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The Process of Writing "Leen's M Foods"

Reem Aabed

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The Process of Writing "Leen's M Foods"

Abstract

My senior thesis focuses on my process of moving from a student to a producer of children's literature. I've compiled a story journal of ideas, read memoirs about authors and their writing processes, and chosen a story from my story journal to create my own picture book manuscript. My completed senior thesis will be composed of a final picture book manuscript, reflective paragraphs of my creative process, a portfolio that includes but is not limited to, drafts of my work, notes on a conference I attended with my mentor, and excerpts from my story journal.

Degree Type

Open Access Senior Honors Thesis

Department

English Language and Literature

First Advisor

Dr. Ramona Caponegro

Keywords

writing skills, picture book, manuscript, Palestine, writing process, children's literature

THE PROCESS OF WRITING *LEEN'S M FOODS*

By

Reem Aabed

A Senior Thesis Submitted to the

Eastern Michigan University

Honors College

in Partial Fulfillment of the Requirements for Graduation

with Honors in Children's Literature

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Hello!

Thank you for taking the time to read my Honors Senior Thesis, "The Process of Writing *Leen's M Foods*." My Senior Thesis focuses on my process of moving from a student to a producer of children's literature. My mentor, Dr. Ramona Caponegro, and I worked on developing my writing skills. We compiled a story journal of ideas and chose a story from my story journal to create my own picture book manuscript

The **full** version of my Senior Thesis is a portfolio composed of reflective paragraphs of my creative process, excerpts from my story journal, some notes on a conference I attended with my mentor, drafts of my work, a list of books I referenced, my final picture book manuscript, and a query letter. You will also get a chance to see other parts of my story like recipes, the glossary, ideas for double spreads, and the dedication.

The abbreviated version of my Senior Thesis is what you are reading now. You won't be able to read any drafts of my work or my final picture book manuscript, but you will see parts of the creative process, my reflective paragraphs, excerpts from my story journal, and other parts of the story. As you look through this abbreviated version and decide you want to take a look at the full version, you can find my whole portfolio at EMU's Honors College!

Once again, thank you for taking the time to read the abbreviated version of my Honors Senior Thesis. I hope this sneak peek encourages you to take a look at the complete version of my Honors Senior Thesis! @

-Reem Aabed, Children's Literature

March 28th, 2016

The Process of Writing *Leen's M Foods*

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Reem Aabed, Children's Literature

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Senior Thesis: Reflections

- **Choosing my story**

After I compiled a story journal, I flagged the stories that I really wanted to write for my senior thesis. From the story ideas in my story journal, Ramona & I enjoyed this one the most. Which was about a young girl who really liked the M foods of traditional Palestinian dishes. Growing up I always wanted to read about characters who ate the same foods I ate. I wasn't able to grow up and read about a girl whose favorite food was Maglooba like me, but hopefully my picture book will be there for future generations of readers to see themselves in a story. The main character, Leen, is based off a family member of ours. Her name is also Leen, and her nickname is Lulu. While I was writing the manuscript, I could see Lulu as the little girl with her excitement to help cook. The grandma is based off my Seito Fatma, even though she doesn't speak English. Growing up, I've always looked up to my Seito so it was important for me to have the grandma be like my Seito because they get to cook together my favorite dish.

- **Picture Book Examples**

One of my favorite things we did during my research was looking at picture books to help me with my story. So we looked at picture books that helped with the ABC's and other concept books versus narrative picture books with a beginning, middle, and end plot to decide what kind of story I wanted to do mine like. After looking at a couple examples, we decided that a beginning, middle, and end is what my story needs. We also looked at how picture books incorporated

recipes into their story, because I wanted to do the same thing. After looking at a couple examples, I decided to place both English and Arabic recipes in the back matter of the picture book. When working on the glossary, we first decided to put it in the back of the story to be with the recipes but when we looked at *Little Roja Riding Hood*, we saw that the glossary was in the front. So we decided to place it in the front as well because it made the most sense for the readers to learn to pronounce the words to help them comprehend the rest of the story.

We even looked at picture book examples when I was first trying to write my manuscript, like *Corduroy's* manuscript version. When we discussed traditional publishing versus self-publishing, we took a look at a few self-published picture book examples. Another time, Ramona even read *The Last Stop on Market Place* to me and asked that I focus on the words and not the illustrations. So I listened as she read to me, and this helped us think about page turns for my story. We wanted to focus on how to make each page turn powerful. We also decided on working on a dedication because I really wanted to dedicate my story to my mom and grandma. So we took a look at a couple picture book examples when discussing dedications, like how some stories have a simple dedication with two sentences, while some are two full pages. Some dedications are inside the story, the copyright page, or the back page. Lots of the dedications played with the concept or theme of the story, so I tried to incorporate that in my picture book.

