

Walimat Alruwad

Walima by Seniors Recipe Book



ACCT

The Arab Community Centre of Toronto



Walima by Seniors Recipe Book

Created by The Arab Community Centre of Toronto
senior women program 2019-2020





The Arab Community Centre of Toronto

ABOUT US:

Established in 1973, the Arab Community Centre of Toronto (ACCT) is a non-political, non-religious, and non-profit organization that works with newcomers of all backgrounds across Toronto. In its early years, ACCT had set out to help Arab Canadians. Particularly in the past few years, the growing needs of vibrant communities for settlement and social services have prompted ACCT to expand its services, programs, and outreach to accommodate anyone who comes in through our doors. As an advocate for self-sufficiency, ACCT works towards creating innovative programs and services that adapt to the ever changing needs of the communities we work with. This could not be possible without the support of our team members, partners, volunteers, donors, and funders.

OUR MISSION

We strive to enable and empower individuals, families, and communities to lead informed, productive, and culturally sensitive lives. As a non-profit model of excellence, we honour our Arab Canadian heritage through community building.

OUR VISION

We envision a healthy, equitable, and inclusive community that works together to engage with and integrate newcomers and other community members into the Canadian lifestyle.

OUR VALUES

At ACCT, we are committed to:

- Working within a social-justice/anti-oppression framework that demonstrates our respect for newcomers and broader community of individuals who seek our services
- Recognizing our board, staff and volunteers as individuals who are client-centered and result oriented
- Being accountable
- Engaging in continuous learning and improvement to incorporate best practices and remain responsive



Table of Content

Introduction	1
Quotes from the women	3
Eggplant Maldhoum	6
Freeka (whole grain) & Chicken	7
Maqloobat Bathinjan (rice & eggplant)	9
Timan Bagila (rice with fava beans & dill)	11
Shourabt Hamidh Shaligham with Kubbah (vegetable soup with meat balls)	14
Mediterranean salad (vegetarian)	16
Mugadara (vegetarian)	17
Qima (Ground beef with chickpeas)	19
Tamia (falafel)	21
Dolma (stuffed vegetables with rice and meat).....	22
Date Molasses & Tahini dip	25
Halawit Shaaryia (noodle dessert).....	26
Um Ali	27

Introduction

Walimat Alruwad

This recipe booklet is the final product of the Walima by seniors program 2019-2020. The project focused on seniors' inclusion and breaking isolation of senior women from more than 10 different Arab countries. The women came together to cook a meal while they shared their experience and thoughts among themselves, next-generation and community members of different ethnicities. They participated in informative workshops on health and physical activity, senior fraud, recycling, and more.

The project helped to realize the tremendous contributions that Canadians of Middle Eastern descent have made and continue to make, to our nation in all fields of endeavor.

It also represented the rich cultural heritage and authentic secret flavors of Middle Eastern food using partly locally grown food.



Maysoun
Program Facilitator



Nawal



Sahar



Wafa



Mayamen



May



Athraa



Hanna



Fatima



Souhila



Rima



Blaqees



Mona



Atika



Samira



Najwa



Hanna H.



Eman



*Ashwaq
Faten
Hanan
Nawal Jinan
Hayfaa
Azhar
Magda
Fatima
Jameela*

Quotes from the women

“We became more than friends; we are like a family.”

-May

“I enjoyed meeting new people, forming friendships, learning new skills from the ladies as well as communicating with them about our shared experiences.”

-Atika

“We wait for Tuesdays to meet and interact.”

-Samira

“It’s a good program for seniors because it encourages seniors to take part in the community.”

-Eman

“I used to be home alone with nothing to do, but now I have this program to look forward to every Tuesday.”

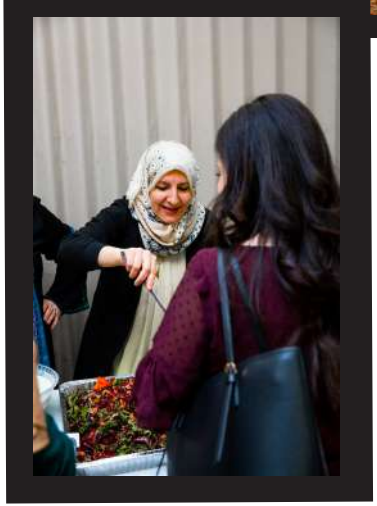
-Mona

“I hope this program continues.”

