



THE AROMA & TASTE OF RAMADAN

30 OAT'LLY DELICIOUS RAMADAN RECIPES

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Our Story

Quaker®: the inimitable aroma and feel of Ramadan

Gathering around the table for Iftar brings a joy of its own. For the past seventy years, it has also been accompanied by its very own and distinct flavor and aroma. Through space, time, tastes, cultures, and generations, one thing remained unchanged: The Quaker® Oat soup, a staple of all Saudi tables each and every Ramadan.

All it took was one inventive grandmother deciding to replace wheat with oats and the legend was born. From her table to neighbors and friends then across the Kingdom.

Creativity is where our journey started and it is where it led us after decades of special moments shared together. So here are 30 new and imaginative oat recipes for you to enjoy this Holy month of Ramadan. From us to you.

Try them out and share them with us by using the hashtag.

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& discover our amazing recipes***

   **QuakerArabia**



Quaker® Ramadan Meal Recipes

SOUPS

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IFTAR

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SOHOOR

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3. Quaker® Oats and Saffron Risotto
4. Quaker® Oats with Chicken and Mushroom

SOUPS

Traditional Quaker® Soup

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SOUPS

1

TRADITIONAL
QUAKER® SOUP



SERVES
4-5 PEOPLE



COOKING TIME
70-75 MIN

INGREDIENTS

- 2/3 cup Quaker® quick cooking oats
- 2 Tbsps vegetable oil
- 1 medium onion, chopped
- 1 clove of garlic, crushed
- 350 gm lamb meat with bones, cut into small pieces
- 2 medium tomatoes, pureed
- 2 Tbsps tomato paste
- 1 chicken bouillon cube
- 1/4 tsp ground black pepper
- 1/4 tsp ground dry cumin
- 1/4 tsp mixed spices (optional)
- 1/3 tsp salt (up to taste)
- 7 1/2 cups boiling water

PREPARATION

1. Heat the oil inside a medium pot then add the onion and sauté for 3-4 minutes or until the onion is light golden; add the meat and garlic and cook for 2-3 minutes.
2. Add the pureed tomatoes, tomato paste, bouillon cubes and spice and leave to cook for 10 minutes.
3. Add the boiling water then cover the pot and leave to cook for 45 -55 minutes or until the meat pieces are cooked through.
4. Gradually add the oats all the while stirring and leave the soup to cook for 10-12 minutes.
5. Serve with lemon wedges.



COOKING TIPS

If using a pressure cooker, follow the method until Step #3 (Use one cup less water) then cover the bowl and cook for 30 minutes, then remove the lid and complete step #4.

SOUPS

Ramadan WholeWheat and Oats Soup

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SOUPS

2

RAMADAN WHOLEWHEAT AND OAT SOUP



SERVES
4-5 PEOPLE



COOKING TIME
75-80 MIN

INGREDIENTS

- ½ cup Quaker® quick cooking oats
- 2 Tbsps vegetable oil
- 1 medium onion, chopped
- 350 gm lamb with bone, cut into small pieces
- 1 canned tomato, pureed
- 1 Tbsp tomato paste
- 2 pouches wheat soup spices
- ½ cup whole wheat
- 7 ½ cups boiling water
- 1 ½ tsp of salt (up to taste)

PREPARATION

1. Heat the oil inside a medium pot then add the onion and sauté for 3 -4 minutes or until the onion is light golden; then add the meat and sauté for 3 -4 more minutes.
2. Add the pureed tomatoes, tomato paste and spice pouches and leave to cook for 10 minutes.
3. Add the whole wheat and boiling water then cover the pot and leave to simmer for 40-50 minutes or until the whole wheat is cooked through. Stir occasionally.
4. Add the salt and oat gradually stirring all through and leave the soup to cook for 10-12 minutes.
5. Serve with lemon wedges.



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COOKING TIPS

If using a pressure cooker, follow the method until Step #3 (Use one cup less water) then cover the bowl and cook for 30 minutes, then remove the lid and complete step #4.

SOUPS

Quaker® Oats Mushroom Soup

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SOUPS

3

QUAKER® OATS MUSHROOM SOUP



SERVES
4-5 PEOPLE



COOKING TIME
20-25 MIN

INGREDIENTS

2/3 cup Quaker® quick cooking oats
2 Tbsps Olive oil
500 gm brown mushrooms, diced
1 small onion, diced
1 tsp crushed garlic
1 tsp fresh thyme leaves (or 1/2 tsp dried)
1 chicken bouillon cube (optional)
1 cup low fat milk
5 cups boiling water
1 Tbsp lemon juice
1/4 tsp sweet paprika
1/4 tsp salt (more if not using chicken bouillon)

For the garnish

3 Tbsps cooking cream
Fresh thyme or parsley

PREPARATION

1. Heat 1/2 tablespoon of oil inside a medium pot then add half the amount of the mushrooms and cook on high heat for 4 -5 minutes or until nice golden and dry remove from pot and set aside. Repeat with the remaining mushrooms.
2. Heat the remaining 1 tablespoon of oil inside the same pot, add the onion and sauté for 3-5 minutes or until light golden then add the garlic, the cooked mushrooms and thyme and cook for 1-2 minutes.
3. Add the bouillon cube, the milk, boiling water, paprika, lemon juice and salt then gradually add the oats stirring to combine and leave the soup to cook for 10-12 minutes.
4. Serve drizzled with cooking cream.



