

# Empowering Women through COOKING



**STORIES & RECIPES** from **JORDAN**





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JORDAN





## Shorabat Adas

Lentil Soup



**SERVES 4 | PREP 15 minutes | COOK 30 minutes**

**2½ cups red lentils**  
**1 onion, chopped**  
**3 tablespoons vegetable oil**  
**1 tablespoon ground cumin**  
**1 teaspoon salt**  
**4 cups water, boiling**

Rinse and soak lentils in hot water for at least 30 minutes or at best soak in room temperature water overnight. Strain all the water from the lentils.

In a pan, heat the vegetable oil and add the onion. Cook over medium heat until the onions are translucent and just beginning to become golden, then add the strained lentils, cumin, salt, and boiling water. Bring to a boil, then simmer for 30 minutes or until the lentils are soft and cooked.



### Zahra Abduldeen

Jordanian from Amman

I have struggled a lot throughout my life. My husband is much older than I am, and I have two children in school. One of my little ones cannot speak or use the bathroom on their own. My family depends on the wonderful Tkiyet Um Ali to be able to eat, pay for our electricity and water bills, and buy clothes for our children.

# Salatet Jarjeer

Rocca Salad



SERVES 4 | PREP 20 minutes

**2 cups baby rocca leaves**  
**1 red onion, thinly sliced**  
**1 pomegranate, seeded**  
**25g Parmigiano Reggiano shavings**

**For the dressing**

**½ lemon, juiced**  
**2 tablespoons balsamic vinegar**  
**2 tablespoons honey**  
**3 tablespoons olive oil**  
**Salt and black pepper, to preference**

In a salad bowl, add the rocca leaves and onions.

Prepare the dressing by adding lemon juice, balsamic vinegar, and honey in a mixing bowl. Whisk to combine. Slowly add the olive oil while whisking and season with salt and black pepper to taste. Drizzle the dressing over the rocca leaves and onions and toss. Sprinkle pomegranate seeds and top with Parmigiano Reggiano shavings.



## Dana Sabbah

Palestinian Jordanian

I am a Jordanian single mum with Palestinian origins. As a mother, I do everything I can to ensure my son lives in a happy environment. I believe that to nurture happiness in your home, you must do what you love. Cooking was something I have always been interested in, but was not given the opportunity to explore. I started to experiment with different tastes and textures, from Mediterranean to Asian and Italian cuisines, creating my own personal recipes, all the while staying true to the authentic traditions and flavours.





# Maqlubet Betenjan

Upside-Down Aubergine Rice



**SERVES 4 | PREP 1 hour | COOK 30 minutes**

## For the meat

**1 kg lamb/calf meat, cut into medium-sized chunks**  
**2 onions, sliced**  
**2 bay leaves**  
**1 cinnamon stick**

## For the rice

**4 aubergines, peeled and sliced**  
**½ cup vegetable oil**  
**2 onions, chopped**  
**5 tomatoes, quartered**  
**2 teaspoons salt**  
**1½ teaspoons ground cinnamon**  
**1 teaspoon black pepper**  
**1 teaspoon mixed spices**  
**2 cups rice, soaked for at least half an hour in boiled water**  
**4 cups of boiling water**

## To garnish

**Almonds, halved and fried**  
**Pine nuts, fried**

Boil the meat for 20 minutes with onions, bay leaves, and cinnamon stick. Remove the fat residues as they form at the top of the boiling water.

Sprinkle the aubergine slices on a plate with salt and allow them to rest on a paper towel for 20-25 minutes. Fry the aubergines in a pan with ¼ cup vegetable oil and place on paper towels to remove excess oil. Sauté the onions in the remaining vegetable oil for 4-6 minutes or until the colour becomes golden and place on paper towel. Bake the tomatoes with salt, ½ a teaspoon of cinnamon, and black pepper. Wash the soaked rice and place in a bowl. Add the fried onions and the remaining cinnamon, and mixed spices. Mix well and set aside.

To arrange the Maqlubeh, divide the meat, aubergine slices, tomato slices, and rice in half and start by arranging half of the meat at the bottom of a large pot. Place half of the aubergine slices and tomato slices on the meat then evenly distribute half of the rice over this mixture. Repeat to create a second layer of meat, aubergine slices, tomato slices, and rice. Add the water to the pot arranged with all the ingredients. Season with salt and black pepper to preference. Leave the pot to boil over medium heat, then reduce to low heat for an additional 20 minutes.

To serve, invert the serving tray, which will be used to present the Maqlubeh and cover the pot. Secure the pot on the serving tray with a firm grip and flip the pot onto the serving tray, ensuring all the contents of the pot are flipped upside down onto the tray. Gently, lift the pot and garnish with almonds and pine nuts.

