

MY

Kitchek

WHERE NO LIMITS FOR
CREATIVITY

Big ideas

FOR
NEW KITCHEN **“design”**

kitchen cleanliness

Rule number **one** for better food

“The eye eat before the mouth”,

this is what characterized the **chef**
Issa Lamek dishes

IT COMBINE THE EAST AND
THE SOUTH IN ONE DISH

“Al-Biryani”

An ingredients of Middle Eastern
sweets “semolina”

ONE OF THE MOST FAMOUS DISHES
IS **“Basbousa”**

17 pages
with creativity
in kitchen

9 Kitchen
Tips

THAT COMBINE
DIFFERENT TIPS
FOR BETTER
KITCHEN

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Are You Looking For Design for Your New Kitchen?

**Here Is
What
You Are
Looking
For**

1- Chart vibrant colors. Vibrant colors still common in 2018."The design and color of kitchen should show the homeowners personalities and needs. For example, the corner of cooking should be bright, while the entertainment place could have dark color, to provide appropriate air". (MARK SCOTT, n.d)

2- Delicate pastels. Beautiful pastels show the exact advantages and are magnificent way to add some fun to the kitchen. Pastels are perfect fellow for "popular grey palettes and wood effect finishes". Used to highlight and make advantages. "pastels in blue, yellow, pink and green, can creat an outstanding factor". (SCHÜLLER, n.d)



3- Warm neutrals and gold accents.

Golds were popular for a while, but now they are being collected "with browns and organic materials. Golds and organic texture s gives a cozy surrounding, with small seventies feel. The boho look not only easily adaptable with other colors, but also comes hand in hand with quality and timeless design".

4- Hardworking islands.

"Structures dictated by the space available, bur islands still dominate large kitchens". There is two options for breakfast seating. "breakfast bar seating or banqueting seating". (experts at kitchen international, n.d)



The Kitchen cleanliness

The kitchen is often one of the most popular rooms in a house, so it's important to keep this room clean and safe for friends and family. The best way to keep your kitchen clean is to make a habit of cleaning up as you work, and taking care of a few chores each day so that messes don't pile up. Keeping your kitchen safe involves many different things, including practicing good hygiene and proper food handling practices, and being safe while cooking and using kitchen tools.

Clean up after each meal. Meal preparation and eating can make a mess in the kitchen. One of the best ways to keep your kitchen clean is to clean food and dishes after each meal. That way, messes don't pile up, and you have a clean kitchen to work with at the start of your next meal. After each meal.

1. Clean the table.
2. Transfer leftovers to airtight containers and store them in the refrigerator or freezer.
3. Wash, dry, and put away all the dishes.
4. Run the dishwasher when it's full.



5. Clean spills, crumbs, and messes from the stove, floors, table, and counters.
6. Wash out the sink.



Clean spills when they occur. Another easy way to keep your kitchen clean and prevent stains, mold, and other problems is to address spills as soon as they happen. For food spills, use a spoon or cloth to clean up solid waste. Clean up excess liquids or sauces with a cloth. Spray the area with an all-purpose cleaner and wipe it dry.

- When spills involve raw meat, use a disinfecting spray to clean the mess to prevent the spread of bacteria.
 - Cleaning liquid spills from the floor is also important for safety, because a wet floor is a slipping hazard.
- Clear off your countertops. Having empty counters is a great way to keep a kitchen looking neat and organized, and it also gives you more space for food preparation and other work.[4] Here are some ideas for clearing cluttered counters:
- Store small appliances like toasters and coffeemakers in cupboards
 - Keep non-refrigerated produce in a fruit bowl on the kitchen table
 - Designate a special drawer for random items that are often used in the kitchen, like pens, paper, and mail

- Find a permanent home for all pots, pans, and kitchenware
- Store all ingredients, including often-used flour and sugar, in the pantry.

Clean the refrigerator and freezer. The refrigerator is where you keep most of your food, so it's important for both safety and cleanliness to keep this appliance clean. Clean spills as they occur. Once a month, remove all the food from the refrigerator and freezer and wipe the drawers, shelves, and interior surfaces with an all-purpose cleaner. Wipe the surfaces dry and return the food

- To absorb smells in the refrigerator, keep an open box of baking soda or a bowl of coffee beans in the refrigerator.

Sweep the floor daily. Kitchen floors get messy very quickly with dust, crumbs, food particles, and other matter. To keep the floor clean, sweep or vacuum the floor in the kitchen every evening after the final meal, or each morning before breakfast.

- Sweeping regularly around the whole house will help minimize dust and allergens throughout the house as well

Wash the floor weekly. On top of daily sweeping, you should also mop the floor every week to keep the floor clean.

Chef Issa Al-Lamki

The Omani chef Issa Al-Lamki started his career for nearly 20 years. He graduated from the National Institute of Hospitality and received his first level. Afterward, he went to Miami to complete his study and joined the College of Hospitality and Tourism. When he returned to the work in the most famous restaurants in the Kingdom of Saudi Arabia and Oman, he worked in high positions as the chief chef, but did not continue to work with them, has been devoted the time to provide a television program in the Sultanate of Oman, and has a distinctive footprint in this area.