SOUPS

Quaker® Oats Minestrone Soup

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SOUPS

4

QUAKER® OATS MINISTRONE SOUP



SERVES
4-5 PEOPLE



COOKING TIME
30-33 MIN

INGREDIENTS

½ cup Quaker® quick cooking oats + 1 Tbsp extra
2 Tbsps Olive oil
1 small onion, diced
1 tsp crushed garlic
2 medium tomatoes, pureed
1 Tbsp tomato paste
1 medium Zucchini, cut into small cubes
1 medium carrot, cut into small cubes
1 medium potato, cut into small cubes
1 tsp dry basil leaves
1 chicken bouillon cube (optional)
6 ¼ cup boiling water
½ tsp salt (more if not using bouillon)
Pinch of white pepper
2 Tbsps chopped coriander leaves
2 Tbsps chopped parsley leaves

For the garnish

Basil leaves or Chopped parsley or coriander
Olive oil

PREPARATION

1. Heat olive oil into a medium pot, add the onion and sauté for 3-4 minutes then add the garlic and stir for 1 – 2 minutes. Add the tomato puree and tomato paste then leave to cook for 8 minutes.
2. Add the zucchini, carrot and potato and cook for 5 more minutes then add the basil, chicken bouillon, boiling water, quaker oats and season with salt and pepper. Leave to cook on medium-low heat for 12 – 14 minutes.
3. Stir in the chopped parsley and coriander and serve the soup garnished with basil leaves and a drizzle of olive oil.



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COOKING TIPS

For a fun crunch top the soup with some cheese & herbs Sunbites bread bites.

SOUPS

Quaker® Oats Lentil Soup

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SOUPS

5

QUAKER® OATS LENTIL SOUP



SERVES
4-5 PEOPLE



COOKING TIME
24-25 MIN

INGREDIENTS

- ½ cup Quaker® quick cooking oats
- 2 Tbsps Olive oil
- 1 medium onion, chopped
- ¼ cup chopped celery
- 1 garlic clove, crushed
- 1 cup diced carrot
- 6 cups boiling water
- 1 cup chicken broth
- ¾ cup red lentils, washed
- 1 tsp salt (up to taste)
- ¼ tsp ground black pepper
- ½ tsp dried mint leaves (optional)
- 1 Tbsp lemon juice

For the balsamic caramelized onion

- 2 Tbsp of olive oil
- 1 medium onion, thinly sliced
- 3 Tbsps of balsamic vinegar

PREPARATION

1. Heat the oil inside a medium pan then add the onion, celery, garlic and carrots and sauté for 3-4 minutes.
2. Add the boiling water, chicken broth and lentils and simmer for 8 minutes then add the oats and season with salt and pepper. Leave to cook for 10 minutes then puree the soup inside a food blender until smooth.
3. Stir in the dried mint leaves and lemon juice and serve the soup topped with balsamic caramelized onion and dried mint.
4. For the balsamic caramelized onions: Heat the oil in a small pan then sauté the onion for 3-4 minutes then add the balsamic vinegar and cook for 1-2 minutes.



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COOKING TIPS

For a fun crunch top the soup with some cheese & herbs Sunbites bread bites.

SOUPS

Quaker® Oats Broccoli and Cheese Soup

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SOUPS

6

QUAKER® OATS BROCCOLI AND CHEESE SOUP



SERVES
4-5 PEOPLE



COOKING TIME
15-17 MIN

INGREDIENTS

- 2/3 cup Quaker® quick cooking oats
- 1 small onion, chopped
- 6 1/2 cups boiling water
- 1 1/2 cup of broccoli florets
(without the ribs) chopped into
small pieces
- 1 cup shredded carrot
- 1 cube chicken bouillon
- 1/4 tsp salt (up to taste)
- Pinch of white pepper
- 1/4 cup cooking cream
- 1/4 cup shredded cheddar cheese

PREPARATION

1. Inside a medium pan, add the onion and boiling water and simmer for 5 minutes.
2. Add the oats, broccoli, carrot, chicken bouillon and season with salt and pepper then leave to cook for 10-12 minutes.
3. Add the cream and cheddar cheese. Stir to combine then serve.



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SOUPS

Quaker® Oats Cream of Carrot Soup

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SOUPS

7

QUAKER® OATS CREAM OF CARROT SOUP



SERVES
4-5 PEOPLE



COOKING TIME
38-40 MIN

INGREDIENTS

½ cup Quaker® quick cooking oats
400 peeled carrot cut into 1/4 inch slices
3 Tbsps Olive oil
1 small onion, chopped
1 celery stalk, chopped
5 ⅓ cups boiling water
1 cube chicken bouillon
½ tsp salt (to taste)
¼ tsp ground black pepper
½ tsp dried thyme leaves

For the garnish

Thyme

PREPARATION

1. Preheat oven to 230°C – 450°F and line a small baking pan with parchment paper.
2. Toss the carrots with 1 Tbsp olive oil arrange into the prepared baking sheet and bake for 20-25 minutes or until light golden and cooked through.
3. Heat the remaining oil in a medium pan then add the onion and celery and sauté for 2-3 minutes.
4. Add the roasted carrots, boiling water, oats, chicken bouillon, thyme, salt and pepper and leave to cook for 10-12 minutes then puree the soup into a blender until smooth.
5. Serve the soup garnished with Zaatar and thyme leaves.



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SOUPS

Quaker® Oats and Meatballs Soup

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SOUPS

8

QUAKER® OATS AND MEATBALLS SOUP



SERVES
4-5 PEOPLE



COOKING TIME
25-29 MIN

INGREDIENTS

For the Meatballs

200 gm minced lamb
¼ tsp salt
¼ tsp black pepper (to taste)

For the Soup

⅔ Cup Quaker® quick cooking oats
2 Tbsps vegetable oil
1 medium onion, chopped
1 Large tomato, pureed
2 Tbsps tomato paste
⅛ tsp ground black pepper
¼ tsp salt (to taste)
6 cups boiling water
½ cup chopped coriander

PREPARATION

1. For the Meatballs: in a small bowl mix the minced lamb, salt and pepper and shape into small ½ inch balls.
2. Heat oil into a medium pot then add the onion and sauté for 3 -4 minutes or until light golden; add the meatballs and cook for 2- 3 minutes.
3. Add the pureed tomatoes, tomato paste and season with salt and pepper, leave to cook for 10 minutes.
4. Add the boiling water then gradually add the oats stirring to combine and leave the soup to cook for 10-12 minutes.
5. Stir in the chopped coriander and serve.



