

Table Manners

1-Washing the hands before eating.

2. Mention Allah's name, eat with your right hand and eat from what is next to you.

3. When any of you eats, he should eat with his right hand and when he drinks he should drink with his right hand.

4. I do not eat reclining.

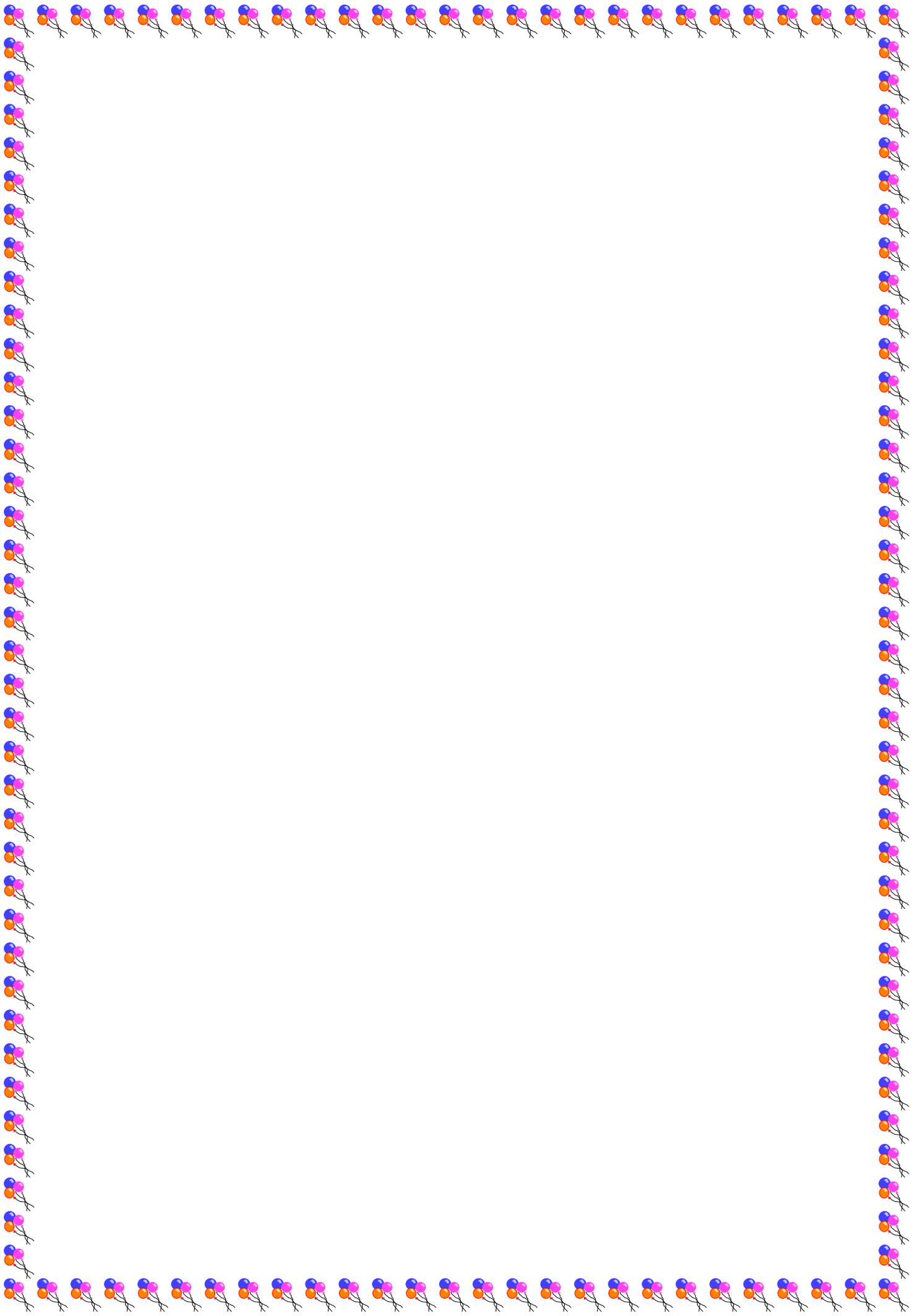
5. The Prophet (p) never expressed disapproval of food; if he desired it he ate it and if he disliked it he left it alone.

