

ARABIAN CUISINE.

EGYPT



Mediterrenean Sea

Victoria Matruh

Alexandria

El-Fayoum

Port Said

Ainab

Ismailia

Shubra

Mansara

Giza

Cairo

Suez

Fayoum

Beni Suef

el-Fay

Minya

- 1. Damauhur
- 2. Kafir el-Sheikh
- 3. Sheikh el-Khaya
- 4. Beniha
- 5. Zagazig

Ainut

Maragha

Sohag

Qena

Khatat

Ismut

Assut

Red Sea



Map of Egypt



Arab Republic of Egypt

جمهورية مصر العربية

FLAG



COAT OF ARMS



Capital
(and largest
city)

Cairo



30°2'N, 31°13'E

**Official
language**

Arabic

Demonym

Egyptian

Population

80,335,036ml

Area

1,001,450 square kilometers



ETYMOLOGY



One of the ancient [Egyptian](#) names of the country, *Kemet* (kꜣꜣt), or "black land" (from *kem* "black"), is derived from the fertile black soils deposited by the Nile floods, distinct from the *deshret*, or "red land" (dšꜣꜣt), of the desert. The name is realized as *kīmi* and *kīmə* in the [Coptic](#) stage of the Egyptian language, and appeared in early Greek as *Χημία* (*Khēmía*). Another name was *t3-mry* "land of the riverbank". The names of [Upper and Lower Egypt](#) were *Ta-Sheme'aw* (t3-šmꜣw) "sedgeland" and *Ta-Mehew* (t3 mḥw) "northland", respectively.

Religion in

Egypt

The rolling call to prayer. The rolling calls to prayer that are heard five times a day have the informal effect of regulating the pace of everything from business to entertainment. Cairo is famous for its numerous mosque minarets and church towers. This religious landscape has been marred by a record of religious extremism.



Cairo's unique cityscape with its ancient mosques



Over ten million Egyptians follow the Christian Over ten million Egyptians follow the Christian faith as members of the Coptic Orthodox Church of Alexandria

Culture of Egypt



Bibliotheca Alexandrina Bibliotheca Alexandrina is a commemoration of the ancient Library of Alexandria in Egypt's second largest city.

Eighteenth

dynasty Eighteenth dynasty painting from the tomb of

Theban Eighteenth dynasty painting from the tomb of Theban governor

Ramose Eighteenth dynasty painting from the tomb of Theban governor Ramose

in Deir el Medinah





Upper Egyptian folk musicians from [Kom Ombo](#).

[Egyptian music](#) is a rich mixture of indigenous, Mediterranean, African and Western elements. Egyptian

music traces its beginnings to the creative work of people such as Abdu-I Hamuli, Almaz and Mahmud Osman, who influenced the later work of Egyptian music giants such as Sayed Darwish, Umm Kulthum, [Mohammed Abdel](#)

[Wahab](#) Contemporary Egyptian music traces its beginnings to the creative work of people such as Abdu-I Hamuli, Almaz and Mahmud Osman, who influenced the later work of Egyptian music giants such as Sayed Darwish, Umm Kulthum, Mohammed Abdel Wahab and [Abdel Halim](#)

[Hafez](#) Contemporary Egyptian music traces its beginnings to the creative work of people such as Abdu-I Hamuli, Almaz and Mahmud Osman, who influenced the later work of Egyptian music giants such as Sayed Darwish, Umm Kulthum, Mohammed

culinary traditions such as Ful Medames, Kushari and Molokhia, while sharing similarities with food found throughout the eastern [Mediterranean](#) consists of local culinary traditions such as Ful Medames, Kushari and Molokhia, while sharing similarities with food found throughout the



Most [Egyptians](#) perhaps consider [Ful Medames](#), or mashed fava beans, to be the [national dish](#), or mashed fava beans, to be the national dish. Ful is also used in making Ta'miyya or Falafel ([Arabic](#): طعامية – فلافل). Bread accompanies most Egyptian meals; local bread is called Eish Masri or Eish Baladi ([Egyptian Arabic](#): عيش), a word which also means life.

Ancient Egyptians are known to have used a lot of garlic and onion in their everyday dishes.



