



SUDAN



MEET THE CHEF MOHAMMAD AL EZZI

Sudanese cuisine has been influenced by many countries' gastronomy.

From neighbouring countries to further away lands due to the cultural and commercial exchanges creating a delicious mixture between the components of the Sudanese varieties that have an authentic African taste.

SUDAN GASTRONOMY MUSTS



MANGO



GRAPEFRUIT



RIGLA



PEANUTS



SESAME SEEDS





DO IT YOURSELF!

LAMB SHAIYAH

Shaiyah is one of the most popular Sudanese dishes. It can be served for breakfast, lunch or dinner and is the main course in all the Sudanese occasions!

INGREDIENTS

- 1.3 kg lamb (cubed)
- *Jalapeno* pepper
- Bay leaves
- 4 cloves garlic (peeled and sliced)
- ½ large red onion or 1 small red onion (sliced)
- 2 celery ribs, cut into long pieces
- 1 teaspoon black pepper
- 2 teaspoons coriander powder
- 2 teaspoons cumin powder
- Slice of lemon or lime

STEP BY STEP

- ① Add sliced onions into the frying pan, celery ribs, bay leaves, salt, sliced garlic, seasonings and 1 cup of water.
- ② Wash lamb, put it in a cooking pot and cook for about 30 minutes just so the meat is cooked but not overdone.
- ③ Heat up 1 tablespoon of oil in a frying pan and add the lamb.
- ④ Pan fry on high heat for 15 to 20 minutes. When it starts sticking to the pot, add small amounts of water with lemon to prevent burning.
- ⑤ Add extra raw onions, lemon or lime slices and pepper to decorate the plate.