

A TOUR AROUND THE WORLD'S GASTRONOMY



SAUDI ARABIA

A TASTE OF SAUDI ARABIA'S GASTRONOMY



Assortment of Saudi spices and traditional Saudi dishes

A NATION'S GASTRONOMY IS ITS BEST AMBASSADOR

Saudi Arabian cuisine is marked by its multitude of spices which culminate to create dishes rich and varied in flavour.

Even during the Roman Empire, spices such as pepper, cardamom, cinnamon, ginger, spikenard, nutmeg and cloves were transported from Saudi Arabia to the Western world, where they were highly valued.

Saudi's different regions produce their own local dishes. The cold climate of the Tabuk Region produces comforting winter dishes, such as *jamariah*, a dough cooked under hot charcoal and eaten with dates or honey. Step inside a typical Yanbuan kitchen, on the Red Sea coast, and be struck by

an array of sweet fragrances from popular dishes such as *masharmal*, an aromatic fish stew with citrus fruits and tahini.

Consistent throughout the Kingdom's regions is the communal aspect to dining, with most dishes served for sharing, making dining a real social experience.

Saudi Arabia is among the top five largest producers of dates in the world. The Kingdom offers an assortment of varieties, which are often served alongside hot Arabic coffee, or *gahwa*, to guests as a sign of hospitality and generosity.

TAKE YOUR PALATE ON A TOUR

WITH PRODUCTS FROM SAUDI ARABIA



SAFFRON

A spice derived from *Crocus sativus* flower. The world's most expensive spice by weight. Described as having hay-like and sweet flavors.

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CARDAMOM

Essential ingredient used in Arabic coffee. The third most expensive spice in the world, after saffron and vanilla.

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CLOVES

The flower buds of a tree in the Myrtaceae family. Added to foods and hot beverages to give an aromatic flavors.

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ROSEWATER

Flavoured water made by steeping rose petals in water. Adds a sweet aroma to a variety of puddings, pastries and juices.

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SESAME SEEDS

Used to flavour breads, pastries and the primary ingredient in the dip *tahinah*, which is used to make hummus.

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DRIED LIMES

Limes boiled in brine and laid out to dry. Added to dishes to create bitter, fermented and earthy flavors.

WANT TO TAKE SOME BACK AS A SOUVENIR?

Spices can be bought in most souqs or bazaars around the Kingdom. Souq Al Alawi, located in the historical area of Old Jeddah, is the most extensive in the country and sells a variety of spices and snacks.

Many of the souqs of Riyadh sell a range of herbs and spices, including the city's Souq Al-Zal, the oldest and the most visited souq in the city.

Spices are often contained in large quantities so the customers can choose their own quantities.

TOP 5 LOCAL BITES TO SAMPLE



KABSA

Traditional one pot rice dish served with chicken, lamb or camel meat.

Incorporates Indian and Persian spices. Considered a national dish in Saudi Arabia, it is served on a large plate – made for sharing and eaten with the fingers.

JALAMAH

Lamb dish cooked with onions and Arabic spices.

Traditional Saudi dish from the Asir region. It is usually accompanied by rice or flatbread and often prepared and eaten on special occasions, such as the Eid al-Adha festival.



MATAZEEZ

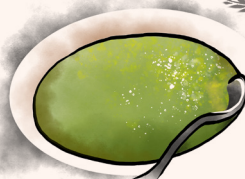
Saudi's take on pasta – dumplings, cooked vegetables, meat and spices such as cumin and cinnamon.

Eaten in the eastern regions often served with fresh coriander.

HAREES

Dish made with ground wheat mixed with meat, butter and water to form a porridge-like consistency.

Often eaten as a staple in the month of Ramadan.



MA'AMOUL

Cookie filled with fruits and nuts and sprinkled with powdered sugar.

Usually prepared for festivals and celebrations.

DID YOU KNOW?

Dates are an important food in Saudi Arabia. They form an integral part of the diet during Ramadan, when they are eaten to break the fast. The Kingdom is also host to the annual Al Qassim Date Festival, held in the Al Qassim region each August.

