

CUISINES OF EGYPTIAN

By Faiza bano Mohammad Zahid

Aqsaa women's degree college

Egyptian cuisine

- The Egyptian cuisine shares characteristics with Mediterranean cuisine hummus, falafel, Shawarma, kabob, stuffed grape leaves etc. With a very fertile ground food I grown here and fresh foods are the highlight of this cuisine. Legumes, vegetables, and grains (wheat, barley, and rice) dominate the Egyptian diet.

Traditional Egyptian food

Ful Medammes:

- Ful Medammes is the most common traditional breakfast.
- It is made of fava beans cooked with oil and salt.
- Usually they require soaking overnight and cooking for hours over low heat.
- Ful is commonly eaten as a dish with egg, cheese, pita bread.



Falafel:

- Falafel are traditionally served in Egyptian breakfast along with ful, egg, cheese and pita bread.
- Traditional falafel is made with chickpeas, but Egyptian falafel is made of fava beans.



Koshari: (Khichri)

- It is a layering of rice, macaroni, lentils, and chickpeas topped off with caramelized onions, thick red sauce, and a garlic / chilli / vinegar / sauce.



Shawarma:

- Shawarma is made up of a choice of either chicken or beef marinated with middle Eastern spices and cooks all day on the spot with a fat melting on top.
- The meat is shaved off and put into a wrap to serve.
- It is served with tahini and garlic sauce.



Molokhia

:

- This is a very traditional Egyptian dish.
- It's a stew made up of a leafy green, cut into tiny pieces and prepared in chicken, beef or seafood broth mixed with ground coriander and fried garlic.
- Generally served with rice, bread, and choice of chicken, beef or seafood.



▶ **Roz bel laban: (Rice pudding)**

- This is a Egyptian rice pudding. Rice is cooked in milk or cream, with sugar topped with pistachio pieces. A simple and satisfying desert.



Umm Ali: (Bread pudding)

- It's a hearty desert, a bread pudding made with a combination of sweet flavour of bread (puff pastry), milk and sugar. commonly topped with a mix of raisins, nuts, and coconut pieces and served hot.



Egyptian herbs and spices

- Coriander
- Cumin
- Nutmeg
- Turmeric
- Black cumin
- Sumac
- Cardamom
- Ginger
- Saffron
- Mint

▸ Coriander Seed and Cumin



Nutmeg and Turmeric



Black cumin and sumac

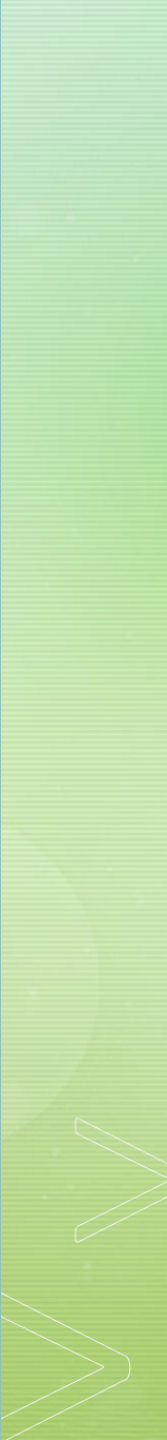


Cardamom and Ginger





Saffron and Mint





Thank you



CUISINES OF EGYPTIAN

By Faiza bano Mohammad Zahid

Aqsaa women's degree college

Egyptian cuisine

- The Egyptian cuisine shares characteristics with Mediterranean cuisine hummus, falafel, Shawarma, kabob, stuffed grape leaves etc. With a very fertile ground food I grown here and fresh foods are the highlight of this cuisine. Legumes, vegetables, and grains (wheat, barley, and rice) dominate the Egyptian diet.

Traditional Egyptian food

Ful Medammes:

- Ful Medammes is the most common traditional breakfast.
- It is made of fava beans cooked with oil and salt.
- Usually they require soaking overnight and cooking for hours over low heat.
- Ful is commonly eaten as a dish with egg, cheese, pita bread.



Falafel:

- Falafel are traditionally served in Egyptian breakfast along with ful, egg, cheese and pita bread.
- Traditional falafel is made with chickpeas, but Egyptian falafel is made of fava beans.



Koshari: (Khichri)

- It is a layering of rice, macaroni, lentils, and chickpeas topped off with caramelized onions, thick red sauce, and a garlic / chilli / vinegar / sauce.



Shawarma:

- Shawarma is made up of a choice of either chicken or beef marinated with middle Eastern spices and cooks all day on the spot with a fat melting on top.
- The meat is shaved off and put into a wrap to serve.
- It is served with tahini and garlic sauce.



