



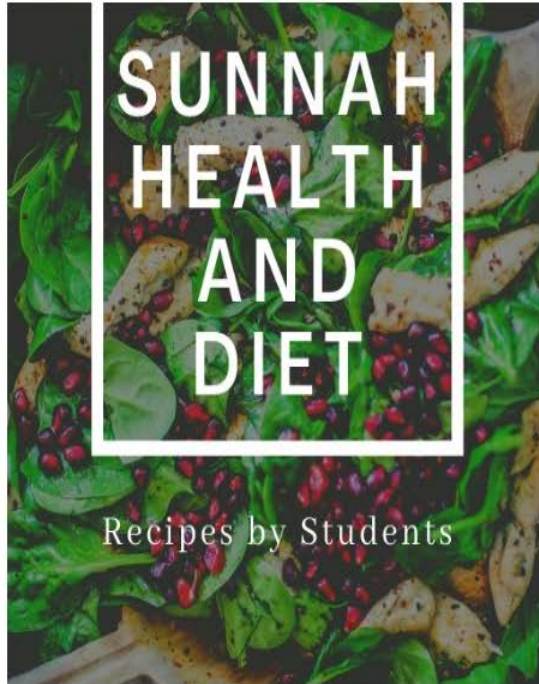
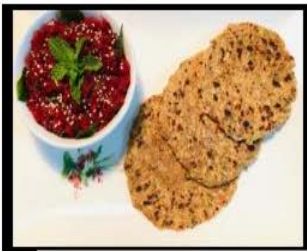
**DARULARQAM**

Educational & Welfare Association

أَلَا بِذِكْرِ اللَّهِ تَطْمَئِنُّ الْقُلُوبُ

No doubt, in the remembrance of Allah do hearts find peace

Online  
Academy



## Table Of Contents

S. No	Topic	Page
1	Introduction	1
2	Anjeer Halwa	2
3	Baked Chicken Sticks	3
4	Barley And Besan Laddu	3
5	Barley With Moong Dal Khichdi	4
6	Barley Chilla	5
7	Besan Chilla	5
8	Barley Drink	6
9	Barley Salad	6
10	Barley Pongal	7
11	Beetroot Halwa (Beetroot Talbina)	8
12	Barley & Maash Dal Laddu	8
13	Barley Ki Roti With Dates	9
14	Barley Flour & Oats Laddu	9
15	Barley Roti Rolls	10
16	Barley Veg Pulao	11
17	Beetroot talbinah trifle	12
18	Barley & Pumpkin Paratha With Beetroot Chutney	14
19	Bottle Gourd Juice	15
20	Carrot Soup	16
21	Chicken Soup	17
22	Date Fudge & Watermelon Bites	18
23	Date Fudge Bites	19
24	Dates & Sattu Roll	19
25	Dates & Cucumber Fusion	19
26	Dates & Watermelon Fusion	20
27	Date Balls	20
28	Dry Fruits Laddu	21
29	Dates, Oats, Almonds & Coconut Laddu	22
30	Grilled Chicken	23
31	Hasees	24
32	Kaddu Ke Kabab	24
33	Kaddu Ke Kofte In Sareed Gravy	25
34	Kaddu Ke Shaami	26
35	Mutton Soup	27
36	Mutton Sareed With Kaddu	28
37	Nabeez with Dates	29
38	Nabeez with Raisins	29
39	Olives Salad	30
40	Protein Salad	31
41	Pan Fry Kaddu	32
42	Sattu Cookies	32
43	Sheer Khurma(Sewiyan)	33
44	Sareed	34
45	Spicy Veg Barley	35
46	Spicy Oats	36
47	Talbina	37
48	Talbinah (Whole Barley)	38
49	Tomato Salsa (Raw Tomato Chutney)	39

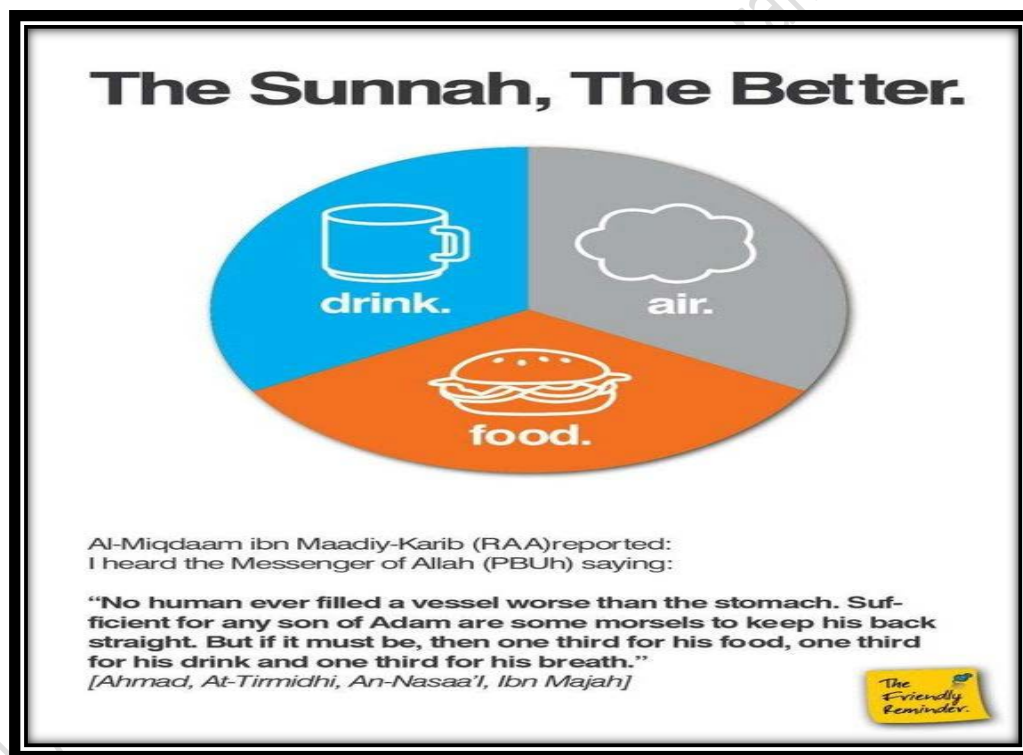
***Table Of Contents***

<b>S. No</b>	<b>Topic</b>	<b>Page</b>
50	Raw Tomato Chutney	<b>39</b>
51	Tomato Shorba (Tomato Soup)	<b>40</b>
52	Walnut And Barley Laddus	<b>41</b>
53	Whole Wheat Muhallabia	<b>42</b>
54	Zucchini Boat	<b>43</b>
55	Cucumber With Dates	<b>44</b>
56	Watermelon & Dates	<b>44</b>

## Introduction

A Workshop On A Healthy Lifestyle To Get A Fit Body, Healthy Mind And A Productive Life Was Conducted And As A Part Of It Most Of Our Sister's Have Shared Many Healthy Recipes.

