenger of Allah!" He then said: **"performing the ritual ablution properly, frequenting mosques for prayers and waiting for prospective prayers in the mosque."** Then he added: **"If you do all that you would be regarded as someone fighting in the cause of Allah."**

Prayer purifies a person from major and minor sins. Prophet Muhammad (PBUH) says in this regard: **"What would you think of a person who takes bath five times a day in a river that passes by his house? Would his body still carry some filthy objects?"** His companions replied in negative. Then he said: **"That is a similitude of five daily prayers by the virtue of which Allah wipes out all the sins of His servants who pray."** (Reported by Al-Bukhari and Muslim)

Man's lapses are forgiven him before even entering into prayer thus making his record pure. Prophet Muhammad (PBUH) says: **"Whoever performs his ritual prayer properly all the sins he committed get out of his organs even as far deep as from his nails."** (Reported by Imam Muslim)



In another narration it is reported that the Messenger of Allah said: “Whoever performs the ritual prayer properly then goes to the mosque to perform an obligatory prayer in a congregation Allah forgives him of all his past sins.”

Dear Brother/Sister,

Would you like Allah to forgive you all your previous sins? What you ought to do is perform ritual ablution then pray two units (rakaats) sincerely to Allah by humbling yourself to Him. Listen to what Prophet Muhammad (PBUH) had to say in this regard: **“Whoever performs his ritual ablution exactly as I do, after which he performs two units of voluntary prayer without diverting his mind to other than prayer, his previous sins would be forgiven him.”** (Reported by Al-Bukhari and Muslim)

Performing prayer brings about happiness and tranquility to the heart of a believer; it’s a solace for him as well as being a sanctuary for him who humbles himself to Allah. Prayer is the fastest rescuer to a believer, more compassionate and passionate to a person than a mother’s lap to her homeless orphaned child. It serves as a Muslim’s resort as well as being like an extended rope that connects a believer to his Lord.

Dear Brother/Sister,

Prayer is a Muslim’s shield and weapon as well as being his source of happiness and salvation in this eternal life and in the hereafter. It’s the permanent key to any padlock of righteousness. Whoever is in distress finds his solace in prayer. Prayer is not manifested in ambiguous body movements that bear no meaning. It is rather synchronization between the body and mind. The movements are epitomized in standing, bowing and prostration. The mind aspect is also epitomized in meditation, thinking and contemplation.

While praying one’s mind has to feel the presence of Allah, humble himself and implement the lessons derived from prayer. Prayer has no value if one does not humble himself/herself to Allah Almighty. We read in the Holy Qur’an: **“Certainly with prayer the believers have succeeded. Those who are humbly submissive during prayer.”** (23: 1 – 2)

Dear Brother/Sister,

Do you know that the first act of worship that a Muslim will be accountable for on the Day of Judgment is prayer? If it is found sound and perfect then the rest of his deeds will also be perfect. But if the opposite is the case then he would be doomed to be cast into the Hell-fire. Prophet Muhammad (PBUH) says: **“The first act of worship that man will be held accountable for on the Day of Judgment is prayer. If it is found sound and perfect, then the rest of his deeds would so be and the vice versa.”** (Reported by Al-Tayaalisi in a good chain of narrators)

Dear beloved Brother,

You may be engrossed in committing sins and yet short of performing the acts of devotion. However, by abiding by prayer, Allah makes all your acts of worship perfect and thus forgives you of all your sins. However, if you are indifferent regarding performing prayer and moreover care less about it, what do you think would be your destiny? All your acts of devotion would be stained and on top

of that you would be severely punished as mentioned in the Holy Qur'an: **"But here came after them successors [i.e., later generations] who neglected prayer and pursued desires; so they are going to meet evil (Ghay)." (19: 59)**

Note: Ghay is described as a valley in Hell or may be rendered, "the consequence of error."

It was reported by Abdullah bin Amru bin Al-A's (may Allah be pleased with him) that the messenger of Allah (PBUH) said: **"Whoever goes to a mosque to perform a congregational prayer, for every step he takes Allah forgives him one of his sins and for the other step Allah grants him a reward – that happens as he goes to and from the mosque."** (Reported by Imam Ahmed in a good chain of narrators).

Dear Brother/Sister,

Why have you ignored prayer? Why don't you care about performing this great compulsory act of worship in Islam? Do you know that a denominator between a Muslim and an infidel is prayer? Prophet Muhammad (PBUH) says: **"The difference between us (Muslims) and them (infidels) is prayer; whoever abandons it then is regarded as an infidel."** (Reported by Imam Ahmed and Al-Tirmidhi)

Thank God that we are Muslims and prayer is our motto. How can someone who doesn't pray claim to be a Muslim? What does Islam benefit from people who claim to be Muslims yet they flout the greatest act of worship in Islam?

Don't such people look like children who brag about the lineage of their parents yet they disobey them? Is it possible to expect good things from someone who does not care about doing good to himself?

Dear Brother/Sister,

Are you not afraid of all the aforementioned verses and prophetic traditions that warn us against neglecting prayer or abandoning it? Are you not afraid of the Lord of the worlds; the Creator of the heavens and the earth? Why do you happen to be afraid of creatures instead of their creator? Why are you afraid sometimes of traffic police as you make sure you don't violate any traffic law in front of them. How come you observe the traffic laws and violate those legislated by Allah Almighty? It was reported by Anas bin Ma'lik, may Allah be pleased with him that the messenger of Allah (PBUH) said: **"Whoever performs congregational prayers sincerely to Allah for forty days without missing any part of the prayer; Allah makes him far from Hellfire and makes him as well inculpable from hypocrisy."** (Reported by Al-Tirmidhi)

I fail to understand really as to why someone would be afraid of a mere policeman instead of Allah Almighty, the Creator of the earth and the heavens! Don't you deem it strange that when a red traffic light is lit, every driver stops his/her vehicle; only some crazy selfish ruthless and reckless drivers tend to pass it. Why then do drivers observe the red traffic light and violate the commandments of Allah; their creator? Doesn't it look strange that some people abandon the greatest act of worship in Islam, which is prayer? Does this practice refer to the purity of their minds or a deficiency in their thinking capacity? It is left to you to judge with objectivity and open-mindedness

Dear Brother/Sister,

This is a mere honest advice from a sincere clean heart to your heart. I do hope that you will heed it and act upon it without hesitation. I admonish you to pray if you really love Allah and His Messenger (May Allah's blessings be upon you).

You ought to pray if you are really intelligent and beware of being among those who don't use their brains and feelings in whatever is beneficial to them. Don't be among those about whom Allah says: **“And we have certainly created for Hell many of the Jinn and mankind. They have hearts with which they do not understand, they have eyes with which they do not see, and they have ears with which they do not hear. Those are like livestock; rather, they are astray. It is they who are heedless.”** (7: 179)

If you are really an honorable person who does not blindly imitate others, please make sure you start praying! Those careless faithless simpleton people who do not celebrate the praises of Allah will benefit you nothing either in this ephemeral world or in the hereafter. Do not be illusioned by the great number of people who will be consigned to the Hell-fire on the Day of Judgment. We read in the Holy Qur'an: **“... and few of My servants are grateful.”** (34: 13)

In another verse, Allah says: **“And indeed, many associates oppress one another, except for those who believe and do righteous deeds – and few are they.”** (38: 24)

If you are really honest in your religion and your sayings do not contract with your actions, make sure you start praying. Are you not afraid of being branded a hypocrite when you are not?

If you really have self-esteem as well as having love for yourself and want to be safe from the Hell-fire, please start praying. Beware of being obstinate in that you continue committing sins lest you are tempted by the Devil who will then make you forget to celebrate the praises of Allah and eventually you find yourself among the losers.

Please start praying if you are really obedient to your parents and if you sincerely do good to them. If you pray God will accept your supplication for them as well as your quest for their forgiveness.

If you really love your children, please start praying so that you make a good role model for them. Don't you like your children to be raised up islamically? How then do you expect that to happen yet you don't implement the noble teachings of Islam? Would you be happy to see your children wrench in pain in the Hell-fire on the Day of Judgment?

If you really fear your Omnipotent Lord, please start to pray! He has promised those who don't pray to be punished in the fire that is kindled to a blaze. If you as a weak creature cannot bear the hot rays of the scorching Sun, how then could you stand being burnt in the pain-inflicting blazing fire of the Day of Judgment? Don't you know that traditional mundane fire is merely a part of 70 parts of the Hell-fire? Please bear in mind that the Hell-fire is extremely dark, severe and extremely deep so much so that someone would continue descending in it for 70 years to be able to reach its fierce horrible and tormenting bottom.

Dear Brother/Sister,

Would you be happy on the Day of Judgment to be referred to as a wicked person just because you did not pray? We read in the Holy Qur'an: **"Every soul, for what it has earned, will be retained. Except the companions of the right hand, [who will be] in gardens asking about the fate of the criminals, [and asking them], "what put you into Saqar (Hell)?" They will say, "We were not of those who prayed..."** (74: 38 – 43)

Would you be happy when Allah, the Almighty, orders His strong merciless angels to throw you into the Hell-fire? Allah says thus about this scenario: **"... [Allah will say], "seize him and shackle him. Then into Hellfire drive him. Then into a chain whose length is seventy cubits insert him."** (69: 30 – 32)

Dear Brother/Sister,

I sincerely advise you to pray because prayer pleases Allah, angers Satan and foils all the plots intrigued by the enemies of Islam. Prayer, to a Muslim, is light and a proof

of his obedience to his Lord. It removes darkness from his life and will also dispel darkness from his grave when he dies. It also enlightens any road or path that he treads as well as showing him the reality of life and his religion. It brings about tranquility and guidance to your heart and by its virtue your face will continue shining on the Day of Judgment.

I do pray to Allah by virtue of His sublime names and attributes to make me and you among the believers who perform congregational prayers regularly on time. Those who perform prayers while observing its pre-requisites, pillars and obligatory as well as optional acts. Indeed Allah is the All-Hearing and All-Forgiving.

May peace and blessings of Allah be upon Prophet Muhammad!

ثمرات الصبر Fruits of Patience

Patience means: Holding back oneself from anxiety and anger. It also means abstaining from inflicting harm or injury on oneself as an expression of disapproval of whatever happened to him. This can only happen by total peaceful submission to the Will of God.

Categories of Patience:

Patience is divided into three categories viz. (1) Patience in executing righteous deeds (2) Patience in abstaining from committing evil (3) Patience and perseverance during calamities and hardships.

In this article, I will shed light on patience in carrying out acts of devotion and patience in enduring hardships and tribulations.

1- Patience in executing acts of worship is very important because carrying out such acts of devotion is not easy as people may think. Sometimes, some insomniac people find it difficult to wake up early in the morning for prayer. It was narrated by Jundub bin Sufyan that the Messenger of Allah said: **“He who offers the dawn (Fajer) prayer will come under the protection of Allah. O son of Adam! Beware! Lest Allah calls you to be accountable for refusing His protection.”** (Sahih Muslim)

Children should be trained from the tender age to perform the acts of worship that please Allah Almighty. In this regard, **Safiyya bint Abdul-Muttalib** set a good example to us in how children should be trained to be brave. She used to go with her son, **Al-Zubair bin Al-Awwam**, before he was ten years old to dark remote areas. She would leave him there for some time. If he cried or



some voices of disapproval issued from him, she would immediately beat him slightly in protest of such behaviour. Whenever she was rebuked, she would tell people that she was training him to be brave. She wanted him to grow up strong and brave enough to be able to bear responsibilities and thus engage in Jihad whenever the need arose. All parents of today should emulate that example. As she was brave she wanted her son to grow up with that quality. When he grew up he was able to prove himself. He once traversed ranks of Persian soldiers in one of the battles between Muslims and Persians from the frontline to the rear ranks, mounted on the same camel with his son **Abdullah**. No one could dare do that. Every one was taken by surprise.

- 2- **Patiently Persevering Whenever we are Afflicted with Calamities:** It should be borne in mind that we are on a test in this transitory life. Although life in this world is temporal, it is the most important of all the phases of life because it determines your position in the hereafter. If you performed good deeds in this transitory life, then your destiny is the eternal bliss. But if you indulged yourself in unconstrained luxurious life, then you are going to suffer a lot in the Hell-Fire. Allah, the Omnipotent, has promised those who patiently persevere many rewards. Among them are (a) good tidings of entering paradise. (b) Blessings descending from Him. (c) Unrestricted Mercy. (d) Guidance to the straight path.

The aforementioned privileges are manifest in the following verse: **“Be sure We shall test you with something of fear and hunger, some loss in goods, lives and the fruits (of your toil), but give glad tidings to those who patiently persevere; who say, when afflicted with calamities: “To Allah we belong and unto Him is our return.” – They are those on whom (descend) blessings from their Lord and Mercy. And they are the ones that receive guidance.”** (2: 155 – 158)

What Mitigates the Intensity of a Calamity?

Whenever we are afflicted with any calamity or catastrophe in the form of losing our wealth or our dear ones, etc, we have to put into consideration the following facts:

- (a) That your relatives and wealth are all possessions of God Almighty because He is the one Who created them and thereafter entrusted you with the responsibility of caring about them. Therefore, when He decided to take away someone’s life or wealth or any other blessing, no one should complain.
- (b) That this world and all in it are transitory and our final destination is the hereafter. So we should benefit from this worldly life by carrying out acts of devotion, which would determine our destiny whether in Paradise, or in Hell-Fire.
- (c) Reflecting back on the adversity and catastrophes that befell on Prophets and Messengers (Peace be upon them all) such as Zackariah, Yahya (John, the Baptist), Jacob and Muhammad. Although all the Messengers and Prophets of Allah suffered a lot of trials and tribulations, no one flinched an inch from his faith. Moreover, they were the most beloved creatures of Allah. We read in the Glorious Qur’an: **“How many of the Prophets fought (in Allah’s way), and with them (fought) large bands of godly men? But they never lost heart if they met with disaster in Allah’s way, nor did they weaken (in will) nor give in. And Allah loves those who are firm and steadfast.”** (3: 146)

Prophet Muhammad (PBUH) set an example for us in being patience when afflicted with calamities,

trials and tribulations. His father passed away before he was born and at the age of 6 his mother passed away. Then at the age of 8, his grandfather who took charge of him after his mother's death passed away. You can imagine how tragic life it was for him to live as an orphan right away from the day he was born.

After being entrusted with the mission of removing people from darkness into light, he started another phase of a tragic life. He once, after recognizing that the people of Makkah continued to be obstinate, decided to try other towns. He set out to Ta'if, about 90 miles away from Makkah towards eastern Saudi Arabia, anticipating that its inhabitants would be more receptive than the obstinate hard-hearted pagans of Makkah. No sooner had he arrived in Ta'if than his expectations were stymied and his efforts frustrated. The people turned out to be no better than the Makkan pagans. They started insulting him and pelting him with stones so much so that he bled profusely. Eventually, he took refuge under a palm tree and started invoking Allah for succour. There and then did Allah send angel Isra'feel who was in charge of mountains and rains to ask him whether he wished Allah to retaliate on his behalf by enveloping them between two mountains. The Messenger of God rather raised up his hands and asked for mercy on behalf of those pagans. For whatever they did was out of ignorance into which they were plunged. Surprised, the angel exclaimed: **"The Lord who named you most kind and merciful."** (9: 18), indeed said the truth.

The tender heart of the teacher (Muhammad) was grieved that any among his flock should rush headlong to ruin. He watched ardently over them and whenever any of them showed signs of Faith, his kindness and mercy surrounded them and thus rejoiced over them.

Note that whenever you are afflicted with any calamity its intensity will not surmount the calamities Prophet Muhammad (PBUH) encountered. Yet he was the most beloved human being before Allah.

Prophet Muhammad urges us to patiently persevere whenever we are afflicted with any adversity. The rewards God Almighty showers on us are commensurate with the intensity of the problems we endure. Allah's Messenger said: **"God rewards His servants according to the intensity of the calamity they endure. And when God loves a people, He tests them. If they patiently persevere, His love to them would increase. But if they resent the test, then His wrath would be incumbent on them."** (Related by Imam Al-Tirmidhi)

Once a delegation of women approached Prophet Muhammad (PBUH) requested him to allocate for them as least one day a week in which he would teach them their religion. He accepted and requested them to choose a day in which they preferred to attend the class. The day and time were set and Prophet Muhammad (PBUH) came to teach them. Among his teachings was the fact that if a woman is bereaved of three of her children, then they would be a shield for her against entering the Hell-fire on the Day of Judgment provided they were patient and didn't utter any word of disapproval. He continued to inform them that even one who was bereaved of two or only one child is also going to be shielded from entering the Hell-Fire.

Being patient when afflicted with a calamity is one of the strongest forms of relying totally on Allah. For patient perseverance after being afflicted with a calamity without uttering any word of disbelief is a sign of total submission to the Will of God Almighty. Prophet Muhammad (PBUH) tells us in one of his narrations: **"...be determined to do whatever is beneficial to you, then ask assistance**

from Allah and never surrender.” (Related by Imam Muslim)

In the aforementioned Hadith, the Messenger of Allah is advising us three things: (1) you should always do whatever is beneficial to you. Whenever calamities are inevitable, you should seek assistance from Allah by patient perseverance and prayer because He is the only one genuinely and kindly ready to save you. People to whom you may tend to complain will not budge an inch to assist you. Besides, they may gloat over your grief. In such a situation you are poised to lose both; unstinted rewards from Allah and assistance from your pseudo friends. This is why the Messenger of Allah taught us to say the following statements whenever we are faced with any adversity: **“To Allah we belong and unto Him is our return.”** (2: 156)

We should also add: **“O Allah! Reward me for patiently persevering the intensity of this calamity and I beseech you to change the situation in which I am for the better.”**

Some or most of the calamities we suffer are a means of expiation for our sins if we only patiently persevere and depend on God for our succour. (2) We also learn from the above-mentioned Hadith that we should ask for help and rescue only from Allah without ignoring the means of achieving His protection. (3) We should work hard towards achieving whatever we long for without sitting back. A Muslim should always be determined and hardworking because that is part of worship in Islam. Allah’s Messenger taught us to be optimistic because that is one of the factors of success and one of the means of combating and resisting self-destruction.

Perseverance is not Enough to Overcome Problems

Patience alone is not enough: it must be accompanied with anticipation of rewards from Allah, decorated by faith in Him, preserved by constant prayer, mediated by piety and embellished by worship. Otherwise, it will be like the patience of animals and the endurance of non-believers in God. For God does not reward them because they don’t believe in Him and as such they don’t anticipate His rewards.

Types of Obedience and Submission to God Almighty:

Enduring hardships accompanied by invoking assistance and rescue from Allah is one of the best forms of submission, which is one of the meanings of Islam. It is imperative to discuss herein types of submission to Allah. Submission is divided into two categories: (1) Optional and (2) Obligatory. Since Allah gave us free-will and sent Messengers reinforced with Divine Books in which the straight path was distinguished from the crooked one, Allah Almighty promised to reward us if we employed our free-will in following the straight path. Likewise, He warned us of punishment if we erred from the right path. Optional submission, therefore, is the one we achieve when we decide without duress to follow the commandments of Allah according to the teachings expounded in the Holy Qur’an.

Obligatory submission is manifested when we are afflicted with catastrophes, be they natural or physical or psychological, to mention but a few. You cannot avoid becoming sick under a pretext of being a non-Muslim. Neither can you resist death because you are not a believer in God. Therefore, since God Almighty is the one who created death and sickness and is the one who decides who should die and who should become sick. Hence, you cannot resist any of them. Therefore, your

disability to resist any of the afflictions decided by God Almighty is an indication of your total obligatory submission to the One and Only God for which you can't be rewarded because it was beyond your will and capability.