6. Allah's Messenger (p) used to breathe three times in the course of a drink.

7. The Prophet (r) forbade that a person should not drink standing up.

8. The Prophet (peace and blessings of Allah be upon him) forbade breathing or blowing into a vessel.

9. Do not leave a fire burning in your houses while you are asleep.



Recipe For Vegetable Soup

Ingredients

Oil - a large spoon Minced onion Garlic clove 4 pieces of zucchini cut into medium pieces - 2 slices of peeled potatoes and cut into medium pieces 1 liter of chicken broth Three quarters of a generous cup Half a teaspoon of salt 1/4 teaspoon ground black pepper.

Instructions

1. First, heat the oil in a saucepan over medium heat.
2. Then, add onions, garlic, zucchini, potatoes and mix ingredients for 5 minutes.
- 3 – After that, Add the broth and a glass of water and leave the soup boil on low heat for about 20 minutes.
4. Next, add salt, and black pepper.
- 5- Finally, stir the ingredients and leave the soup for another 10 minutes, then eat a hot!



Recipe For Couscous

Ingredients

1 cup instant couscous
1-2 tablespoons butter or olive oil (optional)
1 cup water or broth
1/2 teaspoon salt

Equipment

sauce pan with lid
fork

Instructions

- 1. First, Bring the Water to a Boil** - Pour the water and butter (if using) into a small saucepan and bring it to a boil over high heat.
- 2. Then, Stir in the Couscous** - Remove the pan from heat and pour in the couscous and salt. Stir to evenly moisten the couscous.
- 3. After that, Wait 10 Minutes** - Cover the pan and let it sit for 10 minutes. If the couscous hasn't absorbed the water or still tastes crunchy after this time, cover and let it sit for a few more minutes.
- 4. Finally, Fluff with a Fork** - Gently break apart and fluff the cooked couscous with a fork before serving. If the rest of dinner isn't quite done, re-cover the pan after fluffing to keep the couscous warm.