-Hanna

“It’s been months since I left my house. This program gave me a reason to leave and helped me meet new people.”

-Mona





Eggplant Maldhoum

Country: Syrian **Max Servings:** 4 people **Preparation:** 1 hour

Cooking: 30 minutes on the stove & 30 minutes baking in the oven.

Total Time: 2 hours

Ingredients:

1 Kilo of large size eggplants
1 Kilo of tomato
1 Pound of ground veal or ground beef
2 Bell pepper to your taste
¼ Cup water
Cut Parsley

Spices:

1 Teaspoon paprika
Salt to your taste
Seven spices (mix of cinnamon, nutmeg, ginger, fenugreek, allspice, pepper, and cloves)
Oil for frying the eggplant or bake if preferred

Instructions:

Meat:

Add salt, Seven spices, paprika, chopped parsley and mix well with meat.

Roll meat into small size balls and press them on the palm of the hand to flatten them, then put them aside.

Eggplants:

Wash and peel eggplants and cut into circles.

Preheat the oven to 375 degrees F (190 degrees C).

Oil oven tray with olive oil. Place the pieces of eggplant on the tray and in the oven. Let it bake for 30-45 minutes, until they turn to a nice golden color. Then take them out.

Place one piece of eggplant side ways (vertically) followed by one piece of meat patty, going around the entire tray.

Cut tomatoes and place them on top of the eggplants and meat, sprinkle some salt and add the water then place the dish on the stove to cook fairly well. After it is cooked well, place it in the heated oven at 375F for 30 minutes or until the top is golden.

Serve with: white rice and salad.

Freeka (whole grain) & Chicken

Country: Palestine **Max Servings:** 4 people **Preparation:** 1 hour
Cooking: 1 hour **Total Time:** 2 hours

Ingredients:

1 Kilo Freeka about 4 cups of the grains
4 or more pieces of chicken any part of the chicken
Chicken consommé
1 big onion
4 tablespoon oil or butter or ghee
Salt to the taste

Preparing chicken:

Wash it and put it in the pot with water.
Boil chicken then remove scum away. Add spices to your taste, black peppers, bay leaves are recommended. Cook for 30-60 minutes or until it's to your taste. Reserve the consommé to cook the Freeka.

Instruction:

Soak the Freeka for 30 minutes with hot water and look to remove stones that might be in the grains.

Chop the onion to medium pieces.

Fry onions using oil or butter on medium-high heat and cook until it becomes golden.

Drain the water from Freeka and add it on top of the onion. Add salt and fry for a few minutes

Add the chicken consommé to cover the Freeka about one inch over the Freek, let it boil on high heat until the water is lessened, then turn the heat down and simmer on low heat for 30 minutes.

Check it by tasting it, if you feel it's done and well-cooked it means it is ready to serve with the chicken.

Note: For variation you can broil chicken, brush it with butter to give it a nice golden color..







Maqlooba t Bathinjan

Country: Lebanese **Max Servings:** 4 people **Preparation:** 30 minutes
Cooking: 1 hour **Total Time:** 1:30 hour

Ingredients:

2 cups of long grain Basmati rice
soaked for 10 minutes
1 pound ground beef
4 pieces of chicken thighs
2 large eggplants
Nuts for garnishing

Uncrushed spices:

2 sticks of cinnamon
5 grains of cardamom
2 dried lemon
6 six cloves of black peppers
2 leaves of bay leaves
1 teaspoon of dried coriander

Ground spices:

Use a sprinkle of each:
Ground pepper
Seven spices (is a mixture of seven
different spices)
Ginger
Curry powder
Turmeric
2 Chicken bouillon cubes

Instructions:

Boil the chicken. Once it starts boiling take away the scum and add all of the spices. Leave to cook well.

Cut the eggplants into circles and fry it.

Fry the ground beef separately.

Take out the cooked chicken, the meat without bones. Keep broth for later.