Molokhia

:

- This is a very traditional Egyptian dish.
- It's a stew made up of a leafy green, cut into tiny pieces and prepared in chicken, beef or seafood broth mixed with ground coriander and fried garlic.
- Generally served with rice, bread, and choice of chicken, beef or seafood.



▶ **Roz bel laban: (Rice pudding)**

- This is a Egyptian rice pudding. Rice is cooked in milk or cream, with sugar topped with pistachio pieces. A simple and satisfying desert.



Umm Ali: (Bread pudding)

- It's a hearty desert, a bread pudding made with a combination of sweet flavour of bread (puff pastry), milk and sugar. commonly topped with a mix of raisins, nuts, and coconut pieces and served hot.



Egyptian herbs and spices

- Coriander
- Cumin
- Nutmeg
- Turmeric
- Black cumin
- Sumac
- Cardamom
- Ginger
- Saffron
- Mint

▸ Coriander Seed and Cumin



Nutmeg and Turmeric



Black cumin and sumac

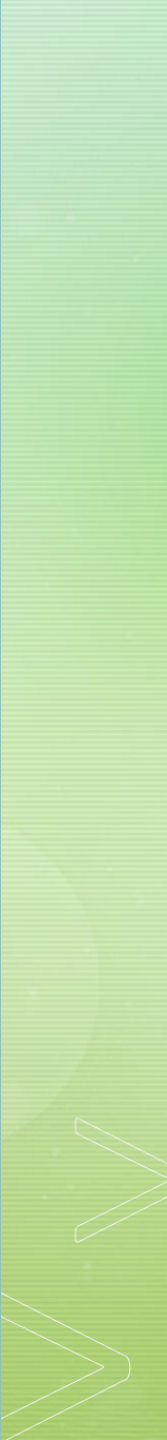


Cardamom and Ginger





Saffron and Mint





Thank you



CUISINE OF GERMANY

▶ *Presentation by*
Ansari zainab zainulabdeen
From
AQSA WOMEN'S DEGREE
COLLEGE



CUISINE of GERMANY

- *Germany is a land full of culinary delight. This is a meat eating country and simple breakfast*
- *Launch is the main meal of the day*
- *Dinner is typically a hot*
- *Meal of stews or soups.*
- *The Neunerlei Feast is famous. It is nine-course Meal*



Herbs and spices commonly used in Germany cuisine

■ BAY LEAVES

1. Savoury and slightly bitter taste.
2. Used both fresh and dried.
3. They are most often added to soups, stews, casseroles, roast ect



■ *Borage*

1. *Oval, light to medium green.*
2. *Tast and aroma are similar to fresh cucumber*
3. *So it is known as Gurkenkraut(cucumber herb).most often used in fresh salads and dips*
4. *It is also mixed into butter with other herbs.to make herb butter*



■ *Caraway seeds*

1. *Caraway is a member of the parsley*
2. *They are sweet yet strong and have a taste similar to anise*
3. *Most often added to cabbage dishes (especially sauerkraut),sauces,meat dishes.,sauces,meat dishes,breads and potato*



■ Chives

1. *Belong to the family of onion*
2. *Just the stems are used. The stems have a mild onion flavour*
3. *Stems are finely chopped and are added fresh to salads (especially potato salad), sauces, soups, meat dishes and egg dishes*



■ Dill

1. *Strong fresh, grassy taste. fresh dill is more flavourful than dried dill*
2. *Lost its flavour when heated, so on warm dishes dill is added just before being served*
3. *Dill seeds have a more intense flavour, similar to a combination of anise and celery*
4. *Used in breads, stews, vegetable dishes etc*



■ Juniper Berries

1. *Juniper berries are the dried fruits of the Juniper shrub*
2. *They are slightly sweet, spicy and bitter. can be used whole or ground*
3. *They are also used in pickling*

■ Marjoram

1. *Marjoram leaves are tangy, Savory, aromatic and slightly bitter*
2. *Used fresh or dried. most frequently used in making sausages . Also added potato dishes, sauces, soups and legumes*



■ Parsley

1. *Parsley leaves are dark green, fresh chopped*
2. *Flavorful*
3. *It is added to soups, stews, salad etc*
4. *It is also used to make herb butter. most use raw and finely chopped*
5. *It loses its aroma if it is heated.*



■ Thyme

1. Thyme leaves are elongated, oval and dark green.
2. Both fresh and dried thyme are used both blend well other herbs and spices
3. Added to roasts and spicy meat dishes, soup and salad