Alhumdulillah All The Recipes Are Based On Sunnah And Minimal Ingredients And Are Both Healthy And Tempting. We Hope You All Will Love This Recipe Book And Try All The Recipes And Make The Most Out Of It To Improve Your Health And Diet.



***This Book Can Be Most Beneficial To You If You Have Done  
Sunnah Health And Diet Course.***

***Check This Link For The Course***

***<https://darularqam.thinkific.com/courses/sunnah-health-and-diet>***

**Anjeer Halwa (Creamy Fig Fudge)***Recipe By Nikhat Sherief***Ingredients:**

- Dried Figs (Anjeer) ¼ Cup (Chopped)
- Fresh Milk Cream (Malai) – ¼ Cup
- Milk 2 Tbsp (Optional)
- Saffron Few Strands (Optional)
- Nuts For Garnishing

**Method:**

Heat Cream And Milk In A Ceramic/Non-Stick Pan.

Add Saffron And Figs & Mix Well.

Switch Off The Heat And Cover The Pan. Let It Soak For 20 Mins.

Mix The Ingredients Well And Turn On The Stove.

Keep Stirring Till You Get A Fudge/ Halwa Type Consistency.

Fig Fudge Is Ready To Be Served. Plate It On And Garnish With Nuts (Walnuts/ Almonds / Pistachios).

You Can Serve It Hot / Chilled Or Can Even Blend Well & Freeze It As Fig Ice Cream.

If You Prefer It Sweeter Then Add Honey While Serving.

### Baked Chicken Sticks



Recipe By Umme Muhammad

#### Ingredients:

Chicken Breasts - 2 Piece  
Ginger Garlic Paste- 2 Tbsp.  
Turmeric Powder- 1/4 Tsp.  
Red Chilli Powder- 1 Tsp.  
Salt - 1/2 Tsp.  
Curd- 2 Tsp.  
Garam Masala- 1/4 Tsp.

#### Method -

1. Cut Chicken Into 1 - 2-Inch Pieces.
2. In A Bowl Combine Chicken Add All The Above Ingredients Mix Well & Marinate For 30 Min.
3. Place Chicken On A Baking Sheet Lined With Foil And Bake For 15-20 Minutes At 350 Degrees.

### Barley And Besan Laddu



By Umme Muhammad

Recipe Taken From The Sunnah Health & Diet Course.

#### Ingredients:

Sattu - 1/2 Cup  
Besan - 1/2 Cup  
Almonds- 5  
Dates- 5  
Ghee - 2 Tsp

#### Method:

Roast Sattu & Besan Until Golden Brown.  
Grind All The Ingredients Together & Make Laddus.

### Barley With Moong Dal Khichdi



Recipe By Umm Manha

#### Ingredients:

Barley 1 Cup  
 Moong Dal 1/4<sup>th</sup> Cup  
 Red Chilli Powder, Turmeric, Salt, (According To Taste)  
 Ginger Garlic Paste 2 Tsp  
 Tomato, Green Chillies,  
 Onion- 1  
 Coriander And Mint Leaves  
 Yoghurt 1/4<sup>th</sup> Cup  
 Coconut 1 Tsp ,  
 Almonds 3-4

#### Method:

Soak 1 Cup Slightly Dry Roasted Barley Overnight. Separately Soak 1/4<sup>th</sup> Cup Moong Dal 30mins Before Cooking.

Pressure Cook Both With Salt And Adequate Water.

Heat 1tsp Ghee Or Olive Oil In A Pan Add 1 Sliced Onion. Keep The Flame Low Till Onion Becomes Transparent. Now Add 2tsp Gg Paste, Chopped Tomato, Red Chilli Powder, Turmeric, Green Chillies And 1/4<sup>th</sup> Cup Yoghurt. Take 1tsp Of Dry Coconut, 3-4 Almonds And Slightly Roast Them And Make Fine Paste. Now Add Preboiled Barley And Dal Mixture And 3-4 Cups Of Water And Himalayan Pink Salt. Simmer It And Add Garam Masala, Chopped Mint And Coriander Leaves.

**THIS QUANTITY WILL BE SUFFICIENT FOR 2 PEOPLE**

### ***Barley Chilla***



*Recipe By Shiba Fatima*

#### **Ingredients:**

- Salt As Per Your Taste
- 1 Tablespoon Oil For Roasting
- ¼ Teaspoon White Pepper
- ¼ Cup Of Yoghurt (Binding Agent)
- 4-5 Tablespoon (Heaped) Barley Flour
- 1 Green Chilli (Finely Chopped)
- ½ Onion (Finely Chopped) Small Size
- 1 Teaspoon Of Ginger Garlic Paste
- 1 Tablespoon Of Carrot (Finely Chopped)
- Handful Of Mint & Coriander (Chopped)

#### **Method:**

- Mix Yoghurt, Barley Flour And Prepare A Batter, Then Add Rest Of The Ingredient (Except Oil) To The Batter.
- Prepare A Chilla Using A Frying Pan. Barley Chilla Ready To Serve, Can Be Served With Any Dip Of Your Choice.

**THIS QUANTITY WILL BE SUFFICIENT FOR 1 PERSON**

### ***Besan Chilla***

**Same as Above Just Add Besan Instead Of Barley Flour**

### ***Barley Drink***



*Recipe By Shiba Fatima*

#### **Ingredients:**

- 1 Cup Pearl Barley
- 2 Teaspoon Honey
- Few Slices Of Lemon
- Few Mint Leaves
- 1 Glass Of Hot Water

#### **Method:**

- Boil Barley In 2-3 Glasses Of Water At Slow Flame.
- Separate Stock And Barley Using Sieve.
- Add Lemon Slices, Mint Leave And Honey To Hot Stock Of Barley.
- Barley Drink Ready To Serve.

### **Barley Salad**



*Recipe By Shiba Fatima*

#### **Ingredients:**

- 1 Bowl Of Boiled Pearl Barley
- Salt As Per Your Taste
- 1 Teaspoon – Black Pepper
- 2-3 Tablespoon Of Celery (Finely Chopped)
- 2 Tablespoon Of Olives (Chopped)
- 1 ½ Tablespoon Of Olive Oil
- 2 Tablespoon Of Carrot (Finely Chopped)
- Handful Of Mint & Coriander (Chopped)
- 1-2 Tablespoon Of Dry Fruits (Optional)

#### **Method:**

Mix All The Ingredients In A Bowl. Barley Salad Ready To Serve.