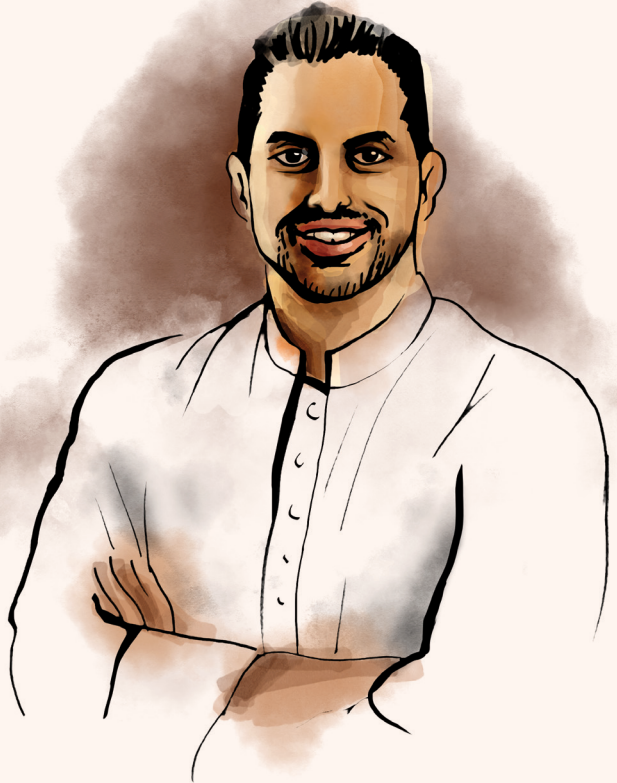
RAKAN ALORAIFI

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Chef Rakan Aloraifi was named best Saudi Chef 2018 by the Saudi Tourism Excellence Awards. He currently works at the renowned high-end Suhail restaurant in Riyadh.

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«Traditional Saudi food always gives me that feeling of Saudi authenticity. I'm trying to keep the beauty of that authenticity with some additional modern touches».



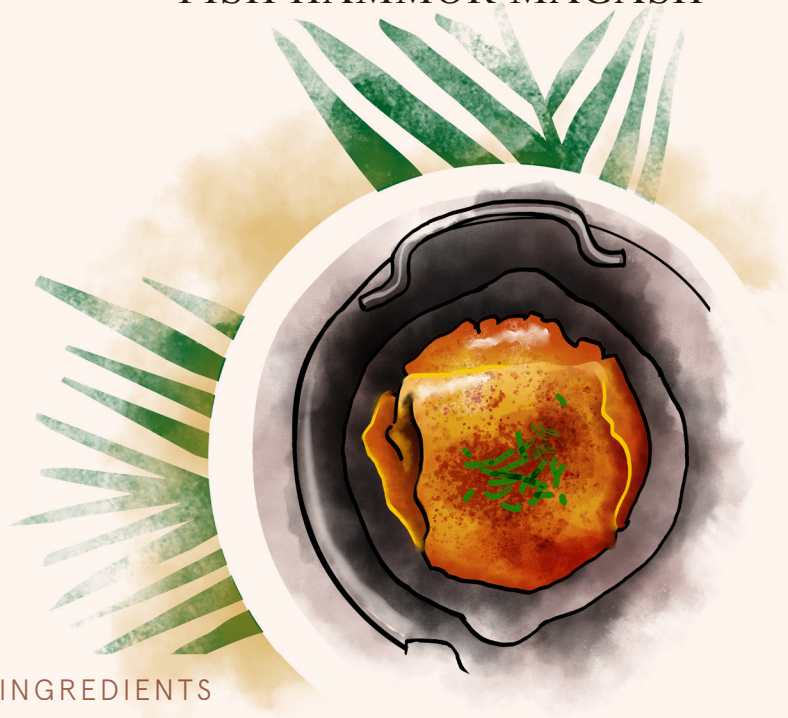
To share his passion for cooking with the world, Chef Rakan has worked for international events, such as the 2019 World Economic Forum meeting at Davos and Saudi Cultural Day 2018.

After participating in local and international culinary competitions, including Top Chef Middle East, Chef Rakan's career shifted to another level when he started working at the Four Seasons Hotel in 2017.

On traditional Saudi cuisine, Chef Rakan says: "Traditional Saudi food always gives me that feeling of Saudi authenticity. I'm trying to keep the beauty of that authenticity with some additional modern touches."

"*Magash* is one of my favorite Saudi recipes because it's simple and delicious. We call it magash because it's the name of the stone pot in which it is cooked. The stone pot is handmade, usually locally in the south region of Saudi Arabia. You can cook different kind of proteins in the *magash*, such as lamb, chicken, fish and prawns."

FISH HAMMOR MAGASH



INGREDIENTS

- 200g hammor fillet
- 40g sliced onion
- 40g sliced tomato
- 20g sliced garlic
- 20g olive oil
- 20g tomato puree
- 10g tomato paste
- 10g dill leaves
- 5g salt
- 5g cumin
- 5g coriander powder

METHOD

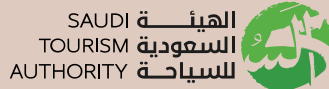
- 1 In a hot pan, add olive oil, then sautee garlic.
- 2 Add tomato paste and tomato puree.
- 3 Add all spices and simmer for 10 mins.
- 4 In a stone pot (magash) arrange first layer of sliced onion, then second layer of sliced tomato.
- 5 Then add the hammor fillet.
- 6 Pour the sauce on top and cover with foil.
- 7 Roast in the oven on 180°C for 30 mins.
- 8 Garnish with chopped dill.

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