In a pot place the layers of each of the ingredients.

First spread the meat, then the chicken on top, followed by the fried eggplants and the rice, continue making layers until all the ingredients are finished.

Add 4 cups of the chicken broth and salt as you need. Let it boil on high heat for 5 minutes and then lower the heat. Leave until the rice is cooked well. You can open the lid to release the vapor. Let it rest for a while after you turn off the heat/ before you can serve.

Flipping dish onto a tray for serving:

Find tray that is larger than the dish pot, place tray facing down on top of the dish pot, covering it.

Make sure to center the tray then flip upside down.

Voila, ready to dig in.



**Serve with
garden salad**

Timan Bagila

(rice with fava beans & dill)

Country: Iraqi main dish **Max Servings:** 4 people
Preparation: 1 hour **Cooking:** 1 hour **Total Time:** 2 hours

Ingredients:

2 cups of long grain rice (basmati)
1 bag or more of frozen peeled green fava beans (800 gr)
2 bundles of fresh dill
125 grams of butter or ghee
2 ½ water or chicken broth or meat broth
½ kilo of meat or chicken as you like, well cooked and ready
Salt to your taste

Preparation:

Wash and soak rice for 10 minutes.

Instruction:

In a saucepan, place the butter or ghee on medium high heat, add the fava beans and stir it carefully for 5 minutes without mushing it. Add 2 ½ boiled water or use chicken broth or meat broth which you prefer, and add salt.

Add rice, let it boil until the rice absorbs most of the water then lower the heat, leave it for about 20 minutes on low heat.

Add the washed and chopped dill to the cooked rice and fava bean pot and stir carefully.

Cover the pot and let it simmer for another 10 minutes.

It is ready now.

Enjoy.



Serve with:

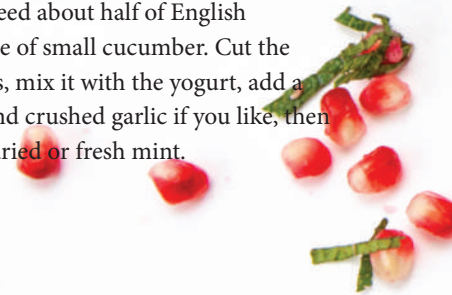
Cooked meat or chicken that you made prior.

Plain yogurt or cucumber yogurt salad.

Tips:

How to make cucumber salad: if you use one kilo container of plain yogurt then you need about half of English cucumber or, three or more of small cucumber. Cut the cucumber into small cubes, mix it with the yogurt, add a little salt and dried mint and crushed garlic if you like, then mix well. Garnish it with dried or fresh mint.

Bon Appetit!







Shourabt Hamidh Shaligham with Kubbah

(vegetable soup with Kubba)

Country: Iraq **Max Servings:** 4 people **Preparation:** 1 hour
Cooking: 1 hour **Total Time:** 2 hours

Ingredients:

4 Turnips medium size
1 Bunch of Swiss chard
1 Onion
Half a cup of boiled chickpeas or you can use cans when
¼ cup of short grain rice washed and soaked in water for a
while before starting to cook
3-4 full spoons of tomato paste or to your taste
Tomato sauce (canned or freshly squeezed tomato)
Salt to your taste
Lemon juice or you can use citric acid if lemon juice is not
available when you prepare it (It needs a lot of lemon juice).

Instructions for soup:

Wash, peel, chop and dice the vegetables
Put the saucepan on medium high heat, put a little bit of oil
or butter or ghee in the pan, put onions and stir well until the
onions are transparent then add diced turnips. Stir well then,
cover the pan and place heat on low while giving it a stir once
in a while.
Add the chopped Swiss chard stir them together on medium
high heat.

Drain the rice. Rub the rice with your hands to break into smaller
pieces and add it to the pot, stir everything together.
Add the tomato paste and give it a good stir. Lower the heat and
cover the pot for 5 minutes. Add some boiling water.
Let boil for 15 minutes. Remove the cover and add salt and lemon
juice let it simmer for 20 minutes and taste it to see if everything is as
you desire

Preparation for Kubba: 1 hour

Ingredients:

2 cups of rice flour
1 ½ cup of lean ground beef
1 onion
Salt and black pepper

Dice the onions very fine, and mix all the ingredients above very
well. If you have a food processor go ahead and place in there, make
a dough out of the ingredients set aside.