Recipe For Potato Salad

Ingredients

2 tbsp olive oil

2 tbsp walnut oil

1 tsp honey

flaked sea salt and freshly ground black pepper

900g/2lb new potatoes, such as Jersey Royals or Charlotte, washed or scrubbed

1 tbsp chopped fresh tarragon leaves

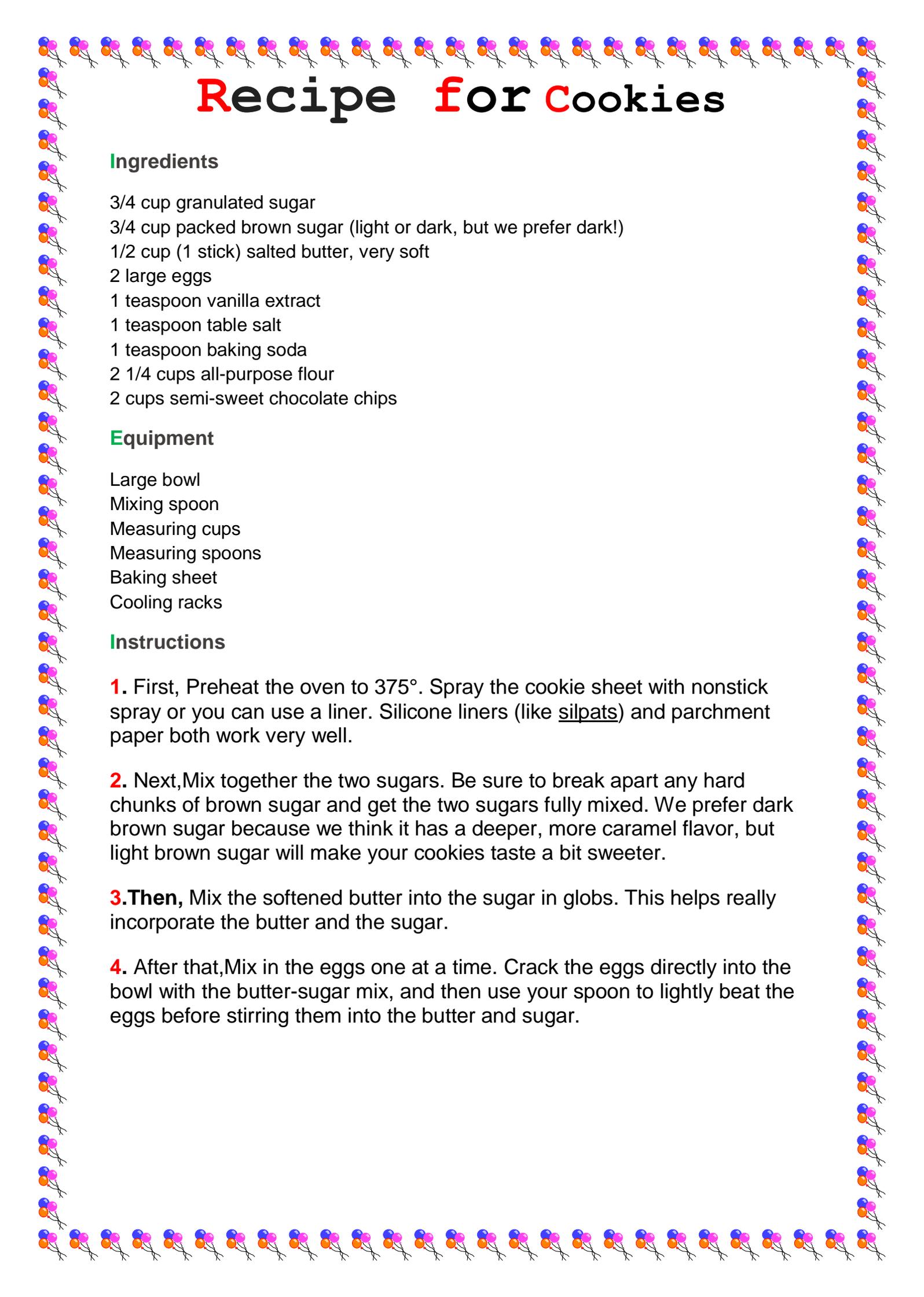
1 large shallot, finely chopped

2 tbsp chopped cornichons or gherkins (optional)

Instructions

1. First, If you're using the walnuts, place in a hot oven (about 200C/400F/Gas 6) for a few minutes until beginning to color slightly. This gives a fresher, less bitter flavor to the nuts.
2. Then, Place the vinegar, mustard, oils, honey and salt and pepper in a screw-top jar or in the bowl of a small hand blender. Shake or blend well until creamy. Add more seasoning if preferred.
3. After that, Cook the potatoes in boiling salted water for about 15-20 minutes until just tender. Drain well and, when just cool enough to handle, cut into halves or quarters, if quite large.
4. Finally, Place the potatoes in a mixing bowl with the tarragon, shallots, cornichons or gherkins and walnuts, if using, and toss in as much or as little of the dressing as you want. Serve just warm or, if you're not eating straight away, refrigerate and return the salad to room temperature before eating.





Recipe for Cookies

Ingredients

3/4 cup granulated sugar
3/4 cup packed brown sugar (light or dark, but we prefer dark!)
1/2 cup (1 stick) salted butter, very soft
2 large eggs
1 teaspoon vanilla extract
1 teaspoon table salt
1 teaspoon baking soda
2 1/4 cups all-purpose flour
2 cups semi-sweet chocolate chips

Equipment

Large bowl
Mixing spoon
Measuring cups
Measuring spoons
Baking sheet
Cooling racks

Instructions

- 1.** First, Preheat the oven to 375°. Spray the cookie sheet with nonstick spray or you can use a liner. Silicone liners (like silpats) and parchment paper both work very well.
- 2.** Next, Mix together the two sugars. Be sure to break apart any hard chunks of brown sugar and get the two sugars fully mixed. We prefer dark brown sugar because we think it has a deeper, more caramel flavor, but light brown sugar will make your cookies taste a bit sweeter.
- 3.** Then, Mix the softened butter into the sugar in globs. This helps really incorporate the butter and the sugar.
- 4.** After that, Mix in the eggs one at a time. Crack the eggs directly into the bowl with the butter-sugar mix, and then use your spoon to lightly beat the eggs before stirring them into the butter and sugar.

5.And, Measure and mix in the vanilla, salt, and baking soda. Mix the batter as much as possible right now. Break apart any remaining clumps and make sure the batter is a consistent color throughout.If you prefer, you can mix the salt and baking soda with the flour in a separate bowl instead of adding them now. This ensures that these dry ingredients are evenly distributed throughout the batter, but we've never had any trouble adding them in at this point. Honestly, we just prefer to save ourselves an extra bowl to wash!

6.Then, Add the flour all at once. At this point, you want to mix the batter as *little as possible* to avoid forming too much gluten. Stop mixing as soon as there is no more visible flour on the dough or in the bottom of the bowl.

