

# Nice and Easy Halal Food Options

**Halal is an Arabic word that means "permissible." In terms of food and drink, it means food that is permissible according to Islamic law. For a meat to be certified "halal," it cannot be a forbidden cut (such as meat from hindquarters) or animal (such as pork.)**

You can use most recipes as long as the ingredients are Halal. Below are some recipe suggestions, with the recipes to follow on the following pages

Otherwise there are usually a multitude of restaurants and take away shops that offer Halal options.

- Slow cooked Halal Lamb Haleem
- Stews and soups
- Stir Fry – using halal meat
- Vegetarian dishes – i.e. Vege Chilli
- Halal meat curry



*Here are some sample recipes...*

## Loubia B'ham – White bean and lamb stew

2 tablespoons olive oil  
300 grams diced lamb  
1 onion, finely chopped  
1 garlic clove, crushed  
1 teaspoon ground cumin  
harissa – to taste \*optional  
2 teaspoon ground sweet paprika  
1 bay leaf  
1 – 2 carrots, peeled and sliced  
2 tomatoes or half tin plum tomatoes, chopped

3/4 tablespoon double concentrate tomato puree  
570 gram jar (net weight: 400 grams) alubia blanca, rinsed or 200g dry beans soaked in hot water for a day or more  
800ml water\*  
salt and pepper (to start i go with 1 tsp, 1/4 tsp pepper then adjust at the end)

In a cooking vessel on medium – low heat add oil then gently fry meat, onion, garlic, spices, seasonings and bay leaf for 5-10 minutes until meat has browned and onions have softened, stir often and add splash of water if needed (so that the spices don't burn).

Add tomato paste, cook for 1 minute more then add carrots, tomatoes, beans and water bring to boil then reduce heat till a light simmer. Slow cook for 2 – 4 hours until beans are tender or to you desired consistency.

Taste, adjust seasonings if necessary, remove bay leaf and serve warm

### Notes

if using a tagine/casserole dish you may need less water as they are known to maintain moisture levels..



# Halal Meat Stir Fry

## SAUCE:

1/2 cup – Halal chicken broth, low-sodium  
1/4 cup – soy sauce, low sodium  
1 tablespoon – vinegar, distilled  
1 tablespoon – cornstarch  
2 teaspoon – honey

## STIR-FRY:

1/2 medium – onion  
1 bunch – broccoli  
2 medium – carrot  
1/2 medium – bell pepper, red  
2 clove – garlic  
1 pound – Hala beef steak (or Pork)  
2 cup – brown rice, raw  
1 tablespoon – olive oil

Whisk together the 5 sauce ingredients and set aside. Chop all veggies and slice meat, if not already done. Set rice to cook ahead of time.

In a large skillet, heat 1 tablespoon of oil over medium-high heat and add chopped onion. Saute until slightly translucent. Add garlic and veggies and cover, stirring occasionally, for 5 minutes, or until vegetables begin to soften.

Meanwhile, cook beef in a separate skillet until brown, then add to veggies.

Pour sauce over everything and bring to a simmer. Simmer for 5-10 minutes, until veggies are done to liking and sauce has thickened a bit. Sauce will continue to thicken off the heat.

Serve over brown rice and garnish with green onions or sesame seed, if desired.



# Halal Chicken Massala Curry

2 tbsp oil	1 or 2 green chillies
400g Halal chicken fillets, trimmed and chopped	200g plum tomato tin, pureed
2 large onions	½ tsp turmeric powder
1 tsp salt	½ tsp red chilli powder
3 cloves of garlic	1 tsp garam masala powder
3cm fresh ginger	Large pinch of fresh coriander, chopped

Blend the onions in a food processor.

Heat oil in a pan and sauté the onion paste. If it starts to stick, just add a little water and stir.

Stir in the salt to help the onions cook.

Put the ginger, garlic and chillies into a blender and blend to a paste (add a little water if required)

After 10 minutes of cooking the onions they should have browned a little. Now stir in the the garlic, ginger and chilli paste.

Once softened add the pureed tinned tomatoes and increase the heat until the tomatoes start to simmer.

Reduce the heat and add the turmeric, chilli powder and garam masala. Cook together until the tomatoes and onions start to break down and the masala dries up and becomes paste-like.

Add chicken pieces into the masala. Stir well and cook for a few minutes. Reduce the heat to the lowest setting and put the lid on the pan. Leave to cook for about 15-20 minutes, stirring intermittently.

The chicken should be cooked through. To add a little more gravy pour in some hot water and stir before removing from the heat.

Check the seasoning and adjust if you need to. Sprinkle in the coriander and stir.

Serve with plain rice



# Slow Cooker Halal Lamb Haleem

2-4 TABLESPOONS OLIVE OIL  
1 LARGE ONION, SLICED  
2 ROASTED PEPPERS, SLICED  
2 TOMATOES, SLICED  
3 CLOVES GARLIC, ROUGHLY CHOPPED  
4-6 TABLESPOONS GROUND CUMIN  
2-4 TABLESPOONS SMOKED PAPRIKA  
3-4 TABLESPOONS GROUND TURMERIC  
1 TABLESPOON SEA SALT, OR TO TASTE  
3 TEASPOONS FRESHLY GROUND BLACK PEPPER

3 POUNDS LAMB SHOULDER MEAT,  
WITH BONES  
2 CUPS WATER OR BROTH, OR MORE  
AS DESIRED  
2 CUPS BARLEY OR BULGHUR  
3 CUPS BROWN LENTILS  
FRESHLY CHOPPED CILANTRO  
3 WHOLE JALAPEÑOS, SLICED  
FRESH GINGER, SLICED  
3 FRESH LIMES, QUARTERED

*A popular dish for the Ramadan & Eid*

Warm the oil in a sauté pan. Add the onion and turn up the heat to brown lightly. Next, add the peppers, tomatoes and garlic and continue to cook down a bit, about ten minutes.

Add all of the spices then stir to combine well. Add the meat and brown on each side. Transfer the above mixture to a slow cooker then add the water or broth.

Cook for about three hours on high heat, covered. In the meantime, soak the grains.

Remove the meat from the slow cooker and let cool slightly, or until you can remove the bones. Add the meat back to the slow cooker.

Add the grains to the mixture then cover and continue to cook on medium-high heat for an additional two hours, adding water or broth, if necessary.

Remove cover and move some of the mixture to a different pot, or turn off and unplug the slow cooker. Using an immersion blender, combine at least half to three-quarters of the mixture, or until the desired serving consistency is reached. Add more liquid, if desired.

Bring the combined mixture back to the slow cooker and begin to heat again, covered, for at least one hour, on low heat.

Serve in individual bowls with a little bit of cilantro, sliced jalapeños, sliced ginger and a dash of lime on top of each serving.



# Veggie Chilli

1 Onion  
2 Cloves of Garlic  
1 Tin of Chopped Tomatoes  
1 Bell Pepper (Green Red or Orange)  
Tomato Paste  
Oregano  
Coriander  
Chilli Powder  
Chilli Flakes (Optional)  
1 Tin of Kidney Beans

Dice the onions and finely chop the garlic. Place these in the pan with a little oil and fry until soft. Also fry off the pepper with the onions and garlic

In a separate saucepan put the tin of tomatoes, tomato paste, oregano, and coriander. Bring these contents to the boil.

When the onions have fried, add them to the tomato mix and reduce to a simmer. Then add the tins of beans and add chilli powder and flakes to taste depending how spicy you like chilli.

Allow to simmer for 20 minutes.

Serve on a bed of rice