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IFTAR

Quaker® Baked Gnocchi

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1

QUAKER® BAKED Gnocchi



SERVES
4 PEOPLE



COOKING TIME
25 MIN

INGREDIENTS

For the Gnocchi

- 1 cup Quaker® quick cooking oats (80 gm), grounded
- 500 whole unpeeled potatoes, boiled
- ¼ cup all purpose flour plus extra for dusting
- 3 Tbsps grated Parmesan cheese
- 1 egg, lightly whisked
- Pinch of salt

For the sauce

- 1 Tbsps olive oil
- 1 garlic clove, crushed
- 400 gm canned tomato, pureed
- ¼ tsp salt (up to taste)
- Pinch of chili flakes
- Fresh basil leaves or 1 tsp dried basil leaves
- 125 gm fresh Mozzarella cheese, sliced or shredded

PREPARATION

1. To make the gnocchi: Line a large baking sheet with a kitchen towel and lightly sprinkle it with flour; Peel and rice the potatoes while still warm.
2. Inside a medium bowl, add the warm riced potatoes, oats flour, all-purpose flour, parmesan cheese, beaten egg and season with salt. Lightly knead the dough until you get a soft and smooth ball that does not stick. Cover with plastic wrap and leave to rest for 15 -30 minutes.
3. Divide the dough into 4 pieces then roll each piece into ½ inch thick ropes on a lightly floured surface. Arrange the ropes side by side and cut them using a knife into ½ - ¾ inch pieces. You may leave the gnocchi as is or roll them lightly over gnocchi boards or the back of a fork. Arrange the gnocchi on the prepared baking sheet.
4. Preheat oven to 200 C – 400 F.
5. To make the sauce: Heat the oil inside a medium pan then add the garlic and sauté for 1 minute. Add the pureed tomatoes, salt, chili flakes and few basil leaves then leave the sauce to cook for 7-8 minutes.
6. To cook the gnocchi: Bring water to boil in a large pot then season very well with salt, add the gnocchi and leave them to cook. Once they float to the surface, remove them immediately using a slotted spoon. Arrange them onto a medium baking pan.
7. Spoon the sauce over the gnocchi and top it with mozzarella cheese, bake 12-15 minutes.
8. Garnish with basil and parmesan cheese and serve immediately



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Meat Pie

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2

MEAT PIE



SERVES
6-8 PEOPLE



COOKING TIME
18-20 MIN

INGREDIENTS

For the dough

- 1 cup Quaker® quick cooking oats (80 gm), grounded into flour
- $\frac{3}{4}$ cup all purpose flour
- $\frac{3}{4}$ cup whole wheat flour
- 3 Tbsps powdered milk
- 2 tsps of aish spices
- 1 tsp nigella seeds
- $\frac{1}{2}$ tsp salt (up to taste)
- $\frac{1}{2}$ cup warm water
- 1 Tbsp honey
- 1 tsp instant yeast
- 1 egg, lightly beaten
- 2 Tbsps of ghee or vegetable oil

For the filling

- 1 Tbsp vegetable oil
- 350 gm minced lamb meat
- 1 medium onion, chopped
- $\frac{1}{4}$ tsp ground black pepper
- $\frac{1}{2}$ tsp salt (up to taste)
- $\frac{1}{3}$ cup tahini paste + 1 extra Tbsp
- $\frac{3}{4}$ cup of water
- 1 Tbsp black vinegar
- 2 cups chopped leeks

For the garnish

- 1 egg, lightly beaten
- 1 Tbsp sesame seeds
- 1 tsp white poppy seeds (optional)

PREPARATION

1. For the dough: Inside a food blender, process all the ingredients and mix for 5 minutes on medium speed or until you get a nice and soft mixture, brush the dough lightly with oil and cover with plastic wrap then leave to rest in a warm place for 1 hour or until the dough doubles in size.
2. For the filling: heat the oil into a medium pan then add the onion, minced meat and cook, stir occasionally for 10-15 minutes or until the meat absorbs its water. Set aside until cool.
3. Inside a small bowl, mix the tahini paste, water and vinegar. Add the mixture to the cooked meat along with chopped leeks and stir until mixed through.
4. Preheat oven to 190°C – 375°F and grease the bottom and sides of a 10 -11 inch round pan with shortening or oil.
5. Press the dough evenly into the bottom of the pan toward the sides forming a 1 inch long rim, spoon the filling evenly over the dough then fold the edges toward the inside to seal.
6. Brush the whole pie with egg and garnish with sesame seeds and poppy seeds.
7. Bake for 20 -22 minutes or until nice and golden.

COOKING TIPS

All doughs made of oats will look too soft at the beginning of mixing eventually.



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Healthy Chicken Pot Pie

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3

HEALTHY CHICKEN POT PIE



SERVES
6-7 PEOPLE



COOKING TIME
40-45 MIN

INGREDIENTS

For the crust

- ½ cup Quaker® quick cooking oats, grounded
- ½ cup wholewheat flour + 2 Tbsps extra
- ¼ tsp salt (up to taste)
- 4 Tbsps cold butter cut into cubes (or olive oil)
- 1 egg yolk
- 2-3 Tbsps water (as needed)

For the filling

- ⅓ cup Quaker quick cooking oats + 1 Tbsp extra
- 2 Tbsps Olive oil
- 1 medium onion, chopped
- 1 celery stalk, diced
- 400 gm boned chicken breasts, cut into ½ inch cubes
- 1 cup diced carrots
- ½ cup sliced fresh mushrooms
- ½ cup frozen green peas
- 1 tsp fresh thyme or (1/2 tsp dry thyme)
- ¼ tsp mixed spices
- 1 cube chicken bouillon
- ⅓ tsp salt (or more, up to taste)
- 1 ⅔ cup low fat milk
- 1 egg, beaten (for egg wash)