Egyptian farm

MEALS

There are few precise accounts of how many meals were eaten, but it has been assumed that the wealthy would have two or three meals a day; a light morning meal, a larger lunch and dinner later in the evening. The general population would most likely eat a simple breakfast of bread, beer and onions and a main meal in the early afternoon.

Food preparation

Food could be prepared by stewing, baking, boiling, grilling, frying or roasting and spices and herbs were added for flavor, though the former were expensive imports and therefore confined to the tables of the wealthy.



climate. Egypt went from being a lush region to a drier climate. Initially, there was plenty of game such as antelope, [gazelle](#) on a burial chamber from c. 2700 BC.

The predynastic cuisine differed from later eating habits due to changes in climate. Egypt went from being a lush region to a drier climate. Initially, there was plenty of game such as antelope, gazelle, [hippo](#)

The predynastic cuisine differed from later eating habits due to changes in climate. Egypt went from being a lush region to a drier climate. Initially, there was plenty of game such as antelope, gazelle, hippo, crocodile, ostrich, waterfowl and fresh and salt water fish. Smaller game like [wild ass](#)

The [New Kingdom](#) The New Kingdom was a period with innovations in diet due to foreign trade and warfare. [Pomegranates](#) were introduced and almonds were imported. It is also possible that apples and apricots were imported on a small scale, and by Greco-Roman times quinces, pears, plums, peaches, filbert, walnut, pine nut and pistachios were introduced.

game such as antelope, gazelle, hippo, crocodile, ostrich, waterfowl and fresh and salt water fish. Honey was the primary sweetener, but was rather expensive. There was honey collected from the wild, and honey from domesticated bees kept in pottery hives. A cheaper alternative would have been dates or [carob](#).

Smaller game like wild ass, sheep, goats, wild cattle and even [hyenas](#) were eaten.

Bread and beer

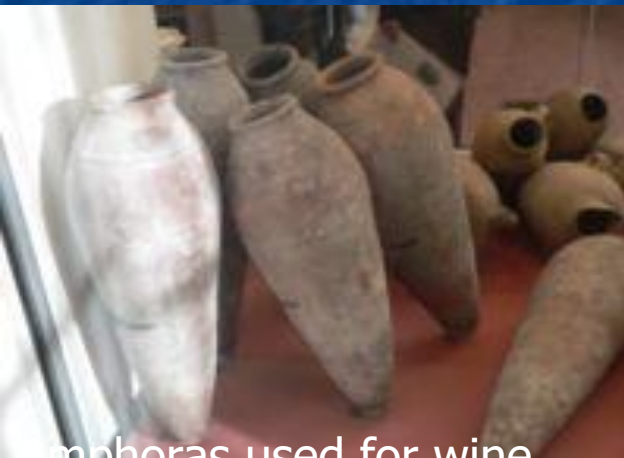


A depiction of the royal bakery from an engraving in the tomb of of [Ramesses III](#)A depiction of the royal bakery from an engraving in the tomb of of Ramesses III in the [Valley of the Kings](#)A depiction of the royal bakery from an engraving in the tomb of of Ramesses III in the Valley of the Kings. There are many types of loaves, including ones that are shaped like animals. [20th](#)

Herbs and spices

Dill, fenugreek, parsley, thyme, white and black cumin, fennel, marjoram and mint are all native to Egypt and were used in cooking in ancient times. Both cinnamon and [pepper](#) were imported from the New Kingdom and onwards.

DRINKS



Amphoras used for wine found at [Abydos](#) Amphoras used for wine found at Abydos. [Louvre Museum](#), Paris.

Beer, brewed since the Predynastic Period at least, was the main beverage of the ancient Egyptian population, drunk by rich and poor, old and young. The alcohol content was low, and the beer had to be consumed immediately, necessitating daily brewing. It became more widespread from the New Kingdom on. Water, drawn from wells or the river and, to a small degree milk, were also drunk. Wines from grapes, dates and figs were available, but were expensive and something reserved for the elite.

EATING THE EGYPTIAN WAY

- The typical breakfast consists of tea and *foul*, or beans, bread and cheese or eggs and jam.
- The afternoon family meal, eaten around 3:00 p.m., is more elaborate and consists of cooked chicken, beef or lamb, fish, vegetables with rice, salads and pickles.
- A light supper at 8:00 p.m. includes yogurt, fruit or cheese.