It should be borne in mind that Allah Almighty loves you more than you love yourself. If that is the case, then whenever you are afflicted with any calamity you should totally understand that it is for your benefit. You may not understand the wisdom behind it at the time, but as time passes you come to recognize the wisdom therein. For example, becoming sick is expiation for the sins one committed before. There are as well some medical benefits in becoming sick or ill or indisposed.

The following example should be put into consideration: imagine, you stay a long time away from your country, then eventually you decide to return to your beloved country. You sell all your belongings, and call your people that you are coming. You go to a travel agency, you book a ticket and they advise you to be at the airport on a certain day at a certain time. All of a sudden when you fish out your ticket and passport to the man/woman at the counter in the airport, he/she tells you that you are not booked. Of course, you feel frustrated and start cursing everyone. But when you come back home, after returning back to your senses, you switch on TV and hear news: **“Boeing 474 that was flying to such and such a country has crashed on the territories of such and such a country and all the crew members and other passengers have died. No reason has been established as to why the incident happened.”**

After hearing this news, of course you will definitely thank God for not being aboard the plane, yet you complained before. This is the mystery in the problems we face.

You should understand that complaining and accusing everyone without a proof when afflicted with a calamity couldn't solve your problem. You should rather resort to your creator and beseech Him to remove you from the ordeal and reward you for your patience.

- Al-Hadith Al-Qudsi: these are the words of God revealed to Prophet Muhammad (PBUH) by revelation. **The meaning is from Allah whereas the wording is from Prophet Muhammad. Although Al-Hadith Al-Qudsi are the words of Allah in intent, they were not included in the Holy Qur'an.**

إسعافات أولية First Aid

- **In-house accidents involving children:** a lot of accidents happen to our infants in our houses as they grow up, especially when they start crawling or walking. Following are among those tragic incidents:

1- Burns: Breast-feeding infants are the most prone to burns that are caused either by hot water, tap water or hot foods and drinks. These burns vary in their intensity and damage they cause depending on the infant's age and physical strength. This is so because toddlers have a softer skin compared to adolescents and children of older age. In order to avoid those burns, you are requested to observe the **following instructions:**

- a) Before giving bath to in infant or child, make sure the water is suitable for him/her. In other words, the water should be neither cold nor hot. It s temperature should be moderate and appropriate.
- b) Do not carry a child while drinking tea or coffee as it may accidentally spill over him causing some inevitable burns.



- c) While cooking, avoid carrying an infant or child because some flames or sparks or vapor can accidentally fly up to him/her and inflict some burn on him/her.
- d) Do not leave hot foods and drinks at the fringes of a dining table as they may easily fall on a child and hurt or burn him. Make sure all items deemed to be dangerous to children are out of their reach. In the same context, you should avoid seating your child on a table-mat because he can easily pull it off causing some food to fall on him and some drinks to trickle down on him, which will eventually harm him.
- e) Do not leave electric cables dangling because children may easily tamper with them and cause some devices to fall on them, which will be of catastrophic consequences.

2- Falling down: Infants between the age of 4 months and 6, tend to fall down more frequently than their counterparts. Most of the falls happen as their pampers are being changed on tables or when they fall from beds. In order to avoid these tragic incidents, please follow the following instructions:



- a) Don't leave your infant alone in the bed or on a table while changing his pampers.
- b) Don't leave him/her seated on a chair or sofa alone without anyone monitoring her movements.
- c) Place a safety barrier at the sides of a staircase to save infants from falling.
- d) Close the windows properly and make sure you fix grilles across them.
- e) Always use a safety belt when riding with an infant or while seating him on an ordinary chair.
- f) Due to the fact that children have the propensity of secretly swallowing whatever they get hold of, keep everything deemed dangerous out of their reach, especially items that contain small particles.

Note: to avoid the aforementioned tragic incidents, you are advised to observe the following:

- a) Encourage older children to keep their toys out of reach of their younger siblings.
- b) Check the toys from time to time to verify their suitability and to pin point the broken parts.
- c) Make sure the toys you give to an infant are big enough to spare him some dangers.
- d) Watch children while they play with balloons and get rid of the remnants of the blasted ones as soon as possible. Keep uninflated balloons out of reach of children.

الإسعافات الأولية السريعة Quick First Aid

When a child falls down from a staircase or a flame flies up to him or swallows medicine or any toxic agent, you are advised to observe the following procedures:

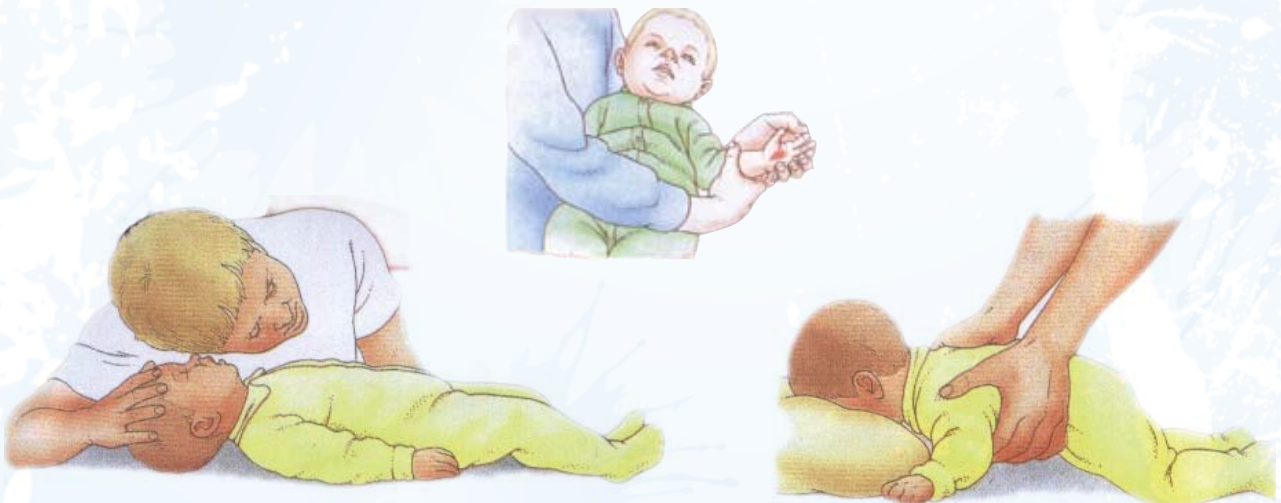
- a) **Control yourself:** don't be emotional but rather be rational so that you are able to rescue affected infants and children without any dire consequences.
- b) The most important thing is to know how to react to various incidents that befall on infants and children until a doctor comes to save them. This is the best you can do to save infants and children.

• **Burns:** In a situation where an infant or child is burnt, avoid the following:

- a) Turning him upside down as this may help a strange object to reach his throat /larynx, which will in turn make him unable to breath. If you did not see any strange object in his throat, avoid putting your finger in his mouth as this may cause him to vomit or incur some injuries in the upper part of the chest (thorax).

• **What should you do in such a situation:** If the object that the infant swallowed was small and had already reached his stomach, it is easy to remove it. He should drink a lot of fibers that will help remove it during excretion. However, if he swallowed small batteries or buttons, he will definitely need a doctor. And if it so happens that the strange object entered into his respiratory system (duct), keep him seated or standing without any movement until a doctor arrives. Special important pieces of advice:

- a) In the event of a child being choked with any object, stand behind him, let his back lean against



your chest and embrace his stomach with your arms. Holding his wrists, press him tightly from beneath the belly button. Pull him to your side and move him upside a couple of times.

b) If the child's age is less than 3 years, then place him on your shin while seated and let his head lean towards your knees, then lay him on his back. Do that repeatedly.

- **Falling:** In the event that a child falls down, avoid the following:

- Moving him as this will cause him more pain and will also cause a broken part of his body to move from its rightful place - he may also get paralyzed. In such a situation you are advised to do the following:
- If the infant becomes unconscious or dizzy, lay him on either sides and stretch him. Turn one of his knees towards the shin of the opposite leg and stretch the shin to put him in a firm position. Move his head - making sure that it faces the ground, then cover him so that he doesn't feel cold. After that, call a doctor. Continue monitoring him until the doctor arrives.

- **Toxication by detergents:** In the event that a child gets poisoned by detergents, avoid the following:

a) Helping him to vomit as this may cause the poison to pass through other parts of the body, and that may lead to some inflammation. Rather, call an ambulance and locate the bottle from which the child drunk the detergents as this will help the paramedics to prepare a suitable treatment for him/her.

- **Swallowing or drinking medicine:** If your infant drinks medicine, avoid giving him water or milk or else. But rather, do the following:

- Call an ambulance, and if he becomes unconscious, help him to vomit by putting your finger in his mouth. However, if he fails to feel the presence of people around him and cannot breathe normally, then give him mouth-to-mouth resuscitation and then place one hand on his forehead and use the other to raise his jaw up. After turning his head backwards, take a deep breath then cover his mouth and nose with your mouth. Breathe hard and position him horizontally until the ambulance arrives.

- **A deep wound:** in a situation where a child has incurred a deep wound, avoid tying it as that will block blood and prevent it from flowing. Do the following instead: In order to stop the would from bleeding, put pressure on any vein that carries blood, and then examine the wound medically by touch for few minutes – you can also use a bandage. If the bleeding persists, call an ambulance.

كيف تتعاملين مع نزيف الأنف عند الطفل How to deal with a child's bleeding nose

Nose –bleeding happens to children most often for the following reasons:

- 1- When he /she tampers with his nose by any of his/her fingers.
- 2- When he places strange objects into his nose.
- 3- When the nose is bruised or injured.
- 4- Without any clear causes.

Nose: - bleeding happens time and again to children. In the nose there is a sensitive area fed massively by capillary vessels. This area bleeds when it is affected by any disease, high temperature or disorder



العلاج Treatment

- 1- The child should sit-up bending towards the front and then breathe from his mouth and not from the nose.
- 2- Put pressure at the middle of the nose between 10-15 minutes.
- 3- The child should spit the blood and avoid swallowing it because it causes vomiting and stomach –ache
- 4- The patient should avoid lying prone on his back (Unless he faints) because that does not stop bleeding completely but rather prompts the patient to swallow the blood and thus it becomes difficult to assess the severity of bleeding.
- 5- If bleeding reoccurs after stopping applying pressure at the middle of the nose, repeat applying pressure for another 10 minutes. If you notice no progress take the baby to a near dispense
- 6- If the nose continues to bleed time and again, take the baby to an expert for due treatment.
- 7- Any bleeding or spilling of white liquids from the nose for the reasons other than wounds or fissure on the nose, a doctor should be contacted immediately.

إرشادات صحية Health Instructions

- Body smell: There are many sweat glands scattered around your body. They are very important in that they preserve the body moisture. Sometimes, the sweat smell appears repugnant and rancid, especially when drying upon ones body; this provides a conducive ground from bacteria to interplay with the sweat. In order to avoid the body stench, follow the following instructions:
 - 1-Take a shower everyday.
 - 2-Use a detergent soap (if there is a stench in your body.)
 - 3-Use body powder to maintain your body dryness.
 - 4-Apply deodorants after sweating or after taking bath.
 - 5-Wear slight cotton-made clothes, and avoid artificial underpants that absorb heat.
 - 6-Wash your clothes daily whether outer or undergarments.



البقع العنيدة Indelible Spots and Stains

- 1- Clean orange curry or carrot stains that hang onto the devices used for preparing food. You can do that by wiping those stains using a wet kitchen paper drenched in vegetable oil, then wash the kitchen utensils with hot water and then remove the oily remnants.
- 2- You can remove fungus spots from toilet curtains by rubbing them using a wet sponge with bleaching powder. Mix 20 liters of bleaching powder in 5 liters of water then carefully wash the curtains, after which you should dry them up.
- 3- Clean up any sign of rust apparent on kitchen appliances such as spoons, forks, knives, etc by wiping it off using a special liquid for that. If the rust is apparent on clothes then you are advised to place a lemon crust /rind on the spot then pass an hot iron on it. Continue with the process making sure you get a new rind each time until the rust disappears.
- 4- You can use a pencil eraser or spray to remove footmarks from doorsteps. Make sure you wipe them off with a cloth afterwards.
- 5- Use a bleacher to remove oil fat remnants from the floor. Use a thick brush then pour a lot of water on the place where fats are concentrated.
- 6- If you spot any paint remnants on a stainless steel, dip a clean cloth in cooking oil or children's oil and use it to rub the stainless steel. First, focus on places where stains are concentrated, then wipe the whole surface until it shines.
- 7- Use "Triptena" oil to remove oily stains left behind by petrol. Never immerse a silky cloth in "Triptena" oil as the latter would spoil the former.
- 8- Use a blotting paper and a sharp object to smoothly wipe out wax/candle stains. Pass a warm iron on the spot repeatedly. If you still see a light circle, then use petrol to wipe it out completely.
- 9- Use "Borax" with cold water to clear out chocolate and cocoa spots. Avoid using bleaching powder except when and where necessary.
- 10- Ink Stains: If they are recent then you are advised to do the following: wipe them out before washing the vessel with vinegar. It is preferable to use apple vinegar – vegetable oil is also recommended. Another option is to wipe out the stains using lemon juice and salt. If the stains are on a white object, then you are advised to soak the stain in frothy milk – then it will be easy for you to remove the remaining marks by just washing the vessel. If the stain is old, then apply the same procedure as to when you intend to remove or clear out rust, then use "Borax" repeatedly to remove the paint.
- 11- Coffee and tea stains: Remove them as soon as possible before they stabilize. Pour water on them from a high distance until it permeates into the stain. Repeat the process by using warm water – avoid using bleachers. However, if the spots are old and evident on cotton and linen white clothes, soak them in "Glycerine" for over 10 hours. You can also apply hot "Glycerine" to remove the spots. After that, use white spirits or just wash them. Regarding silken and woolen clothes, you are advised to drench them in oxygen water in order to save what can be saved.



قواعد أساسية في إزالة البقع Guidelines for Removing Stains

- 1- Never clean up any stain or spot by either hot or warm water.
- 2- Soak a sponge into cold water and rub milk or blood spots continuously.
- 3- Don't use a sponge soaked with water to rub off mayonnaise or curry because that may enlarge the stain.
- 4- Do not pour water on any stain or spot as that may make it indelible.
- 5- It is imperative to read due instructions on how to remove stains and spots from kitchen utensils or other objects. In case you intend to remove stains and spots, it is highly recommended to wear a pair of rubber gloves, especially if you have a sensitive skin.

- 6- Wipe off the stain or spot rather than rubbing it because the process of rubbing may spread and enlarge the stain and thus spoil the cloth. Wipe the stain off the vessel starting with its fringes through to the center.
- 7- Whenever possible, place the blotting paper on the stain or spot and wipe the lower part of the cloth.
- 8- Never wet any stain or spot too much. For frequently pouring a few quantities of stain-removing liquids is more effective than drenching stains with those liquids.
- 9- Try using a product specifically manufactured to clear out stains on a hidden part of clothes before applying it to remove stains/spots. This will help you ascertain its ability to maintain the original color of clothes.
- 10- Apply a small quantity of “Tilk” powder on the oily spots and leave it for 5 minutes. After that, use a small soft brush specifically designed for clothes to remove the powder. That kind of powder has extra-ordinary capabilities to absorb oils without any effect on the color of clothes.

أنقذي الموقف Save the Situation

It is very difficult to clear out the following types of stains and spots: However, if the following instructions are carefully put into consideration that may help:

- 1- Cutex on pieces of woven fabrics and rugs/carpets:** Use a detergent that has the ability to remove cutex made of “Acitone” as this will help remove stained fibers off the rugs and carpets.
- 2- Mud on cotton:** Use a big brush to remove as bigger amount of mud from the carpet or woven fabric as you can. After that, use a detergent or powder. Soak white cotton into warm water at the temperature of 60 or 70 in order to remove the spots completely.
- 3- Red beet and carrot stains on rugs and carpets:** There is no any detergent qualified to remove such stains as far as our experience in concerned. Call a cleaning company to help you.
- 4- Burns on clothes:** woven fabrics or textiles can easily get damaged if exposed to high temperatures. However, it is possible to minimize the negative effects by adding “vanish” liquid to wash water.
- 5- Water traces on nylon fabrics:** wet the textile or woven fabric completely until it gets a general shape. This finery needs to be tested on a non-washable silk. You won’t lose anything if dry cleaning doesn’t work.
- 6- Spots on skin:** Be extra cautious in removing those spots lest they affect the color of your skin and also cause it to dry. Remove all the spots from the surface and apply a detergent to the skin.



عالم الطفل kids world

نصائح وإرشادات تحتاجها كل خادمة للتعرف على كيفية التغذية الصحية للطفل

Advices and instructions needed by a maid to be aware of proper diets for a child

Dear manageress of the house, you should understand the following instructions and advices and then put them into action when the mother is absent for long hours. Babies should be regularly taken care of.

First, personal Hygiene and domestic cleanliness:

1. Use clean water when washing your hands after using a rest room, after washing a baby and after he eases himself. Do the same before preparing food and after feeding a child.

Secondly: Food Hygiene:

When you are tasked with the responsibility of preparing food, make sure you clean the following properly:

- a) Chopping boards and surfaces
- b) Plates and dishes in which food is to be served. This should be done to avoid movement of microbes and to protect ourselves from food poisoning.

Third:

When feeding a child follows the following instructions especially if the child is be 0-6 month's old age:

- 1- Avoiding giving him/her any juice or liquids without the mother's or grandmother's approval.
- 2- Implement mother instructions regarding feeding the child with artificial milk so that the milk concentration is moderate and the quantity is not beyond the child's requirement /need.
- 3- Your hand and utensils used must be clean and sterilized.
- 4- Avoid keeping milk in artificial containers.
- 5- Make sure the milk temperature is moderate by pouring some milk drops on your hand to determine the milk temperature.
- 6- While feeding the child with milk make sure the head is upright a little bit high from the body level. Also make sure the baby does not gulp the milk to avoid suffocation

7- If you happen to use a pacifier make sure it is clean and sterilized and should be change

Time and again

8- Do not leave the milk bottle in the Childs' mouth and go to complete other chores as this may lead to suffocation.

A baby older than 6 months:

1- At this age, a baby starts to interact with, the person in front of him, so try to imitate him as well as smiling at him. Moreover, at this age he is able to group objects and put them in his mouth. Before feeding him, make sure his hands and toys are clean and follow the following instruction.

- a) Don't give him hard and solid food unless he is 6months old and follow his mother's guidelines.
- b) Start by giving him small amounts of each type of food separately for 2 or 3 days according to his mother's instructions. Increase the amount gradually to ensure that he is not allergic to same type of food. If you discover that he/she is allergic to that particular food by the appearance of some symptoms like rashes on the skin, please inform the mother about it.
- c) Whenever you feed the child make sure he is in a sitting position and food is not so hot.
- d) Try to feed the child at regular timings and use a small suitable spoon for feeding him.
- e) Be extra cautions of the food you are giving to your child and avoid giving him left overs, especially if it is canned food.
- f) Never warm his food in a microwave, especially if it is in form of liquid.
- g) Avoid feeding the child with the following:
 - 1- Sugary foods.
 - 2- Cocoa
 - 3- Chocolates, unless you got prior permission from the mother. In case the mother agrees then make sure it is after the main meals. However, it is advisable to feed him rather with fruits and vegetables.
- h) Children's food does not need more salt, sugar or fats.
- i) Try to make it fun while feeding the child so that he doesn't turn away from it.
- j) Finally, try to treat the child as though he were your son or brother. For he/she is a trust in your hand, so take care of him nicely until the mother comes back.