PREPARATION

1. Preheat oven to 190°C -375°F and place 6 small ramekins on a shallow baking tray.
2. To make the crust: Inside a small bowl, add the oats flour, whole wheat flour, salt and butter and rub the mixture with your fingers until crumbly. Add the egg yolk and water then lightly knead the dough until nice and soft, cover with plastic wrap, and set aside.
3. To make the filling: Heat the oil inside a medium pot then add the onion and celery and sauté for 3- 4 minutes. Add the chicken and cook for 2 -3 more minutes.
4. Add the carrot, mushrooms, green peas, thyme, spices, chicken bouillon cube and salt. Cook for 2 – 3 minutes then add the milk and oats. Cook for 4-5 more minutes or until the mixture thickens then remove from heat.
5. Spoon the mixture into the prepared ramekins and set aside.
6. Divide the dough into 6 pieces, roll out the pieces onto a well-floured surface and flatten into thin circles that are slightly larger than the diameter of the used ramekins.
7. Top each ramekin with a pastry lid, trim the hanging edges with a knife and gently crimp the edges with a fork to seal. Reroll the scraps for decoration.
8. Brush the pastry with egg wash then use the tip of the knife to make a couple of slits on top.
9. Bake for 28-30 minutes or until nice and golden.



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Feta Cheese Galette

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4

FETA CHEESE GALLETTE



MAKES
14 PIECES



COOKING TIME
18-20 MIN

INGREDIENTS

For the dough

- 1 cup Quaker® quick cooking oats
- ½ cup all purpose flour (62 gm)
- ½ cup whole wheat flour + 2 Tbsps extra (78 gm)
- ¼ tsp salt (up to taste)
- ¼ tsp dried thyme or mint leaves
- ½ cup warm water
- 1 tsp instant yeast
- 1 tsp honey
- Extra whole wheat flour for dusting

For the filling

- 220 gm Feta cheese, cut into small cubes
- 1 ¾ cup of halved or quartered cherry tomatoes
- ¼ cup chopped Fresh thyme or mint leaves
- Pinch of chili flakes or black pepper

PREPARATION

1. For the dough: in a medium bowl add all the dough ingredients and knead for 5 minutes or until you get a nice soft dough, brush the dough lightly with oil and cover with plastic wrap then leave to rest in a warm place for 1 hour or until doubled in size.
2. Mix the filling in a small bowl and set aside.
3. Preheat oven to 200°C - 400°F and grease the bottom of a large baking pan with shortening or oil.
4. Divide the dough into 14 balls (around 25-26 gm each). Flatten each ball into a 4 inch circle on a lightly floured surface. Arrange the circles inside the prepared baking pan. (You will not be able to transfer the galettes if you fill them outside the baking pan).
5. Spoon the filling on each dough circle leaving 1 inch border all around then fold up the edges over the filling to hold it in.
6. Bake for 18 – 20 minutes or until the bottom turns golden.

COOKING TIPS

All doughs made of oats will look too soft at the beginning of mixing but eventually it will absorb the extra moisture after kneading and resting.



IFTAR

Fatout Bread with Oats

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5

FATOUT BREAD WITH OATS



MAKES
10 PIECES



COOKING TIME
12-14 MIN

INGREDIENTS

For the dough

- 1 cup Quaker® quick cooking oats (80 gm), grounded
- 1½ cup whole wheat flour (188 gm), you may need extra 1-2 Tbsps
- 1 tsp fennel seeds
- 1 tsp Nigella Seeds
- 1 tsp bread spices (optional)
- ½ tsp salt
- 1 egg
- ½ cup warm water + 2 Tbsps extra (or yogurt)
- 3 Tbsps olive oil (or ghee)
- 1 tsp instant yeast
- 1 Tbsp honey

For the topping (optional)

- 1 Tbsp milk
- Sumac-Sesame-Nigella-Thyme

PREPARATION

1. For the dough: Add all ingredients inside a food blender and mix for 5-6 minutes on medium speed or until you get a nice soft mixture. Lightly brush the dough with oil and cover with plastic wrap. Leave to rest in a warm place for 1 hour or until the dough doubles in size.
2. Cover the bottom of a large baking pan with parchment paper.
3. Divide the dough into 10 balls (around 50-52 gm each) then flatten each ball into a 3 to 3½ inch circle. Arrange the circles into the prepared baking pan.
4. Use a fork to draw lines on the dough circles (brush with milk only if using the toppings to decorate). Cover the tray with a kitchen towel and leave to rest for 20- 25 minutes.
5. Preheat oven to 250°C - 482°F.
6. Bake for 7-9 minutes or until the mixture turns golden, Remove from oven and cover immediately with a kitchen towel to keep the bread soft until serving.
7. Serve with Foul, hommous or cheese.

COOKING TIPS

All doughs made of oats will look too soft at the beginning of mixing but eventually it will absorb the extra moisture after kneading and resting.

if you are kneading with your hands you might need to oil your fingers while kneading to avoid them sticking to the dough).



IFTAR

Chicken Cheese Balls

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6

CHICKEN CHEESE BALLS



MAKES
17 PIECES



COOKING TIME
12-14 MIN

INGREDIENTS

For the Chicken mixture

2 Tbsps Quaker® quick cooking oats
½ cup milk
350 gm cooked boned chicken,
shredded
70 gm shredded cheddar cheese
1-2 Tbsps ranch dressing
¼ tsp salt (up to taste)
Pinch of white pepper

For the Breading

¼ cup Quaker quick cooking oats,
grounded
½ cup Quaker oats (1-2 Tbsps extra if
needed)
1 egg
1 tsp water
Pinch of salt and white pepper

PREPARATION

1. For the Chicken mixture: Inside a small pan, mix the milk and oats and cook all the while stirring for 4 – 5 minutes or until the mixture thickens, then remove from heat.
2. Inside a medium bowl, add the cooked oats with the remaining ingredients and stir until well combined. (If the mixture came out soft refrigerate for 10-15 minutes)
3. Inside a small bowl, whisk the egg with water and season with salt and pepper.
4. Divide the mixture into 17 balls (around 30 gm each), then dip the balls in the oats flour, then into the eggs and finally into the oats. Repeat until done.
5. Freeze the balls for at least 30 -40 minutes before cooking.
6. Deep fry on 170°C for 3-5 minutes or spray with oil and air fry on 165°C for 7-8 minutes.