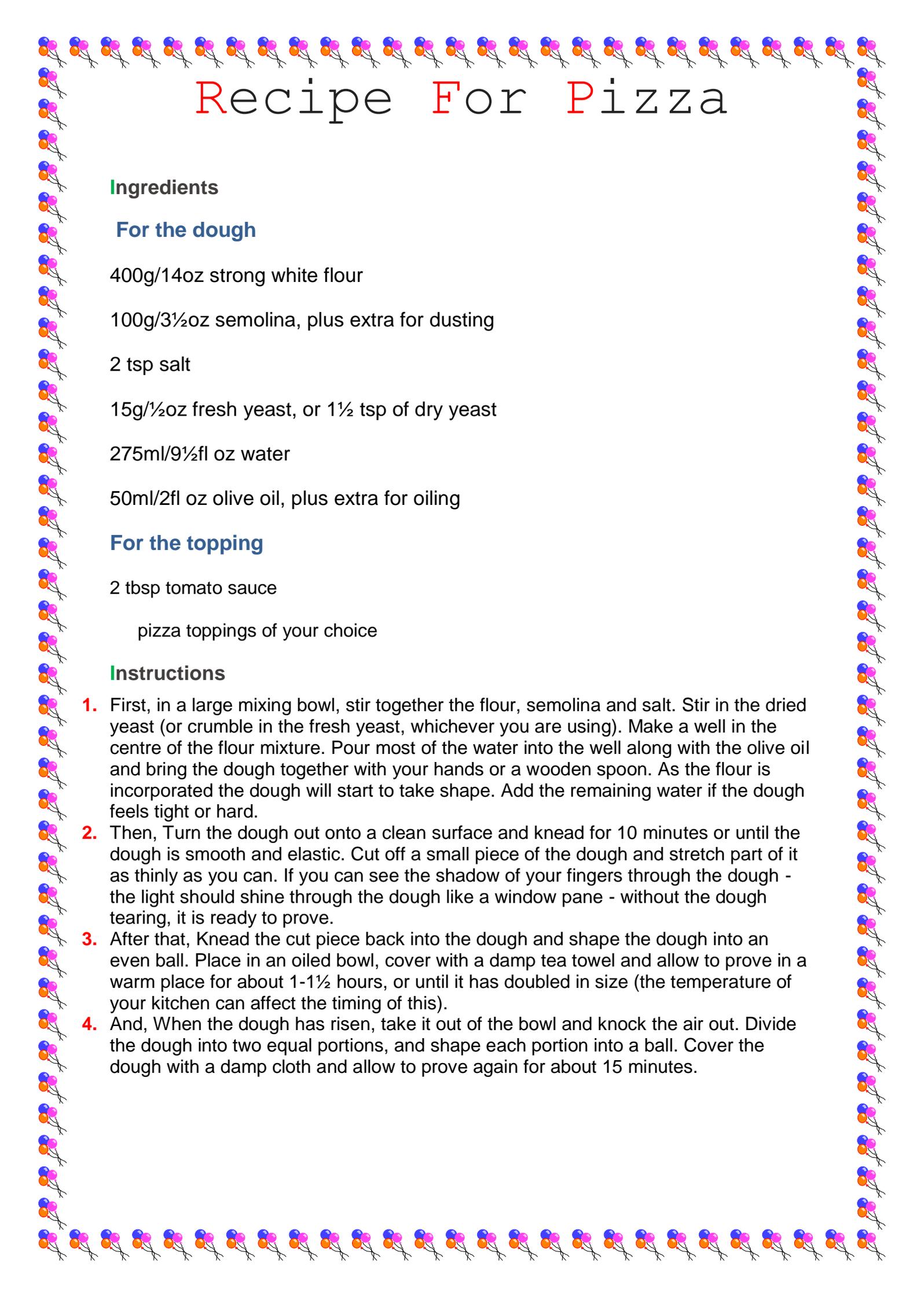
7. And, Add the chocolate chips all at once and use a folding motion to incorporate them into the batter.

8. And, Scoop the batter onto your baking sheet, spacing the balls of dough roughly 2 inches apart. We use a tablespoon and measure out slightly rounded balls - they're about the size of pingpong balls. You can certainly go larger or smaller as you prefer!

9.And, Bake the cookies for 9-11 minutes. Take them out when they look puffy, are set around the edges, and dry to the touch. Let them cool for a few minutes on the baking sheet. As they cool, they will collapse back on themselves.