Note: - Never use any electric machines unless you have prior permission from the mother as well as getting enough training on how to use them properly.

الطعام المناسب لتغذية الطفل

Food To Feed The Child



- Mix children's rice with warm water or breast milk until the mixture becomes liquid.



- Pounded carrots: peel the carrots then cook them then after that pound them, add water and leave them to cook slowly.



- Mashed apple: This is regarded as a good alternative for the first solid meals. You can also mash ripe pears.



- Mashed potatoes: you can replace them with vegetables that have roots such as cabbage.



- Minced chicken: try to mix it with cooked tomatoes.



- White minced fish: clean it properly and try to remove bones from it.



- Boiled eggs: fry them for 7 minutes then mash them.



- Finger foods: Making cheese and banana into different shapes is preferable to children.



- Bread and butter: Try to lessen the amount of butter.



- White Yoghurt: Mix it with some mashed fruits

تعليمات صحية Health Instructions

1. Before starting preparing food, wash your hands properly with soap.
2. Cut your nails and clean the dirt underneath.
3. Brush your teeth in the morning before going to sleep and after each meal.
4. Having bath daily after preparing food or after finishing work in house is highly recommended.
5. Cover your hair completely before starting cooking and after that, wash the cover or change it.
6. Wash your hands well with water and soap after getting out of the bathroom
7. Wash your bathroom very well with water, soap/ everyday.
8. Do not allow children to enter the kitchen while preparing food lest they get burnt.
9. Wash your hands well with water and soap before and after changing children's clothes.
10. Eat with your right hand and say at the beginning, " In the name of God the Most Beneficent, Most Merciful." When you finish eating say, "praise be to God"
11. Wash vegetables, properly before cooking and wash fruits well before eating.
12. Clean grains and beans from dirt and small stones then wash your hands before cooking.
13. Prepare salad half an hour before serving food so that it stays fresh.
14. Wear clean nylon gloves while preparing the salad.



نصائح عامة Personal Advice

- 1- When reddening foods that are covered by eggs and rusk make sure the lid is well balanced and properly closed to avoid the falling of zwieback into cooking butter during the reddening process.
- 2- Mix nuts or crackers with a small amount of flour, especially those that are always added to flowering pasta. With regard to walnuts, peel them before cutting them into pieces, especially if you roast mixed nuts before adding them to the dough, this is a guarantee that they won't sink at the bottom of the cake.
- 3- In order to avoid the bitterness of cucumber, add a small amount of sugar to the salt.

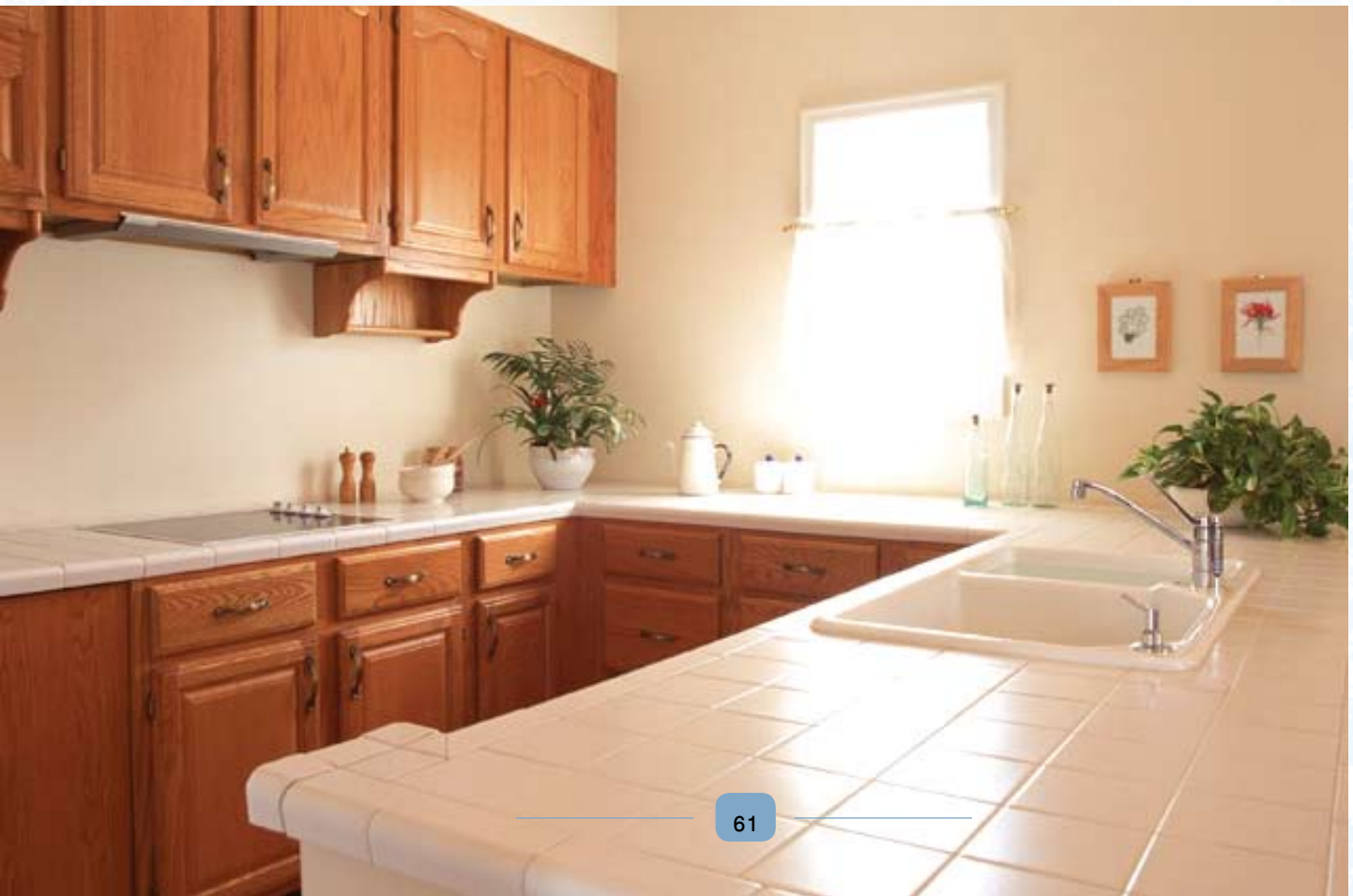


نصائح للتخلص من الروائح في المطبخ How to Get Rid of Stench from the Kitchen

Foul smell is the biggest problem that many people face in their kitchens and thus buy a lot of items such as mopors to dissipate it. Those foul smells are always smells of spew, fermentation, oils, fry pans and foods that have strong permeating smells.

Following are some instructions on how to get rid of those foul smells:

- 1- Keep a piece of charcoal or potato in a bowl in the middle shelf of the kitchen as this will help you clear out stenches.
- 2- In order to get rid of smells of spices from an electrical grinder, grind toasted or roasted bread in it after using it.
- 3- Sprinkle a few litters of ammonia water around the dust bin in order to rid your kitchen of cockroaches, and other undesired insects. It will also help you clear out bad smells.
- 4- After completing your chores, wipe your hands with lemon juice in order to remove small particles that might have clung to them as well as undesired spots.
- 5- In order to minimize the strong smell of cauliflower and cabbage while boiling them, add one piece or a couple of pieces of bread to the boiling water.
- 6- Foods with strong smell should be covered properly to deter the bad odor from spreading to other types of food in the kitchen. It also helps in ridding the fridge from stenches.



نصائح لحفظ اللحم

Instructions for Meat Preservation

- 1- Meat kept in a refrigerator for a long time should be cooked as soon as the ice clung to it melts. Failure to do that will make it lose its flavor taste and cool
- 2- Before frying the meat, the frying pan should be heated well to a high degree of temperature, and then reduce the temperature gradually.
- 3- Make sure you fry meat with adding salt to it: that will help it maintain its iron. After frying add salt to it. It's preferable to grease it with olive oil before frying it.
- 4- It is advisable to avoid keeping meat in a refrigerator for more than two or three days.
- 5- Warm the frying pan properly before placing meat in it, then put in butter then meat. Avoid using the remainder of oil or butter again and again.



تحضير البهارات والتوابل Preparing Pepper and Spices

- Before we start cooking Kuwaiti dishes, we should prepare spices, which are plenty in markets in all forms. However, it is preferable to prepare them at home as follows:

- | | |
|---------------------------------|---------------------------|
| 1- 250 grams of black pepper. | 6- 250 grams of cardamom. |
| 2- 100 grams of red pepper. | 7- 100 grams of ginger. |
| 3- 250 grams of cumin | 8- 100 grams of cloves. |
| 4- 250 grams of dry coriander. | 9- 100 grams of walnut. |
| 5- 250 grams of cardamom roots. | 10- 250 grams of canella |

Method:

1. Clear up all spices then wash then with water except cardamom because it loses both its smell and color after being washed.
2. Place pepper and spices under sunshine until they completely dry up then mix them with each other.
3. Grind them until they become soft then keep them in a plastic utensil so that they don't lose their smell.

You should have some supplements to spices and pepper. They are:

- a) Ground curcuma, crashed black lumi, cinnamon, cardamom and whole some lumi.
- b) Currants, cactus, round chick pea, crocus and rosewater



“O you who believe (in the Oneness of Allah –Islamic Monotheism) Eat of the lawful things that we have provided you with, and be grateful to Allah, if it is indeed he whom you worship”.

chapter (2: 172)



سندویشات SANDWICHES

سندویش همبرجر مع الجبن Cheese Mini Burgers

Ingredients:

- 6 slice normal toast
- ½ cup butter melted
- 1 tbsp tomato sauce or chili ketchup
- ½ cup of grated mozzarella cheese
- Meat patties (1 cup minced beef)
- 1 small onion finely chopped
- ½ teaspoon mustard sauce
- ½ teaspoon tomato sauce
- ½ teaspoon tomato sauce-salt-black pepper)

Preparation:

- Combine all meat patties together shape 1 tbsp level of mixture into a ball flatten to a 4 cm pattie bake burgers inside oven until brown
- Cut 3 cm round from each slice of bread brush round with butter place on oven trays bake in moderate oven until lightly browned and crispy
- Spread each round with tomato sauce top with meat and cheese. Before serve grill burgers until cheese is melted.



ساندویش بالجبن CHEESE SANDWICHES

Ingredients:

- 6 Pieces of toast
- 3 Cheese slices
- Butter for coating sandwiches

The Method:

- 1-Coat the sandwiches with butter. Add cheese slice and put the second layer of toast. and so on until the quantity is over.
- 2-Put it into the electric toaster, then press and garnish and serve.

NOTICE: You may cut it into triangles.



ساندويش بالدجاج

CHICKEN SANDWICHES

Ingredients:

- 3 Chick Chest Parts
- 2 Carrots cut in cubes
- 1/2 Glass myonese
- 1 Toast bag
- 1 Lemon juice
- Water for boiling
- 1/2 Tea spoon white pepper
- 1 Tea spoon salt

The Method:

- 1- Wash chick parts, rub with salt and flour, wash again.
- 2- Add to boiling water, 1 tea spoon salt, pepper, chick, carrot, leave on fire until well-done
- 3- Chick and carrot raised aloft chick skin peeled off together with bone and grind with carrot in Molinex till becomes thick like tehinah.
- 4- Put mix into bowl, add lemon juice, myonese and stir.
- 5- Cut off the toast edges with knife.
- 6- Coat a toast piece with 1 table spoon of the mix and add the next layer and press with hand.
- 7- Cut in the form of triangles all the quantity.
- 8- Arrange in the prepared plate and garnish to serve.



ساندويش بالتونة

TUNA SANDWICHES

Ingredients:

- 2 Tuna tins, large size
- 1 Toast bag
- 1/2 Glass myonese
- 1 Lemon juice

Method:-

- 1- Drain tuna water, grind tuna with Molinex, until it becomes as dense as tehinah.
- 2- Put into bowl, add lemon juice and myonese stir.
- 3- Cut toast edges with knife.
- 4- Coat a toast with one table spoon mix, put the other layer thereon, press by hand.
- 5- Cut with knife in triangles all the quantity.
- 6- Arrange in the prepared plate, garnish and serve.



البرجر Burgers

Ingredients:

- 1 kilo of minced beef
- 4 big spoons of crust
- 2 big minced onions, cooked in oil
- 2 eggs
- 1 medium spoon of nutmeg
- 2 big spoons of ketchup
- 1 big spoon of salt
- 1 medium spoon of black pepper
- 1 medium spoon of mixed spices

Preparation:

- Mix all ingredients together, then mould them into balls (lemon size)
- Make the balls flat and keep them in a freezer.
- Take them out of the freezer, put them in a plastic bag and keep them again in the freezer.



الهمبرجر Hamburger

Ingredients:

- 10 pieces of hamburgers
- 2 big slices of onion
- Black pepper, salt, oil, minced parsley, yogurt, big spoon of Harda (Sesame tahina)

Preparation:

- Boil hamburger in water for 3 minutes.
- Strain them and cut into pieces, Cubes or slices.
- Put onions in oil and cook till they become tender.
- Add the hamburgers and cook for 3 minutes, add black pepper and salt according to your taste.
- Put in a serving plate
- Mix yogurt with Harda, pour it over the hamburgers, sprinkle the parsley on top and serve



صمون همبرجر Burger Sandwiches

Ingredients:

- 4 pieces of hamburger
- 1 table spoon of tomato paste
- 1 tea spoon of sugar
- 1 small cup of water
- Oil
- Onion rings
- Sliced cheese, lettuce, cucumber pickles and onion rings

Preparation:

- Place hamburger in a big pan and pour a mixture of water, paste, sugar, oil, then onion rings - keep on lower heat, stir from time to time till it absorbs the mix.
- Put bread in a tray and place the burgers, then cheese, lettuce, pickles, onions and cover with bread again. Roll with a kitchen paper and place on serving tray.



خبز صاج Saj Bread

Ingredients:

- 3 cup white flour
- 4 tbs corn oil
- 1 tsp sugar
- 1 ½ cup of water
- Filling 1 (haloomi cheese-olive slice-tomato slice-zaatar)
- Filling 2 (stick fried potato-filafil)
- 1 tbs milk powder
- ½ tbs yeast
- ½ tsp salt

Preparation:

- Combine flour with sugar, milk, yeast, and salt, add oil and water, knead until smooth and homogeneous dough, divide into walnut size balls, cover stand for 10 minutes.
- Flatten each ball into thin round disc, bake into-stick pan for both sides.
- Fill bread with first or second filling, roll as cylinder, cut into 2 parts and serve.



شاورما باللحم

MEAT SANDWICHES

- 1kg Beef meat cut in thin slices
- 3 Minced onions
- 1 Tomato cut in small
- 1 Table spoon minced parsley
- 3/4 Yoghurt
- 1 Tea spoon crushed garlic
- 1/2 Tea spoon ground of each spices (black pepper, cinnamon, cardamom)
- 2 Table spoon crushed garlic
- 2 Table spoon Ghee
- 1/2 Table spoon salt or as desired
- 1 Table spoon tahinah
- 1 Table spoon minced fat
- 1/2 Fresh green pepper cut in small pieces

The Method:

- 1- Spice the meat with all the ingredients above, put into tray, cover and put into refrigerator for the night.
- 2- Take out the next day and put into oven till done having little water remaining.
- 3- Put in sandwiches and serve.

NOTICE: - It can be put into a tray and served.



ساندويش بالبيض EGG SANDWICHES

Ingredients:

- 3 Boiled eggs, cut in rings
- 2 Sliced tomatoes
- Little lettuce or Myonese
- 3 Pieces sandwich bread
- Butter for coating sandwich

The Method:

- 1- Coat the sandwich with butter or myonese and insert the lettuce therein.
- 2- Add the egg to lettuce and tomato rings, sprinkle spices or salt as desired.
- 3- Put into the prepared plate and serve.



ساندويش بالنقانق SAUSAGE SANDWICHES

Ingredients:

- 6 Pieces sandwich bread
- Ketchup
- 3 Glasses of water for boiling
- 6 Sausages of chicken or meat
- 1 Table spoon mustard
- Butter or myonese for coating

The Method:

- 1- Put water into over heat to boil, add mustard and sausages leave for 1/3 hour to ripen, then drain.
- 2- Coat the sandwich with butter or myonese as required, insert sausages, ketchup, mustard until the quantity is over.
- 3- Put into the prepared plate, serve with fried potato.



رز مع الدجاج Rice with chicken

Ingredients:

- 1 Chicken cut into 8 pieces - oil for fry
- 3 cup rice (1 1/2 cup coarse chopped grill)
- 1 cup shredded onion - 2 tsp mixspic
- 1 cup shredded green onion - 2 tsp turmeric
- 2 cup tomato cubes (1 cm) - salt black pepper
- 2 green and red capsicum cubes - 2 cup yogurt
- Saffron rose water - 3 cinnamon
- 1/2 cup pomegranate seed - 3 tsp ghee

Preparation:

- Wash rice and soak into lukewarm water for 1/2 hour boil into excess water with 1 teaspoon salt for 6 minutes drain
- Combine remaining ingredients except pomegranate seed saffron and rosewater cook into hot oven until 1 cup thick sauce is left
- Pour 1/2 quantity boiling rice into greased glass pan spread the granate seed with saffron and rosewater mixture cover tightly with foil bake into hot oven for 1/2 hour pour into serving plate and serve hot.



بارياني دجاج CHICKEN BIRIYANI



Ingredients

- 1 Chicken cut to pieces
- 3 cup rice
- ½ lemon Juice
- ½ cup yogurt
- 3 shredded onion
- 2 chopped tomato
- 3 crushed garlic
- ½ tablespoon grated ginger
- 2 tablespoon butter
- ½ teaspoon saffron mixed with ¼ cup hot water
- 1 tea spoon turmeric
- ½ teaspoon chili powder
- 1 tablespoon biriyani spice
- 3 cardamoms
- 3 bay leaves
- 3 cloves
- 1 stick cinnamon
- ½ cup corn oil
- 1 cup water

For Garnish:

- 1- 1 boiled shredded egg.
- 2- ¼ cup fried peanuts
- 3- ¼ cup fried cashew
- 4- ½ cup fried shredded onion

The Method:

- 1-Wash rice and soak in water for ½ hours
- 2-Season the chicken with salt turmeric chili powder biriyani spice yogurt and lemon juice
- 3-Fry onion with garlic and ginger in oil add tomato stir over heat for 4 minutes add chicken and the cup of water boil for 50 minutes
- 4-Put 2 tablespoon corn in pot add cardamom bay leaves doves cinnamon and add ½ the pot water boil rice in boiling water with 1 tablespoon salt fir 5 minutes drain put butter in pot put 1 cup rice saffron in pot and mix
- 5-Add chicken mixture to the rice cover with remaining rice
- 6-Cover the pot with aluminum foil and pot cover put in hot oven for 30 minutes or 15 minutes on low heat
- 7-Mix rice carefully and pour on serving plate garnish with fried onion nuts and boiled egg

كبة إسكتلندية Scotland Kuba

Ingredients:

- 4 cup minced meat
- 2 chopped onion
- ½ cup chopped parsley
- 1 teaspoon black pepper powder
- ½ teaspoon chili powder
- 3 crushed garlic
- 2 eggs
- 4 tablespoon bread crumbs
- 1 tablespoon butter
- 2 boiled egg

Preparation:

- Combine the meat, onion, parsley, black pepper, and garlic
- Add egg bread crumbs, butter, salt and chili powder.
- Flatten the mixture into round disc.
- Fill the boil egg roll as a cylinder with foiling the edges inside.
- Cover the meat with aluminum foil pour into oven proof pan bake into hot oven for 1 ½ hours
- Open aluminum and cut into slice and serve.