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Baked Vegetable Oat Maglyah

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7

BAKED VEGETABLE OAT MAGLYAH



MAKES
20 PIECES



COOKING TIME
12-14 MIN

INGREDIENTS

- ½ cup Quaker® quick cooking oats, grounded
- ⅔ cup all purpose flour
- 2 tsps baking powder
- ½ tsp salt (up to taste)
- 1 ½ tsp ground coriander
- Pinch of ground black pepper
- ¼ cup shredded carrot
- ¼ cup diced bell pepper
- 1 green onion, chopped
- 2 garlic cloves, crushed
- 3 Tbsps chopped parsley
- ¾ cup warm water

For the garnish

- 2 Tbsps Quaker® oats
- Sesame seeds (optional)

For Serving

Tamarind Sauce

PREPARATION

1. Preheat oven to 175°C – 350°F and lightly oil the tins of a small cupcake pan.
2. Mix all the ingredients inside a medium bowl until well combined.
3. Spoon the mixture inside the prepared cupcake pan using a tablespoon, sprinkle the cupcakes with oats and and sesame then bake for 12-14 minutes (or until cooked through).
4. Serve the baked Maglya with Tamarind sauce.



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IFTAR

Olive Oats Pastry

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8

OLIVE OATS PASTRY



MAKES
10-11 ROSES



COOKING TIME
15-12 MIN

INGREDIENTS

For the dough

- ½ cup Quaker® quick cooking oats (40 gm) + 2 Tbsps extra
- 1 ½ cup wholewheat flour (178 gm)
- ¼ tsp salt
- 1 ¼ tsp instant yeast
- 1 Tbsp chopped rosemary (or 1 tsp dried)
- ½ cup warm water
- ¼ cup yogurt
- 1 Tbsp olive oil
- 1 Tbsp honey
- 1 egg, lightly beaten for egg wash

For the filling

- 50-55 stuffed green olives

PREPARATION

1. Inside a large bowl, add all the ingredients and mix them with a fork until the dough starts to come together. Place the dough on a floured surface and knead for 5 minutes or until it's nice and soft (You can add 1-2 Tbsps of flour if needed).
2. Place the dough inside a lightly oiled bowl and cover with plastic wrap then leave to rest in a warm place for 1 hour or until its doubled in size.
3. Preheat oven to 200°C - 400°F and lightly grease a large baking sheet.
4. Divide the dough into small balls.
5. Flatten each ball into a 1 ½ inch circle, place one olive in the center then bring the dough sides up and crimp to seal the edges over the olive (the dough should cover most of the olive from the sides).
6. Arrange the pieces into the prepared baking sheet to form 10 small roses each has 5 petals.
7. Brush lightly with egg wash and bake on the middle shelf of the oven for 12-14 minutes. Remove from inside the oven and immediately cover with a towel until serving to keep them from drying out.

COOKING TIPS

All doughs made of oats will look too soft at the beginning of mixing but eventually it will absorb the extra moisture after kneading and resting.



DESSERT

1

QUAKER OATS KUNAFI



SERVES
6-8 PEOPLE



COOKING TIME
30-32 MIN

INGREDIENTS

For the Kunafa

1 cup of Quaker® quick cooking oats
4 slices of toast, crust removed and grounded
60 gm butter, melted and warm

For the filling

2 cups milk + ¼ cup extra
⅓ cup of fine semolina + 1 Tbsp extra
1 Tbsp sugar
1 Tbsp butter
⅓ cup of shredded mozzarella

Simple syrup or honey for serving

PREPARATION

1. Preheat oven to 175°C – 375°F from the bottom and grease the bottom and sides of a round 10-inch pan.
2. To make the crust: in a medium bowl add the oats, grounded bread and the warm melted butter then mix until all the crumbs are coated with butter; press the mixture evenly into the prepared pan.
3. To make the filling: in a small pan add the milk, semolina and sugar and cook stirring continuously until thickened remove from heat then stir in the butter and mozzarella.
4. Spread the mixture immediately over the crust and bake the Kunafa for 23-26 minutes, remove from oven and invert immediately into serving plate.
5. Serve drizzled with honey or simple syrup.

You may add 1/3 cup of thick fresh cream to the filling after cooking.



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DESSERT

Quaker Oats Kunafa

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DESSERT

2

QUAKER® GHORAIBAH COOKIES



MAKES
15 PIECES



COOKING TIME
14-16 MIN

INGREDIENTS

1 cups of Quaker® quick cooking oats
(80 gm), grounded into flour
50 gm butter softened
1-2 Tbsps powdered sugar (to taste)
¼ tsp ground cardamom
Pinch of salt

For the garnish

15 pieces of pecans

PREPARATION

1. Preheat oven to 160°C – 320°F.
2. In a medium bowl mix all the ingredients until you get a soft dough.
3. Divide the dough into 15 small balls then arrange them on ungreased baking pan then lightly press a piece of pecan into the top of each ball.



COOKING TIPS

If you want to use dried roses, make a small hole in the center of each ball and press your finger, then bake and decorate it with roses after the kernels cool off.

