

This recipe book was compiled by
the
Syrian ESOL group.



For further information about learning or improving your English in East Renfrewshire, please phone Adult Learning Services and speak to Cheryl or Tanveer on 0141 577 3306.



Recipes from Syria

A recipe book written and compiled by
the Syrian ESOL group working with
Adult Learning Services
in East Renfrewshire.



Syrian Food and Culture

The Syrian cuisine is a wide and varied cuisine which draws its diversity from Syrian nature regions and cities. Syria is a diverse region that is dry and arid with mountainous regions, forests, rivers and plenty of desert plateaus. The staple foods are those that the climate and soil allow Syrians to grow or those they can buy at market. Many of these staples are common to many Middle Eastern countries, where residents have grown and eaten them for centuries.



From Aleppo to Damascus, every city and region of Syria has its own specialties.



Many old traditional foods like shami berries, yogurt with tamarind and liquorice drinks distinguish Syrian cuisine from the rest of the world.

In 2015, we welcomed Syrian families into East Renfrewshire. Since this time, Adult Learning Services have created a programme to support the families to learn English and integrate into the community. In their quest to find a safe haven that they can call their home, they have had many challenges to face. Keen to find jobs and give back to the Scottish people, all of the Syrian adults are learning English and many have been involved in volunteering, attending college, training and/or working.

During the last few years Adult Learning Services have been lucky enough to be part of the wealth of knowledge, skills and kind hospitality that the Syrian families have brought to Scotland and shared along the way. One of the ways they often show their thanks is to put on an amazing spread and welcome people into their homes.

They have put this recipe book together to share some of their favourite dishes with you. It is not just about cooking but about culture and a way of life. There are so many traditional dishes in Syria but this is just a snap shot.

استمتع بوجبتك! Enjoy your meal!



Toot shami vendors, Syria

Syrian berry (in English—Mulberry.)



Sweets



The traditional dish, Mansaf

The Syrian families who are currently living in East Renfrewshire, would like to share some of their favourite dishes with you. We hope you enjoy making and eating them!

Tabbouleh



My name is Abeer Habib. I come from Syria and have lived in Barrhead for two and a half years. I am married and have three children. My family's favourite dish is tabbouleh. This dish is healthy because it contains lots of vegetables and is very easy to make.

Ingredients

2 tomatoes, chopped
1 small onion, chopped
Handful mint, chopped
Handful of parsley
 $\frac{1}{4}$ cup bulgur wheat, softened
 $\frac{1}{4}$ cup olive oil
1 teaspoon salt
 $\frac{1}{4}$ cup Lemon juice
Mint to decorate

Method

First, mix the sugar and eggs together until the sugar dissolves.

Then add a tablespoon of orange flavouring and half a cup of grated coconut, two tablespoons of vanilla essence and baking powder.

Then add the oil with constant whisking. The dough should not be sticky to touch. You can add more flour if you think it needs more.

Then let it rest for half an hour and then start the process of forming the dough and using biscuit moulds. You can make the shape you want and then put the biscuit in the oven, on a tray, but the oven tray should contain baking paper to prevent sticking.

Put the biscuits into the oven at 180 degrees and leave in the oven for 10 minutes in the middle of the oven.



Tasty Biscuits

To make one kilo of biscuits we need...

Ingredients

4 eggs. 🥚

4 cups sugar 🍬

4 cups sunflower oil 🌻

2 tablespoons orange🍊 flavouring

Half a cup of grated coconut.

5 to 6 cups of flour

Teaspoon baking powder

two tablespoons vanilla essence

Method

Soak the bulgur wheat in boiling water for 30 minutes or until it is soft.

Chop the tomatoes, onion, parsley and mint.

Put all the chopped ingredients in a dish and mix together.

Add salt, lemon juice and olive oil.

Then mix again and pour into a large bowl to serve.

Enjoy your meal!



KAFTE BIL SINIEH

Minced Beef and Tomatoes in a Pan



My name is Fatima. I come from Syria. I live in Barrhead. I am married and have 4 children. I have lived here for 3 years.

One of my favourite Syrian dishes is beef in a bowl because it is very tasty. This is a classic Syrian dish made with minced beef and tomatoes. I hope you enjoy it.