## Barley Pongal



Recipe By Zarina Begum

### Ingredients:

Barley  
Roasted Moong Dal  
Chopped Ginger

### For Tempering:

Oil+Ghee  
Mustard Seeds, Cumin Seeds  
Black Pepper, Asafoetida (Hing)  
Cashew Nuts  
Curry Leaves

### Method:

Soak Barley Overnight And Cook It With Moong Dal, Salt And Chopped Ginger And Pepper.  
Once Cooked Temper It With Above Mentioned Tempering Ingredients.  
Finally Garnish It With Coriander, Roasted Cashew Nuts And Serve With Mint Chutney.

**Beetroot Halwa**(Beetroot Talbina)

By Rabiya Basubait

Recipe Taken From The Sunnah Health & Diet Course

**Ingredients:**

1. Barley
2. Beetroot
3. Milk
4. Dates
5. Dry Fruits(Optional)

**Method:**

Soak Barley A Day Before.

Cut Beetroot Into Small Chunks.

In A Pan Add Beetroot Chunks, Soaked Barley And Milk.

Cook It On Sim For Few Minutes Until Barley And Beetroot Gets Tender.

Add Grounded Paste Of Dates And Cook For Few Minutes.

Finally Add Dry Fruits Of Your Choice.Barley & Maash Dal Laddu



Recipe By Umme Muhammad

**Ingredients:**

- Sattu - 1cup  
 Mash Dal - 1/2tbsp  
 Almonds- 5  
 Dates- 5

**Method:**

Roast Sattu & Mash Dal Until Golden Brown.

Grind All The Ingredients Together & Make Laddus.

### ***Barley Ki Roti With Dates***



*Recipe By Shiba Fatima*

#### **Ingredients:**

Barley Flour  
Date Paste

#### **Method:**

Prepare Roti With Barley Flour.  
Cut Out Any Shape And Any Size Cookie Using Cookie Cutter.  
Bake It In Pre Heated Oven For 10 Min.  
Apply Date Paste On It And Garnish With Some Dry Fruits.

### ***Barley Flour & Oats Laddu***



*By Umme Muhammad*

*Recipe Taken From The Sunnah Health & Diet Course.*

#### **Ingredients:**

Sattu - 1cup  
Oats - 5 Tbsp  
Coconut- 3 Tbsp  
Almonds- 5  
Dates- 5

#### **Method:**

Roast Sattu & Oats Until Golden Brown.  
Grind All The Ingredients Together & Make Laddus.

## Barley Roti Rolls



Recipe By Umm Saif

### Ingredients:

For Roti

Barley Flour: 2 Cups

Water -Sufficient To Make Roti Dough.

For Filling:

Paneer- 100grams

Cucumber - 1

Capsicum - 1

Onion - 1

Black Olives - Half A Cup Sliced

Corriander Leaves - 2 Tbsp Chopped

Ginger Garlic Paste - 2 Tsp

Black Pepper Powder - 1 Tsp

Sumac Powder - 1 Tsp

Chilli Powder - 1/2 Tsp

Olive Oil - 2 Tsp

Salt : To Taste

Makes 4 Roti Rolls

### Method: Roti

Dry Roast Barley Till Golden Brown , Allow It To Cool & Grind It To A Fine Powder.

Knead The Barley Flour With Sufficient Water To Make A Roti Dough And Make The Rotis.

### Filling:

Marinate Paneer With One Tsp Ginger Garlic Paste, Chilly Powder And A Pinch Of Salt. Roast The Marinated Paneer With One Tsp Olive Oil Till Done.

Add Chopped Onions, Capsicum Black Pepper Powder, Sumac And Salt To Taste.

Stir Fry For A Minute Or Two , Remove From Fire.

When The Stir Fried Filling Is Cooled Down Add Olives And Cucumber.

Fill The Filling In The Barley Rotis And Make A Roll.The Mouth Watering Healthy Barley Rolls Are Ready To Relish.

## Barley Veg Pulao



*Recipe By Rabiya Basubait*

### Ingredients:

Barley  
1 Tsp Ghee  
1 Tsp Ginger Garlic Paste  
Onion, Green Chillies, Tomato, Carrot, Potato

### Method:

Soak Barley Overnight.  
Take A Pan Add Ghee. Once Hot Add Chopped Onion, Green Chillies, Salt And Ginger Garlic Paste.  
Add Tomatoes And Cook Them Till Mushy.  
Then Add Carrots, Potatoes, Little Water And Cook On Sim Till The Vegetables Are Cooked.  
Finally Add Chopped Coriander And The Dish Is Ready.

## Beetroot Talbinah Trifle



## BEETROOT TALBINAH TRIFLE

Recipe By Nilufar Sharieff

### \*1/ Ingredients & Method For Datespaste:

8-10 Dates (Pitted, Washed & Chopped)

1 Cup Water (For Soaking & Boiling)

~Boil Dates Until Soft

~Blend, Strain & Keep Aside Until Assembling

\*Later Refrigerate The Date Paste For Other Uses

### \*2/ Ingredients & Method For Talbinah\*:-

¼ Cup Pearl Barley

1 Litre Milk

1 Tablespoon Ghee

3 Cardamoms

2 Tbsp Chopped Almonds

6 Dates (Pitted, Washed & Chopped)

~Wash & Soak Barley In Water, For 4 Hours

~Boil Barley With 2 Cups Of Water, Keep It Aside.

~Heat 1 Tablespoon Ghee In A Big Heavy Bottom Pan And Roast The Almonds, Remove And Keep Aside. (Roast Other Dry-Fruits If Necessary & Keep Them Aside, To Be Used One At A Time)

~Add 1 Litre Milk To The Same Pan & Boil On Slow Flame Until Frothy.

~Add 3 Cardamoms And The Boiled Barley.

~Simmer And Cook For 10 Minutes

~Keep Stirring Continuously.

~Add ¼ Cup Milk If Needed And Adjust Consistency.

~Let It Cool & Blend With A Blender

~Cook For 5 More Minutes.

~Pour Some Roasted Almonds & 2 Tablespoon Sliced Dates Over The Talbinah

~Serve Hot Or Cold Garnished With Some More Chopped Dates.

### \*3/ Ingredients & Method For Dates Beetrootalwa:-\*

2 Medium Sized Beetroot

½ Cup Milk

1 Teaspoon Cardamom Seeds

6 Dates (Pitted, Washed & Chopped)

~Grate Beetroot And Boil With ½ Cup Of Milk, Cardamom Seeds And Chopped Dates. Keep It Aside.

