

is added to boiling water with the dried pieces of small intestines, onions and Na_2CO_3 and allowed to cook for half an hour. After this, the okra and spices are added.

mulaaH - This mulaaH is made from fresh meat, onions, oil, dried tomatoes and salt.
dam9a

Preparation procedures:

First, they cut up onions into small pieces and place them in oil over the fire. When this mixture begins to turn yellowish in color they add meat, salt and tomatoes and cook it till it is well done.

Other Dishes

Aside from 9asiida and kisra and the various kinds of mulaaH that are eaten with them, several types of food dishes are consumed in this area. These include guraasa (wheat bread), shagratee (food made from small immature watermelons and sesame), 9atroon madiida (jelly-like millet flour substance) and umm taktulni (a food made from cow peas and sesame). Descriptions of the ingredients and preparation techniques for each of these food dishes are presented below.

guraasa This is a bread made out of wheat flour which is unfermented. It is much thicker than kisra.

Preparation procedures:

This bread is prepared the same way as kisra on a hot flat surface. It is usually covered with clarified butter (samin) and sugar and is eaten by itself. However, sometimes it is eaten with a mulaaH.

shagratee-This food is prepared from small immature watermelons (sabli), sesame, salt and other spices.

Preparation procedures:

First, they grind sesame mixed with water with a pestle and mortar (murHaaka) until it turns to an oily butter-like substance. Then they peel the rinds off the immature watermelons and boil them with very little water in a container until they get soft. They then mix the soft watermelons with the sesame substance (oily) and add salt and other spices. This mixture is all stirred up and eaten by itself. It is often eaten as a breakfast meal.

9atroon - This food is made from fermented millet flour which is prepared in a jelly-like form. Na_2CO_3 (9atruun), milk, samin and sugar are mixed with it.
madiida