
10TH PLATINUM HERITAGE
ANNIVERSARY
RECIPE BOOK

One of the most exciting parts of traveling, is savouring the local cuisine. It's even more memorable if you can take a piece of it home with you to share with loved ones. It's also a great way to understand more about a culture and its origins. Because of Dubai's expat community and diverse culinary word, Emirati food doesn't get a lot of attention.

At Platinum Heritage we aim to celebrate and showcase the local culture, heritage and cuisine. So we developed this recipe book to do just that.

When the Bedouin used to traverse the desert, they had to adapt to extreme weather conditions. Growing fruits and vegetables weren't possible at that time, therefore it's not common in their diet. Due to their long periods of travel, they had to ensure they have enough carbohydrates to sustain them for their journey.

Common spices include saffron, cardamom, turmeric and thyme, as that is what was available to them during their travels.

We hope this recipe book brings you many flavourful dishes and every time you taste it, you get transported back to your culinary journey with Platinum Heritage.





BREAKFAST

An Arabic breakfast is known for being light and filled with flavorful ingredients like fresh herbs, vegetables and dairy products. Spreads can include bowls of olives, thyme, yoghurt, hummis, sliced tomatoes, cheese and fuul.



BALALEET



Consisting of vermicelli noodles and an egg omelet, it's deliciously sweet and salty. Traditionally, it's served on Eid holidays with black-eyed peas and boiled garbanzo beans.

INGREDIENTS (serves 8)

- *225 grams whole wheat capellini noodles*
- *¼ cup sugar*
- *½ teaspoon saffron*
- *7 tablespoons unsalted butter*
- *2 cups canola oil*
- *½ teaspoon ground cardamom*
- *½ teaspoon ground cinnamon*
- *½ teaspoon curry powder*
- *½ teaspoon black pepper (freshly grounded)*
- *½ teaspoon ground turmeric*
- *2 bay leaves*
- *½ teaspoon rose water*
- *6 eggs, lightly beaten*
- *Kosher salt*

HOW TO PREPARE

1. Fill a large pot with water and bring to a boil.
2. Add the noodles and boil approximately 4 minutes (until half-cooked).
3. Drain the noodles and transfer to another bowl.
4. Add sugar and dissolve. Set aside
5. Mix ¼ teaspoon saffron with 2 tablespoons warm water in a small bowl and let it sit for 10 minutes.
6. Heat 3 tablespoons butter and the oil in a 12-inch skillet over medium-high heat.
7. Add cardamom, cinnamon, pepper, curry powder, bay leaves and turmeric. Stir for 1 minute until fragrant.
8. Add the noodles and toss it until its evenly coated with the spiced butter. Spread into an even layer.
9. Drizzle the flavoured noodles with the saffron water mix and rose water.
10. Cook, without stirring, for 15 minutes until it's toasted.
11. Flip it over and continue cooking until the opposite is toasted as well.
12. Transfer to a cutting board and cover with foil to keep warm.
13. Return the skillet to the heat and add the remaining butter, eggs and saffron. Cook while stirring gently for 5 minutes, until you have an omelet.
14. Cut the omelet into wedges and serve it over the toasted noodles
15. Serve immediately

CHEBABS

A pancake-like dish that is easy to make and goes well with cheese, eggs or date syrup.

INGREDIENTS (serves 8)

- *1 kg no. 1 flour*
- *½ kg no. 2 flour*
- *250g sugar*
- *1 pinch salt*
- *1 pinch cardamom*
- *1 pinch baking powder*
- *½ teaspoon yeast*
- *2 eggs*
- *A few drops lemon yellow food coloring*
- *½ teaspoon vanilla essence*
- *3 teaspoons heaped Nido milk powder*
- *2 tablespoons oil*
- *1 ½ cups water*

HOW TO PREPARE

1. Add eggs, Nido milk powder, oil, sugar, cardamom, salt, vanilla essence and yellow food coloring in a bowl and mix until smooth.
2. Add ½ cup water gradually and beat well for about 4 minutes.
3. Add no. 1 four and fold it in using your hands.
4. Add no. 2 flour and fold it in using your hands.
5. Add ¼ cup water and mix.
6. Cover for one hour and allow to rise.
7. Spoon the batter onto a hot pan (pancake-sized) and cook until you see bubbles start to form, flip it over and cook the other side until yellow-brown.
8. Pour date syrup over and add cream cheese.
9. Serve with fruits and other toppings of your choice.







LUNCH AND DINNER

Both lunch and dinner are heavier meals served with rice and a lot of meat. Typically, lunch is a fragrant rice with a stew packed with flavour and spices like thyme, cardamom and turmeric. Dinner is very similar to lunch and will be enjoyed in large outdoors area at dusk, accompanied by shisha and games.



REGAG BREAD

An extremely simple dish made from only flour, salt and water. This thin crispy bread was made for long trips in the desert, as it can't spoil or go bad. It can be enjoyed with several toppings or just as it is.

INGREDIENTS (serves 6)

- *400g white flour*
- *1 tablespoon salt*
- *150ml water*

HOW TO PREPARE

1. Add the flour and salt in a bowl, mix together.
2. Add the water and keep mixing until the batter is smooth and elastic.
3. Cover and set aside for 3 hours.
4. Heat a non-stick pan to medium-high heat.
5. Pour a handful of dough on the hot surface and use a scraper to spread the dough into a circle to fill the pan.
6. Keep scraping until you have a thin layer only.
7. Cook for a few seconds until the bread turns a golden color
8. Note: Traditionall, this recipe requires an aluminium tawa (hot plate). However, it works well with a non-stick frying pan or crepe maker.