DESSERT

Quaker® Ghoraibah Cookies

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DESSERT

3

OATS CREPES CAKE



SERVES
8-10 PEOPLE



COOKING TIME
28-34 MIN

INGREDIENTS

For the Custard

2 ½ cups of low-fat milk
6 egg yolks
¼ cup sugar
⅓ cup corn starch
1 tsp vanilla extract
150 gm light cream cheese
Pinch of turmeric or saffron (optional)

For the Crepes

2 cups Quaker quick cooking oats
(160gm), grounded
1 cup milk
1 ⅓ cup water
4 eggs
2 Tbsp honey
2 Tbsp of butter, melted
(or coconut oil)
2 tsp vanilla extract
½ tsp salt (or less to taste)
vegetable oil for cooking

For the garnish

Mixed berries

PREPARATION

1. For the Filling: in a medium bowl whisk all the ingredients except the milk, bring the milk to boil in a medium pot then remove it from heat and gradually pour it over the egg mixture while whisking vigorously to avoid lumps in the mixture.
2. Pour the mixture back into the pot and cook on medium-high heat whisking continuously for 3-4 minutes or until thickened, remove from heat and stir in the cream cheese. Pour the custard into a medium bowl and cover it with plastic wrap pushing it down so it touches the surface of the custard, refrigerate until cool.
3. For the crepes, in a food blender process all the ingredients except the cooking oil until smooth.
4. Heat a medium 9-inch nonstick frying pan over medium-high heat then lightly brush with vegetable oil.
5. Pour about 1/3 cup of batter into the frying pan; immediately tilt the pan in a circular motion so the batter coats the surface evenly. Cook the crepe for 1 minute or until the bottom is light brown and the surface is dry, flip the crepe and cook the other side for 20 -30 seconds. Repeat until you get 14-15 crepes.
6. To assemble the cake: spread one teaspoon of custard on the center of your serving plate, place a crepe on top then spread about 3 tablespoons of custard evenly on top, repeat until done then spread the remaining custard on top and garnish with berries.



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DESSERT

Oats Crepes Cake

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DESSERT

4

MASABEEB



SERVES
5-6 PEOPLE



PREPERATION
TIME 30 MIN



COOKING TIME
15-20 MIN

INGREDIENTS

1 cup of Quaker quick cooking oats
½ cup whole wheat flour + 2 Tbsps
1 ¼ cup warm water
1 Tbsp vegetable oil
1 egg
1 Tbsp honey
2 Tbsps milk powder
1 tsp baking powder
¼ tsp instant yeast
Pinch of salt
Pinch of turmeric or saffron (optional)

For serving

Honey and hot ghee
Dates molasses

PREPARATION

1. In a food blender process all the ingredients until you get a smooth batter, pour the mixture into a bowl, cover with plastic wrap and leave to rest in a warm place for 10-15 minutes.
2. Heat a griddle or large nonstick frying pan over a medium heat then spoon the mixture using 1 tablespoon, cook the Masabeeb until the bottom is nice golden then flip and cook for 15-20 more seconds.
3. Serve the Masabeeb drizzled with honey and ghee or drizzled with dates molasses.



DESSERT

Masabeeb

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DESSERT

5

KATAYEF OATS WITH CREAM



MAKES
19-20 PIECES



COOKING TIME
27-29 MIN

INGREDIENTS

For the Katayef

1 cup Quaker quick cooking oats
½ cup corn starch
2 tsp baking powder
1 cup water
½ cup milk
2 Tbsps honey
Pinch of salt
¼ tsp baking soda

For the filling

Thick cream or fresh cream

For the garnish

Ground pistachio or walnuts
Simple syrup or honey for serving

PREPARATION

1. In a food blender, process the oats until fine then add all the remaining ingredients and leave to rest for 10 minutes.
2. Heat a griddle or a medium nonstick frying pan over medium heat, lay a kitchen towel over a baking tray or plate.
3. Pour about 1 Tbsp of batter into the frying pan and leave to cook for 1 -2 minute or until the bottom is golden-brown and the surface is dry, remove from heat and arrange the katayef on the prepared tray. Repeat with remaining batter.
4. Place 1 to ½ tsp of fresh cream, on one side of the katayef then pinch the edges of the other side together leaving the cream exposed like an ice-cream cone (you may brush the edges with water to help it to seal)
5. Garnish with ground nuts and serve with honey or simple syrup.*
6. Divide the dough into 19-20 balls (each around 20 gm) and cover with a lightly wet towel to avoid drying out.

COOKING TIPS

You may fill them with chocolate, tahini butter or cookie butter.



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DESSERT

Katayef Oats with Cream

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DESSERT

6

HIJAZI MAAMOOL



MAKES
19-20 PIECES



COOKING TIME
27-29 MIN

INGREDIENTS

For the dough

2 cup Quaker quick cooking oats
(160 gm), grounded
½ cup all-purpose flour (60 gm)
Pinch of salt
1 tsp powdered sugar
½ tsp Nigella seeds
1 ½ tsp Aish spices
50-70 gm ghee (or oil optional)
½ cup warm water
(+1 extra Tbsp if needed)

For the filling

190 gm dates paste
1 Tbsp toasted sesame seeds
1 Tbsp hot ghee or oil (optional)

PREPARATION

1. For the dough: in a medium bowl mix the oats flour, all-purpose flour, salt and sugar then make a well in the center and add the nigella seeds and the Aish spices.
2. Heat the ghee into small pot until very hot, remove from heat and carefully pour over the spices (the mixture will bubble) lightly stir the mixture using a fork until it cools down a bit then use your fingers to rub the mixture very well.
3. Add the warm water and knead the dough until combined, cover with lightly wet towel and then with plastic wrap.
4. Mix the dates filling ingredients into a small bowl then divide the mixture into 19-20 small balls (10 gm each) and flatten them into 1 inch circle.
5. Preheat oven to 18°C -360°F.
6. Divide the dough into 19-20 balls (each around 20 gm) and cover with a lightly wet towel to avoid drying out.
7. Flatten each dough ball into 3-inch circle then place a piece of date into the center of the dough, grab the edges of the dough toward the center and press to seal (the diameter of each piece of Maamool should be around 2 inch use the traditional tweezer to decorate the pieces or use special Maamool molds. Arrange the Maamool pieces seams side down on a medium baking tray.
8. Bake the Maamoul on the upper third of the oven for 27-29 minutes (cooking time may vary depending on the pieces thickness and the oven temperature).(each around 20 gm) and cover with a lightly wet towel to avoid drying out.