PS: if the dough is too dry when you knead it with your hands,
wet your hands with cold water and keep kneading until it is
manageable. Roll them into small balls and place on a tray. Cover
them with a wet towel so they will not get dry to stuff them later with
the meat stuffing.

Now we can make the stuffing for Kubba

2 pound of regular ground beef
1 Fine minced onion
1 tablespoon of vegetable cooking oil

Spices:

Salt, black pepper, allspice and a dash of 7 spices

Fry the onion using vegetable oil, add the meat, salt and spices. Mix them well and keep stirring until it is cooked very well, then lower the heat and let it simmer until the liquid of the meat evaporates then turn off the heat.

Let it cool for some time and then start using for stuffing.

Take medium pieces of the dough mix and make them into balls. Create a hole in the middle make it as thin and manageable as possible, then put stuffing in the middle and close the hole. Slightly flatten it by squeezing it a bit on the palm of your hand

After you finish the whole amount of dough, put the soup back on the stove. Bring to a boil then start dropping kubba inside the soup, make sure they do not break and you have to stir very gently from bottom upward and wait until the Kubba surface on top of the soup , you can lower the heat to medium high to prevent it from sticking to the bottom of the pot .

PS: do not put the whole amount of kubba at the same time each time you drop four pieces only and wait until it reaches the surface then drop the next. High temperature of the soup will prevent the kubba from breaking.

AND Enjoy.



Mediterranean salad (Seyami)

(vegan salad)

Country: Middle East **Max Servings:** 4-6 people **Preparation:** 30 minutes
Cooking: 30 minutes **Total Time:** 1 hour

Ingredients:

6 medium size potatoes
1 bunch of parsley
1 chopped medium size onion
1 teaspoon of dried mint
1 teaspoon salt
2 tablespoons of olive oil
1 lemon to use for the dressing
1 large size tomatoes diced

Instructions:

Boil the un peeled potatoes, peel it and cut into medium dice
Add the fine chopped parsley
Add the chopped onions
Add the dried parsley
Add the salt, olive oil and lemon juice
Give them a good mix and serve on a bowl or plate and garnish with diced tomatoes
Tips: you can add any kind of dressing you like, add some black peppers or cayenne pepper.

As always

EEEEEEEEEEEEEEEEEEEEEnjoyyyyyyyyyyy



Mugadara^(Seyami)

(vegetarian dish also)

Country: Levantine area **Max Servings:** 4-6 people
Preparation: 30 minutes **Cooking:** 45 minutes
Total Time: 1.25 hours

Ingredients:

1 cup green lentil washed and soaked in cold water
1 cup basmati long grain rice wash it and soak it with hot water
2 large onions or 4 medium size cut thin slices half circle if you like more it is up to your preferences
2 cups of water to cook with it and if you are not vegetarian you use chicken or beef stock to cook this dish
Salt to your taste
1 tsp cumin powder
Oil or ghee or butter to cook with

Instructions:

After washing the lentils bring a sauce pan big enough to cook all the ingredients in.
Put the washed lentils in 2 cups of water turn the heat on high let it boil, reduce the heat to medium/low and let cook. Check it to make sure it does not overcook and becomes mushy.

At this point, fry the onion until it becomes golden brownish. Add some cumin powder at the end so it will not burn. Turn the heat on the frying pan off, set it aside.

Now drain the rice from the water, add it to the cooked lentils stir them gently. If it needs water add some until it covers the top of the mixture of rice and lentils. Add about one and a half tsp of salt and a little bit of cumin.

Add the fried onions and some butter or any oil you like. Let all cook at medium high heat.

* I prefer to add boiling water when I put the rice and just enough to cover it so that it will become fluffy.

When the water is reduced, turn heat to low for half an hour. Give it a stir with a fork, if it's too damp uncover the pot let the excess water evaporate.

When it is cooked and done you have the fried onion ready. When you serve it in the dish put the fried onion on top of the dish.