■ White pepper

1. *White pepper is less spicy and aromatic than black pepper*
2. *Added to almost every dish that also has Salt.*



SOME CLASSIC
GERMAN DISHES

welsswurst



Maultaschen



Black forest gateau



kolsch beer



Brezeln



Schnitzel



Braised cabbage



German potato salad





vollkornbrot



Bauernbrot



Spaghettieisd



stollen



Apfelstrudel



Labskaus





FRENCH CUISINE

PRESENTED BY

KHAN MUBASSHERA ZUBAIR

**IT'S POPULAR FOR ITS
FORMAL TECHNIQUE, SIMPLE FLAVOUR
AND PRIDE FOR PRESENTATION**

**ALL TYPES OF MEAT ,
VEGEIS AND HERBS**

SOUPE DE POISSONS

A top-down view of a white ceramic bowl filled with a thick, orange-colored fish soup. A single crouton, topped with melted cheese and black pepper, is placed in the center of the soup. The bowl sits on a white, scalloped-edged plate. To the left of the bowl, there are two slices of bread with a yellow butter spread and fresh green herbs. A silver spoon is positioned to the right of the bowl. The background is a dark wooden surface.

COOKED IN TOMATO PUREE & HERBS

A close-up photograph of a white rectangular plate containing a warm goat cheese salad. The salad features several round, golden-brown roasted goat cheese wheels with a slightly charred top, resting on a bed of fresh green spinach leaves. Interspersed among the greens are strips of cooked sausage and small, dark, roasted items, possibly mushrooms or olives. The lighting is bright, suggesting an outdoor setting. The text "SALADE DE CHEVRE CHAUD" is overlaid in white, bold, sans-serif font across the center of the image.