10. Finally,Transfer the cookies to a rack to finish cooling completely. Bake the rest of the cookies in batches.





Recipe For Pizza

Ingredients

For the dough

400g/14oz strong white flour

100g/3½oz semolina, plus extra for dusting

2 tsp salt

15g/½oz fresh yeast, or 1½ tsp of dry yeast

275ml/9½fl oz water

50ml/2fl oz olive oil, plus extra for oiling

For the topping

2 tbsp tomato sauce

pizza toppings of your choice

Instructions

1. First, in a large mixing bowl, stir together the flour, semolina and salt. Stir in the dried yeast (or crumble in the fresh yeast, whichever you are using). Make a well in the centre of the flour mixture. Pour most of the water into the well along with the olive oil and bring the dough together with your hands or a wooden spoon. As the flour is incorporated the dough will start to take shape. Add the remaining water if the dough feels tight or hard.
2. Then, Turn the dough out onto a clean surface and knead for 10 minutes or until the dough is smooth and elastic. Cut off a small piece of the dough and stretch part of it as thinly as you can. If you can see the shadow of your fingers through the dough - the light should shine through the dough like a window pane - without the dough tearing, it is ready to prove.
3. After that, Knead the cut piece back into the dough and shape the dough into an even ball. Place in an oiled bowl, cover with a damp tea towel and allow to prove in a warm place for about 1-1½ hours, or until it has doubled in size (the temperature of your kitchen can affect the timing of this).
4. And, When the dough has risen, take it out of the bowl and knock the air out. Divide the dough into two equal portions, and shape each portion into a ball. Cover the dough with a damp cloth and allow to prove again for about 15 minutes.

5. Then, Place a pizza stone or an upturned baking tray into the oven and preheat to its highest setting.
6. And, Dust the work surface liberally with semolina. Roll out one piece of the dough to form a circle that will fit on your pizza stone or baking tray.
7. After that, Transfer the pizza base onto a plastic chopping board (or another upturned baking tray) dusted with semolina. The tray will be used to slide the pizza base directly onto the pizza stone.
8. And, Cover the surface with half of the tomato sauce and toppings of your choice.
9. Finally, when ready to bake, slide the pizza directly onto the pizza stone and cook for 8-10 minutes, or until the base is golden-brown and the toppings are bubbling. Repeat with the remaining dough, tomato sauce and toppings.

Recipe Tips

If you are making the pizza bases in advance, once the dough has been divided and rolled, cover and place into the fridge. Remove one hour before needed to allow the dough to come up to temperature.

If you want to freeze the pizza bases roll them out before you put them in the freezer.





Difference between Healthy and Unhealthy Foods

Everyone wants to eat delicious food and enjoy the taste of life. Apart of enjoying the food, individual forgot to focus on the quality of meal. There are multiple differences between healthy and Unhealthy foods through which you can easily decide what to choose for eating.

Healthy Foods

It is referred as the food which is beneficial for health in terms of nutrition and it also fits your body. Healthy food may be considered as organic food (pure from chemicals), whole foods and natural food etc.

Unhealthy Foods

The best way to describe the unhealthy food is the less nutritional food containing high amount of calories, fat and sugar. This type of food is high in protein although body needs protein but in a particular amount.

Healthy Foods vs Unhealthy Foods

Examples of Foods: Healthy food is rich of energy such as fresh fruits and vegetables, leafy greens, raw nuts, sprout, yogurt and honey etc. While unhealthy food are white bread, pastas, hot-dogs, chicken roast, chips, chocolate etc.

Health Effects: By consuming healthy foods fatigue, depression, headache, joint pains, lungs problem could be resolved while unhealthy food welcomes the cardiovascular diseases (CVD), obesity, diabetes and also other chronic diseases.

Approachable: Healthy foods are not easy and convenient to reach and it needs some time to cooked for its preparation but unhealthy foods are ready made and convenient to reachable.

Taste Bud: Most of the people do not eat nutritional foods just because of not feeling its scrummy taste while unhealthy foods have so many varieties in taste such as cheese burger, pizza etc.

Users: In one research on young generation in USA it is observed that 92% of participants choose unhealthy food and merely 8% of participants go for healthy food which is very low.

Energy Provider: As the healthy food provides minerals, vitamins and other basic elements which the body needs so we can say that the healthy foods are the source of energy while unhealthy foods harms the health which reveals that it is not the source of energy but a source of diseases.

Conclusion

By aforementioned differences it is concluded in a nut shell that people knows the pros and cons of these two categories of foods but they never try to avoid junk foods. People became addictive of junk food items although it is hazardous to health. But no doubt, healthy food is much better than junk food because it provides calories and nutrition which makes your immune system strong.

Unhealthy Food

Healthy Food