Serve hot with yoghurt, if desired.



## Antoinette Sabanegh

Jordanian from Al-Salt

Cooking is an act of love and in a family of eleven, there was always lots of food and certainly lots of love. This association carried through into my adult life as I travelled the world with my husband back in the 60s. A time with no internet and very little TV, I developed a little ritual of my own; I began purchasing local cookbooks from every country that I visited. Now, a colourful collection, which inspires and influences my cooking today.



## Fattet Musakhan

Layered Sumac Chicken in Yoghurt



**SERVES 4 | PREP 30 minutes | COOK 30 minutes**

**2 pieces pita bread**  
**1 tablespoon olive oil**  
**3 cups yoghurt**  
**4 tablespoons tahini**  
**1 garlic clove, crushed**  
**1 teaspoon salt**  
**3 tablespoons lemon juice**  
**1 whole chicken**  
**1 teaspoon mixed spices**  
**1 onion, diced**  
**1 cup sumac**  
**¼ cup olive oil**

**To garnish**  
**Pine nuts, fried, optional**  
**Almonds, halved and fried, optional**  
**Parsley, finely chopped**

This dish is made of three layers.

For the first layer, cut pita bread into small bite-sized squares. Drizzle olive oil on the pita bread and roast in the oven until crispy and golden brown. Place the roasted bread in a heat-resistant dish.

For the second layer, mix yoghurt, tahini, and garlic in a bowl. Add salt, and lemon juice. Pour the mixture over the roasted bread.

For the third layer, boil the chicken with mixed spices until cooked. Debone and shred the chicken by hand. Fry onions with sumac in olive oil in another saucepan until soft and cooked. Remove from the stove and mix onions with chicken. Gently add on top of the tahini.

Garnish with nuts, parsley, and serve.



### Lana Bataneh

Palestinian Jordanian

As a mother of three young men and as the sole female in the household, I take on the responsibility of making sure we eat healthily. I am an ALS patient, which means that what I put in my body is key to my fight against this disease. Now more than ever, I am conscious and deliberate about the food I put on the table, for my sake and my family's.

@instaloofy loofyonline.wordpress.com



# Ma'moul

Date-Stuffed Semolina Cookies



**SERVES 6 | PREP 30 minutes/overnight | BAKE 15 minutes per batch**

## For the Ma'moul dough

**½ kg fine semolina**  
**½ kg all purpose flour**  
**½ cup butter or 1 stick**  
**⅔ cup vegetable oil**  
**¼ teaspoon mahlab**  
**2 tablespoons ghee**  
**¼ teaspoon ground mastic**  
**½ tablespoon granulated sugar**  
**1 cup orange blossom water**  
**1 cup water**  
**1 tablespoon active dry yeast**

## For the date filling

**½ kg dried dates, pitted**  
**½ tablespoon ghee**  
**1 tablespoon orange blossom water**  
**3 teaspoons cinnamon powder**  
**Pinch of nutmeg**  
**¼ teaspoon ground mastic**

## Alternative filling with pistachios

**1 cup pistachios, coarsely ground**  
**¼ cup granulated sugar**  
**6 tablespoons simple syrup**  
**2 teaspoons orange blossom water**

## Alternative filling with walnuts

**1 cup walnuts, coarsely ground**  
**¼ cup granulated sugar**  
**6 tablespoons simple syrup**  
**2 teaspoons orange blossom water**  
**2 teaspoons ground cinnamon**  
**Pinch of ground nutmeg**

To prepare the Ma'moul dough, mix the semolina and flour in a large bowl. Gradually mix in the butter, vegetable oil, mahlab, and ghee. Then, add the mastic and sugar, and mix until homogeneous. Be sure to mix the ingredients and not knead them. Let the mixture sit overnight at room temperature.

The following morning, mix the orange blossom water, water, and yeast. Transfer a third of the dough mixture into a bowl, and gradually add the water and yeast mixture, 2 tablespoons at a time. Mix well after each addition, making sure not to knead. Once the dough can be formed into balls without crumbling, it is ready to use. Use this dough to make your first few batches of Ma'moul, then repeat the above steps for the remaining dough mixture, using one section of the dough at a time to ensure it stays fresh.

To make the date filling, mix the ingredients in a food processor until a date dough is formed. For the walnut filling, mix the ingredients in a food processor making sure to crumble the walnuts and not grind them finely. Repeat the same steps for the pistachio filling.

