

AL OTAIBI HALL مبنى العتيبي

# Ramadan KAREEM

BAHRAIN BAYAN  
SCHOOL'S WEEKLY

FACULTY AND STAFF

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INFO BOX

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APRIL.30.20





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## Ramadhan

**Ramadhan is the ninth month of the Islamic Calendar, observed by Muslims worldwide as a month of fasting, prayer, reflection and community.**

**The annual observance of Ramadan is regarded as one of the Five Pillars of Islam and lasts twenty-nine to thirty days, from one sighting of the crescent moon to the other.**

**Fasting from sunrise to sunset is obligatory for all adult Muslims who are not acutely or chronically ill. The predawn meal is referred to as suhur, and the nightly feast that breaks the fast is called iftar.**

**The spiritual rewards of fasting are believed to be multiplied during Ramadan. Accordingly, Muslims refrain not only from food and drink, but also any other sensual habits such as smoking etc.,devoting themselves instead to prayer, recitation of the Quran, and the performance of charitable deeds as they strive for purity and heightened awareness of God.**

**Having done this, for one whole month, they mark the end of Ramadhan with a three-day celebration of Eid Al-Fitr. Every Muslim looks forward to the new year that lies ahead with renewed strength, greater understanding and universal goodwill that stemmed from this holy month.**

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## **What does Ramadan celebrate?**

**During Ramadan, fasting helps Muslims with their spiritual devotion as well as in developing a feeling of kinship with other Muslims. As the history goes, Ramadan is the month in which Allah contacted the prophet, Mohammed, to give him the verses of the holy book, or Qu'ran.**

## **what does ramadan teach us?**

**Ramadan teaches us that we share the burdens of others, especially those less fortunate than us, and we remember our responsibilities toward them. Charitable deeds are encouraged during this period as it is felt that rewards are doubled.**

## What are the traditional dishes served in Ramadhan?

**in this section you will discover exciting new dishes every week .**

**this week our dish will be one of the famous dishes during ramadan specially in the gulf region.**

### **Thareed ...**

**(Arabic: ثريد) is a traditional Arab dish made from pieces of bread in a vegetable or meat broth.**

### **Origins**

**The dish belongs to Arabian cultures. The dish is notable in that it was mentioned in a number of hadith attributed to the Prophet Muhammad, in which he said that tharid was the best among all dishes.**

## Thareed recipe

### Ingredients:

- 1 kg lamb stew meat**
- ½ litres of water**
- 2 cups of finely chopped onions**
- 3 cloves of garlic, minced**
- 1 tablespoon of corn oil**
- 1 tablespoon tomato paste**
- 2 large potatoes, each potato quartered**
- 4 small kousa each piece cut into half**
- 1 large carrot cut into 4 pieces**
- 1 large capsicum cubes**
- 4 medium tomatoes, chopped**
- 2 pieces of whole black dried lemons**
- 1-3 pieces of green chili**
- 3 cubes of Maggi**
- 1 tablespoon of Arabic spice mix**
- 1 teaspoon cinnamon powder**
- 1 teaspoon turmeric powder**
- 1 teaspoon black lemon powder (loomi aswad)**
- 1 teaspoon curry powder**
- 1 teaspoon coriander powder**
- 1 teaspoon cardamom powder**
- ½ teaspoon black pepper powder**
- ¼ teaspoon red Kashmiri chili powder (or cayenne pepper)**
- ¼ cup coriander leaves finely chopped**
- 2-3 pieces of Khobuz**





### Directions:

- In a large pot, boil the lamb meat removing the foam when it starts to boil. Boil for one hour.
- Strain and reserve the broth.
- In a large pot, heat the oil and sauté the onions until they get a nice golden brown color. Don't burn the onions. Add the garlic and stir until fragrant.
- Add the tomato paste and all of the vegetables, except the kousa (baby marrow) mix together to coat the vegetables with the tomato paste.
- Rinse the two whole dried lemons and then pierce each one once with a sharp knife.
- Add the lamb meat, reserved broth, Maggi cubes, and the remaining ingredients, EXCEPT the koosa and the chopped corriander leaves.
- Add more water if necessary to make this stew a bit soupy. Taste for seasoning.
- Bring to a boil and then simmer until the potatoes are almost done. You can now add the koosa (squash) and the chopped cilantro and cook until the koosa is fork tender.

### Preparation:

- **Remove the meat and vegetables from the pot and keep aside on a large platter.**
- **In a large deep sided bowl, add one layer of bread .**
- **Add another layer of bread and ladle some more liquid.**
- **Each layer of bread will be soaking with the liquid from the stew.**
- **None of the bread should be left dry.**

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## Restaurants during ramadan

**Here is a list of restaurants open in the daytime, which you can order from during Ramadan , and guess what ! They offer our Bayan family a special discount too!**

**\*\*more restaurants to be added weekly**



**NOMAD**

Urban eatery

**Exclusive offer to Bayan Family:**

**25 % Discount on direct orders and Take away:**

**"Celebrate sweet nights with Nomad, this Ramadan send a sweet surprise to a loved one, check Nomad's Ramadan Menu and select your favorite cake"**

**To place your orders just call us on 17000330 every day from 3pm to midnight.**

**\*\* Please present copy of your Bayan ID up on delivery or when collecting your items.**



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**Exclusive offer to Bayan Family:**

**15 % Discount on direct orders and Take away:**

**"Craving for some Indian food? Order now , call us for takeaway or home delivery on:**

**Umm Al Hassam: 1772 8699**

**Asdal Gulf Inn, Seef District: 1736 4999**



**Exclusive offer to Bayan Family:**

**10% Discount on direct orders and Take away**

**this offer is valid up to 3 months.**

**Seef Mall:17223333-39622882**

**Bab al Bahrain**

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## Gyms and Physical activities

The start of this year has been difficult, we've been challenged  
by so many new routines, but that won't stop us from

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*STARTING FROM 1<sup>st</sup> MAY*

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**Have a question ?**

**For any inquiries you can always contact the Human Resources Department through email :**

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