- **Editing the Story**

After finally writing my manuscript, I was essentially pretty happy with it. But after the 4th round of edits, I've become even more satisfied and happy with my story. I've learned that it isn't necessarily bad to have lots of edits because the more edits, the better the story flows. One of the minor decisions that happened was I deleted a whole character because to me she seemed to be an unnecessary character that was just there. So Jenna was gone after a couple edits, and the story went from there. Another decision was the title of the story; at first it was "The M Foods;" then it became "Leen's M Foods: Traditional Palestinian Dishes." We decided that the title needed "Traditional Palestinian Dishes" so readers automatically know that the picture book is about a different culture. Throughout the story we also debated between stating the girl's name or never mentioning her name, but as I was writing the story I liked the idea of Seito yelling at Leen to come help her. So then we even added the girl's name to the title.

Another decision was whether the story should've been in 1st person or 3rd person point of view. I chose to do it in the 1st person point of view because not only did the story flow better, but also the readers could connect more to the main character. Focusing on the 1st person point of view was a little difficult because I kept trying to get the little girl's dialogue as realistic as possible to her age. Working on the grandma's dialogue was a lot easier for me because I just imagined my own grandma and what she would say or how she would react. So the grandma's dialogue was realistic from the first try, but it took me a couple edits to make Leen's dialogue more realistic for her age. One of the bigger edits

that I worked on was towards the final round of edits; I thought the beginning didn't flow as well with the rest of the story as I wanted it to. So I completely deleted the beginning of the story and wrote two different beginnings. Then I read the story a couple times with each beginning with Ramona and together we *decided* which *beginning* flowed with the story. I'm happy with how the story reads now because the beginning is one of the first attention grabbers and I don't think many readers would have continued to read the story had I *kept* the old beginning.

- **Double Spreads**

As a creative choice, I decided to do a couple of double page spreads in my picture book. For one of the double spreads, I chose to have the list of the M Foods written in Arabic calligraphy all around the pages. So I asked my mom's friend who writes beautiful calligraphy to do it for me. First I had my mom write out the words in the placement I wanted so her friend could have the right visual when she wrote out the words. The next step was to write the English word and the pronunciation next to it with a quick illustration of what the food looks like underneath the calligraphy. The next double spread is much simpler. Leen is in the front of center of the picture book, yelling "I WANT MAGLOOBA FOR DINNER!" Her excited reaction is important for the storyline because readers need to see that she genuinely is excited to cook Maglooba with her Seito. The next double spread is kind of a continuation of the last double spread because now

Leen has a thought bubble of the best Maglooba dish ever! This image illustrates the first peek of what the dish looks like for the audience.

The next two double spreads are the actually cooking steps, kind of like panels in a comic. The first double spread in this sequence is when they cook Maglooba. One panel is of them gathering all the ingredients; another is washing all the vegetables, with Leen handing vegetables to Seito so she can cut and peel them. Another set of panels is Seito and Leen peeling the almonds, kind of like how my Seito and I did once upon a time, layering the vegetables and items in the pot together, and lastly Seito flipping the dish with Leen staring at her, impressed. The last double spread is another cooking one where Seito and Leen make the Salata and the Laban w khyar. The panels include gathering all the ingredients, washing all the vegetables, Leen handing the vegetables and other ingredients for Seito to cut, and finally Leen mixing the items together. I really like the idea of the use of double spreads throughout my picture book; I believe it makes the book stand out and be enjoyable. I hope they work hand in hand with the text of the rest of the story and that the overall picture book has a nice flow.

- **Mazza Museum Conference**

During the fall semester, Ramona and I attended the Mazza Museum Conference, and I was very excited because it was my first time attending a Children's Literature Conference. I had the chance to meet authors and illustrators and listen to them talk about their life's journeys and their writing processes. I really enjoyed listening to LeUyen Pham's speech the most because I felt connected to

her the most. Her childhood reminded me of my childhood and how we both push for more multicultural children's literature. I couldn't believe that at the conference, I was in the same room as many talented authors and illustrators; they inspired and motivated me. The weekend was truly inspiring and I was able to apply certain ideas I heard from them to my learning and manuscript. I had an amazing time and can't wait to attend more Mazza Museum Conferences in the future.

- **Cooking Maglooba For the First Time**

Maglooba is one of my favorite Palestinian dishes, but I've never actually cooked it before. My mom has always wanted to teach me how to cook Palestinian dishes so she was excited to hear that we would be cooking Maglooba as a part of my senior thesis. I have always put off cooking Maglooba because when my mom cooks it for dinner I always just see the finished product. Looking at the dish and enjoying it, I always assumed cooking it would be difficult, but as I cooked it, I enjoyed what I was doing. My favorite part was definitely layering the ingredients in the pot. The process of cooking Maglooba definitely amazed me.