فلفل محشي Stuffed Pepper Pastry

Ingredients:

- 8 green pepper hot or cold
- 2 tbs oil
- 2 cup flour
- 1 tbs milk powder
- ½ tsp sugar
- 1 tsp yeast
- 1 tbs sugar
- ½ cup warm water
- Filling (1 cup grated cheddar cheese-yeast and oil-knead with water until smooth and homogeneous dough, cover, stand in a warm place until double sized.

For garnish: (toasted sesame)

Preparation:

- Combine flour with salt, sugar, milk, yeast and oil, knead with water until smooth and homogeneous dough, cover, stand in a warm place until double sized.
- Combine filling, ingredient together cut pepper longitude, remove seeds, fill with cheese, close well.
- Flatten dough into ½ cm. thickness, cut into long ribbons, ½ cm. wide wrap pepper with ribbons to cover, arrange on greased baking tray, spread on top, cover, stand for ½ an hour, bake in hot oven at 220 c until golden, serve hot or cold.



بادنجان متبل مع بصل مقلي Spiced Brinjal (egg plant) with Fried Onions

Ingredients:

- Eggplant (3 medium sized)
- Flour (thaheni) (2 table spoons)
- Lemon juice (2tea spoons)
- Chopped onions (2 medium sized)
- Curd (zabadi) (1, 5 table spoons)
- Coriander powder (1/4 tea spoon)
- Salt (1/4 tea spoon)
- Garlic (1/4 spoon)
- Olive oil (3 table spoons)
- A piece of pomegranate (to decorate)
- Vegetable oil (sufficient to fry the onions)

Method:

- Split all the eggplant into two pieces length wise. Grill them on cinders or on fire.
- Fry the chopped onions till become brown.
- Put the eggplant in the mixer after peeling with browned onions and the remaining ingredients except olive oil and pomegranate; grind the mixer for 3 second only.
- Put the eggplant in the serving dish and decorate with fried onions, pomegranate and olive oil.



باذنجان بالكفتة Eggplant with Kofta Rolls

Ingredients:

- 2 cup minced meat
- Tomato sauce:
- ½ cup chopped onion
- ¼ cup chopped onion
- 2 tsp chopped parsley
- ½ tsb crushed garlic
- 1 cup carrots slice
- 3 tsb corn oil
- 3 medium eggplants
- 1 pack tomato paste (130 g)
- Alt, black pepper, mixspise corn oil for fry
- ½ tsb salt
- Corn oil for fry
- 2 cup hot water

Preparation:

- Cut eggplant into round thin slice fry into oil, drain.
- Combine meat with onion parsley, season with salt, black pepper and mix spice, shape into small rolls, arrange into oven tray, for ½ hour.
- Put one meat roll into each eggplant slice, roll as a cylinder, arrange salt and water, mix well.
- Pour sauce over eggplant rolls; bake in to oven for 1 hour.



سمك بالطحينة وصلصة الطماطم Fish with Thahina Tomato Sauce

Ingredients:

- Fillets of “hamour” or any kind of fish at least 2 pieces, 350 grams
- 2 medium size of minced onions
- 9-table spoons of tomato paste
- 5 table spoons of vegetable oil
- 1-tea spoon of garlic
- 1 cube of vegetable stew
- 1 ½ medium size of tomatoes
- 4 leaves of bay-laurel
- ¼ tea spoon of ginger
- 2 green bell peppers
- ¼ tea spoon of black pepper powder
- ¼ teaspoon of red pepper powder
- ¾ teaspoon of dried parsley
- ¼ tea spoon or any amount sufficiently required.

Tahina (flour) Ingredients:

- 1/3rd of cup tahina (flour)
- ¼ cup of water
- A sprinkle of dried coriander powder
- A sprinkle of cumin powder
- 1/3 cup of lemon juice

Fish marinate Ingredients:

- 1/3 cup of lemon juice
- 4-table spoons of vinegar
- ¼ tea spoon each, black and red pepper powder
- ¼ teaspoon of coriander powder

Preparation:

- Marinate the fish in the ingredients mentioned above for 3 hours, then fry till brown - do not leave until done.
- To make the tomato sauce, take container, put oil in it and then add onions, fry little till it becomes brownish, and then add garlic, ginger and a cube of vegetable soup.
- Put tomatoes in blender then add it to the onions mixture.
- Put the rest of the spices and salt, then add tomato paste.
- Mix together and cover the pan till tomato and spices smell appears.
- Add ¼ of water and cover the pan for 1 minute - on a little mild fire, then turn off the fire
- Put fish in an oven tray and pour the tomato sauce on top, cover with folium and leave for ½ to ¾ hr and serve the fillet wit (flour) and SNOBER



بيض أومليت مع البطاطا OMELET WITH POTATO

Ingredients:

- 6 Eggs
- 2 Potatoes, medium size boiled
- 1/2 Glass minced mozzarella cheese
- 1/4 Glass labnah
- 1/2 Table spoon butter
- 1/2 Table spoon salt or as required
- 1 Tea spoon white pepper
- 1 Table spoon minced parsley
- 1 Glass oil for frying potato

The Method:

- 1- Peel potatoes cut in thin slices, fry in oil, coat the round metal plate with butter, put the potato therein, and cut in mid-size pieces.
- 2- Put the eggs into bowl, add cheese, labnah, salt, pepper, butter and mix with cake mixer.
- 3- Add parsley to the mix and stir.
- 4- Add the mix to potato and insert over warm water bath.
- 5- Put into oven until well-done then serve.



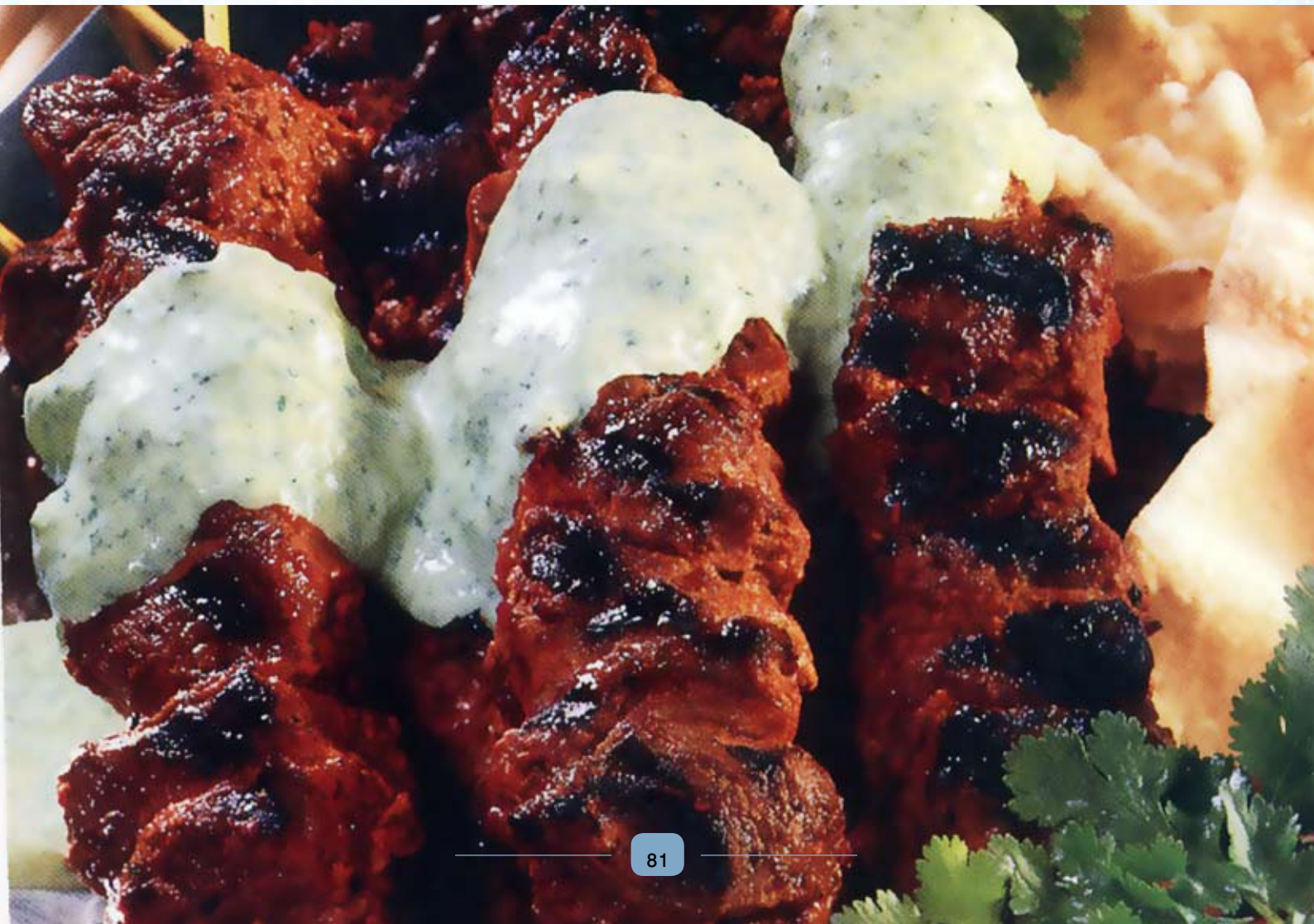
لحم باربيكيو MEAT BARBECUE

Ingredients:

- 2 Minced onions
- 1/2 Pack of yoghurt
- 1 Tea spoon black pepper
- 1 Tea spoon cardamom
- 1 Kg mutton meat without bones cut in equal size pieces.
- 1 Tea spoon crushed garlic
- 1 Chopped sweet green pepper
- 1 Chopped piece of fat
- 1 Table spoon salt or as desired

The Method:

- 1- Wash meat and drain.
- 2- Put all ingredients in a bowl and stir altogether.
- 3- Spice meat and leave for one hour, then drain
- 4- Pierce piece of meat with skewers put between meat pieces of green pepper and piece of fat.
- 5- Heat barbecue charcoal until its red.
- 6- Place skewers on grill and grill for 4 minutes on each side until its done serve with white rice.



دجاج شيش طاووق المشوى GRILLED CHICKEN (SHESH TAWOUQ)

Ingredients:

- 2 Chickens
- 1 Tea spoon black pepper
- 1 Tea spoon ground cardamom
- 1 Tea spoon crushed garlic
- 1 Green sweet pepper cut in equal size pieces
- Juice of one lemon
- 1 Table spoon salt or as desired
- 1 Tea spoon sumac
- Butter to grease chicken

The Method:

- 4- Free chicken from skin and bones cut it small equal size pieces, wash and drain.
- 5- Mix green pepper, sumac, garlic, salt .lemon cover and leave for one hour.
- 6- Pierce pieces of chicken with a barbecue skewer pierce a piece of sweet green pepper pieces of chicken.
- 7- Heat charcoal grill until (fire brand) red.
- 8- Place skewers on grill, turn over every while and then until chicken is done.
- 9- Grease chicken with butter using a brush, arrange in prepared plate and serve wit white rice.



دجاج باربيكيو CHICKEN BARBECUE

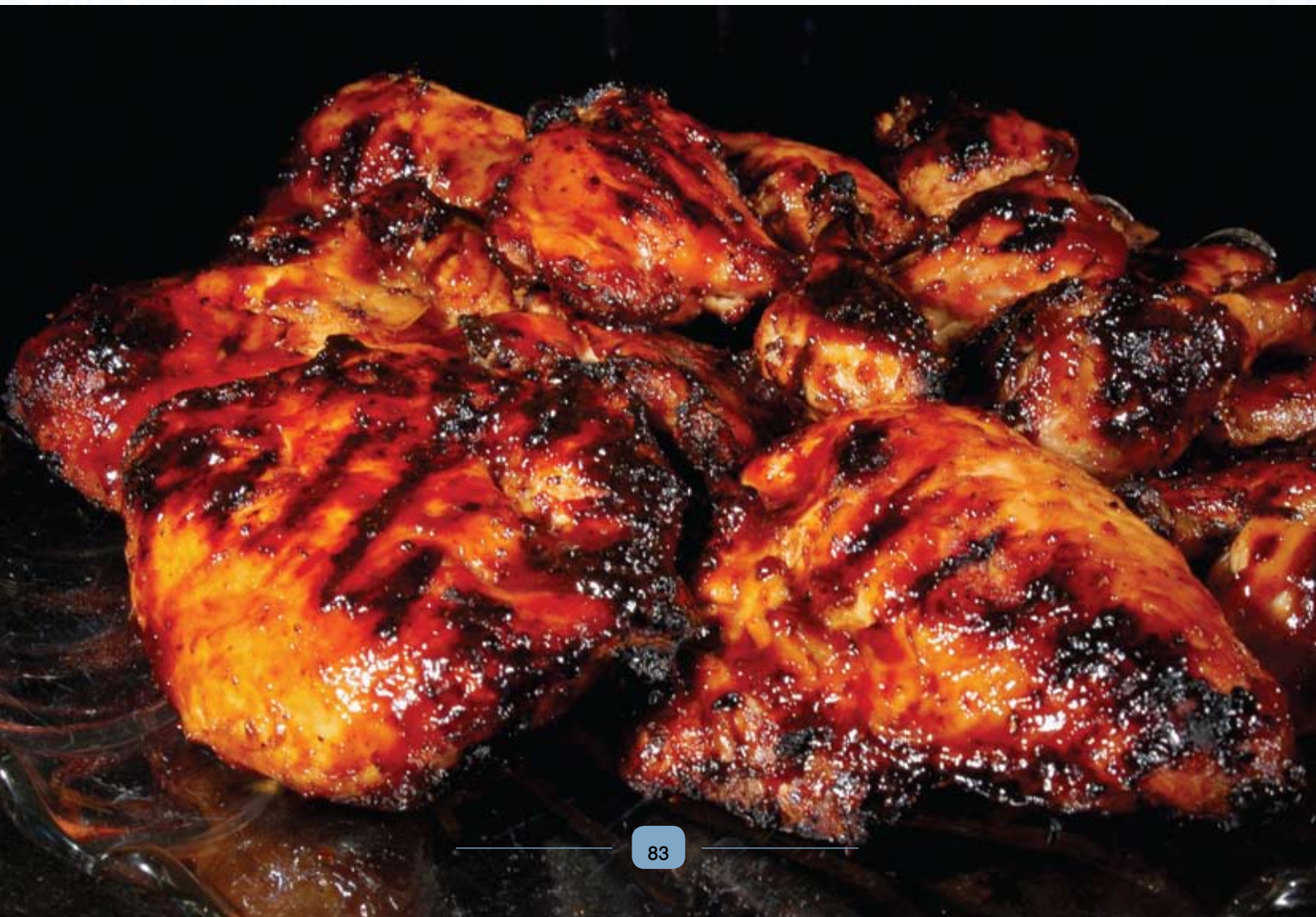
Ingredients:

- 2 Chickens cut halves
- 1 Tea spoon ground spices from each of (black pepper, cumin, cardamom, paprika)
- Juice of one lemon
- 1 Table spoon salt or as desired
- 1 Tea spoon crushed garlic

The Method:

- 1- Wash chicken, rub with salt and flour, rinse well.
- 2- Mix lemon and juice, cover chicken with lemon mix from all sides.
- 3- Mix salt and spices together also spice chicken from all sides.
- 4- Grill chicken on charcoal grill, turn over to grill other side until done.
- 5- Arrange prepared plate garnish and serve.

Notice: some prefer to grease grilled chicken with some butter after its barbecued.



لفائف الستيك بحشوة المشروم Steak Rolls with Mushroom Stuffing

Ingredients:

- 4 pieces or slices of steak
- 24 medium pieces of fresh mushroom
- 1 ½ cans (180gm) of yogurt
- 1 ½ table spoons of minced onion
- 1 ¾ teaspoons of minced garlic
- ¼ cup of vinegar
- ¼ cup of oil
- 5 ½ tablespoons of butter
- 2 tea spoons of five French spices or sweet spices
- 1 table spoon of thyme and dried basil
- 1 tea spoon of any required amount.
- Mushroom sauce:
 - 10 medium pieces of fresh mushroom
 - 1 medium onion cut with long wings
 - 1 teaspoon of minced garlic
 - ¼ cube of chicken stew
 - 1-cup of liquid cream
 - 1 teaspoon of dried thyme & basil
 - 1-table spoon of green chilies and small pickles
 - 3-tea spoons or more of Soya sauce
 - 3-table spoons of butter

Preparation:

- Marinate steak for one night in yogurt and minced onion and a tablespoon of garlic, then a teaspoon of spices, vinegar, oil and salt



- Put butter in a pan then garlic, leave for a while then add dried herbs and spices. Cut Mushrooms into thin wings and add it without cooking to the herbs and butter then mix well.
- Strain steak pieces from marinating liquid then place the mushroom mix in the edge of steak.
- Tie the steak pieces and then roll them. Fold the rolls with foil paper oil.
- Put steak rolls in the oven tray then put it in medium heat oven then leave till cooked well.
- Open foil paper and paste the rolls with butter then put to the oven until they become red.

Mushroom Sauce Preparation:

Place butter in a frying pan then onions and leave on a mild fire till they become tender and brown. Add chicken stew cube, then mushroom & mix for ½ min on a big fire. Then add the herbs, and cream. Cover pan for 3min then add chilies and Soya. Minimize the fire, then leave the sauce for another 3 minutes. For serving, place steak rolls next to the sauce or pour the sauce on top of steaks.

لحم بالسبانخ على الطريقة الهندية MEAT WITH SPINACH -INDIAN STYLE

Ingredients:

- 1- kilo of meat with bones-cut into pieces
- 2 medium onions-diced
- 450gm of frozen spinach
- ½ cup of liquid cream
- 2 medium sized tomatoes
- 2 table spoons of tomato paste
- 2-tea spoons of salt
- 1 tea spoon of cumin and coriander (seeds)
- 10 pieces of whole cardamoms
- 1-tea spoon of whole black pepper
- 3 pieces of red pepper
- ½ teaspoon of turmeric powder
- ¾ table spoon of crushed garlic and ginger
- 5 cups of hot water
- ½ cup of vegetable oil
- 1-tablespoon of butter
- 1 teaspoon of anise
- 7 leaves of bay-laurel
- 7 leaves of curry
- 4 pieces of whole carnation
- 1 piece of whole Cinnamon
- ½ teaspoon of curry powder
- ½ teaspoon of cumin powder
- 4 flakes of garlic



The Method:

- Cook whole spices, whole garlic, red hot chilly, curry and bay-laurel leaves in hot oil
- Mix until its aroma spreads, changes color and garlic becomes red.
- Add onions and mix till brown, take only whole spices except the pepper leaves and garlic, which you may leave with onions.
- Put spices in blender then add cut tomato and tomato paste. Mix well and leave on a side.
- Add meat on onions then add the rest of powder spices and salt
- Add a mixture garlic and ginger
- Cook meat until changes color or for 3 min on a medium to high fire
- Add mix of whole spices & tomato, cook for another 3 min, and then add spinach (after washing & squeezing it well)
- Add water & leave on small fire for 2 hours or until meat is cooked.
- Finally add butter & cream, mix for 1 min then cover the pan for 2 min. Serve it next to rice.