DESSERT

Hijazi Maamool

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DESSERT

7

DATES STUFFED OAT CAKE



SERVES
6 – 8 PEOPLE



COOKING TIME
25 MIN

INGREDIENTS

For the cake

2 cups Quaker quick cooking oats
(160 gm), grounded
2 tsp baking powder
¼ tsp baking soda
¼ tsp salt
¾ cup drinking yogurt
¼ cup vegetable or coconut oil
¼ cup brown sugar
2 eggs
1 tsp vanilla extract
½ tsp ground cardamom

For the filling

200 gm of dates paste (or 150 gm to
taste)

For the garnish

10-11 pitted halved dates (optional)
Ground pistachio or pecans

PREPARATION

1. Preheat oven to 175°C – 350°F , cover the bottom of a round 9 inch springform with parchment paper and grease the sides with oil.
2. In a medium bowl whisk the dry ingredients and set aside.
3. In a medium bowl whisk all the wet ingredients until combined then add the dry ingredients and stir until combined.
4. Spoon half of the cake mixture into the prepared pan, then flatten the dates paste with your finger a little at a time (you might need to oil your fingers) and place it over the cake layer leaving ½ inch border from the outer edge, repeat until you get an even layer of dates paste, spoon the remaining cake mixture on top and lightly spread with the back of a spatula to cover the dates layer.
5. Arrange the dates halves if used all around the edge and bake for 24-25 minutes.
6. Remove the cake from the oven and leave to rest for 10 minutes before serving, garnish with ground pistachio.



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DESSERT

Dates Stuffed Oat Cake

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DESSERT

8

DATES STUFFED WITH OATS CRUMBLE



MAKES
40 PIECES



COOKING TIME
10-12 MIN

INGREDIENTS

For the crumble

- ½ cups of Quaker quick cooking oats
- 3 Tbsps packed brown sugar
- 2 Tbsps desiccated coconut (optional)
- ⅓ cup chopped walnut
- ½ tsp cinnamon
- ¼ tsp salt
- Pinch of ground ginger or cardamom (optional)
- 25 gm cold butter, cut into cubes
- Around 40 pieces of large soft dates

PREPARATION

1. Preheat oven to 175°C – 350°F and line a small medium tray with parchment paper.
2. In a small bowl mix all the ingredients then spread the mixture into the prepared baking tray.
3. Bake the mixture for 10 -12 minutes or until nice golden, remove from oven and set aside until cool. Crumble the mixture roughly and set aside.
4. Meanwhile, use the knife to make a lengthwise slit into the dates then remove the pit and set aside.
5. Stuff the dates with a heaping 1 teaspoon of the crumble mixture and arrange into serving plate.



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DESSERT

Dates Stuffed with Oats Crumble

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DESSERT

9

BLUEBERRY CHEESECAKE BARS



SERVES
6 – 8 PEOPLE



COOKING TIME
37 MIN

INGREDIENTS

For the crumble

1 cup of Quaker quick cooking oats
½ cup all-purpose flour
¼ cup packed brown sugar
60 gm cold butter, cut into cubes

For the Blueberry compote

¼ cup frozen blueberry
1 Tbsp honey
1 tsp water

For the filling

400 gm light cream cheese
¼ cup sugar
2 Tbsps flour
2 eggs
1 Tbsp lemon juice
1 tsp lemon zest
1 tsp vanilla extract

PREPARATION

1. Preheat oven to 175°C – 350°F and line the bottom and sides of an 8*8 inch square pan with parchment paper.
2. To make the crust: in a medium bowl mix all ingredients very well until combined then press the mixture evenly into the bottom of the prepared pan. Bake the crust for 12 minutes then set aside until cool.
3. Meanwhile prepare the blueberry compote, cook the compote ingredients on high heat for 10 minutes then puree until smooth. Refrigerate until cool.
4. To make the cheesecake filling: in a medium bowl using an electrical mixer whisk the cream cheese, sugar and flour until smooth then add the remaining ingredients and whisk until combined (do not over mix).
5. Pour the cheesecake mixture over the cooled crust then drop the compote by small spoonful on top of the cheesecake layer and swirl with a knife.
6. Bake the cheesecake for 23-25 minutes, remove from oven and allow to cool. Refrigerate for at least 2-3 hours before serving.
7. Cut into bars and garnish with lemon zest and blueberries.



DESSERT

Blueberry Cheesecake Bars

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DESSERT

10

KHOBZ TAWA



MAKES
26-30 PIECES



COOKING TIME
20 MIN

INGREDIENTS

- ½ cup Quaker quick cooking oats (40 gm), grounded
- 1 cup wholewheat flour +2 Tbsps extra
- 2 Tbsps milk powder
- ¼ tsp salt (to taste)
- 1 tsp instant yeast
- ½ tsp baking powder
- 1 tsp sugar
- 1 tsp Nigella seeds
- 1 egg
- ¼ cup of warm water
- 1 Tbsp olive oil

For serving

- Honey or dates molasses
- Nigella seeds or sesame seeds

PREPARATION

1. For the dough: in a food processor add all the ingredients and mix the dough for 5 minutes on medium speed or until you get a nice soft dough (if the dough was sticky you may add 1-2 extra Tablespoon of flour), brush the dough lightly with oil and cover with plastic wrap then leave to rest in a warm place for 1 hour or until doubled in size.
2. Heat frying oil into a medium skillet for 180°C -360°F.
3. On a lightly oiled or floured surface roll out the dough until thin, then cut the dough into circles using a round 2-inch cutter, reroll the scraps and repeat until done.
4. Drop the tawa piece into the hot oil and quickly bast with oil until puffed, deep fry on both sides until nice golden. Arrange the Tawa pieces over a kitchen towel, repeat until done.
5. Drizzle with honey or dates molasses and garnish with nigella seeds.