Preheat oven at 390°F/200°C

Form the Ma'moul dough into balls, then flatten the dough balls into patties. Stuff each patty with approximately 1 heaped teaspoon of filling and form it into your preferred shape. Place the Ma'moul onto a pan lined with a baking sheet. Bake for 10-13 minutes and then bake for an additional 5 minutes under the broiler.

Dust with caster sugar and serve, if desired..



## Leen Hayek

Syrian Jordanian

I am an Energy Systems Engineer with a passion for sustainability, cooking, and baking. I have always loved cooking and experimenting with recipes, but this love truly grew while I was away at university. Whenever any of my friends craved a home-cooked meal, my place was the place to go. Upon graduating, I started my food blog where I showcase my recipes, post reviews of my favourite eateries and share my foodie adventures.

 @lemondsanddlimes

## Food Allergies

There are more than 220 million people with food allergies around the world and the number continues to rise amongst children and adults. A food allergy occurs when the body's immune system sees a certain food as harmful and reacts by causing symptoms. This is an allergic reaction. Foods that cause allergic reactions are called allergens. Food allergy reactions can vary unpredictably from mild to severe. Mild food allergy reactions may involve only a few hives or minor abdominal pain, while other food allergy reactions progress to severe anaphylaxis, low blood pressure, and loss of consciousness.

Although nearly any food can trigger an allergic reaction, there are some main foods that cause the majority of reactions: milk, eggs, peanuts, tree nuts, soybeans, wheat, fish, and shellfish. Below are the main foods along with the substitutes that may be used:

**1. Milk** For common dairy-free milks, substitute with:

Almond milk  
Soy milk  
Coconut milk  
Rice milk  
Oat milk  
Hemp milk  
For Buttermilk, substitute with 1 tablespoon vinegar  
1 cup milk alternative

**2. Eggs** 1 egg is equivalent to

½ mashed banana  
¼ cup yoghurt  
1 tablespoon chia seeds + 1 cup water, mixed and left to sit for 15 minutes (for baking)  
1 tablespoon soy protein powder + 3 tablespoons water, mixed  
3 tablespoons peanut butter  
1 tablespoon ground flaxseeds + 3 tablespoons of water, blended until thick  
2 tablespoons starch

**3. Peanuts** Almond butter and sunflower seed butter.

**4. Tree nuts** can be substituted with seeds.

**5. Soy** can be substituted with lentils or quinoa.

**6. Wheat** For common wheat-free flours, substitute with:

Sorghum flour  
Brown / White rice flour  
Potato starch  
Tapioca flour  
Xanthium gum

Buckwheat flour  
Quinoa flour  
Coconut flour  
Almond meal

**7. Fish** can be substituted with other protein foods.

**8. Shellfish** can be substituted with other protein foods.

**9. Sesame** can be substituted with black poppy seeds, pumpkin seeds, or finely chopped nuts such as almonds, peanuts or cashew nuts.

Although sesame oil has a distinct flavour, it can be substituted with other cooking oils. Substitute an equal amount of peanut oil for sesame oil in your recipe.

Food allergies are serious. Always take food allergies—and the people who live with them—seriously. For more information about food allergies and how to manage your day-to-day life/food challenges, please visit [www.allerliving.com](http://www.allerliving.com) or contact Dana Salah [dana@allerliving.com](mailto:dana@allerliving.com).

## Preventive Medicine – Part of a Healthy Lifestyle

Part of adopting a healthy lifestyle includes checking on yourself and your loved ones on a periodic basis. Many non-communicable diseases, food allergies, and food intolerances can develop in the human body and go undetected in their early stages. With routine preventive medicine check-ups, individuals can make certain that all their organs are functioning at optimal levels, and take action swiftly and effectively should any red flags appear, for example with high blood sugar levels, high lipid profile results, or thyroid function. Early detection is always better for treatment and overall health management. Below are the most common tests that should be performed annually (at least, depending on medical history):

### For diabetes detection:

Fasting blood glucose and haemoglobin A1c (HbA1c)

### For lipid profile:

Triglycerides  
Total cholesterol  
Low density lipoproteins (LDL)  
High density lipoproteins (HDL)

### For liver function:

Serum GPT  
Serum GOT  
Serum GGT  
Alkaline phosphatase  
Albumin  
Globulin  
Total protein

### For kidney function:

Urea  
Creatinine  
Uric Acid  
Electrolytes (Sodium, Potassium & Chloride)  
Urine Analysis

### For anemia:

Complete blood count (CBC)  
Iron  
Ferritin  
Vitamin B12

### For thyroid function:

TSH  
T3  
T4

### For food allergies:

RAST – food panel

### For food intolerance:

Food intolerance test

### Other important health indicator tests:

ESR  
CRP  
Vitamin D  
Insulin (and HOMA index)

For any or all of these tests and more, contact MedLabs Laboratories via email at [info@medlabsgroup.com](mailto:info@medlabsgroup.com) or via [www.medlabsgroup.com](http://www.medlabsgroup.com) or visit any of their 50 branches across Jordan, Palestine, and Northern Iraq. MedLabs Laboratories are accredited by the College of American Pathologists and ISO 15189.