Note: you can increase the amount of water whenever necessary

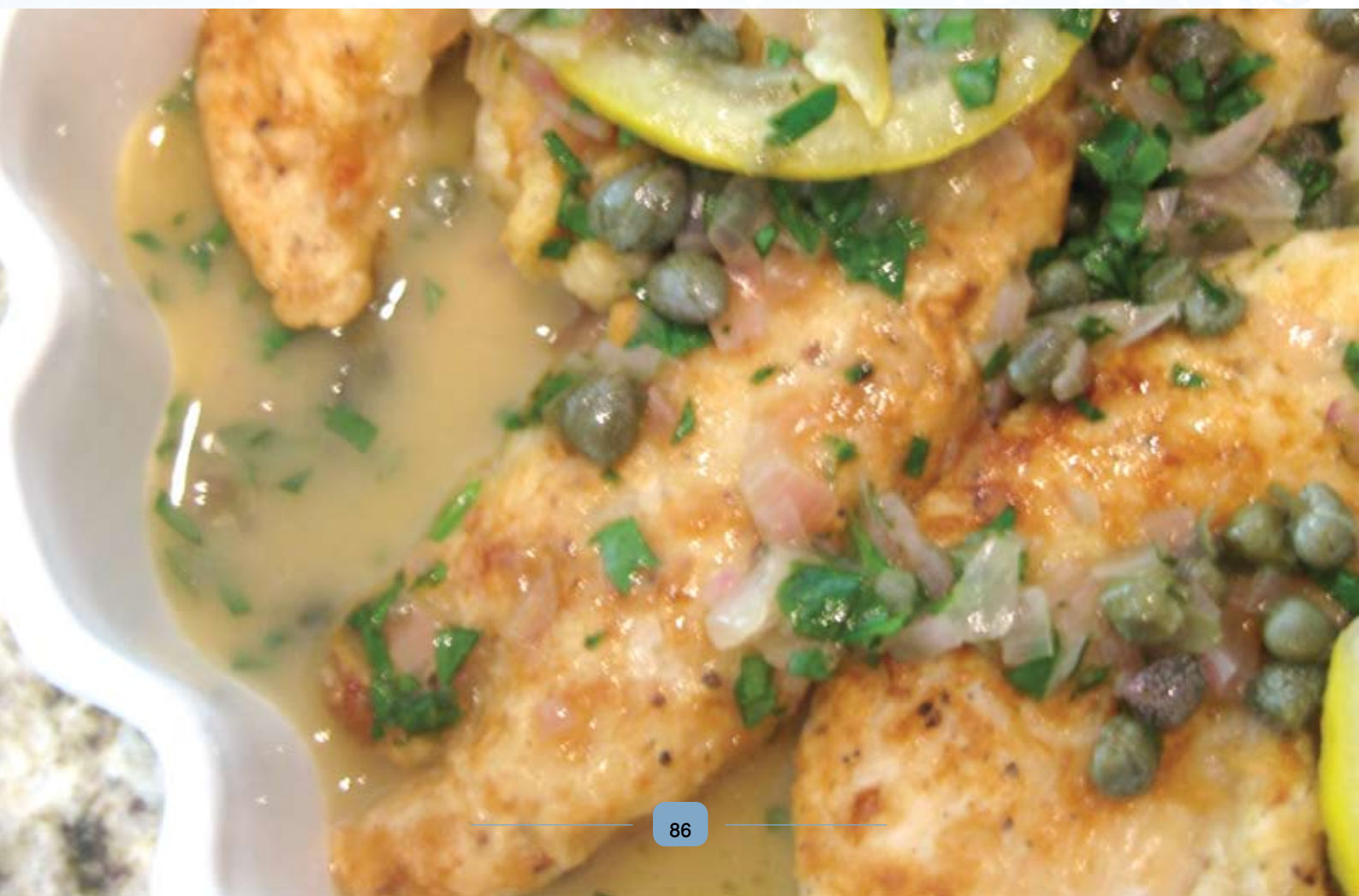
صدر الدجاج مع روزماري Chicken Breast with Rosemary

Ingredients:

- 6 Pieces Chicken breast, skinned, boned
- 1 Cup Chicken stock
- 1 Medium Tomato, peeled, chopped
- 1 Teaspoon Dried Rosemary
- 1 pack 250ml KDD Whipping Cream Fresh Rosemary
- 1/4 Cup Flour
- 1 Teaspoon salt
- 1/4 Teaspoon Black pepper
- 4 Tablespoons KDD Butter
- 1 Large Onion, sliced

Method:-

- 1- Mix flour, salt and pepper, dip chicken in flour mixture until well coated.
- 2- Heat butter in a large deep skillet. Cook chicken 4-6 minutes per side until lightly browned. Remove chicken from skillet. Keep aside.
- 3- Add onion, cook until soft and brown. Add chicken stock, tomatoes, and rosemary. Bring to boil, add chicken pieces.
- 4- Cover and simmer for 10 minutes, stir in whipping cream and cook another 3-4 minutes until slightly thickened.
- 5- Spoon into serving plate. Add fresh rosemary. Serve hot with rice. Enjoy.



فتة دجاج BREAD & RICE LAYERS (FATTA)

Ingredient:

- 1- Large Chicken, boiled
- 3-4 Cups Chicken stock, hot
- 3 Cups Cooked Rice, warm
- 2 Large Pita bread, toasted
- 1 Cup Pine nuts, fried
- 3-5 Tablespoons Parsley, chopped
- Yogurt Sauce: 4 Cups KDD Yogurt
- 4-6 Large Garlic, crushed
- 2 Teaspoons Salt

The Method:

- Cut chicken into large chunks. Set aside.
- Cut pita bread into small pieces. Place into medium-sized oven dish.
- Pour hot stock over bread; until soaked well, leave for 10 minutes until bread is soft.
- Sprinkle rice over bread.
- Mix sauce ingredients and pour over rice.
- Arrange chicken chunks over sauce.
- Sprinkle with nuts and parsley. Serve warm. Enjoy.



قالب القرنبيط Cauliflower Au Gratin

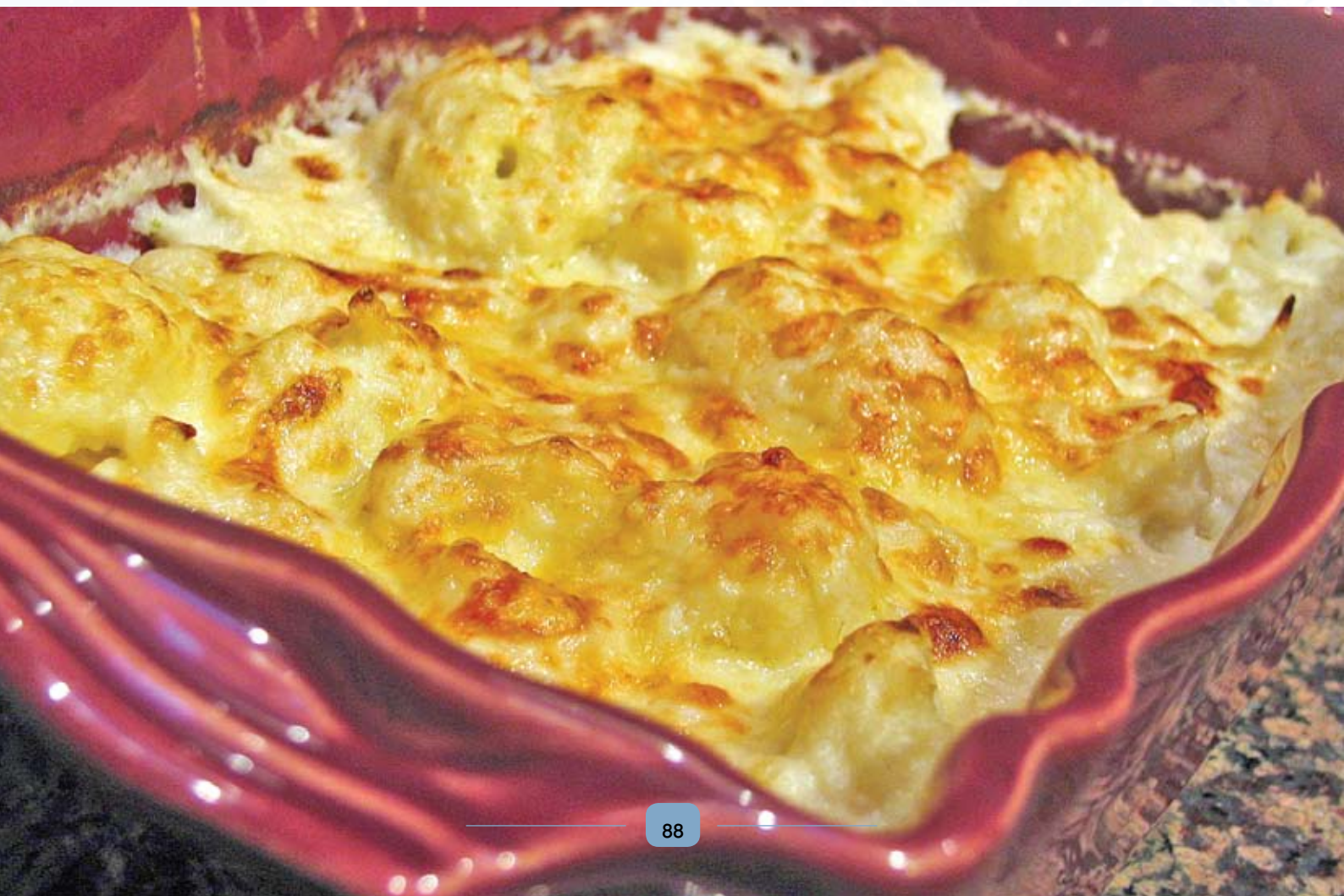
Ingredients:

- 600 Gram Cauliflower cut in florets
- 1 Cup Ground meat, cooked
- 1 Cup Cheddar cheese, grated
- 4 Tablespoons KDD Butter
- 2 Cloves Garlic, minced
- 1 Small Onion, chopped
- 1/2 Cup Flour
- 3 Cups KDD Full Cream Milk
- 2 Teaspoons Salt
- 1/4 Teaspoon White pepper

Topping: 1 Cup Mozzarella cheese, grated

Preparation:

- 1 Preheat oven to 170c. Lightly butter large baking dish.
- 2 In a pot of boiling water, cook cauliflower for 4-5 minutes until tender-crisp. Drain and arrange half quantity of the cauliflower in the dish, sprinkle with cooked meat, Cheddar and Parmesan cheese.
- 3 Add remaining cauliflower over meat. Keep aside.
- 4 In a heavy saucepan, melt butter. Add garlic, onion and flour, cook, stirring over low heat for 1 minute. Pour in Milk; bring to boil and simmer 2-3 minutes until thickened. Add salt and pepper.
- 5 Pour over cauliflower. Sprinkle mozzarella over top.
- 6 Bake, uncovered for 25-30 minutes until golden. Enjoy



قرع صيفي مجدول Greeked Zucchini

"A casserole of sorts that requires no dishes and is so tasty, you'll never use that extra zucchini to make muffins again!"

Original recipe yield: 4 servings

- PREP TIME 20 Min
- COOK TIME 35 Min
- READY IN 55 Min

Ingredients:

- 1 medium zucchini, halved and sliced
- 1/4 cup diced red onion
- 1/4 cup diced green bell pepper
- 2 (4 ounce) cans sliced black olives, drained
- 1/4 cup crumbled feta cheese
- 2 tablespoons Greek vinaigrette salad dressing
- 1/4 cup grape or cherry tomatoes, halved



Preparation:

- 1 Preheat oven to 350 degrees F (175 degrees C).
- 2 Spray a large piece of aluminum foil with nonstick cooking spray. Layer the zucchini, onion, pepper, and olives onto the center. Sprinkle with feta cheese, and drizzle with vinaigrette. Fold into a packet and seal the edges.
- 3 Bake in preheated oven until vegetables are tender, about 30 minutes. Open the foil packet, turn the oven onto Broil, and broil until the feta lightly browns. Add the grape tomatoes and serve.



الكفتة المقلية FRIED KUFTAH

Ingredients:

- 1/4 Disk whole wheat Arabic bread, (pita bread) 1/4 piece of white or brown pita bread.
- 1/2 Kg minced meat
- 2 Table spoons minced fat
- 1 Minced onion
- 1 Tea spoon black pepper
- 1 Tea spoon cinnamon
- 1 Tea spoon crushed onion
- 1/2 Table spoon salt or as desired
- 1/4 Glass minced parsley
- Oil for frying /parsley for garnish

The Method:

- 1- Soak bread in a water for 15 minutes drain, squeeze well with your hands, cut in small piece.
- 2- Put all ingredients on bread, knead well with hand.
- 3- Put some water in a saucer; wet your hands ball meat in smaller size than an egg until all meat is finished.
- 4- Fry in hot oil, put on paper towels.
- 5- Serve with fried potatoes garnish with parsley.

بطاطة مع البيض POTATO WITH EGG

INGREDIENTS:

- 1/2 Kg Peeled potato cut in small cubes
- 2 Minced onions
- 2 Eggs
- 1/2 Tea spoon cinnamon
- 1/2 Tea spoon black pepper
- 1/4 Glass oil
- Tomato for decoration
- Parsley for decoration
- 1/2 Table spoon salt or as desired

THE METHOD:

- 1-Heat the oil, add onion and stir until golden.
- 2-Add potato and stir, then leave on mild heat and cover tightly.
- 3- Before ripening add spices and salt.
- 4- Beat eggs and put it over mild heat till well done.
- 5-Put into the prepared plate and garnish with tomato and parsley, then serve.



بصل محمص مع إكليل الجبل والقشطة Onions Baked with Rosemary and Cream

"A wonderful aromatic blend of onions and rosemary perfect for Thanksgiving dinner or any holiday feast. I first tried this dish during the holidays last year and everyone wanted the recipe - it was the hit of the dinner."

Original recipe yield: 6 servings

- PREP TIME 20 Min
- COOK TIME 2 Hrs
- READY IN 2 Hrs 20 Min

Ingredients:

- 6 medium yellow onions, with peel
- 2 cups chicken stock
- 1 tablespoon extra-virgin olive oil
- salt and pepper to taste
- 3 sprigs fresh rosemary, chopped
- 1/2 cup heavy cream

Preparation:

- 1- Preheat the oven to 425 degrees F (220 degrees C).
- 2- Slice about 1/4 inch off of the tops and bottoms of the onions. Cut in half crosswise leaving the skin on, and arrange cut side up in a shallow baking dish. Pour the chicken stock over and around



ريش الغنم LAMB CHOPS

Ingredients:

- 4 Tablespoons KDD Butter
- 1 kilo lamb chops
- 2 Tablespoons Flour
- 2 Teaspoons Mixed spices
- 1 1/2 Teaspoons Salt
- 2 Large Onions, chopped
- 2 Large Garlic, crushed
- 2 Large Tomatoes, peeled, chopped
- 4 Tablespoons KDD Tomato Paste
- 1 Cup Stock
- 1 pack 250 ml KDD Thick Cream
- Chopped Parsley

The Method:

- Heat butter in large deep skillet.
- Mix flour, spices, salt, and black pepper. Sprinkle over lamb chops on both sides.
- Fry the chops in butter on both sides till brown. Remove and keep aside.
- In the same skillet, cook onions and garlic until golden. Add the chopped tomatoes, Tomato paste and stock. Mix well.
- Stir in thick cream, heat for 3-5 minutes. Sprinkle with parsley, Enjoy.



دجاج مع صلصة الطماطم CHICKEN WITH TOMATO SAUCE

Ingredients:

- 4 Tablespoons KDD Butter
- 6 Pieces of Chicken breasts, skinned
- 1 Teaspoon Salt
- 1/4 Teaspoon Black pepper
- 1/4 Cup chopped yellow pepper
- 1/4 Cup chopped green pepper
- 1/4 Cup chopped yellow pepper
- 1/4 Cup chopped red pepper
- 2 Medium Tomatoes, peeled and chopped
- 2 Cups Chicken Stock
- 1 Pack KDD Tomato Paste
- 1 Cup Mozzarella cheese, grated

The Method:

- Preheat oven 180 C. Grease a medium oven dish.
- Heat butter into large skillet. Sprinkle salt and pepper on both sides of chicken pieces.
- Fry chicken in butter on both sides until lightly browned.
- Remove chicken and arrange in the oven dish.
- Return pan to the heat, add peppers, and cook 1-2 minutes. Add chicken stock, tomatoes and tomato paste. Stir well.
- Pour the mixture over the chicken, sprinkle with cheese.
- Bake 15-20 minutes until thickened and golden. Enjoy.



شورية الدجاج بالذرة Chicken Soup with Corn

Ingredients:

- Boiled chicken breast
- 5 cups of chicken water
- 1 can of corn with cream
- 1 packet of chicken with cream
- 1 big spoon of corn flour
- 1 egg

For boiling: small onion, 1garlic, whole spices, and salt

Preparation:

- 1- Boil the chicken with water, spices, onion, and garlic, then sieve them out from water after boiling and cut them into big pieces then take the water as soup.
- 2- Pour the packet of soup with corn flour in the boiling water and keep aside for some time, stir the soup to dissolve all the ingredients well and keep on the fire again with all the mixture till the soup thickens.
- 3- Add corn with cream to the soup and then chicken pieces leave to boil for 5minutes.
- 4- Add the egg at once and mix quickly in a circular way so that it may become like threads then serve.





شوربة الربيان والشوفان Prawns' Soup with Broken Wheat

Ingredients:

- 2 cup of dressed prawns small
- 2 medium sized koosa (grated)
- 2 medium sized carrots (grated)
- 1 bunch of medium sized ashbant
- 1 bunch of medium sized coriander leaves
- 1 medium sized red chilly (sweet)
- 1 can of corn (maize)
- 8 table spoons of broken wheat
- 2 medium sized chopped onions
- 1 1/2 tea spoon of crushed garlic
- 1 tea spoon of chopped ginger
- 1 1/2 cube vegetable soup
- 5 table spoons of vegetable oil
- 1 tea spoon of cumin powder
- 3/4 tea spoon of coriander powder
- 1/4th tea spoon of curry powder
- 1/4th tea spoon of black pepper powder
- 4 1/2 cups of boiled water

Preparation:

- 1- Take a container, heat the oil, put chopped onions garlic, vegetable soup cube and ginger, leave all the ingredients on the fire for 2 minutes or till the onions become little brown.
- 2- Put the prawns on the ingredients put earlier, increase the heat to high and mix it for a minute then put all the remaining ingredients except water, butter and broken wheat. Mix all the ingredients well for two minutes on high flame.
- 3- Put the broken wheat and corn while continuing stirring for a minute again then, pour water leave the soup on the high flame till it becomes to boil then lower the heat and leave the soup for 1/2 an hour on low flame.
- 4- Mix lettuce with cucumber jenkins, mushrooms and beans mixture, and zucchini, pour sauce and serve.