- **Seito and Almonds Memory**

When I was cooking Maglooba, one step made me remember a memory. Another important woman in my life, besides my mother, is my Seito. Since I was young, I've always loved my Seito Fatma and been close to her. So as I peeled the almonds for the Maglooba, I remembered how we peeled almonds together once

for a different Palestinian dish and we talked and talked about anything and everything. My grandma always wishes me the best in my future, so I'm pretty sure we talked about my future as well.

- **Mama & Measurements**

My mother doesn't use measurements when she cooks. I was nervous to cook Maglooba because I knew she didn't have any measurements. I never understood how she cooked the best food without knowing what specific measurements she needs for ingredients or spices. She tells me that she just knows; her mind and hand know. My mom learned everything she knows from my Seito and I hope to one day learn everything from my mom. My mind and head don't know. I wonder when they will know, because I dream to one day be half the cook my mother is.

- **Recipes: Translating from Arabic to English**

After I cooked Maglooba, I asked my mother to write me the recipe for it in Arabic. Later on I typed it with her help and then I tried to translate the Arabic recipe into English. It was extremely difficult. I sometimes didn't know how to explain what we did in Arabic to have the same meaning in English. Not only were the directions hard to translate, but also writing the exact measurements was impossible because my mom does everything by her mind and hand. Translating the Arabic recipe to English took me back to my childhood when I only spoke Arabic and wasn't able to translate what I meant to my classmates in English. But

with my mom's help we were finally able to translate the Arabic recipe to English as best as we could.

- **Back & Front Matter**

Since the main characters are cooking throughout the story, we decided to include the recipes in the back matter of the book. All three recipes are included in the back in both English and Arabic. My mother and I wrote the recipes in Arabic first, then typed them, and then translated them to English. I think the translation was more difficult than writing the actual manuscript. But nonetheless, I'm glad that we are including the recipes in the back because they will help the story line flow and gives the readers an opportunity to cook the same meals Leen & her Seito made. Another idea was to put the glossary, where I included the Arabic word, English word, definition, and pronunciation, at the end of the story. But as we thought about it more, it made sense to put it to the front of the story because it will give the readers a chance to familiarize themselves with the Arabic words that will be used in the story beforehand. Another addition I worked on for the front matter was the dedication; I wrote this picture book for my mom and Seito. They both mean the world to me and are the best cooks in my life, so I worked on the dedication for them. I even had my dad help me translate the dedication in Arabic, and as a whole it looks perfect to me. I really enjoyed working on the back and front matter of my story; they are pretty unique to me.

- **Self-Published Book Examples**

When we were discussing self-published books, we took a look at an example of a self-published book and together we discussed the pros and cons of the book. Then one day my father was telling me how he bought 5 copies of a book by one of his friend's daughters. She self-published her book, so I decided to read it and the whole time I was pointing out what I didn't like about the book and what I thought could have been better. I thought the age of the character was all over the place, and some pages had two sentences while other pages had more than a paragraph. The concept of the overall message was beautiful but the way it was written makes it harder to find the message and learn the knowledge. I brought the picture book to one of our meetings and had Ramona read it. She also agreed with all my criticism and we discussed how far I've come from a student of children's literature to a producer of children's literature.

- **Glossary**

Because of the use of the Arabic language throughout my picture book, I decided that a glossary would be a nice addition to the story to help the readers with the flow of the story. Writing the glossary, I included the Arabic word, English word, definition, and pronunciation. It was fun creating the pronunciations because I wrote them the way they sounded to me as I spoke the words out loud. However, there are a couple sounds in the Arabic language/speech that can't really be translated into English, so that made a couple words difficult. In my glossary, some words have a 3, which represents an Arabic letter, so when Arabic speakers

see this letter they know the sound they are supposed to make. However, non-Arabic speakers will just see it as a 3 so they won't know that it is supposed to be representing a specific Arabic sound. Another sound that was difficult to write its pronunciation was "kh" because in Arabic the strengths of the letters combined create the sound and generally this sound is hard for non-Arabic speakers to make. After I finished the glossary, I had Ramona pronounce some of the English pronunciations for the words to see if they sounded like their Arabic pronunciations. It was really cool to hear the pronunciations and to see if the way I wrote the word helps non-Arabic speakers speak the word as close to the sounding of the Arabic word as best as they can.