## Substitutes

**Substitute for Jameed:** 1 kg of yoghurt, add 1 tablespoon of cornstarch and bring to a boil. Add meat stock or hot water until preferred consistency.

**Substitute for Ishta:** Soft cheese, mascarpone, heavy whipping cream, or milk and starch cooked until thick.

**Substitute for Circassian Cheese:** Any form of cheese that does not melt when heated, i.e. Halloumi.

**Substitute for Akkawi Cheese:** Desalinated Feta cheese. (Feta cheese that has been soaked several times to remove a lot of the salt)

**Substitute for tahini:** Any nut butter.

## Suppliers

This section was provided by Leen Ali-Hasan of [CookeaseBlog.com](http://CookeaseBlog.com)

### Juthour

My journey towards a healthy life for myself, my family, and my country all began in a tiny clinic in Atlanta, USA. Distressed at the nonexistence of organic, natural, and specialty allergen-free foods and products in supermarkets, it struck me that the wellbeing and improvement of the quality of life of my son with Asperger Syndrome, Suhail, was in my hands. I founded "Juthour" in 2005 and it has since been catering to a growing community of those striving towards a life of optimal nutrition and health. Through importing products free of sulfites, monosodium glutamate, hydrogenated oils, trans fats, genetically engineered ingredients, food colouring, chemical preservatives, and artificial flavours, Juthour made living a healthy life in Jordan possible for all. To this day, Juthour's essence has been blossoming and making its way into the lives of a constantly growing community. You just might catch me at a local supermarket educating passersby on why brown rice is, undoubtedly, a healthier substitute for white rice.

### Luma Khalaf

#### Juthour

+ 962 (79) 556 6887 or +962 (6) 586 4182

[www.Juthour.com](http://www.Juthour.com)

[Luma.khalaf@Juthour.com](mailto:Luma.khalaf@Juthour.com)

Facebook Juthour

Instagram @Juthour



### Mistaka Artisan Cheese

Artisan cheesemaking came into my life less than four years ago and by sheer coincidence, if there is such thing. Since then, I have been on a quest to explore the "expressive possibilities of milk", especially that of our superb local sheep breed, the grand Awassi. What started as a hobby with results I shared with supportive family and friends, turned into a home-launched business. Mistaka Artisan Cheese offers a seasonal selection of fresh and aged cheese and dairy products including yoghurt, Mediterranean-style fresh cheese, and European-style aged cheese.

Coveted by locals and expats alike, Mistaka Artisan Cheese today is also proudly served in several fine establishments. I am profoundly grateful for the gift of "discovering" cheese craft and the profound lessons it continues to teach me about locality, natural abundance and wisdom, community, and time-honoured traditions.

### Nisreen Haram, Mistaka

Mistaka Artisan Cheese

13 Hussein Abu Ragheb Street

+ 962 (79) 558 - 4897

[Mistakacheese@gmail.com](mailto:Mistakacheese@gmail.com)

Facebook: Mistaka

### The Ishq Artisan Chocolates

I am a passionate person and a dreamer. This is where my chocolate brand name comes from. My diverse international and local living and work experiences were opportunities to have amazing encounters with people of various ethnicities and walks of life. These rich interactions inspired me to translate the encounters into joy-inspiring experiences with an 'Ishq Experience' piece of chocolate.

Ishq Artisan Chocolates offer some of the finest hand-crafted chocolates in Jordan. Based locally, each piece of chocolate is a creative endeavour on its own and it is intended to be experienced as such. Beneath this lid is an adventure for your palette. With a variety of wild and daring flavour pairings, made only by the freshest of fruits, nuts, rare flowers, spices, herbs, and exceptional oils, the very first taste of these chocolates is sure to leave you purring. Now open the box and begin your adventure. I know you'll be back for more...