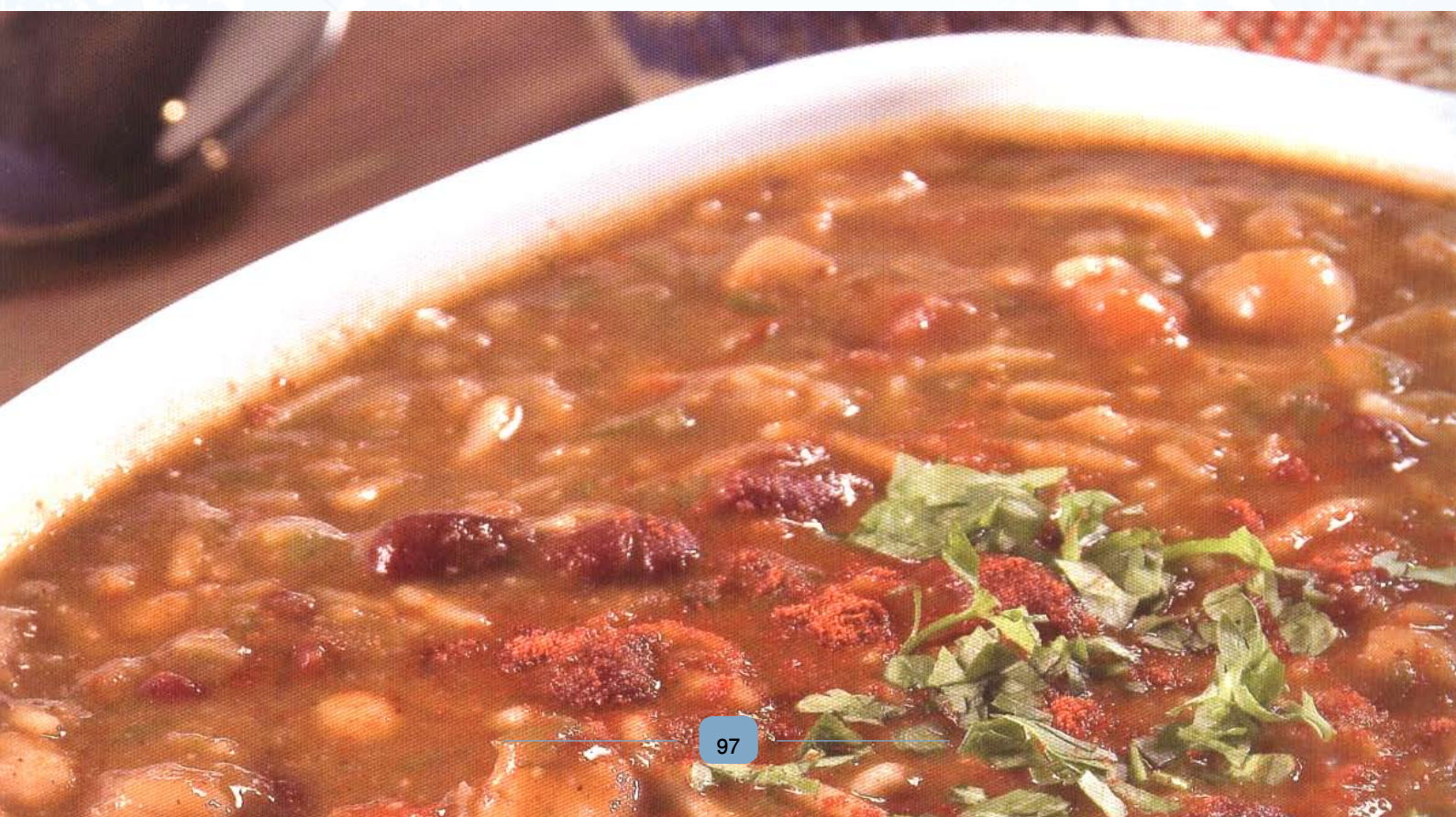
شوربة الطماطم والبقول Tomato and beans soup

Ingredients :

- 1 cup of chick – pea
- 1 cup of white beans
- 4 onions
- 10 peeled tomatoes
- A bunch of green coriander
- $\frac{3}{4}$ bunch of parsley
- 1 bunch of parsley
- 6 sticks of spring onion
- $\frac{3}{4}$ cup of vermicelli
- 2 big oil – 3 cubes of chicken
- 3 small spoons of garlic – salt
- 2 small spoons of sweet red chilly powder
- 2 small spoons of sweet powdered spices
- 1 small sp of cumin powder
- 12 cup of water

Preparation:

- Soak chick pea and beans in water for at least 5 hours.
- After Boiling, add 9 cups water with salt for 2 $\frac{1}{2}$ hours on low fire.
- Fry onions, garlic and chicken in oil till they become golden, then add small cubes of cut tomatoes.
- Add 2 onions then cover, keep on fire till tomato become tender.
- Add spices then beans into the same water plus 3 cups of more hot water.
- Cover then keep on low fire for 1 $\frac{1}{2}$ hours.
- Add vegetables after cutting them.
- Keep on fire for $\frac{1}{2}$ an hour then add butter.



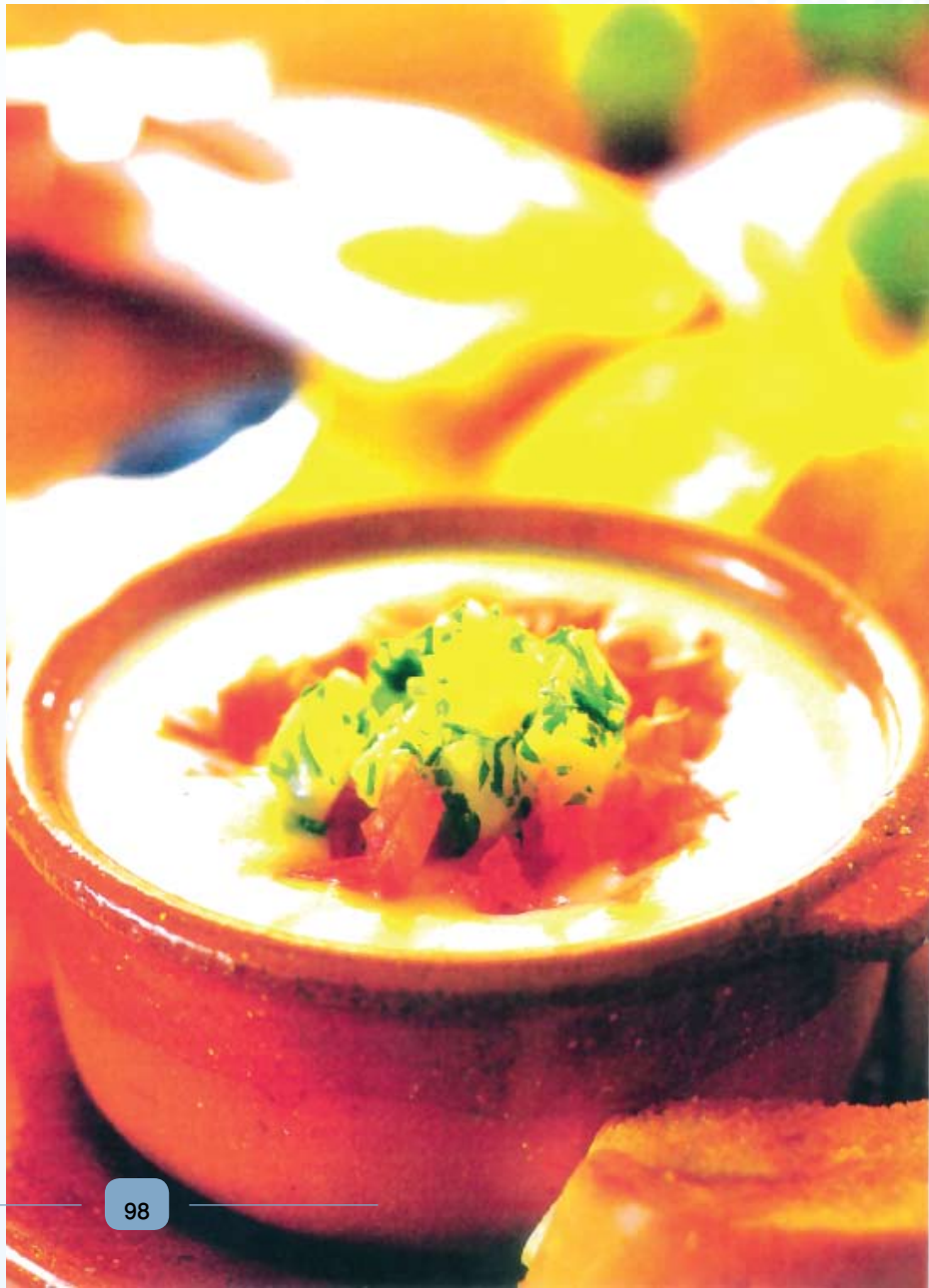
شوربة الجزر بالبطاطس Carrot Soup with Potatoes

Ingredients:

- ½ kilo of carrots
- ¼ kilo of potatoes (almost one big potato)
- 1 big onion
- 1 ½ tablespoons of butter
- 5 cups of water mixed with maggie cube (Maggie added as desired)
- A pinch of Ajinomoto powder
- 2-table spoons of Worcestershire sauce
- 1-tablespoon of tomato paste
- 2-table spoons of chopped parsley (baqdoonis)

Preparation:

- 1 Chop the carrots nicely, peel the potatoes and chop them nicely.
- 2 Push out the butter onto a container, keep it on low heat then add chopped carrots and Potatoes to it. Chop the onion and put it in the container to mix with carrot and potatoes. Cover the lid and leave it on the fire for 10 minutes.
- 3 Mix the ingredients very well, cover the pan, then leave it on fire for ten min.
- 4 Add the Maggie soup with a pinch of ground ajinomoto to the mixture of carrots and let all the ingredients be cooked together for 20 minutes
- 5 Take out half of the soup from the fire and put into the mixture with sauce and tomato paste till it become liquid then put half of the remaining soup, add salt and chilly according to the taste.
- 6 Decorate with chopped parsley and serve hot.



شورية المشروم والبطاطا بالجينة Mushroom, potato and cheese soup

Ingredients:

- 3 medium-sized potatoes - 600g
- 15-20 fresh mushrooms
- 1 bucket of mushroom soup powder
- ½ cup of sheddar cheese
- 4 table spoons of Oil
- 1 tea spoon of chopped or ground Garlic
- Black pepper powder
- Salt according to taste
- 12 cups of water
- 1 cube of Maggie chicken
- ¼ tea spoon of cumin powder

Preparation

- Pour water in a container and keep it boiling.
 - Immerse in it peeled potatoes, and leave it on fire to soften the potatoes. After they get Cooked, keep the container aside to cool down.
 - Pour the mushroom soup pack in the container then mix them well together in a hand mixer so that the potatoes soup and water get mixed well.
 - Put oil in another container and fry the garlic a little bit and then add pieces of mushroom and keep in on fire for some time.
 - Add Maggie chicken cubes and spices to the mixture of potato soup after it becomes hot
- Tune the cooker to a medium flame then leave the soup on onto for half an hour.

- Put the grated cheese in the hot soup, stir it little, and serve directly. Add cheese to the hot soup mix, then serve directly.





السلطات SALADS

سلطة الفواكه الطازجة FRESH FRUIT SALAD

Ingredients:

- 2 Apples
- 2 Oranges
- 1 Glass grapes
- 1/2 Glass rainbow condensed milk or as desired
- 2 Glass orange juice
- 1 Table spoon sugar or as desired
- 2 Bananas

The Method:

- 1- Peel apples and cut in cubes.
- 2- Peel and cube oranges.
- 3- Peel and slice bananas.
- 4- Put all ingredients in bowl add orange juice sugar and mix. Serve cold with condensed milk.

Notice: You can put any kind of cubed fresh fruits.



سلطة سيزر بالدجاج CHICKEN CESAR SALAD

Ingredients:

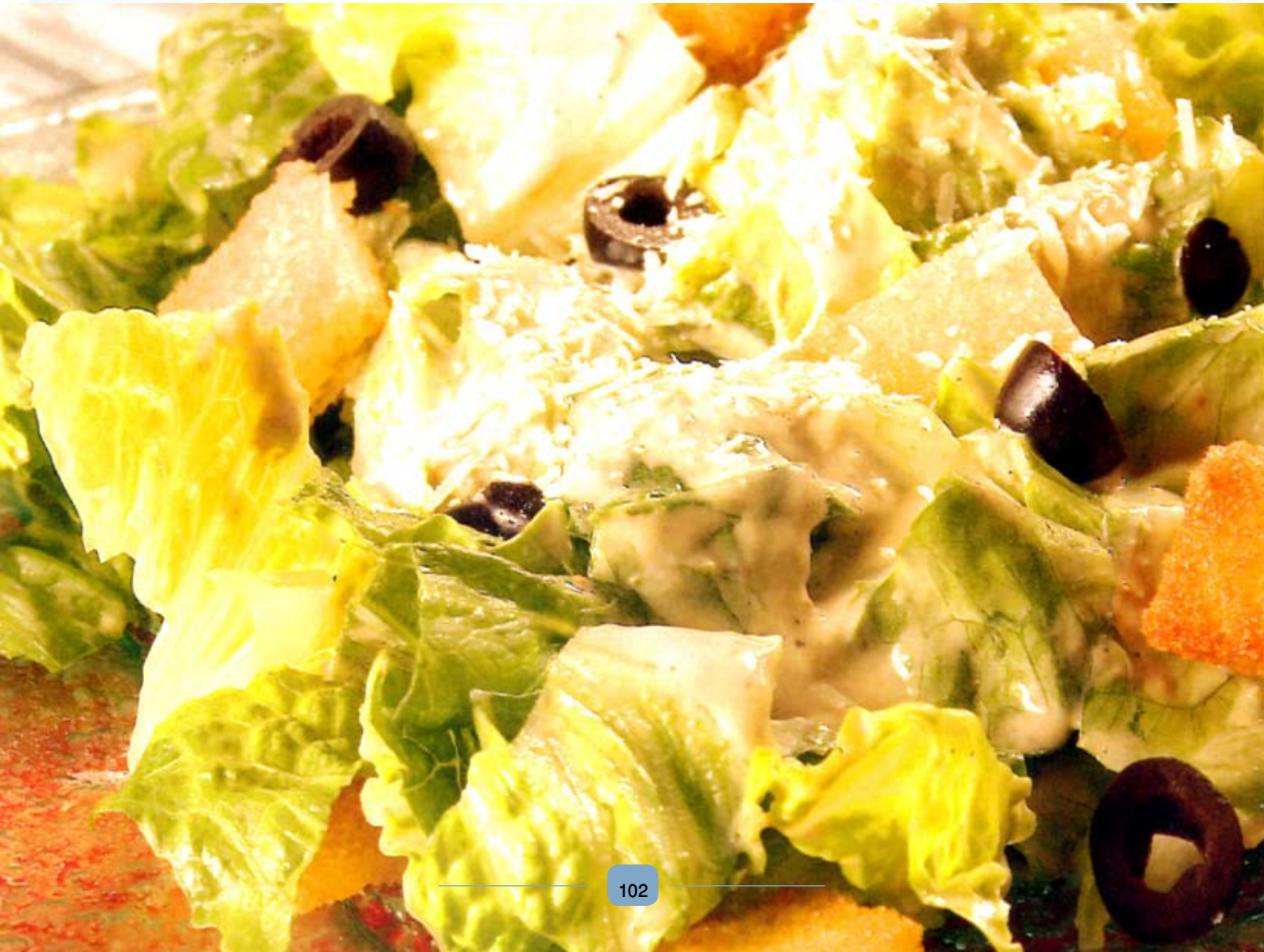
- 1 glass of chicken fluff
- 1 pack of lettuce
- 1 can of chopped mushroom

Sauce:

- 1 spoon of mustard
- Salt and pepper
- 1 cup of yogurt
- 2-4 spoons of mayonnaise

The Method:

- Boil the chicken, then drain water and cut it into small pieces.
- Cut the lettuce into big pieces and mix it with mushroom and chicken.
- Add chicken to the sauce then mix well and serve.





(سلطة سبارو) SPARRO SALAD

Ingredients:

- Purple cabbage
- White cabbage
- American lettuce
- Can of corn
- White onion
- Cucumber
- Tomato
- Chicken

Sauce:

- Little garlic
- Salt
- 3 spoons of white vinegar
- Medium spoon of sugar
- 2-spoons of mayonnaise

Themethod:

- Cut the cabbage, onions, cucumber, tomato, lettuce and salad leaves into pieces.
- Fry the chicken in oil with salt and pepper till it is cooked then cool it.
- Mix all the ingredients and add sauce while serving.

السلطة الحارة HOT SALAD

Ingredients:

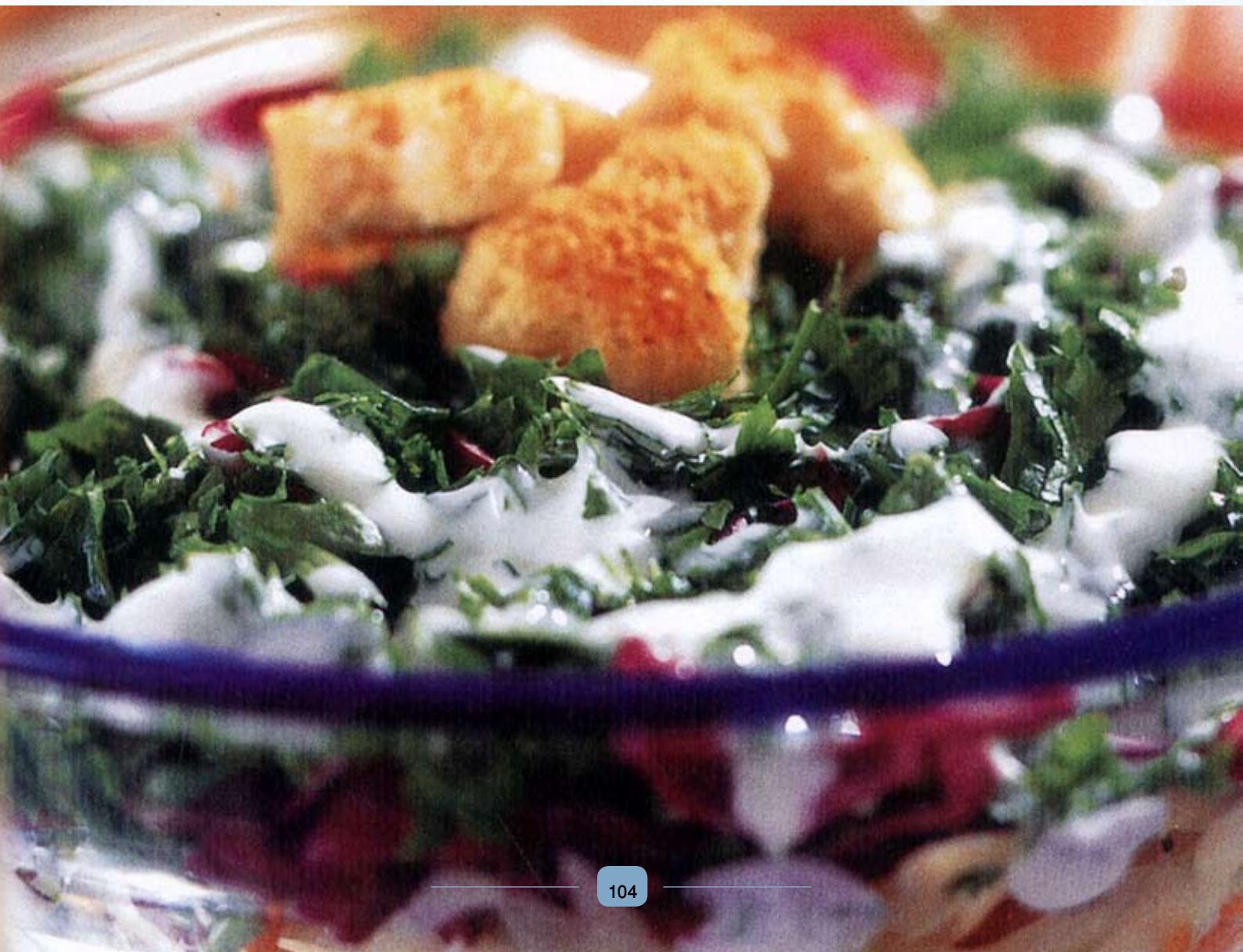
- White onions chopped vertically
- Green, red and yellow (bell) peppers
- Eggplant; cut vertically into pieces

Sauce:

- ¼ glass of soya sauce
- 3 spoons of ketchup
- 2 spoons of hot sauce
- Mix all together

The Method:

- Fry bell peppers
- Fry in oil only till it becomes soft
- Fry brinjal in oil
- Mix all and keep aside to become cold and add sauce to it.