SALADE DE CHEVRE CHAUD

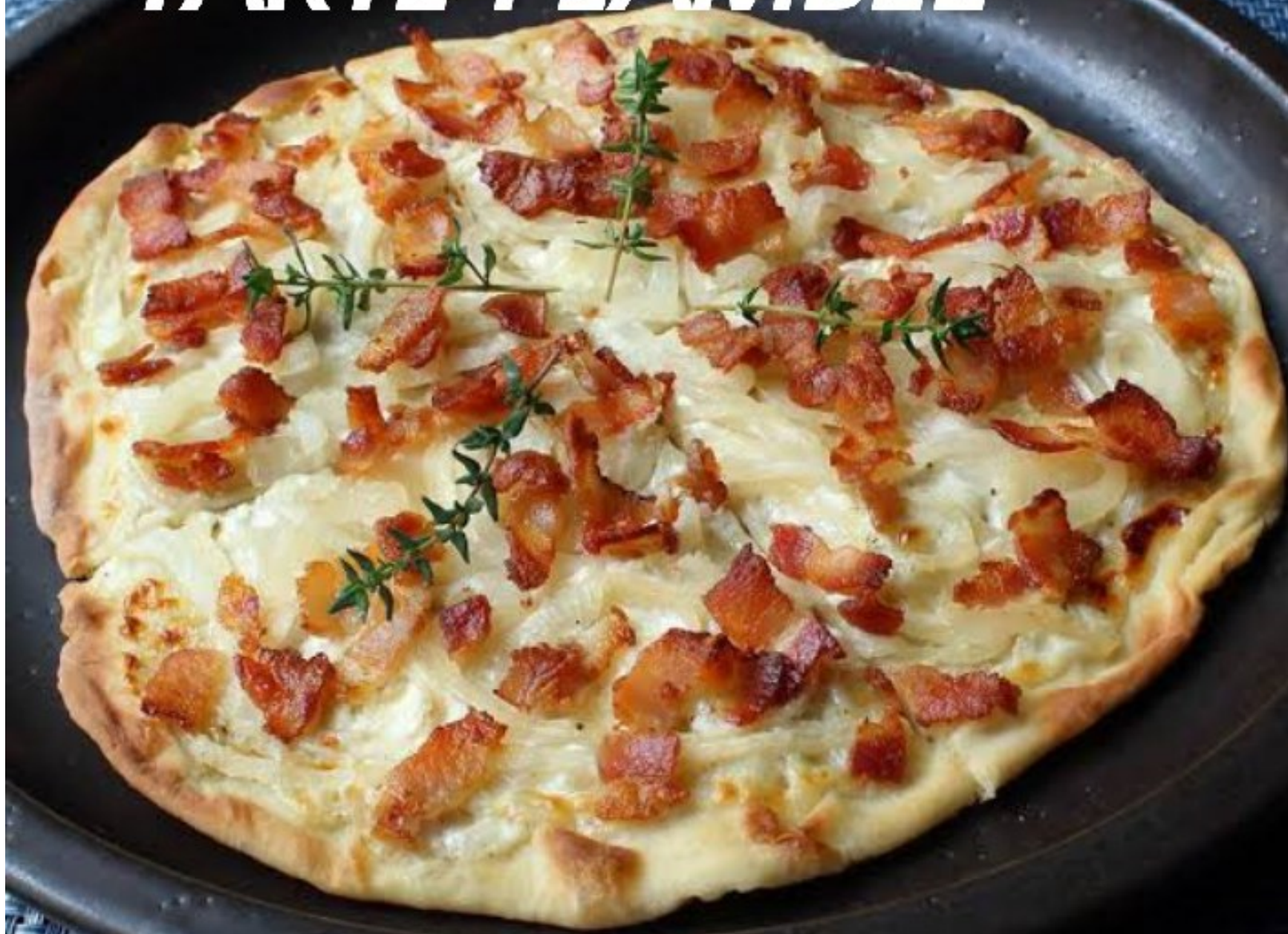


TOMATO FARCIES

POULET BASQUISE



TARTE FLAMBÉE





SOUFFLE

SERVED WITH BECHAMEL SAUCE

A close-up photograph of a duck salad served on a white plate with a decorative blue floral border. The salad is composed of several ingredients: sliced duck breast with a dark, glazed exterior and white interior; halved cherry tomatoes; thin slices of yellow pickled vegetables; and a large portion of shredded, pale green and white frisée lettuce. A piece of golden-brown fried bread is visible at the bottom left. The text 'SALADE LANDAISE & PERIGOURDINE' is overlaid in white, bold, sans-serif font at the top, and 'ITS DUCK SALAD' is overlaid at the bottom right.

SALADE LANDAISE & PERIGOURDINE

ITS DUCK SALAD

HACHIS PARMENTIER

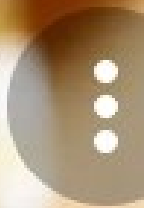


ITS VERSION OF SHEPHERD'S PIE



SOLE MEUNIÈRE





GRATIN DAUPHINOIS

THIS IS BAKED POTATO

FONDUE BOURGIUGNONNE



A top-down view of a white ceramic bowl filled with shredded, browned pork rillettes. The bowl sits on a round wooden cutting board. To the right of the bowl, a slice of crusty bread is topped with a generous amount of the rillettes. Another slice of bread is visible in the background. Fresh green herbs, including parsley and a green pepper, are scattered around the bowl. The entire scene is set against a dark, textured background.