~Heat 1 Tablespoon Ghee In A Medium Heavy Bottom Pan.

~Add Boiled Beetroot & Cook For 5-6 Minutes. (Or Until Dry)

~Keep Aside

**\*4] Trifle Assembling Steps\*:-**

Layer1~\*Barley Talbinah\*

Layer2~\*Dates Paste\*

Layer3~\*Barley Talbinah\*

Layer4~\*Beetroot Halwa\*

Topping1~\*Any One Dry-Fruit\*

Topping2~\*Date Paste\*

**\*Note\*:-**

~Serve Or Assemble The Trifle In Transparent Glasses Or Desert Cups.

~Refrigerate Until Served.



Recipe By Nilufar Sherief



Recipe By Nilufar Sherief

## Barley & Pumkin Paratha with Beetroot Chutney



Recipe By  
Nilufar Sherief

### #BeetrootChutney

For Chutney/Ingredients:-

- 1 cup peeled and chopped Beetroot
- ½ teaspoon Dry Red Chili - crushed
- 4-5 cloves of Garlic - finely chopped
- ¼ cup Tomato - chopped
- ½ cup Onion - chopped
- Few Curry leaves - finely chopped
- ½ teaspoon Salt - as required
- 1 tablespoon Olive Oil

### For Chutney/Method:-

- ~Heat 1 tablespoon Olive Oil and fry Curry Leaves & Mustard Seeds (Rai)
- ~Add Garlic, Onions & Chili and roast for 5 minutes
- ~Add the Chopped Beetroot and spices.
- ~Cook on slow flame for 15 minutes
- ~Serve with Parathas

### #BarleyPumpkinParatha

Ingredients:-

- 1 cup peeled and grated Green Pumpkin
- 1 cup Barley flour
- ¼ teaspoon Carom Seeds (Ajwain)
- ¼ teaspoon roasted Cumin powder
- 1 Green Chili - finely chopped
- Few sprigs Coriander leaves - finely chopped
- ¼ cup Onion - chopped
- ½ teaspoon Salt - as required
- 2 tablespoon Water for kneading
- 1 tablespoon Olive Oil for kneading dough & roasting parathas.

For Paratha/Method:-

- ~Mix All ingredients except Olive Oil
- ~Knead well & apply 1 teaspoon Olive Oil
- ~Cover with a damp cloth and keep aside for 15 minutes.
- ~Roll the Paratha's and roast on a Heated pan.
- ~Apply Olive Oil as needed
- ~Serve with Beetroot Chutney.

### Bottle Gourd Drink



Recipe from Umm Mohammed

#### Ingredients:

Bottlegourd – 1 (Medium)  
 Mintleaves- Handfull  
 Cumin Powder- 1/4 Tsp  
 Black Pepper- 1/4 Tsp  
 Ginger- 1 Inch.  
 Salt - 1/4 Tsp  
 Lemon - 1 Tsp  
 Water - 1 Cup

Blend All The Ingredients Together & Ur Bottle Gourd Juice Is Ready .

### Carrot Soup



*Recipe By Asra Fatima*

#### **Ingredients:**

4 Carrots  
3 Garlic Pods  
1 Onion  
1/2 Tsp Pepper  
Salt  
1/2 Tsp Cumin Pdr  
1 Tsp Ghee

#### **Method:**

Chop All Above Ingredients And Sauté In Ghee Just Translucent Add Water And Pressure Cook And Grind And Cook Till Your Desire Consistency  
Garnish With Sunflower Seeds/Almond Flakes And Coriander.

## Chicken Soup



*Recipe By Asra Fatima*

### Ingredients:

Tomatoes,- 4  
Garlic 3-5  
Chicken 4 Pcs  
Barley/ Sattu 1-2 Tbsp  
Whole Cardamom 3,  
Dhaniya  
Peppercorn,- ½ Tsp  
Salt, Turmeric

### Method:

Grind 4 Tomatoes With Garlic And Keep Aside.  
Boil Chicken With Peppercorns, Salt, Turmeric And Barley.  
Later Add Tomatoes Paste And Barley Flour/Sattu And Cook For Sometime.  
Finally Add Water As Per The Desired Consistency And Add Chopped Coriander.

### *Date Fudge & Watermelon Bites*



*Recipe By Nilufar Sharieff*

#### **Ingredients:**

- 10 Dates (Pitted & Washed)
- ¼ Cup Whole Brown Barley
- 2 Tablespoon Fried Gram
- 1 Tablespoon Chopped Pista
- 1 Tablespoon Ghee (Overall)
- Optional\*
- \*1 Tablespoon Chopped Cashew
- \*1 Tablespoon Chopped Almonds
- \*Almonds & Pista For Garnishing
- \*Poppy Seeds

#### **Method:-**

- ~Heat A Pan And Add ½ Tablespoon Ghee.
  - ~Add Whole Barley & Fried Gram
  - ~Add Pista
  - [Cashew & Almonds (Optional)]
  - ~Roast On Slow Flame For Five Minutes
  - ~Add The Dates And Cook For 2 More Minutes
  - ~When Cooled, This Mixture Can Be Formed Into Any Desired Shape.
- Cut Out Watermelon Pieces Exactly Same Shape/Size Of The Date Fudge Bites & Keep Them Together/Firmly With A Toothpick.

### Date Fudge Bites



Recipe By Nilufar Sharieff

Roll & Flatten The Mixture, Dab With Almond & Pista (Optional) And Cut Out Shapes Using Any Shaped Cookie Cutter.

### Dates & Sattu Roll



Recipe By Nilufar Sharieff

Roll The Mixture Using The ½ Tablespoon Ghee And Coat With Mixed Dry Fruits.

### Dates & Cucumber Fusion



Recipe By Nilufar Sharieff

#### Ingredients:

- 1 English Cucumber (Unpeeled)
- 4 Small Dates (Pitted & Washed)
- 2 Mint Leaves

#### Method:

- ~Soak Dates In Water For ½ An Hour At Least.
- ~Add Cucumber Cubes & Dates In A Mixer.
- ~Beat Well & Strain It.

## Dates & Watermelon Fusion



Recipe By Nilufar Sherief

### Ingredients:

2 Cups Watermelon (De-Seeded)

4 Small Dates (Pitted & Washed)

### Method:

~Soak Dates In Water For ½ An Hour At Least.

~Add Watermelon Cubes & Dates In A Mixer.

~Beat Well & Strain It.

## Date Balls



By Sayyada Ayesha Sultana

Recipe Taken From The Sunnah Health & Diet Course.