سلطة الحلوم HALLOM SALAD

Ingredients:

- Bunch of spinach
- 1 red capsicum pepper
- 1 American lettuce
- 1 bunch of mint
- Slices pickled cucumber
- 10 slices halloom cheese
- 3 table spoons of olives(slices)
- 15 slices of eggplant(fried)
- Oil to grill sweet pepper and halloom

Sauce:

- 2 tea spoons of zatar with simsim
- 1 1/2 tea spoons of olive oil
- 1/4 cup of lemon juice
- 1 1/2 table spoons of vinegar
- 1 tea spoon of Garlic a(crushed)
- Salt

The Method:

- 1- Cut spinach and lettuce into big pieces.
- 2- Add mint, olive, cucumber and fried eggplant.
- 3- Put in frying little oil, fry pepper just to have color, put aside, then in the same pan fry halloom for seconds.
- 4- Keep pepper and halloom to cool then add to salad.
- 5- Mix ingredient of sauce, add it to the salad and mix then serve



سلطة فيتنام Vietnamese Salad Rolls

"A nice light appetizer. Delicate rice wrappers are filled with noodles, shrimp, carrots, lettuce and basil. Cooked chicken or beef may be substituted for shrimp."

Original recipe yield:

- 8 salad rolls.
- PREP TIME 20 Min.
- COOK TIME 5 Min.
- READY IN 25 Min.

Ingredients:

- 1 (8 ounce) package rice vermicelli.
- 8 ounces cooked, peeled shrimp, cut in half lengthwise.
- 8 rice wrappers (6.5 inch diameter).
- 1 carrot, julienned.
- 1 cup shredded lettuce.
- 1/4 cup chopped fresh basil.
- 1/2 cup hoisin sauce
- water as needed.

Preparation:

- Bring a medium saucepan of water to boil. Remove from heat. Place rice vermicelli in boiling water, remove from heat, and let soak 3 to 5 minutes, until soft. Drain, and rinse with cold water.
- Fill a large bowl with hot water. Dip one rice wrapper in the hot water for 1 second to soften. Lay wrapper flat, and place desired amounts of noodles, shrimp, carrot, lettuce and basil in the center. Roll the edges of the wrapper slightly inward. Beginning at the bottom edge of wrapper, tightly wrap the ingredients. Repeat with remaining ingredients.
- In a small bowl, mix the hoisin sauce with water until desired consistency has been attained. Heat the mixture for a few seconds in the microwave.
- Serve the spring rolls with the warm dipping sauce.

Note:

Hoisin sauce , also called Peking sauce, is a thick, reddish-brown sauce that is sweet and spicy, and widely used in Chinese cooking. It's a mixture of soybeans, garlic, Chile peppers and various spices. It can be found in Asian markets and many large supermarkets. Look in the Asian or ethnic section. If this item is not in stock at your local store, ask your grocer to special order it for you. Most grocers will be happy to do this for their cu

السلطة المكسيكية

Mexican Salad

Ingredients:

- 2 pieces of chicken breast – cut long like fingers + 1 lettuce +1 big carrot (brush)
- ¾ cup of orange sheddar cheese (brush)
- 1 can of kidney beans and 5 spring onions cut long
- 1 big yellow chilly (cut long)
- 1/3 cup of pickled green chilly (halapino)
- 8 small tomatoes and small corn flakes
- 4 big spoons of sour cream

Avocado sauce:

- 1 big avocado + 1 green chilly (cut small)
- 3 1/3 big spoons of sour cream + ½ hot green chilliy
- 1 small spoon of crushed garlic and salt
- 3 big sp of lemon juice + ½ small sp of olive oil

Salad sauce:

- 1/8 cup of vinegar + 1/4 cup olive oil
- 3 big sp of lemon juice + 1/2 small sp of Mexican spices
- 3 olives + salt
- Chicken Marinade
- 2 sp of oil + salt and 1 sp. Of Mexican spices
- 1 big sp of yogurt + ½ sm. Sp of Garlic
- 1 big sp of Vinegar

Preparation:

- Cut lettuce into big or long pieces, then mix with 1/3 amount of sauce, then put in a Serving plate.
- Sprinkle cheese on lettuce then beans then carrot then sprinkle onion then sweet Pepper
- Grill chicken pieces (marinade 6 hours or over night) then arrange on layers
- Arrange tomato sour cream, avocado sauce, corn chips and pepper pickled (halapino)

Salad sauce:

- 1/8 cup of vinegar
- 1/4 cup olive oil
- 3table spoon of lemon juices
- 1/2 teaspoon of Mexican spices
- 3 olives
- Salt

Chicken Marinade:

- 2 teaspoons of oil
- Salt
- 1 tea spoon of Mexican spices
- 1 tea spoon of yogurt
- 1/2 tea spoon of garlic
- 1 table spoon of vinegar



سلطة الشمندر Beetroot Salad

Ingredients:

- 2 cans of fresh red beetroot
- 1 can of red beans

Sauce No.1:

- 1 big spoon of mustard
- 1 ½ big spoons of olive oil
- Big spoon of lemon

- 6 pieces of cucumber pickles-cut long
- 1 pack of parsley

Sauce No.2:

- 2 big spoon of mayonnaise
- ½ can of labnah

- 1 big spoon of white vinegar
- Salt & pepper

Preparation:

- Cut beetroot into long pieces and mix with red beans. Pour sauce No.1
- Put in serving tray and add the cucumber pickles. Pour sauce No.2
- Sprinkle with parsley.

- 1 can of yogurt





التبولة TABBULAH

Ingredients:

- 5 packs of parsley
- 2 lemons
- 5 spoons of minced bulgur
- 1 spoon of dried mint
- ½ kilo of tomato
- 2 cucumbers- or any required amount according to the recipe.
- ½ cup of olive oil
- Salt
- Pack of green onion
- Lettuce for decoration

The Method:

- Rinse the minced bulgur with cold water for ¼ hr, then strain well and squeeze or just leave it for 15 min until it becomes tender.
- Clean parsley from dirt and leave in water for 30min, add salt to kill any germs. After that wash parsley well and put in a strainer to get rid of water.
- Mince parsley well and put in deep bowl, then mince green onion, tomato, cucumber and add to parsley
- Add bulgur to the mix and then dried mint and salt-as required.
- Add lemon juice and olive oil
- Mix ingredients well and put in serving plate blended with lettuce.
- Decorate with lemon slices and cucumber-as desired

Notice:

add lemon & salt only before serving for all kinds of salads to avoid wearing out and losing water. Rinse parsley first then cut. Don't rinse in water after cutting so it will not lose the vitamins and mineral



سلطة السبانخ SPINACH SALAD

Ingredients:

- 3 Chickens chest parts
- 1 1/4 Glasses minced boiled spinach
- 1 Al -Maraïy or Philadelphia cheese
- 1/2 Glass white cheese, small cubes
- 1 Spoon myonese
- 1 Small onion, minced
- 1 Carrot (small) minced
- 1/4 Glass yogurt

The Method:

- 1- Boil chicken, then cut without bone or skin.
- 2- Mix Al-Maraïy cheese with milk and yogurt, use cake mixer. Mix myonese, chicken white cheese, onion, spinach.
- 3- Put into the prepared bowl, then serve.

سلطة الخضار بالذرة والفاصولياء MAIZE WITH VEGETABLES SALAD

Ingredients:

- 2 Peeled cucumber, cut small
- 2 Minced carrots cut small
- 3 Minced lettuce stems
- 2 Minced Green onions
- 1 Minced Green pepper
- 2 Tomatoes
- 1 Glass boiled corn beans
- 1 Lemon juice
- 1 Tea spoon salt, or as desired
- 2 Table spoons olive oil or as desired



The Method:

- 1- Wash all vegetables and put in a bowl.
- 2- Wash tomatoes and cut in equal pieces.
- 3- Put tomatoes, salt, oil, lemon juice and stir.
- 4- Put into the bowl, corn on top, serve.



سلطة البطاطا POTATO SALAD

Ingredients:

- 1 Kg Potatoes
- 1/2 Bunch minced coriander
- 1 1/2 Lemon juice
- 1 Table spoon crushed garlic
- 1/2 Table spoon salt, or as desired
- 1/4 Glass oil
- Oil for frying

The Method:-

- 1-Peel potatoes, and cut in small cubes, wash and drain.
- 2-Fry the potato cubes in hot oil, and drain.
- 3-Boil oil and add coriander and garlic, then add lemon juice, salt, potato and stir and let its water be soaked.
- 4- Put into the prepared plate and serve as appetizers.





فتوش

FATTOOSH

Ingredients:

- 3 Cucumbers, peeled and cut to equal pieces
- 4 Tomatoes cut into equal pieces
- 1 Minced onion
- 2 Minced fine green onion
- 1/2 Glass minced mint
- 1 Glass minced parsley
- 1 Lemon juice
- 1/2 Table spoon salt, or as desired
- 1/2 Loaf (Light, white flour) cut to equal pieces and fried in oil
- 1 Tea spoon sumac
- 1/4 Glass green oil or as required

the method:

- 1-Put all the ingredients into the bowl, except the bread and salt .Stir all.
- 2-Upon serving add salt and bread and put into bowl and spread sumac over the decorate and serve.

سلطة الروبيان SHRIMPS SALAD

INGREDIENTS:

- 1/4 Kg Shrimps, cleaned and boiled
- 1/2 Glass vegetables, assorted secreted and boiled
- 1/4 Glass myonese
- 2 Table spoon ketchup

THE METHOD:-

- 1-Mix myonese with ketchup, add all ingredients and stir well altogether.
- 2-Put into the bowl and garnish with shrimps and serve.



إرشادات هامة عند عمل الكعك
البسكويت

Important Instructions for Preparing Cakes and Biscuits



- 1-Read all the amounts carefully.
- 2-Butter, eggs and milk kept should be to the kitchen temperature.
- 3-Quantities should be carefully measured.
- 4-The butter expected to be used should be flowing. Avoid melting it on fire unless the recipe recommends that. Butter used for making confections should be void of salt.
- 5-Yeast should be sieved out of flour if the recipe suggests that. Failure to that leads to the breakage of particles of the flour addition to the cake puffing up.
- 6-Warm the oven before using it (either to bake bread or cake) for 15 minutes as this will allow heat to spread over the oven.
- 7-The oven intended to bake cake or bread should be heated at 350 F = 180 C unless some recipes require temperatures above that.
- 8-Do not open the oven until the cake is fully baked as that may cause it to break down as the air enters into the oven.
- 9-For baking confections, it is recommended to use deep utensils because they facilitate full pulsation of the dough and helps avoid seepage of some particles of the dough.
- 10-Use electrical mixers always when baking cakes unless baking instruction suggest otherwise.
- 11-Use an electrical mixer when kneeling pasta or any biscuit dough because using hand in kneeling is very difficult.

فطيرة التفاح والجوز - فطيرة الجوز والدارسين NUTS & APPLE PIE - CINNAMON & NUTS

Ingredients:

Pastry:

- 3 cups of flour,
- 1 egg,
- 3 big spoons of powder milk,
- 2 big spoons of sugar.
- ½ cup of corn oil,
- 1/2 packet of small butter,
- 1 cup of water,
- 1 ½-1 ¼ big spoons of yeast.

Stuffing:

- ½ packet melted in small butter, cinnamon, brown sugar, powder sugar, diced walnuts, green apple cut very small.

The Method:

- Mix all hard materials of pastry together, and then add egg then oil then water, mix well till it increases in size.
- Separate 1/3 of the pastry and shape rectangular-50cm length and 15cm width-then paint it with melted butter. Sprinkle brown sugar with cinnamon, some nuts and apple.
- Roll the pastry like a Swiss roll, and then cut vertically - 3cm thick - into round units (like snails).
- Put these units in an oven tray and leave for 10min to inflate, and then put in oven till completely baked and turned golden.
- After it cools, sprinkle with powder sugar.

IDEA: 1

- You can make same pastry with same ingredients without apples then decorate the top with sugar sauce containing a cup of sugar, ¼ cup of milk, and little vanilla.

IDEA: 2

- You can make this pastry without apples in a big size in a cake tray-open in the center-then decorate the top with sugar sauce too and pieces of half nuts.





بانا كوتا Panna Cotta

Ingredients:

- 2 cups Kdd Full Cream Milk
- 6 Tablespoons Unflavored Gelatin
- 3 Packs 250 ml KDD Thick Cream
- 1/2 Cup Sugar
- 1 Teaspoon Vanilla flavor
- 1 Teaspoon Lemon or Orange peels

Topping:

Strawberry or Raspberry Sauce Fresh Fruit

- 1- In a small saucepan, heat 1/2 cup of milk, sprinkle gelatin over the milk, heat for 2-3 minutes till it dissolves.
- 2- In a medium-sized saucepan, heat the remaining milk, thick cream, sugar, vanilla and lemon peel. Heat until it boils, stir it constantly.
- 3 -Add the milk and gelatin mixture. Bring it to boil again.
- 4 -Strain the mixture and discard peels. Pour into 8 ramekins.
- 5- Refrigerate Panna Cotta for 2-3 hours, until set and chilled.
- 6- To remove, run tip of knife around edge.. Invert onto dish. Garnish it with Strawberry or Raspberry sauce. Enjoy.

توست مقلي French Toast

Ingredients:

- 10 -12 Slices Bread (toast bread)
- 2 Cups KDD Full Cream Milk
- 3 large eggs
- 1 Teaspoon Vanilla flavour
- 1 Teaspoon Lemon peels
- 4-6 Tablespoons KDD Butter Topping: KDD Butter, Honey, Fresh Fruit.

Preparation:

- Cut bread into rectangles. Keep aside.
- In a large bowl, beat together milk, eggs, vanilla and lemon peel.
- Heat not-stick skillet over medium heat, add 1 tablespoon butter. Dip two bread rectangles in egg mixture, and coat both sides completely, place in pan and cook over medium heat, until golden, turn and cook the other side.
- Transfer to a warm plate. Serve with butter, honey and fruit. Enjoy.



كبة التمر Dates cake

Ingredients:

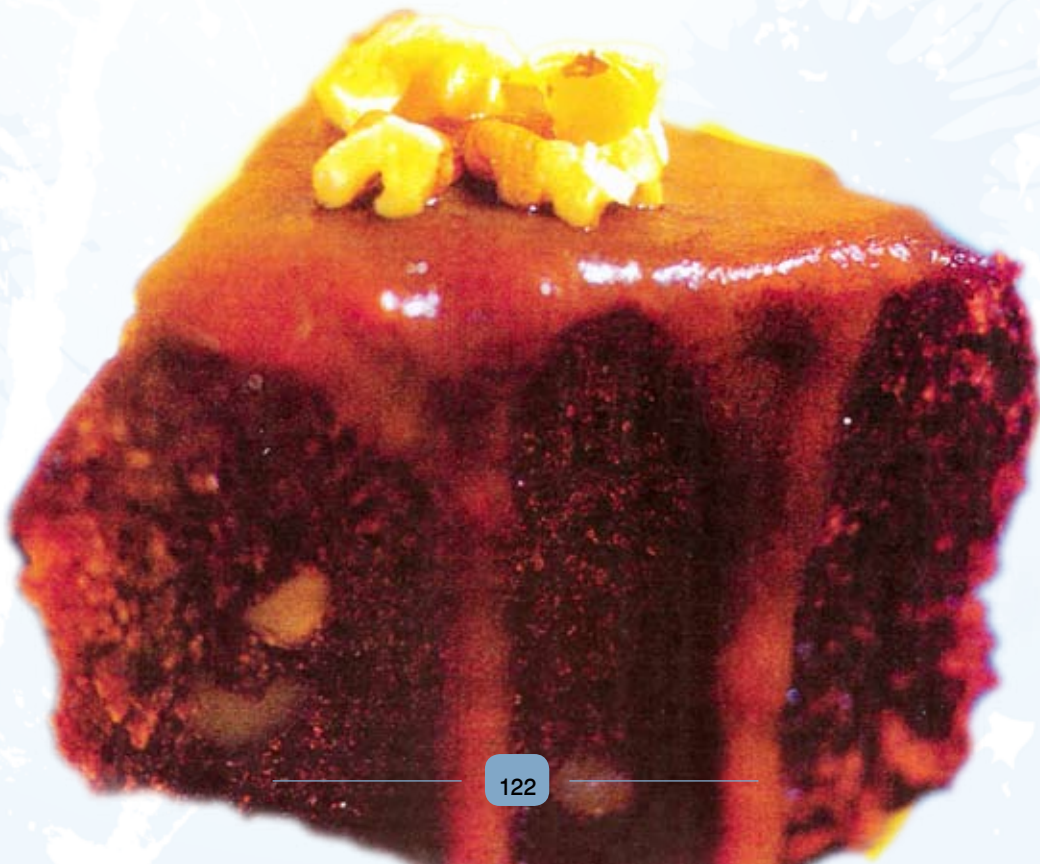
- 4 eggs, cardamom, vanilla and cinnamon
- 1 ½- 2-cups of white flower
- ¾ of sugar
- ¾ of oil
- 1 cup of dates melted in 1 ½ cups of milk. Strain them to give 1 cup of thick syrup
- 1 tablespoon of B.P.
- 1 tea spoon of Bicarbonate sodium
- ½ cup of diced walnuts

Decorating Ingredients:

- ¾ cup of sugar
- ¼ pack of small butter
- Whole dates (Ratab)
- ¼ cup of walnuts cut in half
- Chocolate sauce
- 1 can of cream

Preparation:

- Blend eggs in blender with vanilla and cardamom until they become creamy.
- Add sugar and keep blending, then add oil and dates.
- Add the flower after mixing it with B.P. and B.sodium.
- Add cinnamon and walnuts & mix with spoon
- Bake in a medium heat oven for 45-55min. or bake in little cup cake tray for 15min.
- Prepare toffee by mixing sugar with butter on a small fire until it become brown. Add cream and mix well
- Pour the sauce on the cake and place the dates on top and decorate it with walnuts





كيسة الرهش السهلة Easy Cake

Preparation:

- Mix Rahash with chocolate
- Cut cakes slices and arrange beside each other in a plate
- Put on it 1/3 the mixture
- Fix it well on cake
- Ready mate chocolate cake (3 cakes each one 300g)
- 1/2 can or 1/4 kilo rahash
- 300 g Neutella chocolate
- 1 1/2 cup walnut (bekane) or any kind of nut
- 1 1/2 Gamer (cream or 1 1/2 can chocolate syrup

حلو الجبن والكريم كراميل والتوفي Sweet Cheese, Cream-Caramel and Toffee

Ingredients:

- 500 grams of Mascarpone cheese or cheese cream
- Gamer
- 3 packs of cream caramel powder
- 5 table spoons or according to taste + powdered sugar
- ¼ glass of fresh milk
- 1 box or 1 glass of fresh cream
- 8 table spoons of sugar (dark brown)
- 1 table spoon of butter
- 1 box 300 readymade cake of any flavour
- To decorate roasted and chopped almond flakes.