Story #1

1. Jan. 21st, 2015

A story about a mother and daughter, the mother lives in Palestine while her daughter and her family live in America. Due to the long distance, only a phone keeps them connected. The mother tells her daughter and granddaughter stories of her past. She constantly makes prayers for her daughter's life in America. She wishes that one day her daughter will visit her home once again, but for now their phone & oral stories keep them connected.



Story #17

Tues. Jan. 27th, 2015

The M Foods

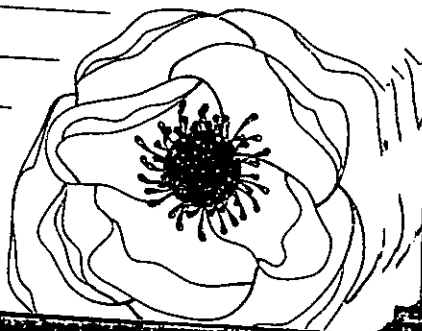
My favorite part of the day
is coming home. I stop at the
door and play a game. I smell
and smell and figure out what
my mom is cooking for dinner today.

Is it Maftool? No.

Is it Mlokneyrah? No.

Is it Mahashce? No.

Oh, I know! It is Maglooba,
my favorite from the M Foods!



Story #9

Thurs. Jan. 29th, 2015

Jar of Honey
* Folktale written as picture book *

He was working for a wealthy family and at the end of each day he would collect honey given to him and put it in a jar above his bed. Then he would day dream...



Story #17

Sat. Feb. 7th, 2015

Follow Rana

* Series *

She goes around the world
experiencing cultures

Book 1 - Armenia

2 - Morocco

3 - Africa

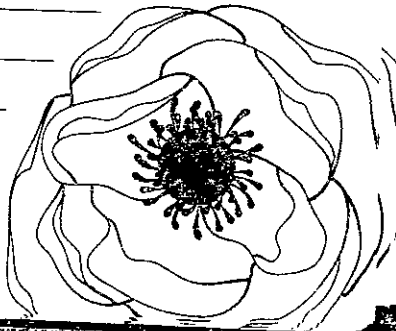
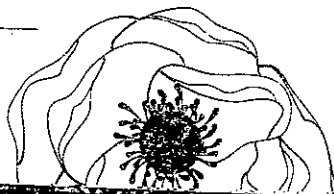
4 - Palestine

5 - Iceland

6 - Egypt

Book 7 - Tunisia

....



Book List

Developing Writing Skills

- *Cheryl B. Klein's Second Sight: An Editor's Talks on Writing, Revising, and Publishing Books for Children and Young Adults* – By Cheryl B. Klein
- *Bird By Bird* – By Anne Lamott
- *On Writing: Memoir of the Craft* – By Stephen King
- *Writer to Writer From Think To Ink* – By Gail Carson Levine
- *100 Best Books for Children* – By Anita Silvey
- *Valerie & Walter's Best Books for Children: A Lively, Opinionated Guide* – By Valerie V. Lewis and Walter M. Mayes
- *Dear Genius: The Letters of Ursula Nordstrom* – By Leonard S. Marcus
- *How Picturebooks Work* – By Maria Nikolajeva and Carole Scott

General Examples of Picture Books

- *The Giving Tree* – By Shel Silverstein
- *Oh, The Places You'll Go* – By Dr. Seuss
- *If You Give a Mouse a Cookie* – By Laura Joffe Numeroff and Felicia Bond
- *Don't Let the Pigeon Drive the Bus!* – By Mo Willems
- *The Flying Books of Mr. Morris Lessmore* – By William Joyce and Joe Bluhm
- *Where the Wild Things Are* – By Maurice Sendak
- *Sitti's Secrets* – By Naomi Shihab Nye
- *If You Give a Pig a Pancake* – By Laura Numeroff
- *Are You My Mother* – By P.D. Eastman
- *Corduroy (Manuscript Version)* – By Don Freeman
- *Kid Blink Beats the World* – By Don Brown

Self-publishing Vs. Traditional publishing

- *Might-E* – By Jordan J. Scavone
- *Everyone is Smart* – By Noor Abdelrahman

Discussing Page Turns

- *Last Stop On Market Street* – By Matt De La Pena and Christian Robinson

Glossary Example

- *Little Roja Riding Hood* – By Susan Middleton Elya and Susan Guevara

Concept Books Vs. Narrative Books

- *Z is for Moose* – By Kelly Bingham and Paul Zelinsky
- *Take Away the A* – By Michael Escoffier
- *The Alphabet Book* – By P.D. Eastman
- *Chicka Chicka Boom Boom* – By Bill Martin Jr. and John Archambault
- *Dim Sum for Everyone* – By Grace Lin
- *A Little Bit of Soul Food* – By Amy Wilson Sanger
- *Bee-Bimp Bop!* – By Linda Sue Park