RILLETTES

MADE FROM SMALL BITS OF PORK



RATATOUILLE AND PIPERADE



CASSOULET

MADE WITH BEANS & VARIOUS MEAT



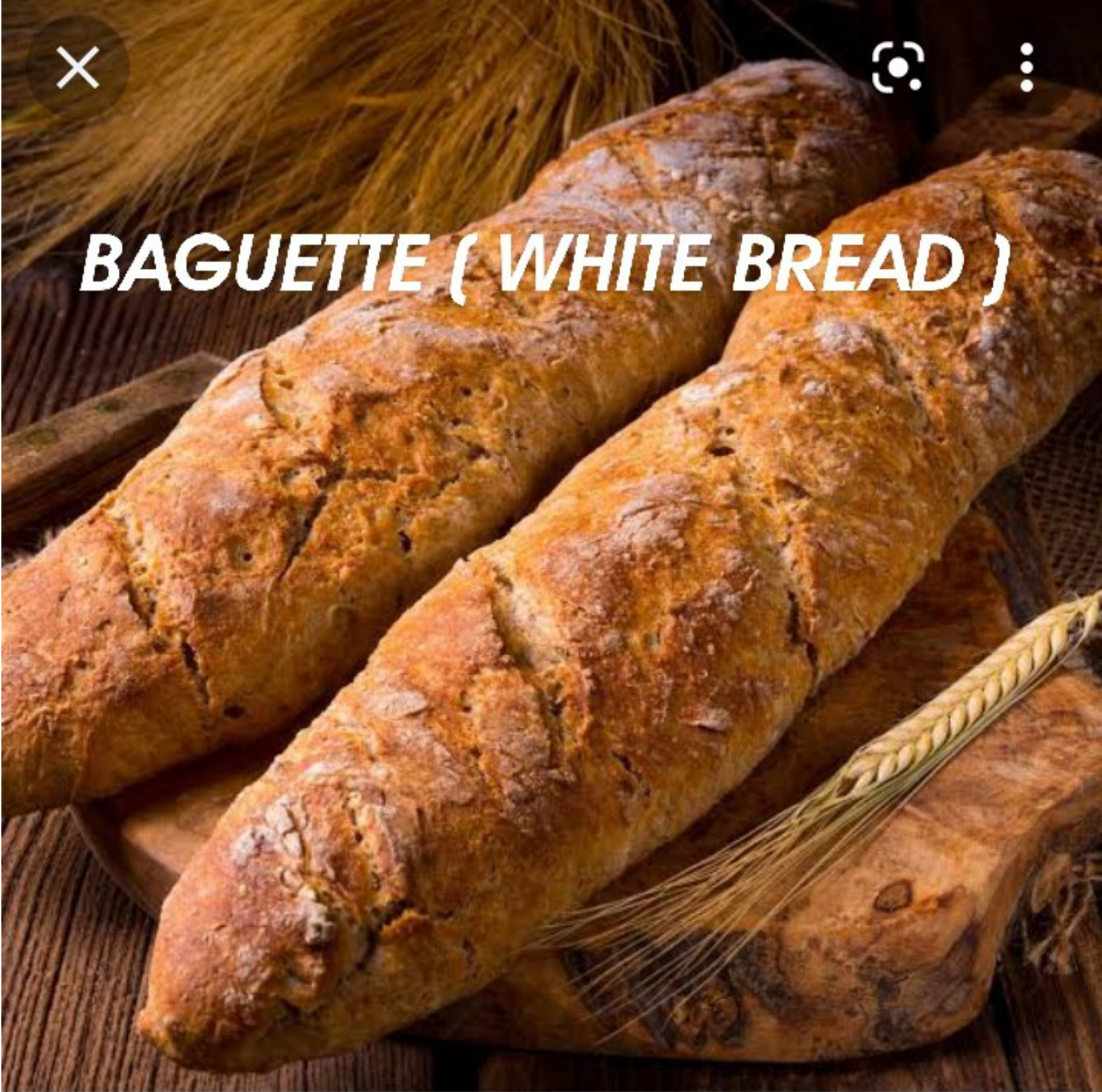
CHAMPIGNONS

OMELETTE





QUICHE



BAGUETTE (WHITE BREAD)



FOIE GRAS

SPICES AND HERBS

- * HERBS DE PROVENCE***
- * NUTMEG***
- * TARRAGON***
- * BOUGUET GARNI***
- * BAY LEAVES***
- * MAJORAM***
- * SAFFRON***



Tarragon





NUTMEG



MAJORAM

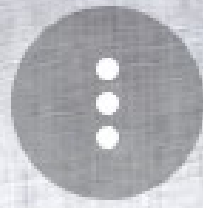




PARSLEY

CHIVES





BOUGUET GARNI





THANK YOU





MAXICAN CUISINE

BY

ANSARI SANA NOORI ALAMGIR

AQSA WOMEN

DEGREE COLLEGE

Chilaquiles :It is definitely the most popular breakfast in the country. Made of triangular pieces of fried or toasted corn tortilla, called totopos, soaked in a red or green hot sauce, topped with shredded chicken, chorizo, shredded beef, and scrambled or sunny side up egg. It is decorated with fresh cheese, coriander, and sliced onion and is served with fried beans on the side.



A **Burritos** is a cylindrically rolled flour tortilla stuffed with different ingredients of choice, often a stew. The most popular are the fried bean burrito with cheese and the machaca burrito.



Discada: it's full of meat: sausage, chorizo, ground meat, ham, bacon, lard, jalapeño pepper, onion. And it is all seasoned with thyme, celery, cumin, oregano, bay leaf, black pepper, black sauces, salt, rosemary, a bit of dark beer, etc. This dish is cooked on a plow disc previously cured over some wood. It is a traditional dish for family reunions.



Aztec Soup: Here's a great classic of Mexican cuisine, made with strips of fried tortillas topped with chicken broth, tomato, pepper, garlic, and onion, scented with epazote and coriander, and topped with cheese, avocado, and sour cream.



Aztec Soup

Fried Beans: pork beans are very popular. They are a mixture of beans cooked with lard, chorizo, bacon, cheese, serrano peppers and some other secret ingredients, making this a delicious dish.