### Method:

Take Some Dates Which Are Soft And Then Deseeded It Take Out All The Seeds.

Then Add Mashed Dates To The Grinded Powder Of Oats, Pista And Coconut Powder.

Then Add Honey To It And In The Last Make Balls Out Of It And Sprinkle Some Coconut Powder Over It. Yummy Dates Balls Are Ready

### ***Dry Fruits Laddu***



*By Rabiya Basubait*

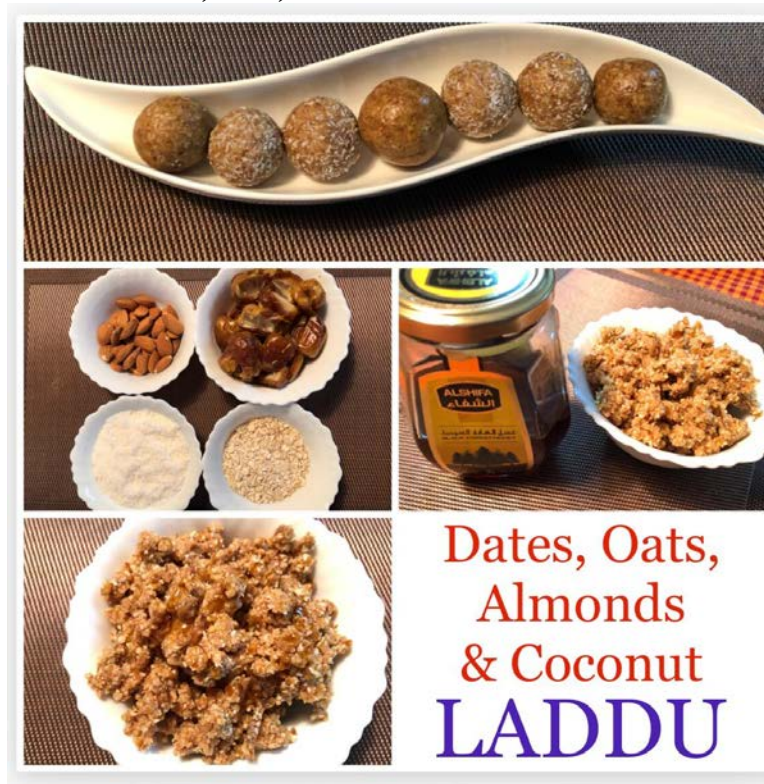
*Recipe Taken From The Sunnah Health & Diet Course*

Dates, Oats  
Pista, Honey  
Grated Coconut

#### **Method:**

Coarse Grind All The Dry Fruits And Add Honey.  
Add Grated Coconut When Shaping The Laddus.  
Garnish It With Almonds

### Dates, Oats, Almonds & Coconut Laddu



By NilufarSharieff

Recipe Taken From The Sunnah Health & Diet Course

#### ~Ingredients:-

1 cup Dates (de-seeded)

$\frac{3}{4}$  cup Almonds

$\frac{1}{2}$  cup Oats

$\frac{3}{4}$  cup Desiccated Coconut

1 tablespoon Honey

#### ~Method:-

~Dry roast Oats & Coconut on slow flame.

~Chop Almonds & Dates in a Food Processor.

~Fold in the roasted Oats & Coconut.

~Make Bars, Laddu or create any desired shape.

~Coat with Coconut & Store in Airtight Jars.

~No need to refrigerate if consumed within a week.

## Grilled Chicken



Recipe By Rabiya Basubait

### Ingredients:

#### Marination 1

Red Chilli Powder

Salt, Turmeric

Ginger Garlic Paste

Lemon Juice, Garam Masala

#### Marination 2

Curd

Tomato

Cashew, Almonds

Lemon Juice And Green Chillies

### Method:

Clean The Chicken Properly And Add First Marinate Ingredients And Let It Marinate For 30mins.

Then Make A Paste Of Second Marinate Ingredients And Coat It On Chicken.

Leave It For 2 Hours.

Then Grill It In Oven.

## Hasees



By Noor E Tabassum

Recipe Taken From Sunnah Health & Diet Course

### Ingredients:

Barley-1/2 Cup

Ghee -2 Tsp

Dates- 5

Milk- 2 Cups

Paneer- 2-4 Cubes.

**Method:** In A Pan Add Ghee N Roast Barley Until It Turns Golden Brown In Colour Next Add Milk, Dates & Leave It For 20 Mins Keep Stirring Else Barley May Stick To Pans Bottom. Cook To Your Desired Consistency, Serve With Dry Fruits & Paneer & Get A Healthy Diet With Some Sunnah Ajr .

## Kaddu Ke Kabab



By Umme Muhammad

Recipe Taken From The Sunnah Health & Diet Course

### Ingredients:

Bottle Gourd 1 1/2 Cup Grated

Gram Flour 1/4 Cup

Ginger Garlic-1/2 Tsp

Green Chillies 2

Cilantro 1/4 Cup Chopped

Salt To Taste.

### Method:

In A Cotton Cloth Take Grated Bottle Gourd Squeeze It And Remove Its Water.

\*Note\* You Can Use That Water As Your Morning Drink Or Can Be Used In Your Sauce Or Curry.

Take A Bowl Add Bottle Gourd With All The Above Ingredients Mix Well, Give Your Own Shape & Bake In Preheated Oven For 15 Mins At 250 Degrees.

## Kaddu Ke Kofte In Sareed Gravy



Recipe By Shiba Fatima

### Ingredients:

#### FOR KOFTA:

½ Lauki / Bottel Gourd / Sorekayi / Curaikkay / Sisa  
 ¼ Cup Besan / Gram Flour  
 Salt To Taste  
 ½ Tsp Turmeric / Haldi  
 ½ Tsp Kashmiri Red Chilli Powder / Lal Mirch Powder  
 2 Tbsp Corn Flour, To Coat ¼ Tsp Garam Masala Powder  
 Appam Pan For Frying Or Roasting

#### FOR KOFTA PREPARATION:

Firstly, Peel And Grate Lauki. Add Salt Squeeze Well. Also Add In Besan And Spices. Mix Well And Prepare Kofta.

Make Small Balls N Roast In Appan Pan.

Drain And Keep Aside.

600g Lean Boneless Lamb Cut Into Small Pieces

2 Tablespoons Of Pure Extra Virgin Olive Oil

1 Large Sized Onion, Peeled And Chopped Finely

¾ Cloves Of Garlic, Chopped Finely

1/2-Inch Piece Of Fresh Ginger Root, Chopped Finely

1 Teaspoon Of Tomato Puree

1 Large Fresh Ripe Tomato, Chopped

Salt And Black Pepper To Your Taste. You Can Use A Natural Salt Like Sea Salt Or Himalayan Pink Salt.