Recipe Examples

- *A Fine Dessert: Four Centuries, Four Families, and One Delicious Treat* – Emily Jenkins and Sophie Blackall
- *Cranberry Thanksgiving* – By Wende Devlin and Harry Devlin
- *First Book of Sushi* – By Amy Wilson Sanger
- *Mangia! Mangia!* – By Amy Wilson Sanger
- *Chaat and Sweets* – By Amy Wilson Sanger
- *Round is a Tortilla: A Book of Shapes* – By Roseanne Thong and John Para
- *A New Year's Reunion* – By Yu Li-Qiong and Zhu Cheng-Liang

Discussing Dedications

- *Because of Winn-Dixie* – By Kate DiCamillo
- *The Invention of Hugo Cabret* – By Brian Selznick
- *Mr. Wuffles* – By David Wiesner
- *Creepy Carrots* – By Aaron Reynold and Peter Brown
- *Exclamation Mark* – By Amy Krouse Rosenthal and Tom Lichtenheld
- *Mr. Tiger Goes Wild* – By Peter Brown
- *Niño Wrestles The World* – By Yuyi Morales

Story Arc

Grandma + Granddaughter
cook dinner + dessert for
the family

Curious/
Amusement +

Helpful/
Amused/
Creative

Excited/
Joyful

Emotional
Arc

Granddaughter has
lots of fun and wants
to help grandma every
day!

Happy/
Cheerful/
Content

The whole family
sits together and
enjoys the meal.
They talk about their
day to each other +
all that is left is
empty dishes +
full stomachs.

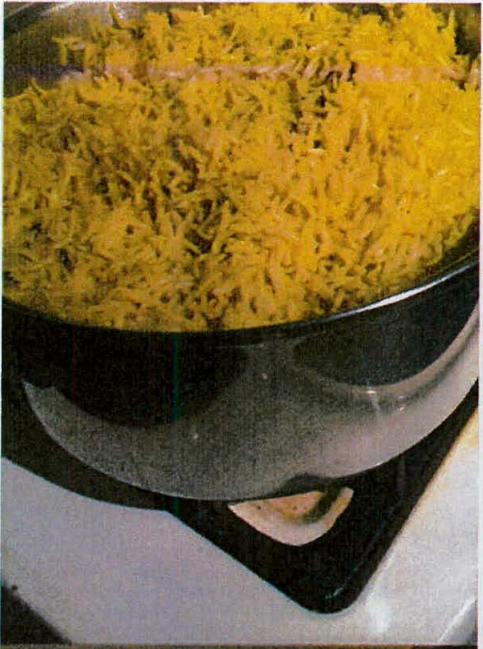
The main character
is at home alone
and bored, everyone
in her family
is busy doing
something

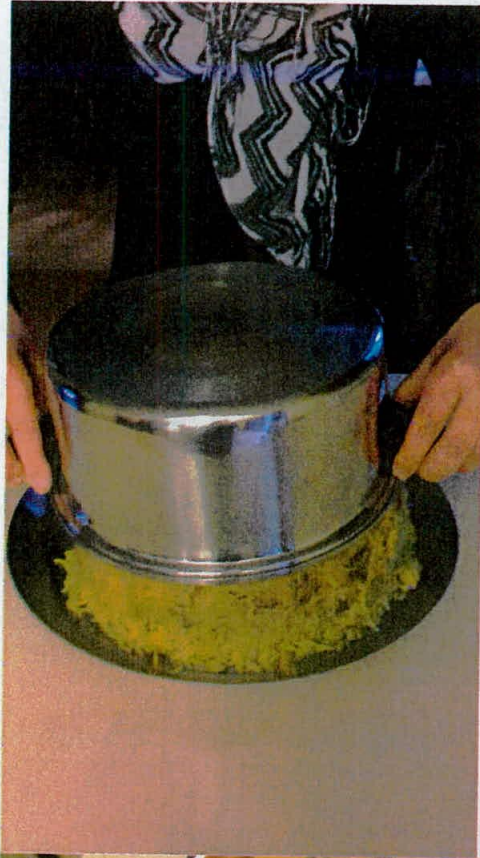
Depressed/
Bored!