Issa Al-Lamki distinguished himself by simple cooking; he does not set restrictions or laws in cooking. Where it was famous recipes and dishes smelled of Omani cuisine, and also characterized the qualities of the bazaar spices and beautiful colors that attract



the eye before the smell and taste. He has many recipes, about a thousand recipes of food and drinks.

Al-Lamki said that Omani cuisine is rich in recipes and delicious dishes, which distinguish it from other countries. And must be preserved, and highlight what distinguishes them from the Gulf and the world. The Ministry of Tourism should ask hotels to open Omani restaurants, so that tourists and visitors can identify and taste Omani dishes.

Al-Mekki added that one of the most prominent obstacles that stand in this area is the weakness of Omani culture in this profession, which made the young Omani find it difficult to get a job in this field. This is one of the most important problems facing the development of cooks in Oman. He said that there should be coordination between the Ministry of Manpower and the Ministry of Tourism. The number of hotels and the number of employees is inadequate to market requirements, and it is also difficult for the community to accept this profession.

He participated in many local and international festivals in Paris, Berlin, London, Manaka and Muscat Festival. And aspires to establish the first cooking school in the Sultanate of Oman. He is currently writing the book "from Muscat to Muscat" The book will be rich in traditional Omani recipes.



**TASTE
EXCITEMENT
WITH**  **pepsi.**



Tips

Tips.1

Before chopping chillies, rub your hands with veg oil to prevent them from absorbing the chilli oils.

Tips.3

Clean a microwave faster and easier by nuking 2 cups water in a microwave safe vessel for 2 minutes then wiping down the insides with a clean cloth. Add a wedge or two of lemon to the water for some real cleaning power.

Tips.6

Spray measuring cups with nonstick spray before measuring sticky ingredients like honey, maple syrup, or molasses. They'll slide right out.

Tips.8

Peel the potatoes after you've cooked them and soaked them in cold water for a while. Skins come right off.

Tips.9

put the peel the lemon in the fish oil to prevent the smell of fish from spreading.

Tips.2

If your grill's got a little gunk on it and you can't find the grill brush, crinkle up a big sheet of foil then rub it along the grates before lighting the grill.

Tips.4

To peel a kiwi the easy way, slice the top and bottom off then wedge a spoon between the peel and flesh. Give it a spin then voila. Even you can do this tip with avocado.

Tips.5

Over salted your soup or stew? Plop in a potato (peeled, mind you) and the little guy will absorb all the salt. (It takes about 10 minutes.)

Tips.7

Most cooks know that you should never use liquid soap on a cast-iron pan and never scrub it with anything abrasive if you want to maintain its well-oiled nonstick surface. So how do you clean it? Use salt. If the pan will not rinse clean with water and a soft dishcloth, rub it with a few tablespoons of salt and a paper towel, and rinse. Then replenish the oil film by coating the inside surface with a dab of cooking oil.

THE MAIN DISH

Biryani (pronounced), also known as biriyani, biriani, birani or briyani, "spicy rice" is a South Asian mixed rice dish of the Indian subcontinent. It is popular throughout the Indian subcontinent and among the diaspora from the region. It is made with spices, rice and meat (chicken, mutton, beef, prawn, or fish) or egg is also added.

The exact origin of the dish is uncertain. In North India, different varieties of biryani developed in the Muslim centers of Delhi (Mughlai cuisine), Lucknow (Awadhi cuisine) and other small principalities. In South India, where rice is more widely used as a staple food, several distinct varieties of biryani emerged from Telangana (specifically Hyderabad), Tamil Nadu (Ambur), Kerala (Malabar), and Karnataka, where minority Muslim communities were present. Andhra is the only region of South India that does not have many native varieties of biryani.

Ingredients:

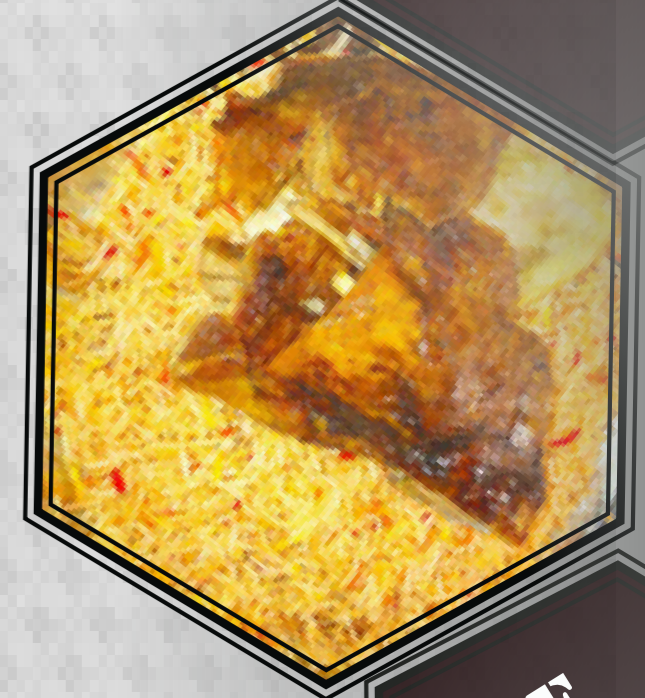
1. 500 grams of meat
2. 3 cups rice
3. 5 onion
4. 5 tomatoes
5. 2 hot green pepper
6. 5 garlic
7. 2 spoon large ginger
8. 2 spoon large yoghurt milk
9. 2 spoon margarine
10. 1 lemon