Preparation:

To make the toffee

- Put the cream sugar and butter on the medium flame; stir them well till the mixture starts to boil.
- Lower the flame and leave the toffee to boil till it thickens little.
- Grind the rest ingredients except cake in the grinder.
- Keep the ingredients in the freezer for 10 minutes to tighten a little.
- Cut the cake into pieces and arrange half of them in the bottom of the serving tray then pour
- Add 3 of the toffee then 1/2 quantity of the ground ingredients then the cake then 1/3 quantity of the rest of remaining ground ingredients.
- Keep the dish in the fridge for 6 hours.
- Decorate the dish with the rest of the toffee and roasted flakes of almonds.

أصابع الشوكولاتا Chocolate Eclair Dessert

"This is a no-bake pudding dessert that's so quick and easy to make -- everyone loves it. I always keep the ingredients on hand in case I need a quick dessert. "

Original recipe yield:

- 1 9x13-inch pan
- PREP TIME 15 Min
- READY IN 15 Min

Ingredients:

- 2 individual packages graham crackers
- 2 (3 ounce) packages instant vanilla pudding mix
- 3 cups milk
- 1 (8 ounce) container frozen whipped topping, thawed
- 1 (16 ounce) package prepared chocolate frosting

Preparation:

- Line the bottom of a 9x13-inch pan with graham crackers. In a large bowl, combine pudding mix and milk. Stir well. Stir in whipped topping to pudding mixture. Spread half of mixture over graham cracker layer. Top with another layer of graham crackers and the remaining pudding. Top all with a final layer of graham crackers and frost with chocolate frosting. Refrigerate until serving.





ذرة محمصة مع البروكلي *Scalloped Corn and Broccoli*

"It's a wonderful combination of creamed corn, broccoli and cheese all baked together for a delicious side dish."

Original recipe yield:

4 to 6 servings

Ingredients:

- 1 (15 ounce) can creamed corn
- 2 eggs, beaten
- 2 tablespoons white sugar
- 2 tablespoons all-purpose flour
- 1 teaspoon salt
- 1/2 cup shredded mild Cheddar cheese
- 1/2 (10 ounce) package frozen chopped broccoli

Preparation:

- Preheat oven to 350 degrees F (175 degrees C).
- Mix together the corn, eggs, sugar, flour and salt. Add the cheese and broccoli mix well and pour into a 2 quart casserole dish.
- Bake for 1 hour.

البطاطا الحلوة Sweet Potato Casserole I

"Sweet, rich, and crunchy. A lovely addition to your holiday feast."

Original recipe yield:

8 servings

PREP TIME 15 Min

COOK TIME 50 Min

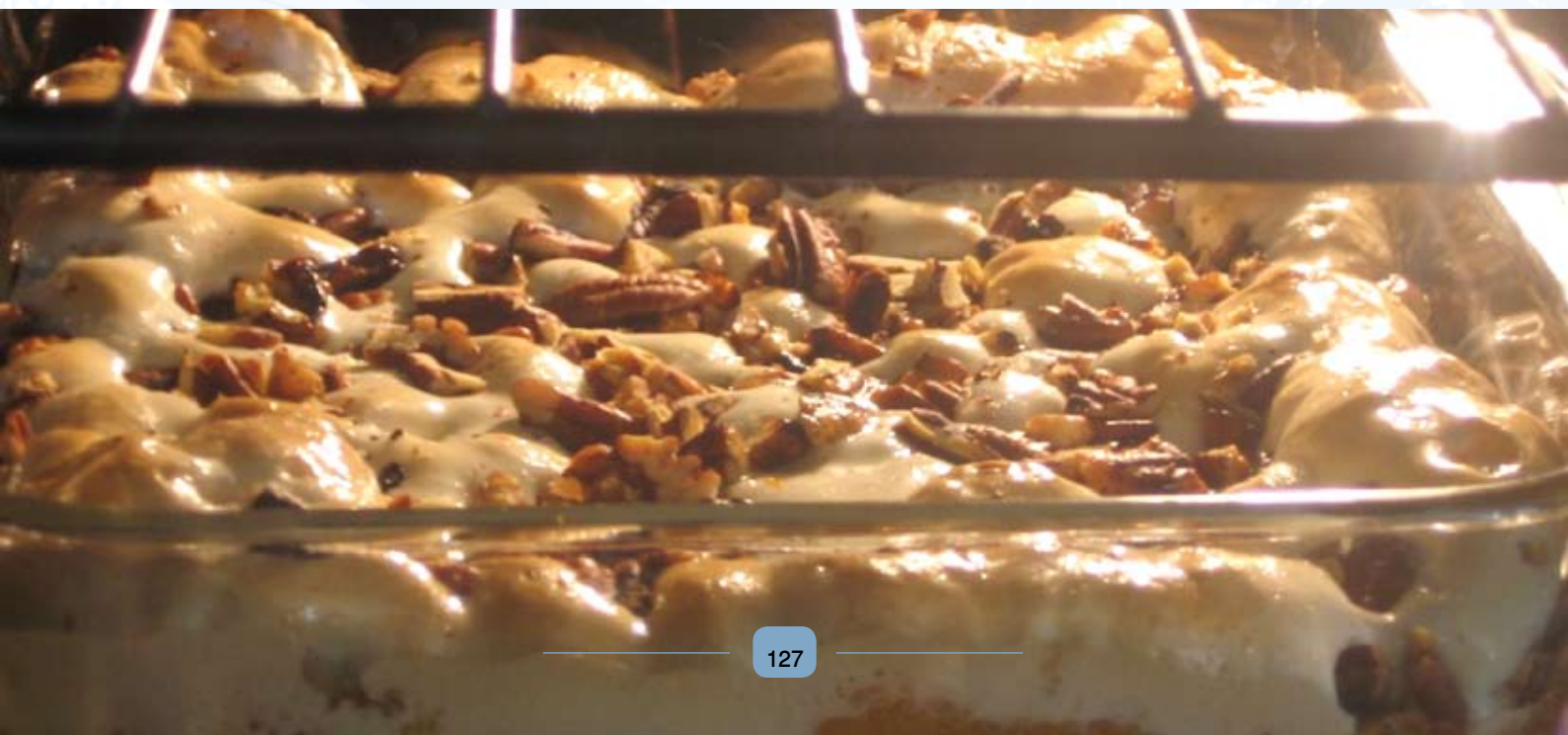
READY IN 1 Hr 5 Min

Ingredients:

- 1 (40 ounce) can cut sweet potatoes, undrained
- 1 cup white sugar
- 2 eggs
- 1/3 cup butter
- 1/3 cup milk
- 1 teaspoon vanilla extract
- 1 cup packed brown sugar
- 1 cup chopped pecans
- 1/3 cup all-purpose flour
- 1/3 cup butter, melted

Preparation:

- Preheat oven to 350 degrees F (175 degrees C). Butter a 2 quart baking dish.
- Place the sweet potatoes and their liquid in a medium saucepan, and bring to a boil. Cook 15 minutes, or until tender. Remove from heat, drain, and mash.
- In a medium bowl, mix the mashed sweet potatoes, white sugar, eggs, 1/3 cup butter, milk, and vanilla extract. Spread evenly into the prepared baking dish.
- In a separate bowl, mix the brown sugar, chopped pecans, flour, and 1/3 cup melted butter. Sprinkle over the sweet potato mixture.
- Bake 35 minutes in the preheated.



فطيرة الفراولة

Strawberry Delight Dessert Pie

"This is a family recipe everyone will enjoy. It's indescribably delicious!"

Original recipe yield:

- 1 - 9x13 inch pan
- PREP TIME 30 Min
- READY IN 5 Hrs

Ingredients:

- 1 1/2 cups graham cracker crumbs
- 1/4 cup white sugar
- 1 (8 ounce) package cream cheese
- 3 1/2 cups frozen whipped topping, thawed
- 2 (3.4 ounce) packages instant vanilla pudding mix
- 1/4 cup white sugar
- 2 tablespoons milk
- 2 pints fresh strawberries, sliced
- 3 1/2 cups milk
- 1/3 cup butter, melted

Preparation:

- In a medium bowl, mix graham cracker crumbs, 1/4 cup sugar and melted butter until well blended. Press mixture into the bottom of a 9x13 inch pan. Chill in freezer while you make the filling.
- In a large bowl, beat the cream cheese with 1/4 cup sugar and 2 tablespoons milk until smooth. Fold in 1/2 of the whipped topping.. Spread filling over crust. Place the strawberries in an even layer over filling. Prepare instant pudding as directed on package, but using only 3 1/2 cups milk. Spread prepared pudding over strawberries. Chill 4 hours or overnight.
- Before serving, spread remaining whipped topping over pudding.



كعكة الجبن Cheese cake Dessert

"An easy but elegant dessert recipe that can be changed by using different flavor cake mixes according to your preference. Serve cake with raspberry puree and whipped topping."

Original recipe yield:

- 1 - 9x13 inch pan
- PREP TIME 15 Min
- COOK TIME 1 Hr
- READY IN 1 Hr 15 Min

Ingredients:

- 1 (18.25 ounce) package vanilla flavored cake mix
- 4 (8 ounce) packages cream cheese
- 4 eggs
- 4 teaspoons vanilla extract
- 1 1/3 cups white sugar
- 2 (10 ounce) packages frozen raspberries, thawed
- 1/2 cup white sugar
- 1/2 cup kirschwasser
- 1 (8 ounce) container frozen whipped topping, thawed

Preparation:

- Preheat oven to 350 degrees F (175 degrees C). Grease and flour a 9x13 inch pan.
- Prepare cake mix according to package instructions. Pour into 9x13 inch pan and set aside. In a large bowl, beat cream cheese, eggs, vanilla and 1 1/2 cups sugar until light and fluffy. Carefully spread over cake batter.
- Bake in preheated oven for 1 hour. Allow to cool.
- To make raspberry topping: In the bowl of a food processor or blender, combine the raspberries, 1/2 cup sugar, and 1/2 cup kirschwasser. process





أصابع الأفوكادو *Avocado Dessert*

"This is an avocado whip my mum makes. Give it a shot! All my friends were apprehensive at first, but then loved it when they tried it."

Original recipe yield:

4 servings

- PREP TIME 20 Min
- COOK TIME 20 Min
- READY IN 40 Min

Ingredients:

- 1 avocado, peeled and pitted
- 1/2 cup milk
- 1/4 cup white sugar
- 1/2 teaspoon vanilla extract

Preparation:

- Mash avocado with an electric mixer, or use a food processor. Blend in the milk, sugar and vanilla until smooth. Chill for about 20 minutes before serving.





حلو اليقطين Pumpkin Dessert

"This is a nice change from pumpkin pie at your next holiday get together. Serve with whipped cream."

Original recipe yield:

- 1 9x13 inch baking dish
- PREP TIME 10 Min

- COOK TIME 50 Min
- READY IN 1 Hr

Ingredients:

- 1 (18.25 ounce) package yellow cake mix
- 1/3 cup butter, melted
- 1 egg
- 1 (29 ounce) can pumpkin
- 1/2 cup brown sugar
- 2/3 cup milk
- 3 eggs
- 2 tablespoons pumpkin pie spice
- 1/4 cup butter, chilled
- 1/2 cup white sugar
- 3/4 cup chopped walnuts

Preparation:

- Preheat oven to 350 degrees F (175 degrees C) and lightly grease a 9x13 inch baking dish.
- Set aside 1 cup of cake mix. Combine remaining cake mix with melted butter and 1 egg and mix until well blended; spread mixture in the bottom of the prepared baking dish.
- In a large bowl combine pumpkin, brown sugar, milk, 3 eggs and pumpkin pie spice; mix well and pour this mixture over cake mix mixture in baking dish.
- In a small bowl with a pastry blender, or in a food processor, combine chilled butter and white sugar with reserved cake mix until mixture resembles coarse crumbs. Sprinkle over pumpkin mixture. Sprinkle chopped walnuts over all.

Present الأزمنة		
الكلمة بالكويتي	لفظها	لغة الكتاب
Morning	'issubh	الصباح
Forenoon	'idhdhaha	الضحى
Noon / midday	'idhuhur	الظهر
Afternoon	il aseir	العصر
Time of sunset	El maghireb	المغرب
Evening	El Ishaa	العشا
At night	Billeyl	بالليل
Yesterday	Ams	أمس
Today	Illyoum	اليوم
Tomorrow	Baachir	باجر

Adverb of place (Preoposition world) الأماكن		
الكلمة بالكويتي	لفظها	لغة الكتاب
In front	Jiddaam	جدام
up	Foug	فوق
On	Alaa	على
Under	Tahat	تحت
inside	Daakhil / fii	داخل/ في
Outside	Barra	برة
here	Hni	اهني
There	Ihnaak	إهناك

Days of the week (Ayyamul - Usboua) أيام الأسبوع

الكلمة بالكويتي	لفظها	لغة الكتاب
Day	Youm	يوم
Saturday	Issabt	السبت
Sunday	El ahad	الأحد
Monday	El athneen	الاثنين
Tuesday	El thalaatha	الثلاثاء
Wednesday	El arbiaa	الأربعاء
Thursday	El khamiis	الخميس
Friday	El jumaa	الجمعة

What do you do every day ما تقومون عليه يوميا

الكلمة بالكويتي	لفظها	لغة الكتاب
I wash my face	Aghsil wayhey	اغسل وجهي
I Comb my hair	Amashshit shaariy	أمشط شعري
I brush my teeth	Áfarrish áснаani	افرش أسناني
I perform ablution	Atwadhdha	اتوضأ
I Pray	Asalley	أصلي
I am having shower / washing my body	Atsabbah	أستبش
I putting on my clothes	Albis ihduumi	اللبس اهدومي
I am drinking tea/ water	Ashrab Chaay/maay	اشرب شاي / ماي
See / watch TV	Ataalie / ashouf Televizyoon	اطلع / أشوف التلفزيون
I am listening to radio	Asmaa irradyu	اسمع راديو
I am cooking	Atbakh	أطبخ
I am having breakfast	Atrayyag	أتريق
I am having lunch	Atghadda	أتغدى
I am having dinner	Ataasha	أتعشى

What do you do every day ما تقومين عليه يوميا

الكلمة بالكويتي	لفظها	لغة الكتاب
أتكلم بـتلفزيون	Atkallam bittilifoon	I am talking by telephone
أشتغل	Ashtighel	I am working/doing my work
أشتري	Ashtiri	I am buying
أسكن	Askin	I live
أفهم	Afham	I understand
أتعلم	Ataallam	I am learning
أدرس	Adris	I am studying
أشيل	Ashiil	I am carrying
أحط	Ahet	I putting
أخلي	Akhalli	I leave

البهارات Spices

الكلمة بالكويتي	لفظها	لغة الكتاب
هيل	Heil	cardamom
كمون	Kammoum	Cumin
كزبرة	Kuzbara	Coriander
زعفران	Zaafaraan	Saffron
فلفل أحمر	Fifil 'ahmar	Red pepper
ملح	Milh	salt
شكرا/شكر	Shakir / shakar	sugar
لومي	Loumi	Black lemon
عدس	Adas	Lentils
بزاليا	Bazaaliya	Green peas
نخى	Nikhkhi	Chick pea
فاصوليا	Fasoulya	Beans / kidney beans

Colours (Al'waan) الألوان

لغة الكتاب	لفظها	بالكويتي
White	Abyadh	أبيض
Red	Ahmar	أحمر
Yellow	Asfar	أصفر
Blue	Azarag	أزرق
Green	Akhdhar	أخضر
Brown	Ad'am	أدعم
Black	Aswad	أسود
Orange	Burtuqaali	برتقالي
pink	Wardi	وردي
Violet	Banafsaji	بنفسجي
Gray	Ramaadi	رمادي
Silver	Fidhdhey	فضي
Golden	Dhahabey	ذهبي

Fruit (Faakiha) فاكهة

لغة الكتاب	لفظها	بالكويتي
Apple	Tuffaah / tiffaah	تفاحة / تفاح
Orange	Burtaqaala / burtuqaal	برتقالة / برتقال
Banana	Mooza / mooz	موزة / موز
Lemon	Laymuuna / laymoun	ليمونة / ليمون
Watermelon	Raggiyya / raggi	رقية / رقي
Melon	Battiikha / battiikh	بطيخة / بطيخ
Mango	Manga	منجة / هنب
Strawberry	Faraawla	فراولة
Pomegranate	Rummana / rummaan	رمان / رمان
Dates	Tamra / tamar	تمرة / تمر
Apricots	Mishmish	مشمش
Peach	Khookh	خوخ
Pinepple	Ananass	أناناس

Drinks المشروبات		
الكلمة بالكويتي	لفظها	لغة الكتاب
ماي	Maay	Water
حليب	Haliib	Milk
شاي	Chaay	Tea
قهوة	Gahwa	Coffee
لبن	Liban	Butter Milk
عصير	Aasiir	Juice

Auxiliary Adjectives		
الكلمة بالكويتي	لفظها	لغة الكتاب
حار	Haar	Hot
بارد	Baarid	Cold
طازج	Taazij	Fresh
دافئ	Daafi	Warm

At the vegetable market (suugil khudhra) سوق الخضرة		
الكلمة بالكويتي	لفظها	لغة الكتاب
خضرة	Khudhra	Vegetables
خيار	Khyaar	Cucumber
طماط	Tumaat	Tomato
كوسة	Kuusa	Marrow
فلفل اخضر	Fifil akhdhar	Green pepper
فلفل حار	Filfil haar	Hot pepper
فلفل بارد	Baarid	Sweet pepper
بصل	Busal	Onion
زنجيل	Zanjabiil	Ginger
بطاط	Butaat	Potato
جزر	Jaizar	Carrot
ملفوف	Malfuuf	Cabbage
خس	Khas	Lettuce
بامية	Baamya	Okra
بيديان	Beediyyaan	Eggplant
كزبرة	Kuzbara	Coriander
بقدونس	Baqduunis	Parsely
ثوم	Thuum	Garlic
نعناع	Naánaa	Mint
زهرة	Zahra	Cauliflower
سبانخ	Sabanikh	Spinach

Breakfast (riyuug) ريوغ

الكلمة بالكويتي	لفظها	لغة الكتاب
زيت	Zait	Oil
زيتون	Zaytuun	Olives
زعر	Zaatar	Thyme
عسل	Asal	Honey
امربي	Mrabba	Jam
بسكوت	Baskuut	Biscuit
جبين	Jibin	Cheese
خس	Khass	Lettuce
توست	Tost	Toast
زبدة	Zubda	Butter
بيض	Baydh	Egg

Lunch (ghada) غداء

الكلمة بالكويتي	لفظها	لغة الكتاب
سلطة	Salata	Salad
عيش	Eesh	Rice
لحم	Laham	Meat
سمك	Simach	Fish
دياي	Diyaay	Chicken
مرق	Marag	Soup
دقوس	Daqquus	Sauce
ورق عنب	Warag enab	Filling vine – leaves



من إصداراتنا
More Others