HAREES

Usually served on occassions like weddings and feasts, it is one of the most popular dishes in the UAE and Arabian Gulf. Traditionally, the Bedouin used to gather and grind Harees (wheat grains) in preparation of Ramadan feasts. They would sing songs and ballads during this time as it could be quite time-consuming.

INGREDIENTS (serves 6)

- *1 kg chicken or beef, cooked (your choice)*
- *500g coarsely grounded wheat (Harees)*
- *Salt and black pepper to taste*
- *2 cinnamon sticks*
- *Water (as needed)*
- *Melted butter or olive oil*

HOW TO PREPARE

1. Soak the grounded wheat in water overnight until they soften (or prepare according to the pack instructions).
2. In a big pot (or special Harees pot if available), add the soaked wheat, deboned cooked meat, cinnamon, black pepper, salt and water to bring to a boil.
3. Cook until the harees become watery. Stir the bottom every few minutes to prevent it from sticking or burning.
4. Blend it well (preferably with a blender), until it's a little bit grainy. It shouldn't be smooth.
5. Serve with hot butter or olive oil on top.





LAMB, TOMATO AND GREEN PEAS RICE

An easy-to-make rice dish that encompasses comfort food and is extremely flavourful.



INGREDIENTS (serves 8)

- *750g lamb, in big chunks*
- *½ teaspoon ground coriander*
- *8 cups water*
- *½ teaspoon ground nutmeg*
- *3 tablespoons vegetable oil*
- *2 medium tomatoes*
- *A medium onion (chopped)*
- *1 tin canned green peas*
- *½ teaspoon ground cardamom*
- *2 tablespoons tomato paste*
- *½ teaspoon ground cinnamon*
- *3 bouillon cubes*
- *½ teaspoon ground turmeric*
- *2½ cups of basmati rice*

HOW TO PREPARE

1. Boil the lamb chunks in water and remove froth as it appears.
2. Simmer over low heat until the lamb becomes tender, about 90 minutes. Set aside.
3. Heat vegetable oil in a saucepan.
4. Add onions and cook over medium-high heat for about 5 minutes, until golden brown.
5. Add all spices, tomatoes, green peas, bouillon cubes and tomato paste and stir for 2 minutes.
6. Add the cooked lambwith 4½ cups of the stock (add more water if needed).
7. Add washed and drained rice and stir occassionally.
8. Bring it to a boil, then reduce heat.
9. Cover and simmer until the rice is cooked, about 25 minutes.
10. Serve

CHICKEN THAREED

A traditional dish made from bread (preferably Regag) in a broth and is a favourite meal during the holy month of Ramadan.



INGREDIENTS

- *Regag Bread*
- *2 onions*
- *3 cloves garlic*
- *Grated piece of ginger*
- *1 carrot (rounds)*
- *1 big potato*
- *cauliflower*
- *2 zucchini*
- *whole chicken cut into 8 pieces*
- *3 tomatoes, skin removed*
- *1 packet tomato paste*
- *1 teaspoon turmeric*
- *1 green chili*
- *1 teaspoon cumin*
- *1 ½ teaspoon Arabic spice mix*
- *½ teaspoon cinnamon*
- *¼ teaspoon cardamom*
- *1 dry lemon (broken and top removed)*

HOW TO PREPARE

1. Fry onion, garlic and ginger.
2. Add the turmeric, carrot, chicken pieces and chili.
3. Close the lid and brown on one side.
4. Flip the chicken.
5. Add the remaining spices, tomatoes and dry lemon.
6. Add the tomato paste and stir it in.
7. Add 3-4 cups water, cauliflower and zucchini.
8. Add salt to taste.
9. Cover with lid and cook for 5 minutes on high heat, then for 30 minutes on low heat.
10. Break the Regag Bread into pieces and arrange on a plate.
11. Pour hot liquid from the stew over the bread pieces.
12. Mix well with a spoon for about 1 minute.
13. Arrange the chicken and vegetables on top.
14. Serve hot.



DESSERTS

Traditionally, Emiratis serve sweet dates before or after meals. Most dessert also have dates either as a paste or a syrup, giving all dishes a light, natural sweetness.



LUQAIMAT

Luqaimat is a the plural form of lokma, this is because they are so delicious you can't eat just one. It's a deep fried donut drizzled with date syrup and sprinkled with sesame seeds.

INGREDIENTS

- *400g all-purpose flour*
- *3 teaspoons yeast*
- *1 teaspoon salt*
- *2 cups vegetable oil*
- *4 tablespoons sugar*
- *Date syrup*
- *10g saffron*
- *Sesame seeds*





HOW TO PREPARE

1. Mix the flour, salt, sugar, saffron and yeast in one big bowl.
2. Clover with cling film and set aside for 12 hours.
3. Pour the vegtable oil in a wok pan and heat to a high temperature.
4. Form small balls with the dough.
5. Deep fry until they turn golden brown.
6. Serve drizzled with date syrup and sprinkled with sesame seeds.

JAZAR HALWA

Also known as carrot halwa. Halwa is similar to fudge and can be served on all occassions. It is best enjoyed hot.

INGREDIENTS

- *10 medium carrots (chopped)*
- *1½ cups milk*
- *400g sweetened condensed milk*
- *2 tablespoons ghee*
- *½ cup pistachio nuts and raisins (your preference)*

HOW TO PREPARE

1. Boil the carrots and milk in a pan.
2. Cook on a low heat as you stir occassionally, until the milk is dried up.
3. Add the sweetened condensed milk.
4. Mix well and cook on a low heat, stirring occassionally, until the mixture dries.
5. Add the ghee and mix well.
6. Cook for 10 minutes.
7. Garnish with nuts and raisins and serve while still hot.





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