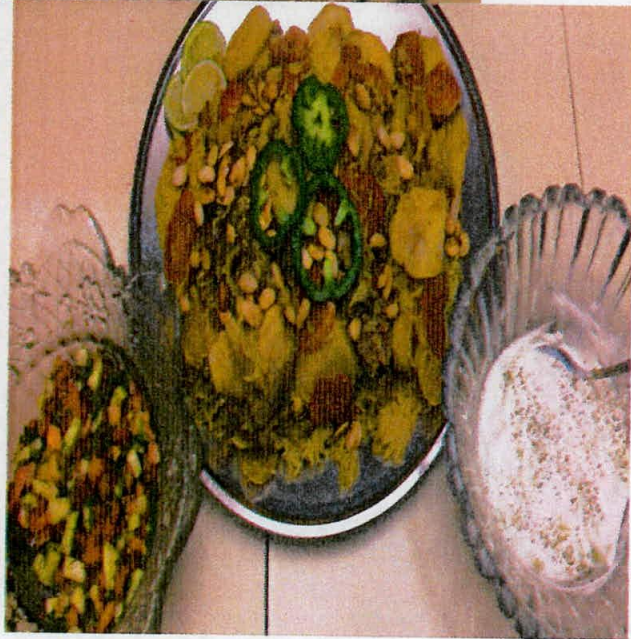
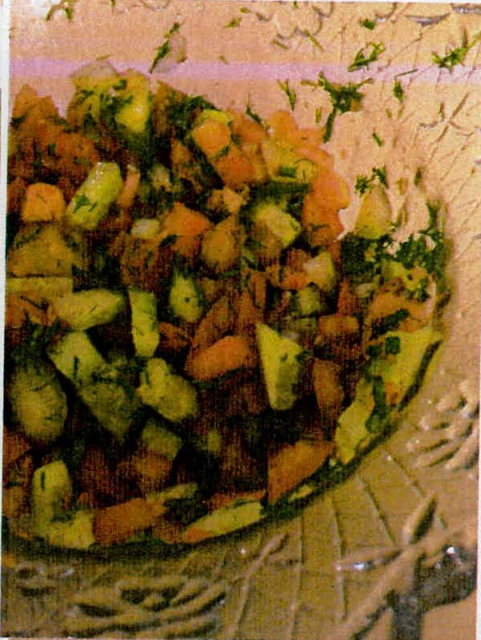
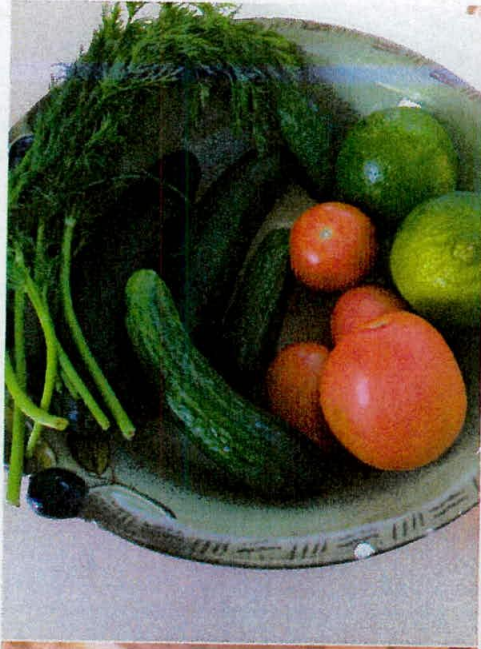
Grandma sees
Granddaughter
sad and alone so
she comes up
with an activity
for the both of
them.











طريقة عمل المقلوبة

المقادير:

- اثنين كيلو من لحم البقر
- رأس زهرة صغير
- أربع حبات من البطاطا
- حبة واحدة باذنجان
- خمس حبات بصل ناشف
- ثمانتي أسنان من الثوم ناشف
- كوب من الحمص المسلوق
- حبتين من البندورة
- أربع أكواب من رز بسمتي
- نصف كوب من اللوز الناشف
- ملح
- قلقل أسمر
- كركم
- سبع بهارات
- حب هان
- ورق غار
- نصف ليمونة
- حبة مستكة

الطريقة:

تغسل اللحم جيداً بالماء وقليل من الطحين و الليمون ثم يصفى
نضع اللحم في الطنجرة ونضيف له الماء حتى يبدأ في الغليان
نقوم برفع الزفرة نهائياً أثناء الغليان حتى نرى ماء اللحم أصبح نقياً
ثم نضيف بصلة مقطعة قطع صغيرة ونصف ليمونة وقليل من حبات البهار وحبة المسككة وورق الغر والبهارات (ملح وقفل
أسمر)

نغلق الوعاء ونخفض حرارة الغاز إلى درجة حرارة متوسطة حتى يتم النضج
في هذه الأثناء نقوم بغسل الخضروات (البطاطا والبنانجن والزهرة والبندورة)
نقطع البطاطا دوائر والبنانجن إلى شرائح مع إضافة قليل من الملح لهما
نقوم بتقطيع الزهرة ثم نسلقها في الماء مع قليل من الملح حتى تقوم بالغلين ثم نصفها من الماء
نقطع البصل إلى شرائح طولية