Serve with:

Fattosh salad or yogurt and cucumber salad or just plain yogurt.

For variation this dish goes very well with hot sauce.

And as always, enjoy!





Qima

(Ground beef with chickpeas)

Country: Iraqi

Max Servings: 4-6 people

Cooking: 1.5 hour



Ingredients:

1 large onion chopped fine
1 pound of lean ground beef
1 small can of tomato paste
1 can of crushed tomatoes
1 tsp salt
1 tsp 7 spices
1/2 tsp ground black pepper
4 dry black lemon crushed unseeded and ground
1 can of chickpeas opened washed with cold water

Instructions:

In a saucepan on medium high heat put one tablespoon of cooking oil, put the ground beef stir to make it into small pieces not lumpy ,add the chopped onion stir together very well .

Add the spices and the ground dry lemon while stirring to let all the taste mix well add the salt.

lower the heat add tomato paste give few minutes to mix well then add the crushed tomato and keep stirring cover the pot, turn heat to low let simmer for a few minutes but not burned from the bottom like five minutes.

Now you can add the well-drained can of chickpeas to the sauce.

If it is too thick you can add quarter of cup hot water .

try to taste it if it needs salt or zest flavor you can adjust it to your taste, if you like hot then you add cayenne pepper or any kind of hot pepper you wish.

It is served with white rice, or you can eat it with Arabic bread.

and as always Enjoyyy!

Tamia (Falafel)

(vegetarian dish also)

Country: Egypt **Max Servings:** 4-6 people

Preparation: 1 hour **Marinating:** 1 hour **Cooking:** 20 minute

Total Time: 2.20 hour

Ingredients:

2 cups peeled dry fowl (small dry fava beans) you can find it at the Arabic super markets soaked 12 hours before you start preparing for the recipe.

Less than half a bunch of green cilantro

Less than half a bunch of parsley

Few twigs of dill weed and leek or green onion

1 cut onion

3 cloves of garlic or more if you like more

1 teaspoon dried coriander



Instructions:

Drain the Foul very well.

Put the ful (fave beans) and all the ingredients in the food processor hit the button and grind all of them together.

Add salt and dried coriander mix the dough well.

If you like to make the dough fluffy without adding baking soda then you have to mix well with your hand to let the air go through the ingredients.

Place a deep pot on high edge frying pan. Place a lot of oil on high heat. Create the shape you like with the mix and drop them in the oil. Lower the heat to medium high and watch them, making sure they do not burn. Flip them back and forth until they are golden and fried very well inside and out.

And as always

EEEEEEEEEEEEEEEEEnjoYyyyyyyyyyyyyyyyy

Doulma (Stuffed Vegetables with rice and meat)

(vegetarian)

Country: Middle East Iraqi Style **Max Servings:** 6 people

Preparation: 1 hour **Cooking:** 1 hour

Total Time: 2 hours

Ingredients:

Ingredients:

6 small eggplants

4 small zucchini (the light green one not the dark green)

4 medium size onion

grape leaves

1 small green pepper or any color at your desire

The stuffing:

3 cups of short grain rice

1 pound of regular ground beef

1 fresh tomato

Tomato paste

Parsley

Peppermint, fresh or dry

Spices (7 spice, salt, sumac, dash of curry, dash of cinnamon, black pepper).

Lemon juice or citric acid and pomegranate syrup or tamarind syrup for cooking and for the stuffing

Garlic to your taste as many as you like

Instruction:

Use a large pot, place some oil or ghee.

Start coring the vegetables and make the inside thin.

Cut the top and the bottom of the onion and make a little hole on top and at the bottom, make a straight deep cut from the bottom to the top not cutting the onion in half, then loosen the layers of the onions very gently not to rip them. We will stuff them later.

Cut the head of the pepper. Digging in to empty the seeds from the heart of the pepper.

Grape leaves: you can use either jars or fresh. If jars you can rinse it with warm water, if fresh you can boil water and immerse the leaves until they tender and the color changed to yellowish then they are ready to be stuffed and rolled.