1/4 Teaspoon Turmeric

1/4 Teaspoon Chilli Powder

1/4 Teaspoon Garam Masala Powder

1/4 Teaspoon Coriander Seed Powder

1/4 Teaspoon Cumin Seed Powder

1 Teaspoon Of Fresh Yoghurt, Homemade Is Best (Optional)

1 And 1/2 Pints Of Boiling Water. Add Koftas In The Gravy Along With Handful Of Fresh Coriander Leaves And Mint Leaves, Chopped For Garnishing.

## Kaddu Ke Shaami



Recipe By Rabiya Basubait

### Ingredients:

Kaddu  
Chana Dal  
Green Chillies, Coriander, Mint Leaves  
Ginger Garlic Paste  
Salt As Per Taste  
Breadcrumbs  
Garam Masala

### Method:

In A Pressure Cooker Add Kaddu, Dal, Green Chillies, Coriander, Mint Leaves, Salt, Ginger Garlic Paste, Some Water And Cook It.  
Let It Try Completely And Then Grind It.  
Add Garam Masala, Chopped Coriander And Mint Leaves, Breadcrumbs To The Paste And Shape Them.  
Shallow Fry Using Ghee.

### ***Mutton Soup***



*Recipe By Umm Muhammad*

#### **Ingredients:**

Mutton Pieces (Bones) - 5 To 8.

Garlic -3 Cloves

Tomato - 1

Barley - 4 Tbsp

Bay Leafs -2

Lemon -1

Black Pepper Pwd - 1 ½ Tsp

Fresh Mint & Cilantro Leaves -Handful.

Salt To Taste.

#### **Method:**

Wash And Clean Mutton Bony Pieces. For Soup, Mutton Bone Must Be More Than The Mutton Flesh. (This Gives Good Taste & Aroma To Soup) In A Pressure Cooker, Add Meat, Tomato, Crushed Garlic, Barley, Black Pepper, Salt.

Add 3 To 4 Cups Of Water And Pressure Cook It For 4 Whistles. Simmer For 8 To 10 Mins. The Mutton Should Be Cooked Tender, Add Mint And Cilantro Leaves.

### Mutton Sareed With Kaddu



Recipe By Nilufar Sherief

#### Ingredients:

- 1-Cup Mutton
- ¼-Cup Chopped Onion
- ¼ M-Cup Chopped Tomato
- ½-Tablespoon Ginger Paste
- ½-Tablespoon Garlic Paste
- 1 Piece Cinnamon
- 1-Teaspoon Salt
- 1-Teaspoon Red Chili Powder
- 4-Cups Water
- 10 Small Pieces Of Green Pumpkin (Kaddu)
- 1-Tablespoon Coriander Leaves
- 4-Small Barley Chapatis

#### Step-1:-

- ~Wash Mutton & Place In A Big Vessel.
- ~Add 4 Cups Of Water & All Ingredients Except Kaddu, Chapatis & Coriander Leaves.
- ~Cook For 30 Minutes Or Until Mutton Is Soft.

#### Step-2:-

- ~Add Kaddu & Cook Until Its ¾Th Done.
- ~Make Small Pieces Of Barley Chapati And Add Them To The Gravy.
- ~Heat The Gravy And Garnish With Coriander Leaves.
- ~Serve Immediately

### Nabeez with Dates



Soak 100 gms Dates in one litre water overnight. Cover and keep at a cool place.

Do not soak for more than 12 hours

After soaking overnight (8-12 hours) . Drink the water . you can even blend the dates by removing it seed & drink as a smoothie. Or you can use the soaked dates for Talbina & Consume the liquid only.

If Refrigerating it then use it within 2 Days .

### Nabeez With Raisins



Soak 100 gms Raisin in one litre water overnight. Cover and keep at a cool place.

Do not soak for more than 12 hours

After soaking overnight (8-12 hours) . Drink the water . you can even blend the Raisins by removing it seed & drink as a smoothie. Or you can use the soaked Raisins for Talbina & Consume the liquid only.

If Refrigerating it then use it within 2 Days .

NOTE : Use Either Dates Or Raisins For Nabeez , Do Not Use Both

Use only One type of dates , or One Type Of Raisins , Do Not Use Mixed Variety.

## Olives Salad



By Yusra Syed

Recipe Taken From The Sunnah Health & Diet Course

### Ingredients:

1. Few Deseeded Olives Chopped N Crushed
  2. Garlic Crushed (1pod)
  3. Chopped Tomato
  4. Chopped Cucumber
  3. Onion Optional
  4. Pepper N Salt And Sprinkle Some Oregano
  5. Add A Dash Of Olive Oil
- Give A Good Mix N Have With Barley Roti Or Bread.

### Protein Salad



Recipe By Sofia Ali

#### Ingredients:

- 1 Cup Kala Chana
- 3/4th Cup Green Moong
- 200grams Cottage Cheese(Paneer) Cut Into Small Pieces
- 1/4th Cup Roasted Skinless Peanuts
- 1 Medium Tomatoe Finley Chopped
- 1medium Onion Finely Chopped
- Handfull Of Chopped Coriander Leaves For Garnishing
- 1tbsp Of Raw Mango For Garnishing (Optional)
- Black Salt(Kala Namak) To Taste
- 2tsps Cumin Powder (Zeera Powder)
- 2-3green Chillies Finely Chopped
- 1/4tsp Black Pepper (Kaali Mirch Powder)
- 1/2tsp Chaat Masala
- 1lemon(Nimbu) Cut Into Half.

#### Method:

1. Soak Kala Chana Overnight And Drain. In A Damp Muslim Cloth Add The Chana In It And Form A Bag. Hang It Overnight And Let Them Sprout. Similarly Sprout The Green Moong As Well.
2. In A Large Bowl Add Kala Chana. Sprouted Green Moong, Onion, Tomato, Roasted Peanuts, Black Salt, Roasted Cumin Powder, Chaat Masala, Green Chillies, Add Lemon Juice And Mix Them Well
3. Transfer It To The Serving Bowls.
4. Cut The Paneer Cubes Further Into Small Pieces And Add On The Top ( I Usually Take 4cubes Of Paneer, I Purchase Cubes Of Paneer) As Paneer Get Tender At The Bottom Or When Mixed With The Rest Of The Ingredients Everyone At Home Likes It As A Solid One.
5. Garnish It With Chopped Coriander Leaves. And Raw Mango And Serve It.