نسلق اللوز في الماء الساخن ونقشره ثم نقوم بقلبه في الزيت الساخن حتى يصبح لونه ذهبياً
نضع كثير من الزيت في وعاء القلي ونقوم بقلي البطاطا ثم الزهرة و ثم البصل المقلي ونضعها في قاع الطنجرة مع رشه ملح
نحضر طنجرة أخرى للطبخ ونقوم بتقطيع البندورة إلى دوائر ونضعها في قاع الطنجرة مع رشه ملح
نقوم بوضع أول طبقة من البطاطا ثم البنانجن ثم الزهرة و ثم البصل المقلي وإضافة الثوم والتف و الحمص المسلوقة
بعد التأكد من نضوج اللحم نصفه من المرق ونضعه فوق هذه الطبقات ونضيف قليل من البهارات فوقها
نقوم بغسل الرز وإضافة البهارات له مع إضافة الكركم حتى يعطيه اللون الأصفر ووضعه فوق هذه الطبقات
نضيف من مرق اللحم الساخن فوق الرز حتى يعطيه تماماً ويزيد قليلاً

نضع الطنجرة على الغاز على نار عالية أولاً حتى يبدأ بالغلين نخفض درجة الحرارة إلى حرارة هائلة ونتركها لمدة ربع إلى
ثالث ساعة تقريباً حتى تتضج
نطبخ الغر و نرفع غطاء الطنجرة ونحضر صينية كبيرة ونضعها فوق الطنجرة ثم نقلب الطنجرة
تزين باللوز المقلي ويمكن إضافة شرائح من الفلفل الحلو والليمون للتزين
صحتين و صافية

سلطة

المقادير:

بندورة

خيار

خس

بقدونس

قليل من عصير الليمون

ملح

نعناع ناشف

سماق

قليل من الخل

الطريقة:

نغسل البندورة والخيار والخس والبقدونس غسلاً جيداً

نقوم بتقطيع جميع الخضار إلى قطع صغيرة الحجم

ثم نضيف إليها عصير الليمون والملح والسماق والنعناع الناشف والخل وتحرك معاً

ثم تقدم مع المقلوبة

لبن مع خيار

المقادير:

لبن

خيار

نعناع ناشف

سن ثوم

ملح

الطريقة:

نغسل الخيار ونقشره ثم يقطع إلى قطع صغيرة جداً

يضاف إليه اللبن ويحرك معاً

ثم نضيف قليلاً من الملح والنعناع الناشف ونهرس سن الثوم ونضعه مع الخليط

نحرك الخليط جيداً ونزينه بقليل من النعناع تناشف

ويقدم مع المقلوبة

Maglooba Recipe

Ingredients:

- 4 pound of beef
- 1 small cauliflower
- 4 potatoes
- 1 eggplant
- 5 dry onions
- 8 cloves of garlic
- 1 cup of cooked chickpeas
- 2 tomatoes
- 4 cups of rice
- Half a cup of dry almonds
- Salt
- Black Pepper
- Turmeric
- Seven Spices
- Cardamom
- 3 Bay Leaves
- Half a Lemon

Directions:

- Wash the meat really well with water, flour, and lemon juice.
- Put the meat in the pot, add water, and wait until it boils.
- As it is boiling, continue to remove the excess foam from the pot until the boiled water is clear once again.
- Cut one onion into small pieces and add it to the pot of meat. Also, add some salt, black pepper, the 3 bay leaves, the half lemon, and some cardamom to it.
- Close the pot with its lid and lower the stove temperature until the meat is cooked.
- Then wash all the remaining vegetables (tomatoes, potatoes, eggplant, and cauliflower).
- Peel the potatoes and cut them into round circles. Also, add a pinch of salt to them. Repeat this step with the eggplant.
- Cut the cauliflowers into medium sized pieces and put them into a pot filled with water and a pinch of salt to boil. After the cauliflowers boil, drain the water and place the cauliflowers in a small plate.
- Then cut the remaining onions into slices.
- Boil the dry almonds; then peel them and set them aside.
- Now it is time to fry! Start frying the potatoes in a pan of vegetable oil and once the slices of potatoes are fried, place them on a separate plate with a paper towel to soak up the oil.
- Using the same frying pan, repeat the previous step by separately frying the cauliflowers, eggplant, and onions.

Salad Recipe

Ingredients:

- Tomatoes
- Cucumbers
- Lettuce
- Parsley
- Lemon Juice
- Salt
- Dry Mint
- Sumac
- Vinegar

Directions:

- Wash all the vegetables well.
- Cut all the vegetables and place them in a bowl.
- Then add sprinkles of salt, dry mint, lemon juice, sumac, and vinegar.
- Mix all the vegetables and spices together very well.
- Enjoy with your Maglooba and yogurt with cucumbers!