Doulma (Stuffed Vegetables with rice and meat) cont

Stuffing:

Wash the rice, chop the onion, parsley, peppermint, and tomato, mix all the ingredients including the spices and the meat then add salt, lemon juice or any kind of the citrus taste.

Add the tomato paste and some oil or 2 tablespoons of ghee. This will make the stuffing fluffy after cooking.

Now everything is ready we can start stuffing; we begin with the onion layers. Each onion has a few layers. Take each layer and stuff them with the mixture and put it in the bottom of the pot. Stuff the eggplants and place them in the pot next followed by the zucchini and pepper, then stuff and roll the grape leaves until all the stuffing mix is done.



Put the pot on medium high heat, cover the pot and let it simmer for 10 minutes until liquid is extracted from the vegetables.

Check how much liquid is extracted by checking the liquid level using the plate technique (place the plate face down on the Doulma and press down gently to see the water level. If the water reaches the rim of the plate then it's perfect. If it doesn't then add enough water until it reaches the rim)

After checking the water put some salt, pomegranate syrup, and some smashed garlic on top. Cook for about half an hour on high heat, then reduce the heat to low and let simmer.

Ps. since there are many vegetables, you have to watch for the water, but if you use only onions and grape leaves then the water amount will be different.

Tips: the more time it simmers on low heat the better. Let it cool before you serve it then put one pita bread or Iraqi bread on top of the pot before you turn it upside down to be served.

Desserts



Date Molasses & Tahini dip

Country: Mediterranean **Max Servings:** Depends on how much you mix

Cooking: A few minutes

Ingredients:

You can find these products at the Arabic stores.
Date molasses, or good quality honey,
Tahini Rashy
Pita bread or any fresh flat bread.

Instructions:

Mix the molasses and the Tahini together but not too much mixing.

Now everything is ready. You can dip the bread and eat it.

As always,
enjoy!



Halawit Shaaryia

(fine noodle dessert)

Country: Mediterranean **Max Servings:** 4

Cooking: 30 minutes

Ingredients:

- 1 bag of fine noodles
- 2 cups of sugar for the syrup
- 1 teaspoon cardamom
- 1 cup water
- 1 stick of butter, or ghee, or oil at your preference
- 1 tablespoon of rose water, or grated orange zest
- 1 tablespoon of lemon juice
- 1 cup blanched almond, or any kind of nuts to your taste

Instructions:

Syrup:

In a saucepan, bring sugar and water to boil for a few minutes then reduce the heat to medium and simmer for about 10 minutes or, until syrup is reduced by about half.

Remove from heat; stir in lemon juice and cardamom and orange blossom water or grated orange zest; set aside.

Put butter or oil or ghee in a pot on medium heat until it melts, then add the noodles (shaaryia).

Fry until golden/ brownish color, add some of the cardamom with it, add a little bit of water to the noodle to become tender.

Add the syrup that is already prepared to the noodles, stir well until the noodles consume all the syrup on medium low heat.

All done now you can serve it by pouring it either in small plates per person or one big serving plate to share.

Garnish it with nuts and enjoy.



Um Ali

Country: Egypt **Max Servings:** 4-6 people **Preparation time:** 30 minutes
Baking time: 30 minutes **Cooking:** 1 hour

Ingredients:

4-6 croissants or filo dough
2 liters 10% half & half cream
1 cup sugar or honey or any sweetener you prefer
1 cup of shredded coconut
Nuts to your taste. Almond, pistachio raisin as you like

Instructions:

Preheat the oven to 350F

Get an oven pan

Cut croissants into medium size pieces, and roast in the oven until they turn crispy. If you are using Filo dough, cut them into small pieces and add butter or ghee. Mix well by hand and place in the oven until it turns golden.

Take it out and add sugar or the sweetener you desire.

Sprinkle all the shredded coconuts evenly on top and add the almonds.

Add 10% half & half cream in the pan then give the pan a good shake by your hands.

Place it in the preheated oven for half an hour.

Give it a face by broiling it for until it turns golden brownish.

You can serve it after it cools down. It's spoon liking good.

You have to try it it's fast, easy and as always
EEEEEEEEEEEnjoyyyyyyyyyyy.





accton line



This project is funded in part
by the Government of Canada.