### ***Pan Fry Kaddu***



*By Shiba Fatima*

*Recipe Taken From The Sunnah Health & Diet Course*

#### **Ingredients:**

1 Bottle Gourd Peeled And Cut

Red Chilli Powder

Turmeric Powder

Mango Powder

Black Pepper Powder

Salt To Taste

1 Tsp Ginger Garlic Paste

2 Tablespoons Cooking Oil

Can Add More Spices As Per Your Taste.

Sprinkle Salt, Red Chilli Powder, Turmeric Powder, Black Pepper Powder, Mango Powder On All Over Bottle Gourd Pieces. Heat Oil On Nonstick Pan, Shallow Fry Pieces From All The Sides. Transfer It In Plate And Serve This With Any Dip Or Garlic Dip.

### ***Sattu Cookies***



*Recipe By Umm Muhammad*

#### **Ingredients:**

Sattu- 2 Cups

Milk- 5 Tbsp

Honey - 9 Tbsp.

Mix All & Make A Dough Give Ur Own Shape & Bake For 20 Mins.

**Sheer Khurma(Sewiyan)***Recipe By Nilufar Sherief***Ingredients:**

- ¼ Cup Roasted Thin Vermicelli (Azad/Mehran Brand)
- 1 Litre Milk
- 2 Tablespoon Ghee
- 3 Cardamoms
- 2 Tbsp Chopped Almonds
- 6 Dates (Pitted, Washed & Thinly Sliced)

**Method:**

- ~Heat 2 Tbsp Ghee In A Big Heavy Bottom Pan And Roast The Almonds, Remove And Keep Aside.  
\_(Roast Other Dry-Fruits If Necessary & Keep Them Aside, To Be Used One At A Time)\_
- ~Add 1 Litre Milk To The Same Pan & Boil On Slow Flame Until Frothy.
- ~Add 3 Cardamoms And The Crushed Vermicelli. Stir Well.
- ~Simmer And Cook For 10 Minutes
- ~Keep Stirring Continuously.
- ~Add ½ Cup Milk And Adjust Consistency.
- ~Cook For 3 More Minutes.
- ~Pour Some Roasted Almonds & Sliced Dates Over The Sewiyan
- ~Best Served Hot Garnished With Sliced Dates

**Sareed***By Shiba Fatima**Recipe Taken From The Sunnah Health & Diet Course***Ingredients:**

- 1 Cup Mutton
- ¼-Cup Chopped Onion
- ¼ M-Cup Chopped Tomato
- ½-Tablespoon Ginger Paste
- ½-Tablespoon Garlic Paste
- 1 Piece Cinnamon
- 1-Teaspoon Salt
- 1-Teaspoon Red Chili Powder
- 4-Cups Water
- 1-Tablespoon Coriander Leaves
- 4-Small Barley Chapatis

**Step-1:-**

Wash Mutton & Place In A Big Vessel.

Add 4 Cups Of Water & All Ingredients Except Chapatis & Coriander Leaves.

Cook For 30 Minutes Or Until Mutton Is Soft.

Make Small Pieces Of Barley Chapati And Add Them To The Gravy.

Heat The Gravy And Garnish With Coriander Leaves And Lemon.

## Spicy Veg Barley



By NilufarSharieff

## ~Ingredients:-

- 4 tablespoon Barley
- ¼ cup chopped Onion
- ¼ cup chopped Tomato
- ½ cup vegetables (optional)
- 4 cloves Garlic (chopped)
- ½ teaspoon Red Chilly powder
- ½ teaspoon Pink Salt

## Garnishing:-

- 1 teaspoon Dry Roasted Peanuts
- 1 teaspoon Dry Roasted Cashewnuts
- 2 teaspoon fresh Cilantro (chopped)

## ~Method:-

- ~Soak Barley for 4 hours
- ~Boil Barley for 30 minutes adding 3 cups of water.
- ~Add all other ingredients to barley. (except the garnishing ones)
- ~Boil for 20 minutes
- ~Garnish with Peanuts, Cashewnuts & chopped Cilantro.
- ~Serve warm

## Spicy Oats



By Farah Ahmed

### Ingredients:

Oats 1 cup  
 Water 2 and half cups  
 Gg paste 1 tsp  
 Red chilli powder 1 tsp  
 1/2tsp haldi  
 1 onion  
 1 or 2 tomatoes(chopped or grinded)  
 Pink salt  
 Dhania powder(optional)

### Method

Mix and Cook all together till it becomes soft..  
 Garnish it with kothimeer n lemon chopped onion as u like  
***Your Spicy Oats Without Oil Is Ready To Enjoy***

**Talbina**

By Shiba Fatima

Recipe Taken From The Sunnah Health &amp; Diet Course

**Ingredients:**

- 1 Cup Kibbled Barley (Soaked Overnight)
- 1 Cup Milk
- Handful Of Almonds, Cashew Nut And Pistachios
- ¼ Cup Dates Finely Chopped
- Honey For Serving

**Method 1:**

- Pressure Cook Kibbled Barley With Milk Till Barley Becomes Tender.
- Add Dates To Tendered Barley And Cook For Few Minutes.
- Serve With Dry Fruits And Honey On Top.

**Method 2:**

Instead Of Kibbled Barley Use Barley Flour.

- Roast Barley In 1-2 Tsp Of Ghee.
- Cool It And Grind It Into A Powder.
- In A Pan Boil Milk And Add Dates.
- Then Add Roasted Barley Powder And Cook It Till It Thickens.
- Serve It With Honey And Dry Fruits On Top.

## Talbinah (Whole Barley)



By NilufarSharieff

Recipe Taken From The Sunnah Health &amp; Diet Course

## ~Ingredients:-

4 tablespoon Whole Barley

½ cup Milk

2 tablespoon Honey

1 Cardamom

4 Dates (de-seeded &amp; chopped)

4 Roasted Dryfruit

\*any 1 dry fruit at a time, Pistachios used here.

## Method:-

~Boil Barley with 2 cups of water

~Boil milk &amp; cardamoms separately.

~Add boiled barley &amp; 2 chopped dates.

~Cook for 15 minutes.

~Garnish with Honey, Dates, Dry fruit &amp; Serve

## Tomato Salsa (Raw Tomato Chutney)



## TOMATO SALSA

By NilufarSharieff

## ~Ingredients:-

- 2 cup Tomatoes
- ¼ cup Onion
- 4 twigs of fresh Cilantro
- 1 tablespoon fresh Lime Juice
- 4 cloves Garlic
- 2 Green Chilis
- ½ teaspoon Pink Salt

## ~Method:-

- ~Add all ingredients in a Food Processor.
- ~Make a course Puree.
- ~Best served with Rice.