- Then fry the peeled almonds in a separate pan of oil and afterwards place them in a small bowl with a paper towel.
- Cut the two tomatoes into circular slices and grab another pot to start layering the vegetables. The layers from bottom to top will be the tomatoes, then the potatoes, cauliflowers, and eggplant. After the layer of eggplant will be a layer of onions, chickpeas, and the eight cloves of peeled garlic.
- At this time, the meat should be ready. Drain the meat from the pot and start layering the pieces of meat over the layers of vegetables.
- After the meat layer, sprinkle the following spices into the pot: salt, black pepper, turmeric, and seven spices.
- Now add four cups of rice over the meat and vegetable layers. Also, add the meat soup to cover the rice. Then put the filled pot on the stove and cover it with its lid. Lower the heat on the stove the minute it starts to boil.
- Leave the pot on the stove for 15-20 minutes until it is ready to be served.
- During the cooking time, prepare the salad and yogurt with cucumber.
- Once the Maglooba is cooked, remove its lid and place a big, round tray on top of the whole pot. Then with steady hands grab the pot from the bottom and the tray on top and flip them.
- Remove the pot and you will see the layers of vegetables and meat on top and the rice on the bottom. Enjoy your Maglooba “Upside Down.”

Yogurt Wi Cucumbers Recipe

Ingredients:

- Plain Yogurt
- Cucumbers
- Dry Mint
- 1 Clove of Garlic
- Salt

Directions:

- Wash the cucumbers well and cut them into very small pieces.
- Add the small pieces of cucumbers to a bowl and then add plain yogurt to them.
- Mix them together.
- Smash the garlic and add it to the mix. Also, add a pinch of salt and some dry mint to the bowl. Mix everything in the bowl together once again.
- Enjoy with your Maglooba and salad!

Glossary

- Seito** (Sit-oh) = Grandma
- Mjadara** (Mm-ja-da-rah) = Rice & Brown Lentil
- Maglooba** (Ma-gloo-bah) = Upside Down
- Maftool** (Ma-eft-ooo-i) = Wheat & Pumpkin
- Mahashee** (Ma-haa-sheee) = Stuffed Zucchini & Eggplant
- Mansaf** (Men-ss-af) = Lamb, Rice, & Yogurt
- Malfoof** (Mel-foo-ff) = Stuffed Cabbage
- Mlukheyiah** (Mm-lukh-ee-yeh) = Green Stew
- MashaAllah** (Ma-sha-el-law) = Showing Appreciation To God
- Salata** (Sa-la-tah) = Salad
- Laban w khyar** (La-bah-n, wa, kh-yy-aar) = Yogurt with Cucumbers
- Mhalabeyah** (Mm-ha-la-bee-yah) = Rice Pudding
- SubhanAllah** (Ss-uh-b-han-el-law) = Glory be to God
- Mama** (Ma-ma) = Mother/Mom
- Baba** (Ba-ba) = Father/Dad
- Lesah** (Lis-ah) = Not Yet
- Shukran** (Shh-uhk-run) = Thanks
- Allah ya3teky Al 3afya** (El-law, ya-ah-tea-key, Al, aah-f-yah) = May God reward you for All your Hard work

The M Foods Glossary

* with Arabic Words *

Rice & Brown lentil = (Mm-ja-da-rah)

مجذرة Mjadara

Wheat & Pumpkin = (Ma-ett-ooo-l)

مفتول Maftool

Stuffed Zucchini & Eggplant = (Ma-haa-sheee)

محاشي Mahashee

"Upside Down" = (Ma-gloo-bah)

مقلوبة Maglooba

Lamb, Rice, & Yogurt = (Men-ss-af)

منسف Mansaf

Stuffed Cabbage = (Mel-foo-ff)

ملفوف Malfoof

Green Stew = (Mm-lukh-ee-yeh)

ملوخية Mlukheyiah

Rice Pudding = (Mm-ha-la-bee-yah)

مهلبية Mhalabeyah

Mjadara
(Mm-ja-da-rah)

مَجْدَرَة

مَلْفُوفٌ

Malfoof
(Mel-foo-ff)

Mhalabeyah
(Mm-ha-la-bee-yah)

مِثْلِيَّةٌ

مَحَاشِي

Mahashee
(Ma-haa-shee)

Maglooba
(Ma-gloo-bah)

مَقْلُوبَات

مَنْسَف

Mansaf
(Men-ss-af)

Mlukheyiah
(Mm-lukh-ee-yeh)

مُلُوحِيَاة

مَقْتُول

Maftool
(Ma-ef-ooo-l)