

A TOUR AROUND THE WORLD'S GASTRONOMY



Sultanate of Oman

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A TASTE OF OMAN'S GASTRONOMY



A NATION'S GASTRONOMY IS ITS BEST AMBASSADOR

Omani dishes reflect Oman's history and culture, and its traditional food is an important part of the national identity.

Oman is a country full of distinctive traditional dishes, and its richness in diverse dishes is linked to its history and culture since ancient times, as well as to the diversity of the Omani environment – spanning extended coasts, deserts and agricultural areas. People rely on meat, dairy, fish, seafood, as well as local and seasonal ingredients such as spices and herbs in the preparation of dishes, which play an important role in imparting their unique flavor.

Omani dishes are an important part of the country's heritage and reflect its cultural and environmental diversity.

In an important step to preserve Oman's intangible cultural heritage, 110 Omani dishes have been documented in 'The Omani Cuisine' book issued by the Ministry of Heritage and Tourism in 2022 to contribute to the transfer of knowledge and skills to future generations.



TAKE YOUR PALATE ON A TOUR

SPICE UP YOUR LIFE WITH PRODUCTS FROM OMAN



OMANI HOJARI FRANKINCENSE

Oman produces the finest frankincense from trees in Dhofar. Omani frankincense renowned for its superior quality, is used in food, beverages, and cosmetics.

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JABAL AL AKHDAR ROSES

The terraces of Jabal Al Akhdar are covered in roses from March to May every year, and the cultivation of roses is one of the treasures of the mountain and a source of livelihood for its inhabitants who have mastered the secrets of extracting its fresh water.

Rose water is added to Omani Halwa and Omani coffee for an extra rich and unique flavor.

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OMANI HONEY

Omani honey, known as Asal, comes in different types, such as Sidr and Barm. It is used in the making of Omani Halwa or added to some Omani dishes such as Qurus (Omani pancakes eaten for breakfast) and Mashakik grilled meat.

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OMANI OLIVE OIL

The finest Omani olive oil is extracted from olives grown on Jabal Al Akhdar mountain olives and is commonly used as a table oil.

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LOMI SOHARI

Lomi Sohari, a sun-dried black lemon, gives a distinctive intense flavor to Omani dishes, with bitter and earthy notes. It enhances meat, fish, vegetables, stews, and soups.

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WILD OMANI THYME (ZA'ATAR)

The special thyme plant often grows in mountain rocks and valley streams. With its fragrant leaves and stems, it enhances seafood dishes like Maleh (dried fish) and herbal tea.

WANT TO BRING SOME BACK HOME?

Jabal Al Akhdar rose products and Omani olive oil are sold in local markets. Al Hafa Market, a traditional market in Salalah, is famous for selling frankincense and incense products, which come in various sizes suitable for tourists as souvenirs, along with cosmetic products made from frankincense. Souq Muttrah and Souq Nizwa, traditional markets, offer a wide range of local products such as jewelry, silverware, pottery, Halwa, herbs and spices.

TOP 5 LOCAL BITES TO SAMPLE



OMANI SHUWA

A main dish characterized by its distinctive preparation and its unique taste.

Fresh meat, seasoned with a special blend of fine spices, is wrapped in banana leaves, placed inside a palm tree pouch (Khasfa), and cooked in a deep ground oven (tannur), for one or two days until tender. This dish is often served during festivals and celebrations, reflecting the true essence of Omani hospitality.

OMANI KHOBZ

A staple on Omani tables.

Made from flour, water and salt, and cooked on a round iron pan called a Tobaj. It can be topped with various ingredients such as cheese, eggs, or honey.



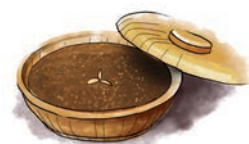
KHAMBASHA

Prepared from dried shark (Owal) or dried sardines (Qashea), in addition to lime juice and onions. It is typically served with white rice and Omani ghee (clarified butter).

PABLO

A famous dish in the coastal regions.

It consists of a broth made from local fish to which onions, peppers, turmeric and lime juice are added. It is typically served with white rice.



OMANI HALWA

The most famous dessert in Oman and widely recognized regionally.

It is made from red sugar, starch, water, and ghee. Various flavors such as cardamom, saffron, rose water, dates, figs, sesame, honey, nuts, and frankincense are added to it. It is served with Omani coffee (Qahwa).

DID YOU KNOW?

Omani coffee (Qahwa) is a traditional beverage that consists of brewed coffee beans and cardamom. It can be flavored with rose water and saffron. Omani Qahwa is linked to hospitality and traditions. The Qahwa cup is filled about a quarter so the guest can enjoy having it while it is still hot. When finished, gently shake the cup from side to side as this indicates that you have had enough and don't need a refill.

MUNEER AL BALUSHI

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Chef Muneer Al Balushi has been working as a Food Production Instructor at Oman Tourism College since 2006. He graduated from the same college with a Diploma in Tourism and Hospitality Management. He was awarded a scholarship to Austria to pursue his higher education in food innovation and beverages. He was one of the organizers of the “Oman Chef” competition.
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«The Omani cuisine is not just about food: it is a gateway to **centuries of heritage and cultural exchange.**
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I believe in the importance of preserving this treasure of traditional recipes and our role in passing down the cooking techniques and the rich flavors to future generations».

Chef Muneer has presented numerous authentic Omani dishes both in Oman and abroad on various occasions and celebrations.

He believes that Oman Tourism College plays a significant role in the revival of authentic Omani recipes and ensuring the sustainability of Omani cuisine through its diverse culinary courses.

Oman is blessed with a rich tapestry of mixed cultures, resulting in a wide array of flavorful dishes steeped in tradition, especially during Eid celebrations and social events. Who wouldn't want to experience the joy of savouring the legendary slow-cooked Shuwa? Come and enjoy the Omani hospitality from our heart to yours!

CHICKEN ARSEYA WITH TARSHA SAUCE



INGREDIENTS

CHICKEN ARSEYA

- 1 whole chicken
- 500g rice
- 2 cinnamon sticks
- 8 cardamom pods
- 4 tsp ghee
- 2 tsp salt

TARSHA SAUCE

- 40g powdered cinnamon
- 15g salt
- 1 garlic clove
- Black pepper
- 10 cardamom pods
- 500ml chicken stock or water
- 10 clove buds
- Chicken liver (optional)
- 3 tbsp tomato paste
- 20g fresh ginger
- 100g black raisin
- 50g tamarind paste

STEP BY STEP

CHICKEN ARSEYA

- 1 Bring water to a boil, then add the chicken and let it cook thoroughly.
- 2 Remove the cooked chicken and set aside.
- 3 Add the rice, cinnamon, and cardamom to the same water or stock.
- 4 Remove the skin and bones from the cooked chicken, then add the shredded chicken to the rice.
- 5 Stir the rice until well-combined and thickened.
- 6 Add salt and pepper to taste.
- 7 Serve it with Omani ghee

TARSHA SAUCE

- 1 Sauté the garlic, ginger, cloves and cardamom.
- 2 Add tomato paste and stir well.
- 3 Add tamarind paste and black raisin.
- 4 Pour in the stock or water, then add the chicken and liver.
- 5 Bring the mixture to a boil, then reduce the heat and simmer slowly.
- 6 Add salt and black pepper to taste.

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