*Raw Tomato Chutney***Ingredients**

- Tomatoes
- Garlic
- Cumin Seeds
- Mint Leaves

**Method**

Grind All The Ingredients In A Blender . Raw Tomato Chutney Is Ready!!

## Tomato Shorba (Tomato Soup)

**TOMATO SHORBA**

By NilufarSharieff

## ~Ingredients:-

- 3 Tomatoes
- ¼ cup onion
- 3 Cloves of Garlic
- 1 teaspoon Ginger Juliennes
- 2 twigs of Corriander.
- ¼ piece of Cinnamon
- 2 Cardamoms
- 1 Dry red Chili (optional)
- 2 cups of water
- ¼ teaspoon Pink Salt

## Method:-

- ~Add All ingredients (except salt) in a Vessel
- ~Boil for 10 minutes on a medium flame
- ~Remove Cardamom & Cinnamon and make a fine puree.
- ~Strain the puree and add pink salt.
- ~Boil for 5 minutes and Serve garnished with Corriander

## Walnut And Barley Laddus



By Umm Saif

Recipe Taken From The Sunnah Health & Diet Course

### Ingredients:

Barley: 6 Tbsp

Mashdaal: 3 Tbsp

Walnuts: 6 Whole

Honey: 6 Tbsp

Ghee: 2 Tbsp

Pistachio: Slivers ( For Garnishing)

Makes 8- 10 Laddus.

### Method:

In A Pan Add 1 Tbsp Ghee & Roast Barley On Sim, Till Golden Brown, Keep Aside & Let It Cool.

Again Roast Mashdal In The Same Way And Keep Aside & Let It Cool.

When Barley & Mashdal Have Cooled Down , Add Walnuts To It And Make Dry Powder.

Now Add Honey To The Powder And Make Laddus.

Brush Little Honey On Each Laddu And Coat Them With Pistachio Slivers.

Yummy, Nutritious Barley Walnut Laddus Are Ready To Serve.

## Whole Wheat Muhallabia

**Whole Wheat Muhallabia**

Recipe By Nilufar Sherief

**Ingredients:**

- ½ Cup Whole Wheat
- 8-10 Dates
- 2 Cups Of Milk
- Water As Needed
- 2-Cardamom

**Step-1:-**

- ~Wash & Soak Wheat In Water, For 4 Hours
- ~Boil Wheat With 2 Cups Of Water, Keep It Aside.

**Step-2:-**

- ~Deseed & Cut Dates Into Cubes
- ~Boil 1 Cup Water And Add Dates
- ~Stir & Mash Them.
- ~Cook Until All Water Is Absorbed And A Fine Pulp Is Formed.

**Step-3:-**

- ~Boil Milk & Cardamom
- ~Add The Boiled Wheat And Cook Until Its Completely Dissolved, Keep It Aside.  
(Or Use A Blender To Blend It)
- ~Add 2 Chopped Dates To It For Sweetness. (Optional)

**Assembling:**

- 1~Pour The Boiled Wheat In A Serving Bowl
- 2~Pour The Date Pulp Over It.
- 3~Garnish With Crushed Pista & Refrigerate
- 4~Serve Chilled

## Zucchini Boat



*Recipe By Shiba Fatima*

### Ingredients:

2 Medium Zucchini (About 8 Inches)  
 3/4 Pound Ground Chicken  
 1 Small Onion, Chopped  
 1/2 Cup Chopped Yellow Pepper  
 1/2 Cup Chopped Sweet Red Pepper  
 1/2 Cup Chopped Green Pepper  
 1 Cup Shredded Cheddar Cheese, Divided  
 2 Tablespoons Ketchup  
 Salt And Pepper To Taste

### Method:

Trim The Ends Off Zucchini. Cut Zucchini In Half Lengthwise; Scoop Out Pulp, Leaving 1/2-In. Shells. Finely Chop Pulp.

In A Skillet, Cook Beef, Zucchini Pulp, Onion And Peppers Over Medium Heat Until Chicken Is No Longer Pink; Drain. Remove From The Heat. Add 1/2 Cup Cheese, Ketchup, Salt And Pepper; Mix Well. Spoon Into The Zucchini Shells. Place In A Greased 13x9-In. Baking Dish. Sprinkle With Remaining Cheese.

Bake, Uncovered, At 350° Until Zucchini Is Tender, 25-30 Minutes.

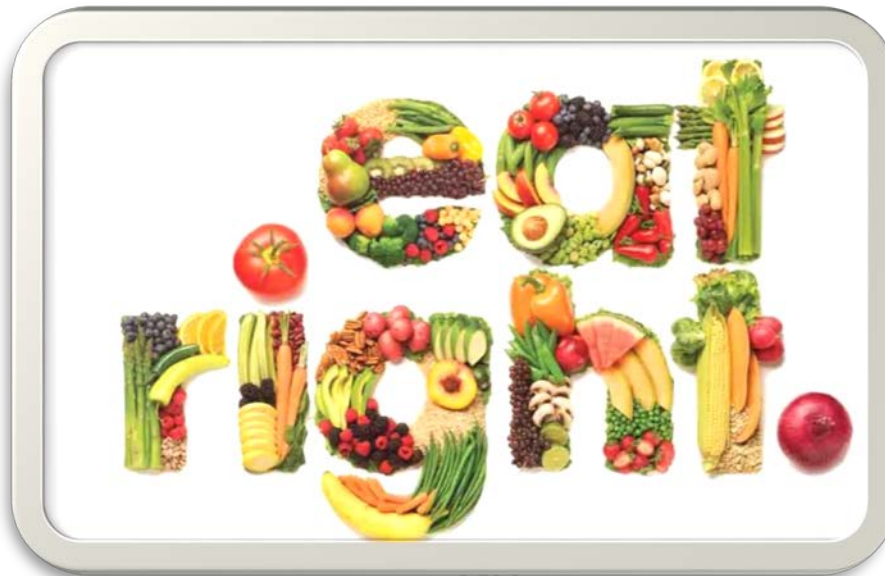
### *Watermelon & Dates*



Aliya Ali

### *Cucumber And Dates*





"O Mankind: Eat Of What Is Lawful And Good On Earth" (Quran 2: 168).

"But Waste Not By Excess For Allah Loves Not The Wasters" (Quran 7:31).

"Eat Of The Good Things We Have Provided For Your Sustenance, But Commit No Excess Therein, Lest My Wrath Should Justly Descend On You, And Those On Whom Descends My Wrath Do Perish Indeed" (Quran 20:81).

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