### Zahira Haram, Chocolatier

Ishq Artisan Chocolates

50 Damascus Street, Abdoun

0799789826- 5923894

[Zahira\\_haram@yahoo.com](mailto:Zahira_haram@yahoo.com)

Facebook: Ishq Artisan Chocolates

Instagram: @ishqchocolates

## Ingredients and Raw Materials

### JABBOK FARMS

Bireen, 1 hr. North of Amman

+ 962 (79) 547-2689

[jabbokfarms@gmail.com](mailto:jabbokfarms@gmail.com)

Facebook: Jabbok Farms

### Yanboot

Dabouq, Yusef Barakat Al-Dwaikat Street

+ 962 (77) 567 - 5346

[www.yanboot.com](http://www.yanboot.com)

[yanboot.organic@gmail.com](mailto:yanboot.organic@gmail.com)

Facebook: Yanboot

Instagram: @yanboot.organic

## Products

### Bejlian Health Foods

+ 962 (79) 717 - 6062

[www.bejlian.com](http://www.bejlian.com)

[Bejli@bejlian.com](mailto:Bejli@bejlian.com)

Facebook: Healthy Foods and Lifestyle

Instagram: @Bejlian

### Bloom Healthy Habits

Shihan Al-Oqlah St., Amman

+ 962 (77) 733 - 2266

Facebook: Bloom Healthy Habits

Instagram: @bloomhealthyhabits

### The MedShed

+ 962 (79) 993 - 4011

[www.the-medshed.com](http://www.the-medshed.com)

[info@the-medshed.com](mailto:info@the-medshed.com)

Facebook: MedShedpage

Instagram: @the.medshed

To further help you understand and discover the food scene in Jordan, here is a list of some of our favourite food bloggers and their Instagram handles for you to follow:

Aya Sirriyeh and Nadeen Mashal of @thetwotasters.jo

Dina Shawar of @whatsfordinz

Dina Toukan of @twocandine

Rama Abu Hammour of @taste.amman

Raneem Murrar of @chewonhatt

Raya Qaraeen of @rayasspoon

Tala Neiroukh of @thenaughtybud

Yasmin Bani Hani of @foodiejo

**COOKING MEASUREMENT CONVERSIONS**

Pinch	1/8 teaspoon
3 teaspoons	1 tablespoon
2 tablespoons	1/4 cup
4 tablespoons	1/4 cup
8 tablespoons	1/2 cup
16 tablespoons	1 cup
1 teaspoon	5 ml
1 tablespoon	15 ml
1 cup	240 ml

**OVEN TEMPERATURES**

Celsius	Fahrenheit
110°C	225°F
120°C	250°F
140°C	275°F
150°C	300°F
160°C	325°F
180°C	350°F
190°C	375°F
200°C	400°F
220°C	425°F
230°C	450°F

**GLUTEN-FREE CONVERSION CHART**

Amount of Flour in Recipe	Rice Flour	Potato Starch	Starch Flour	Xanthium Gum
1/2 cup	1/3 cup	2 tablespoons	1 tablespoon	1/4 teaspoon
1 cup	1/2 cup	3 tablespoons	1 tablespoon	1/2 teaspoon
1 1/4 cup	3/4 cup	1/3 cup	3 tablespoons	2/3 teaspoon
1 1/2 cup	1 cup	5 tablespoons	3 tablespoons	3/4 teaspoon
1 3/4 cup	1 1/4 cup	5 tablespoons	3 tablespoons	1 teaspoon
2 cups	1 1/2 cup	1/3 cup	1/3 cup	1 teaspoon
2 1/2 cups	1 1/2 cup	1/2 cup	1/4 cup	1 1/8 teaspoons
2 3/4 cups	2 cups	1/2 cup	1/4 cup	1 1/4 teaspoons
3 cups	2 cups	2/3 cups	1/3 cup	1 1/2 teaspoons

**HALVING A RECIPE**

1 cup	1/2 cup
3/4 cup	6 tablespoons
2/3 cup	1/3 cup
1/2 cup	1/4 cup
1/3 cup	2 tablespoons + 2 teaspoons
1/4 cup	2 tablespoons
1 tablespoon	1 1/2 teaspoons
1 teaspoon	1/2 teaspoon
1/2 teaspoon	1/4 teaspoon

**“A woman caring for her children; a woman striving to excel in the private sector; a woman partnering with her neighbours to make their street safer; a woman running for office to improve her country - they all have something to offer, and the more our societies empower women, the more we receive in return.”**

*- Her Majesty Queen Rania of Jordan*

Empowering Women through Cooking - Jordan is a project that includes the stories and Middle Eastern recipes of fifty four women, who live in Jordan and come from different national backgrounds, religions, socio-economics levels, talents, and struggles.

This project is a validation that civil society, public sector, private sector, academia, impact funds, and aid agencies can (and must) work together on empowering women.

Part of the proceeds go to



Feeding All proudly supports the UN World Food Programme and Tkyiet Um Ali.

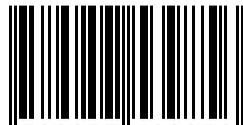
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