

Mama Matters Eats

Old favorites, new favorites, & recipes.

Hawawshy



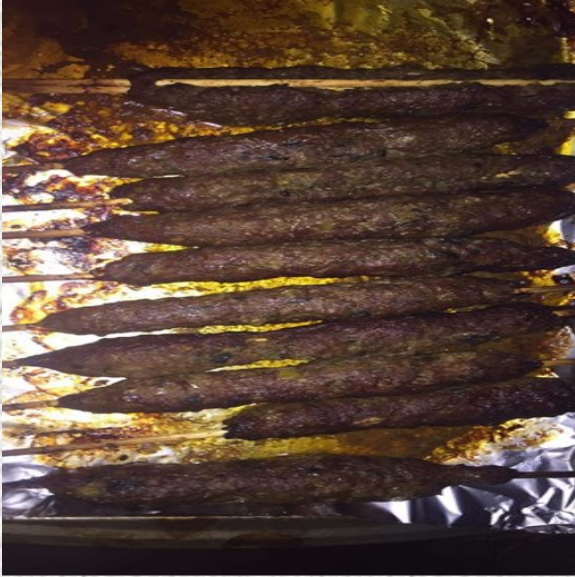
Hawawshy is spicy 🌶️ and it is made of dough. Inside it has ground beef and jalapeños mixed together. It's one of our favorite traditional food ever in Egypt. –WA

Pizza



There is mozzarella cheese, onions, capsicum (jalapeno) peppers, tomato. Dough is homemade and the sauce is homemade as well. -AZ

Kebab & Katayef



It is called "Kabab", made with onion and beef actually. We eat "Kabab" with basmati rice or with Egyptian bread. I also cooked some dessert too called "Katayef". It's close to pancakes but it is different because I put yeast in it. After that, I put nuts in it and then fry it in the boiling oil. -WA

Fatta



This is an Egyptian dish called Fatta. It is composed of roasted bread, rice, meat soup, tomato sauce with spices, garlic and vinegar. Then at the top we put beef meat.

It's very delicious lunch meal and it's a traditional meal in our Eid celebration days. –ES

Kushary



This is another Egyptian dish called Kushary. It is composed of rice, pasta, tomato sauce with garlic, vinegar, and spices, fried onion and chickpeas . -ES

Manakeesh



I made cheese pastries and Manakeesh (this is the name we use in Arabic and I don't think it has equivalent in English).

Ingredients:

5 cups all purpose flour

2 cups milk (warm)

1 table spoon yeast

2 table spoons sugar

Half tea spoon salt

Half tea spoon baking powder(optional)

Half cup oil (I usually mix olive oil with canola or vegetable oil).

I make the dough and wait till it rises up and then I cut it into small balls and let them rest few minutes before I start working on them.

I used the Mexican cheese I got from Sam's Club and added a little bit of olive oil to it!

For Manakeesh, I just make the small dough ball flat and add on top of it za'ater (thyme) mixed with olive oil.

I bake at 400f for few minutes! I keep my eye on them so that they don't burn.

Bon appetite! 😊 -SA

Meatballs & Berry Trifle



Traditional meat balls, garlic bread, wheat pasta and vegan sauce. This one it's a berry trifle. Angel food cake, fresh strawberries and low-fat yogurt in layers 3 times. –JD

Chicken & Potatoe Cutlets



Chicken & potatoes cutlets (potato, chicken, spices, coriander, green chilies, onions, fried in eggs coated with breadcrumbs) -FD

Halwa Puri



Halwa puri (all purpose flour kneaded with oil, water, salt, and fried in oil to make round shaped).
Puri, orange colored semolina, a sweet dish, and potato chickpea curry 🌀 spicy- traditional break-
fast Pakistan. -FD

Kimchi Jjigae



Kimchi jjigae, or “kimchi stew”. It has kimchi, green chili pepper, white onion, green onion, garlic, any meat (this one had pork belly), and tofu. The broth is made with gochujang (Korean hot pepper paste), gochugaru (Korean hot chili flakes), soy sauce, sesame oil, and water or chicken broth. –CD