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DESSERT

Khobz Tawa

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SOHOOR

1

CHICKEN FILLET WITH PARMESAN



SERVES
4-5 PEOPLE



COOKING TIME
27-24 MIN

INGREDIENTS

For the Chicken

- 5 medium boned chicken breasts
- 1 Tbsp olive oil
- 1 Tbsp lemon juice
- 2 garlic cloves, crushed
- ½ tsp dry oregano
- ½ tsp dry basil
- ½ tsp salt (up to taste)

For the Breading

- 1 cup Quaker quick cooking oats + 1 Tbsp extra
- ½ cup ground parmesan cheese
- ½ tsp dry oregano
- 1 tsp dry parsley
- 2 eggs, beaten
- Oil Spray for cooking

PREPARATION

1. Preheat oven to 175C- 350 F and cover a medium baking tray with parchment paper.
2. To marinate the chicken: Inside a medium bowl, mix all the ingredients with the chicken breasts until well combined.
3. For the breading: Inside a shallow medium plate, mix the oats, parmesan cheese, dried oregano, and parsley.
4. Dip the chicken breasts in the oat mixture then into the beaten eggs then inside the oat mixture again. Repeat until done.
5. Arrange the breaded chicken onto the prepared baking tray then spray or brush with oil and bake on the middle shelf of the oven for 24-27 minutes (depending on the thickness of the chicken).
6. Serve with arugula and tomato salad with Italian dressing.



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SOHOOR

Chicken Fillet with Parmesan

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SOHOOR

2

BAKED SALMON



SERVES
4-5 PEOPLE



COOKING TIME
10-12 MIN

INGREDIENTS

5 Salmon fillet (each 120 gm)
Salt and black pepper

For the creamy topping

3 Tbsps Light cream cheese
1 Tbsp chopped parsley
1 Tbsp chopped dill
1 garlic clove, crushed
1 tsp lemon juice
1 tsp mustard
Pinch of salt
Pinch of black pepper

For the topping

1/3 cup Quaker quick cooking oats
3 Tbsps olive oil (or butter)
1/4 tsp Italian spices
1/2 tsp dried parsley

PREPARATION

1. Preheat oven to 200°C - 400°F and cover a medium baking tray with parchment paper.
2. Season the Salmon fillets with salt and pepper from all sides then arrange them onto the prepared baking tray.
3. For the creamy topping: Mix all the ingredients inside a small bowl then pour it over the top of the salmon fillets.
4. For the topping: Mix all the ingredients inside a small bowl then sprinkle the topping over the fillets, pressing lightly to incorporate.
5. Bake on the upper shelf of the oven for 10-12 minutes.
6. Serve with roasted potatoes and steamed asparagus



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SOHOOR

Baked Salmon

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3

QUAKER OAT SAFFRON RISOTTO WITH STEAK



SERVES
1 PERSON



COOKING TIME
14-15 MIN

INGREDIENTS

2/3 cup Quaker quick cooking oats
1 Tbsp butter or Vegetable oil
200 gm Veal tenderloin, cut into 1-inch cubes
¼ small onion, chopped
2 cup of chicken stock (you may add extra ¼ cup)
⅛ tsp salt (or less to taste)
¼ tsp crushed saffron threads
1-2 Tbsps shredded parmesan cheese

PREPARATION

1. Season the tenderloin cubes with salt and pepper then heat a small pan on medium high heat, add ½ Tbsp of butter and the beef cubes and cook on each side for 30-40 seconds remove from pan and set aside.
2. Add the remaining butter and the onion to the pan and sauté on medium heat for 2-3 minutes then add the oats and stir for 1-2 minutes.
3. Add the chicken stock, salt and saffron threads and leave to cook for 6-7 minutes stirring occasionally (if the consistency is too thick for your taste you may add up to ¼ cup of boiling water).
4. Stir in the parmesan cheese and serve topped with the beef cubes.



SOHOOR

Quaker Oat Saffron Risotto with Steak

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SOHOOR

4

QUAKER OAT WITH CHICKEN AND MUSHROOMS



SERVES
1 PERSON



COOKING TIME
12-14 MIN

INGREDIENTS

- $\frac{2}{3}$ cup Quaker quick cooking oats
- 1 Tbsp Olive oil
- $\frac{1}{4}$ small onion, chopped
- 1 small boned chicken breast, cut into small cubes
- $\frac{1}{2}$ cup of chopped mushrooms
- 2 cups of boiling water (you may add extra $\frac{1}{4}$ cup)
- $\frac{1}{8}$ tsp salt (or more to taste)
- Pinch of ground black pepper
- 1-2 Tbsps. light cream cheese or cooking cream (optional)
- 1 tsp lemon juice
- 1 Tbsp chopped parsley

For the garnish

Chopped parsley

PREPARATION

1. Heat $\frac{1}{2}$ Tablespoon of oil into a small pot then add the mushrooms and cook on high heat for 3-4 minutes or until the mushrooms are nice golden and dry remove from pan and set aside, then add the remaining oil, onion and chicken and cook for 2 -3 minutes.
2. Put back the cooked mushrooms and add the boiling water, oats, salt, and black pepper and leave to cook on medium heat for 6-7 minutes stirring occasionally (if the consistency is too thick for your taste you may add up to $\frac{1}{4}$ cup of boiling water).
3. Add the cream cheese, lemon juice and chopped parsley and mix to combine and serve immediately.



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SOHOOR

Quaker Oat with Chicken and Mushrooms

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