Spice:

1. 2 spoon curry
2. Hot red pepper
3. Salt (as you like)
4. ¼ cups mint

How to prepare:

1. In a saucepan on fire to roast meats.
2. Chop onions and fry in boiling oil.
3. Cut the tomatoes to thin slices.
4. Grind the green pepper and add garlic and ginger.
5. In a bowl, put butter, garlic, pepper and ginger. Then put fried onions and tomatoes. Turn for 3 minutes. Add yogurt, curry, pepper, lemon juice, then a cup of broth and salt.
6. Add the pieces of meat and leave the mixture for half an hour on low heat without cover after 10 minutes add green mint.
7. Put a bowl of water on the gas and let it boil, then add the rice for ten minutes.
8. In the amount of rice we put the first layer of meat, then the tomato mixture, add the amount of rice, add the remaining coriander, and then add the remaining rice.
9. The fire closes and the biryani leaves a quarter of an hour covered and without moving. After a quarter of an hour, the biryani moves and offers.



THE BIRYANI

The world of cooking is a world made up of many ingredients and wonderful recipes and also consists of some basics of catering, it consists of appetizers that divided into two parts the hot and the cold appetizers, then the main dish, and then the sweets. Which will be our focus theme, and I have chosen a component that comes in all most Middle East desserts dishes "Semolina". Semolina is derived from the Italian word semola, meaning 'bran'.(4) Semolina is the hard part of the grain of durum wheat. It is the coarse, purified wheat of durum wheat that mainly used in making pasta and other things like bread and desserts.(5)



BENEFITS OF SEMOLINA FLOUR

Are you looking for a healthy replacement for the flour? Have you thought about semolina flour as an option? Semolina flour can be your answer to a healthy alternative component in your kitchen, which you can use without worrying about weight gain and other associated health concerns.

ADVICES:

Semolina flour can go rancid if stored in the open air; for best results, refrigerate semolina flour when not using it.(2)

- 1-Helps Diabetics: Semolina flour is a top choice for diabetics. Compared to white flour, it allows for people with diabetes to control their blood sugar levels more effectively.(3)
- 2-Helps in Weight Loss: When you eat it, it keeps you feeling full for a longer period. This is a great way when you are trying to lose some weight. Your appetite gets suppressed, which means that you don't have to eat again.(3)
- 3-Provides Energy: semolina flour contains carbohydrates, which are important for the production of energy in your body. It is an ideal food for people who require high energy levels.(3)

HOW CAN WE USE SEMOLINA IN OUR KITCHEN?

Semolina can be used in many ways. Here are a few ways that you can use this flour in your kitchen:

- 1-Replace white flour with semolina flour to make cakes, cookies, breads and other baked goods. That will make you sure that your body gets the important nutrients that keep you healthy from many different diseases.(3)
- 2-You can also use semolina flour for the soups, it lends great flavor to these dishes and gives you the consistency you are looking for.(3)

BASBOUSA

Basbousa is a semolina cake. It is popular in the Middle East. The cake itself is not too sweet but it is soaked with a sugar syrup scented with rose water. It is very easy to prepare and the best thing we like about it is that you can make it ahead and serve it as long as you want to be. The coconut can be replaced with coarse semolina. (1) So we have a great recipe for basbousa that I want to share it with you.

(Keep your body healthy and strong with this amazing flour.)



Ingredients:

- 1- Semolina (one cup and a quarter)
- 2. Sugar (1 tbsp.)
- 3- Oil (quarter cup)
- 4- Baking powder (1 tsp)
- 5- Cream (one pack)
- 6- Milk (one cup) Note: as a need.
- 7- Desiccated coconut (one cup)

Syrup:

- 1- Sugar (2 cup)
- 2- Water (one cup)
- 3- Lemon juice (1 tsp)
- 4- Rose water (1 tsp)

Steps for preparing the Basbousa:

- 1- Combine the sugar, water and lemon juice. Boil for 10 minutes.
- 2- Add the rose water and stir well.
- 3- Combine all the ingredients for the basbousa and mix well.
- 4- Pour the mixture into a greased baking tray.
- 5- Bake in a preheated oven for 40 minutes at 380°F/193°C.
- 6- Pour the syrup on top of the hot basbousa then, Cut along the score lines and let it cool completely before serving. (1)

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The world of cooking is a vast world. It's an extraordinary world that attracts everyone to it; by highlighting the personality of every person who tries to enter it. It allows to ideas and creativity to enter to the people's personality which attracts everyone who knows the distinctive foods well. Cooking is an art and it must needs to acquire some skills to be able to earn this beautiful art.

