

UKS2 Topic: Early Islamic Civilisation

Block G:
History of the Islamic Religion

Session 4
Resource pack

Eid recipes

Ma'amouls

Ingredients:

- 1 kg high-quality pitted dates
- 1 kg flour
- 227g unsalted butter
- 1 tablespoon rose water
- 4 tablespoons milk
- Sifted icing sugar



Instructions:

1. Put the dates into a bowl and crush them with a wooden spoon.
2. Roll the dates into balls about the size of walnuts.
3. Sieve the flour work the butter into the flour with your hands to make a dough.
4. Add the rosewater and milk to the dough.
5. Make as many dough balls as date balls.
6. Flatten out a dough ball, put a date ball inside and pinch the dough over the top.
7. Use a fork to make a pattern on the top.
8. Bake in an oven at about 180°C for about 20 minutes.



Date truffles

Ingredients:

- 200g unsalted shelled pistachios
- 200g high-quality dates, chopped
- 2-3 tablespoons orange blossom water
- 1 tablespoon honey
- 200g dried, finely shredded coconut (unsweetened sticks the best)

Instructions:

1. Toast the pistachios in an oven at about 180°C for about 5 minutes.
2. Grind up the pistachios in a mortar and pestle.
3. Add the dates and grind them in.
4. Mix the pistachio paste, the orange-blossom water and honey in a bowl.
5. Roll the balls in the coconut and put in the fridge to set.



Rose water

Ingredients:

- 330g sugar
- 330g water
- 110ml distilled rose water
- 1 tablespoon lemon juice
- 1/2 teaspoon red food colouring

Instructions:

1. Dissolve the sugar in a pan of boiling water on the hob.
2. Add the lemon juice.
3. With a spoon, skim off the foam that rises to the top and discard.
4. Dilute the red food colouring in some water and mix into the pan.
5. Finally, add the rose water.
6. Boil for three minutes, then take off the boil and let it cool.



Lamb meatballs

Ingredients:

- 110g onion, chopped
- 50g parsley
- 8-10 fresh mint leaves
- 450g minced lamb
- 25g bread, crust removed
- 1/2 teaspoon ground cinnamon
- 1/2 teaspoon ground allspice
- 1/2 teaspoon ground black pepper
- 1 teaspoon salt



Instructions:

1. Chop up the onion very finely.
2. Chop the mint and parsley.
3. Blend the onion, herbs, spices and salt in a food processor.
4. Mix this into the minced lamb.
5. Make the lamb into small balls.
6. Put the meatballs onto a baking tray and grill them for about ten minutes.
7. Serve with pitta breads.

Lentil soup

Ingredients:

- 200g split red lentils, washed
- 1 litre water
- 50g flour
- 50 ml lemon juice
- salt, to taste
- 2 tablespoons olive oil
- 4 cloves garlic, crushed
- 50g finely chopped fresh coriander, leaves only
- 1 teaspoon cumin



Instructions:

1. Put the lentils in with 800ml of water, bring it to a boil then simmer them for five minutes.
2. Mix the flour with the remaining water and then add to the lentils.
3. Mix in the lemon juice and salt and then bring the soup to the boil again.
4. Boil it for 15 minutes.
5. Fry the garlic and coriander and then mix it into the soup.
6. Finally add the cumin.