

# Arab-American Heritage Recipes



Compilation pg. 2

Lamb pg. 4

Beverages pg. 6

Ramadan

Mezze pg. 3

Vegetarian pg. 5

Dessert pg. 7

pg. 8

# Treasure Trove of Recipes



All Recipes Compiled by the Arab American National Museum and Courtesy of Each Individual Chef

Dive into the diverse palate of Arab American cuisine! Try savory and sweet dishes from across the Arab world!

# Mezze

(Appetizers)



Lebanese Tabbouleh



Baba Ganoush



Palestinian Hummus



Grilled/Fried Halloumi  
Cheese



Video--Traditional  
Cyprus Halloumi  
Cheese from DW



Lebanese Kibbeh

# Lamb



Moroccan Lamb  
Meatballs



Turkish Gozleme



Lebanese Sfeeha



Maqluba



Iraqi Makhlama Lahm

# Vegetarian



Arabic Kousa and Bulgur Pilaf



Falafel



Homemade  
Pita  
Bread



Egyptian Ful  
Medammes

# Beverages



Haleeb ma Hal  
(Milk w/ Cardamom)



Qishr  
Yemini Ginger Coffee



Photo Courtesy of: Cookpad.com

Turkish Laban Ayran  
(video)



Karkade



Egyptian Sobia



Date Milkshake

# Dessert



Egyptian Umm Ali



Halawet El Jibn



Turkish Sahlab/Salep  
(drink or pudding)



Riz bi Haleeb  
(drink or pudding)



Karawiyah  
(drink or pudding)

Basbousa  
Semolina  
Cake



# Ramadan

This wonderful site (the lady is based here in Colorado!) has an entire section dedicated to Iftar\* dishes!



\*Iftar = meal eaten by Muslims after sunset during Ramadan