Aguachile: Ingredients are lime juice, cucumber, coriander, red onion, avocado, salt, and pepper.



Birria de Chivo :From the State of Jalisco, this dish is seasoned with a preparation based on some varieties of chili, seasonings, and salt. A tomato-based sauce is prepared with the juices from the cooking, called consomé. Birria was originally made with goat, but lamb, mutton, pork, chicken, veal, beef, or fish can also be used.



Enchiladas: This is fast food made from corn tortilla dipped in hot sauce, filled with various stews, vegetables or proteins, depending on the style.



Enchiladas

Mexican popped amaranth hard candy comes as a bar with various toppings, for example, dried fruit, chocolate, raisins, nuts, etc. This candy is made from amaranth seeds mixed with honey. It is originally from México City, and, since the 16th century, it has been known by the name Alegría, which means joy.



The flutes are traditional Mexican tacos made with rolled corn tortilla and filled with mashed potato, cheese, chicken, etc. The difference is that they're fried in oil. They're usually served with coriander, tomato, fresh cheese, and sour cream on top.



Flautas

These represent the hats of two ranchmen. It's made with two fried corn tortillas, topped with fried beans, and two sunny side up eggs all bathed in red hot sauce and decorated with coriander and freshly ground black pepper.



Huevos Rancheros

menudo is a seasoned soup made with corn kernels, with or without the grains, and beef tripe. It is often also known as Pancita.



Menudo

Quesadilla (Cheese-adilla): are corn or flour tortilla folded in half, stuffed with cheese or other ingredients, deep fried or grilled and eaten hot.



Tacos: The most popular Mexican dish worldwide. Several different fillings can be put on a corn tortilla and served. The most common are steak, chorizo, hot and sweet marinated pork. Exotic filings also may be used.



Tacos

Mole is a sauce made from a mixture of dried chilies, tomatoes, chocolate, seeds, and spices. It is one of México's most representative dishes. There are several versions of its origin.



It is made with a full Poblano pepper stuffed with picadillo (a mixture of ground meat, fruits, and spices), topped with a walnut-based cream sauce, and decorated with pomegranate seeds and celery.



Chile en Nogada

This is one of the most popular dishes on the northern side of México. Machaca is very versatile; you can either eat it in a taco, a stuffed burrito, flautas, or just as a stew with some tortillas, beans, or rice on the side. Machaca is simply a shredded version of dried beef with a proper seasoning. It's delicious!



Machaca

Mexican Spices/Herbs

- **Achiote** : This seed imparts a brilliant orange color and mildly earthy flavor. It is used in sauces and marinades, and as a natural food coloring.



Allspice: Allspice has savory and sweet applications in Mexican cooking. It's often used as a pickling spice is also common in desserts and cookies



Anise: Herbal and licorice-y, anise is mainly found on the Mexican dessert tray, but is a standard ingredient in mole.




Cacao: Chocolate is made from cacao. But it can be used in savory ways too. Cacao goes great with chilies.



Sesame: Sesame seeds are used to top desserts and entrees. They can be ground into a paste, or the seeds, and used with chilies in salsas and moles.



- 
- Cinnamon
 - Chili Powder
 - Clove
 - Coriander
 - Nutmeg

- Mexican Chilli peppers are of many varieties and very important in the cuisine. Some of them are **Mulato**, Cascabel, Guajillo, Ancho, Puya, **Chipotle Meco**, **Chipotle Morita**, Costeno Rojo, Smoked Red Serrano, Japones, Pequin, Chiltepin, **Habanero**



Thank You





Spanish Cuisine

Presented by
Shaikh Saba Muqeem

Spanish Cuisine

Spanish cuisine is the combination of different cultures and foods like Christian, Muslim and Jewish.

Spain is famous for Olive oil, this is a largest producer of olive oil in the world, and Almond milk based dessert is very famous.