INGREDIENTS

- 1LB SOFT BEEF (MINCED BEEF)
- 1 LB SLICED TOMATOES
- 1 CHOPPED ONION
- 1 HANDFUL OF CHOPPED PARSLEY
- 1 GREEN PEPPER CHOPPED
- $\frac{1}{2}$ CUP OF OIL
- 1 TEASPOON OF BLACK CRUSHED PEPPER
- 1 TEASPOON OF WHITE CRUSHED PEPPER

The sauce

- 2 tbsps lemon
- 2 tbsps yoghurt
- 2tbsps tahini
- 2 tbsps water
- A pinch of salt
- 1 clove garlic

Mix all the ingredients until well combined.

Take the chicken breasts out of the fridge and cook on a griddle pan or under a grill.

Then lay out your bread wrap, add the chicken, chips (if you desire) pickled cucumber (if desired), onions, tomatoes and parsley.

Add some tahini (or alioli) sauce and roll up to eat.



Shawarma

Ingredients

Chicken breasts

Lemon

Crushed cumin

Turmeric

Paprika

Olive oil

Garlic

Yoghurt

White wine vinegar

Crushed ginger

7 spices

Method

Slice the chicken breast and marinade it in the vinegar, lemon, oil, yoghurt, garlic, cumin, turmeric, paprika, ginger, seven spices and salt.

Put it in the fridge for at least one hour.

METHOD

- FIRST PUT THE OIL IN THE BOTTOM OF THE BOWL.
- THEN PUT THE MEAT IN THE BOWL AND ADD CHOPPED PARSLEY, CHOPPED ONIONS, SALT AND BLACK AND WHITE PEPPER
- BRING THE MIXTURE TOGETHER WITH YOUR HANDS
- PLACE THE MEAT MIXTURE IN A DISH AND FLATTEN IT DOWN
- THEN PLACE THE SLICED TOMATO OVER IT AND THE GREEN PEPPER AND SPRINKLE WITH SALT
- LASTLY PUT IT IN THE OVEN FOR HALF AN HOUR AT 180 DEGREES



ENJOY YOUR MEAL !

Mansaf

I am Riyam. I am from Syria and live in Barrhead.

Our traditional dish is Mansaf. I would like to share it with you.

Ingredients

2kg chicken

1 onion

1 tbsp. salt

1kg bulgur wheat

7 spices

1/2 kg rice.

Margarine

2 tablespoons ghee (butter can be used instead of ghee)

almonds for decoration.

Method



- *Mix together all the ingredients in a bowl: minced lamb, chopped tomato, onion, chilli powder, olive oil, salt, cumin, garlic and tomato puree.*
- *Divide the mixture into 10 kebabs*
- *Either cook on a barbecue for 5 mins each side or grill under a low heat for 15 minutes.*
- *Serve with rice and salad.*

KEBABS

MY name is Mazyet. I am from Syria I live in Barrhead. I am married and I have 4 children, 3 boys and 1 girl. My favourite Syrian food is kebab.

Ingredients

- 1 kg minced lamb
- 1 large tomato
- 1 onion
- 1 cup olive oil
- 1 tspn salt
- 1 tspn chilli powder
- 1 tspn cumin
- 1 clove garlic
- 2 tablespoons tomato puree

Method.

1. First boil the chicken in water and keep the broth. Put the broth to one side.
2. Combine the chicken with the onion and a tablespoon of salt.
3. Cook the bulgur wheat with the broth and add the 7spices.
4. Cook rice separately.
5. Fry the margarine and ghee together.
6. Layer a dish with bulgur wheat, then rice and then meat and pour over the ghee.

Serve and enjoy!



Kurdish Cuisine

Hello. My name is Dilbar. I am Kurdish from Syria. I would like to tell you a little about the importance of Kurdish cuisine in our culture.

I have lived in Scotland for one year. The food is very different from Scottish food in Syria.

My favourite Kurdish dish is stuffed aubergine with vine leaves. This is more than food to me. This meal brings happy memories for me.

My family and my grandparents gathered together every holiday. At this time, men sat with each other and women enjoyed making this dish. We prepared it on Thursdays and cooked it on Fridays. For lunch there is a fun game with this dish where we put a coin in the stuffing and the person who finds it is very lucky. It is a very distinctive dish.

Meheer

I have a son called Azer and our favourite dish is Meheer. It is very traditional. People like it because it is very tasty and simple to make.

Ingredients

1 cup husk wheat
3 cloves garlic
700g yoghurt
1 tea spoon dried mixed herbs
Salt to taste

METHOD

First, put the wheat in boiled water and cover it. Leave for 6 hours.

After one hour, wash the wheat well. Then put the wheat in a pan and leave until it is cool.

Mix the yogurt with garlic and salt.

Pour the wheat over the yogurt.

Mix again and sprinkle the herbs over the dish.

Enjoy!