Some of the main Ingredients

- **Olive oil**

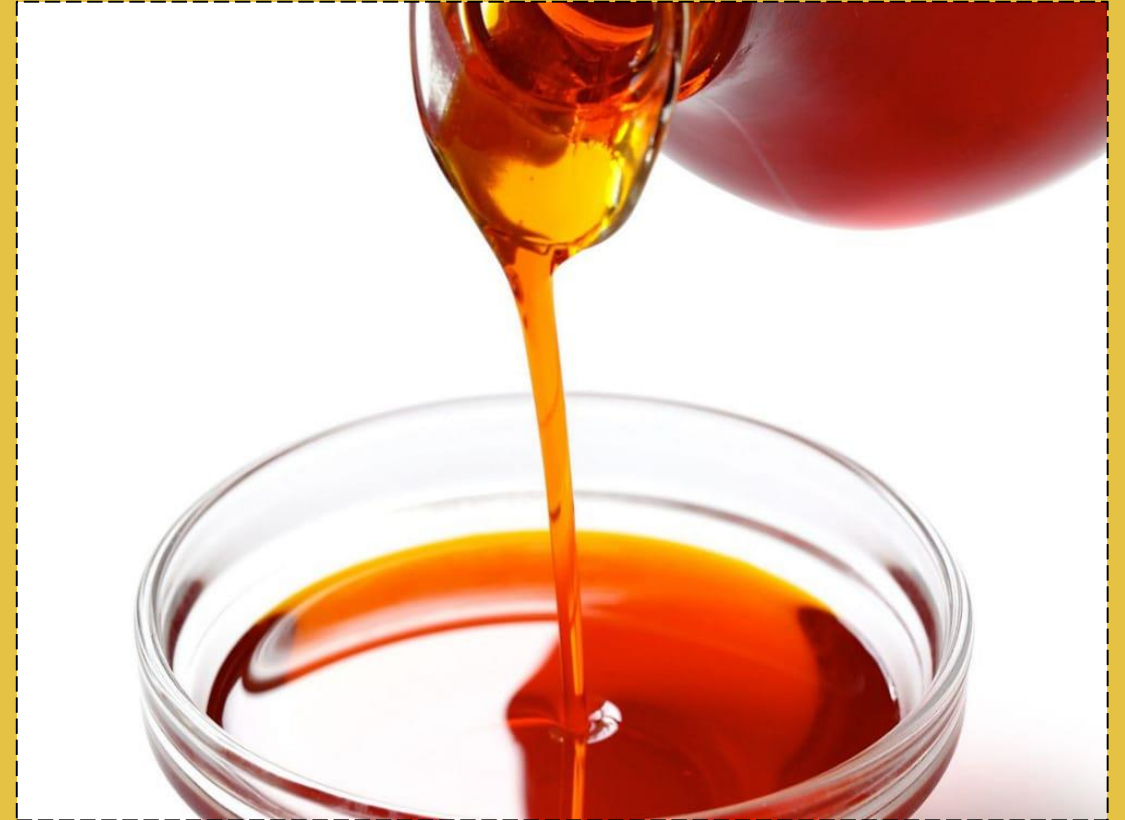
This is the most important ingredient in Spain , from breakfast to dinner , all meals include olive oil . Spain grows more than 200 varieties of olives.



- **Paprika**

Paprika is just like olive oil there is 3 type of Paprika in Spain

1. Dulce (mild and sweet)
2. Agridulce (bitter)
3. Picante (spicy hot)



- **Sherry Vinegar**

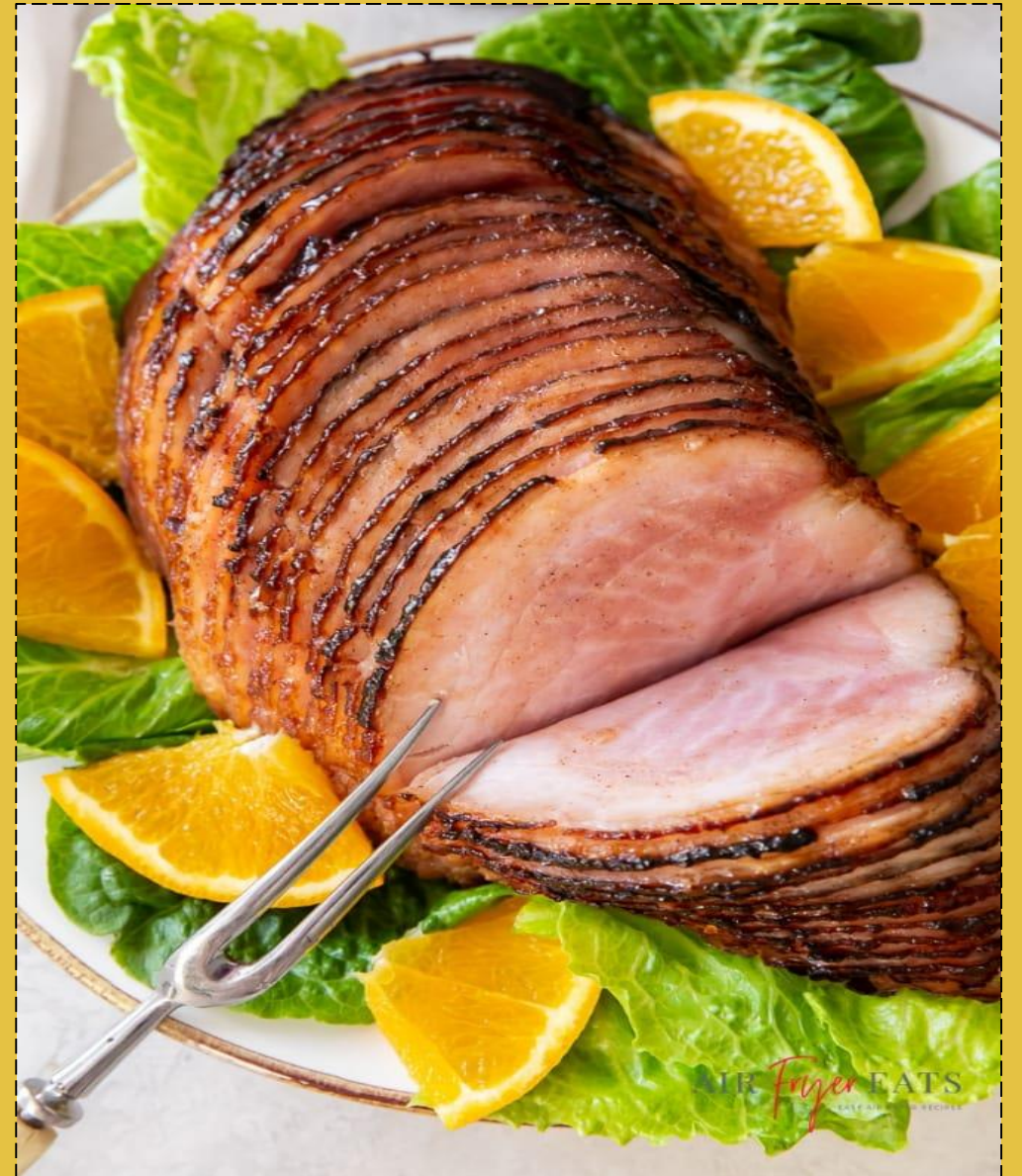
In Spain Sherry vinegar is commonly known as '*vinagare de jerez*' it is used for fermentation and salad dressing give complex flavour



- **Ham**

It is meat from pig back leg .

It is very famous in Spain



- **Cheeses**

Different types of cheeses are available here made from sheep, goat and mix milk



SAN SIMÓN DA COSTA
GALICIA



AFUEGA'L-PITU
PRINCIPADO DE ASTURIAS



PICÓN-BEJES-TRESVISO
CANTABRIA



QUESO NATA DE CANTABRIA
CANTABRIA

- **Nuts**

Spain is the one of the most top producer of almonds, hazelnuts and walnuts



Paella valenciana

Paella is the famous Spanish dish. There are two types of Pella

1. Pella valenciana

2 . Sea food Pella



Gazpacho

It is world famous cold soup. This tomato based Andalusian soup served cold, main ingredients are tomato, pepper, sweet and mild



Fideua

Fideua is a types of Spanish pasta as similar to vermcilli



Tortilla

Tortilla is a Spanish omelet made with pepper and onions and potatoes



Leche frita

Leche frita or milk it is popular dessert made by whipping cream and yoks and flour





Thank you



Swiss cuisine

By Ansari kahkashan Tabassum Abdul Hameed





Fondue



Main ingredients: Cheeses, white wine, garlic, often kirsch



Landjager

Landjager: This traditional Swiss snack is the semi-dried sausage. It is prepared with a combination of pork, beef, lard, red wine, sugar, and selected spices.



Reclé

Raclette

Slices of raclette are melted and escorted with small potatoes, onions, pickled gherkins, and vegetables.



Saffron risotto

Saffron risotto: The saffron risotto is usually served with a Luganighe sausage, a raw sausage made with pork, spices, and red wine.



Malakoff

Malakoff: A Malakoff is a ball of fried cheese. The malakoff is typically served as a first course and enjoyed with served cornichons, pickled onions, mustard and wine.



Polenta (Cornmeal)

Polenta (Cornmeal): Polenta is a yellow cornmeal dish that is cooked over low heat until it becomes a delicious, homogenous mash. It can be eaten out of a bowl or spread on a wooden board, cooled, and cut with a piece of thin thread. You can serve it with butter, cheese, a stew, a sauce, or simply a splash of cold milk.

Thank you

