

The Whole Pantry

ISLAMIC
MUSEUM
OF AUSTRALIA
ART HERITAGE DISCOVERY



2025 Cookbook



ENTRÉES

Lale Malkoc

Green Lentil Stew

Ingredients

- 2 cups brown lentils, soaked overnight with 1 tsp vinegar, then rinsed
- 1 medium carrot, grated
- 1 medium zucchini, grated
- 1 medium onion, finely diced
- 1 large potato, diced small
- ½ red capsicum, diced
- ½ green capsicum, diced
- 2 tbsp olive oil
- 2 tbsp tomato paste
- 2 cloves garlic, minced (optional)
- Water or vegetable stock, as needed
- Salt, to taste

Method

Prepare the lentils: Drain and rinse the soaked lentils thoroughly.

Combine ingredients: Place the lentils, carrot, zucchini, onion, potato, red and green capsicum, olive oil, tomato paste, and garlic (if using) into a medium-sized pot.

Add liquid: Pour in enough water or stock to just cover the lentils and vegetables. Stir well to combine.

Cook the stew: Bring to a boil over medium-high heat, then reduce to low and simmer until the lentils and potatoes are tender and the stew has thickened slightly. Season with salt to taste.

Serve: Serve hot with crusty bread or rice, especially during cooler weather.



A stack of golden-brown Muskhhan rolls, filled with a mixture of ground meat, rice, and herbs, are arranged on a white plate with a vibrant, colorful floral and fruit pattern. The rolls are garnished with pomegranate seeds, pine nuts, and fresh mint leaves. In the background, a blue and white bowl contains a salad of pomegranate seeds and green herbs.

Somaya El-Hendi

Muskhan Rolls



Ingredients

- 10 saj breads
- 1 kg red onions, thinly sliced
- 1½ cups olive oil
- 5 tsp sumac
- 1 kg chicken breast
- 1 brown onion, halved
- Cardamom pods
- Salt and black pepper, to taste
- 7 spice blend (optional)

Method

Cook the chicken: Place the chicken breasts in a large pot with the brown onion, cardamom pods, salt, and black pepper. Cover with water and bring to a boil. Simmer until fully cooked. Remove the chicken, shred finely, and set aside.

Prepare the onion mixture: Heat the olive oil in a wide frying pan over medium heat. Add the sliced red onions and cook slowly until soft and translucent. Add the shredded chicken, season with salt, black pepper, optional 7 spice, and sumac. Stir well and cook for a few minutes until evenly coated and fragrant.

Assemble the rolls: Preheat the oven to 180°C. Place a portion of the chicken and onion mixture onto each saj bread. Roll tightly and place seam-side down on a baking tray lined with baking paper.

Bake: Bake for about 10 minutes, using top and bottom heat, until lightly crisp and golden.

Serve: Serve warm as an appetiser or main, with lemon wedges or a fresh salad on the side.

Rida Rizwan

Okra

Bhujia

Ingredients

- 900 g okra, trimmed and cut
- 1 large onion, thinly sliced
- 2 medium tomatoes, sliced
- ¼ cup cooking oil
- 1 tsp cumin seeds
- ¼ tsp turmeric powder
- 1 tsp red chilli powder
- 1 tsp pink salt, or to taste
- 1 tbsp lemon juice
- 2 tbsp fresh coriander leaves, finely chopped

Method

Sauté the onion: Heat the oil in a medium-sized pot over medium-high heat. Add the sliced onion and sauté until soft and translucent.

Add cumin: Stir in the cumin seeds and cook until they begin to crackle.

Cook the okra: Add the okra and sauté for about 2 minutes, stirring gently.

Season: Add the salt, turmeric, and red chilli powder. Mix well to coat the okra evenly.

Simmer: Cover the pot and cook on low to medium heat for 15-20 minutes, stirring occasionally, until the okra is tender.

Add tomatoes: Add the sliced tomatoes, cover again, and cook for a further 4-5 minutes until softened.

Finish: Remove from heat, stir in the lemon juice, and garnish with chopped coriander.



Wafa Fahour Falafel



Ingredients

- 1½ cups dried chickpeas
- 1½ cups dried fava beans, peeled and split
- ½ bunch fresh coriander, roughly chopped
- ½ bunch fresh parsley, roughly chopped
- 2 large onions, peeled and quartered
- 5 cloves garlic
- 2–3 tsp salt, to taste
- 2 tsp ground cumin
- 2 tsp ground coriander
- ½ tsp bicarbonate of soda
- Oil, for frying

Method

Soak the beans: Place the chickpeas and fava beans in a large bowl and cover generously with cold water. Soak overnight; the beans will expand significantly.

Drain and prepare: Drain and rinse the soaked chickpeas and fava beans thoroughly.

Process the mixture: Working in batches, add half of the chickpeas, half of the fava beans, some onion, garlic, coriander, and parsley to a food processor. Blitz until finely ground and cohesive, adding a small amount of water only if the mixture is too dry. Repeat until all ingredients are processed.

Season: Transfer the mixture to a large bowl. Add the salt, cumin, and ground coriander, mixing well to distribute the spices evenly.

Prepare for frying: Just before frying, mix in the bicarbonate of soda. This helps create a light, airy texture.

Shape and fry: Shape the mixture into balls or small patties. Deep-fry or shallow-fry in hot oil until golden brown and crisp on the outside. Drain on paper towel.



MAINS



Hanan Salimoud

Maqlouba

Ingredients

- 2 cups medium-grain rice, thoroughly washed and drained
- 1 whole chicken (or lamb or beef), cut into serving pieces
- 1 onion, quartered
- 2-3 eggplants, cut into thick slices
- 2 potatoes, sliced
- 1 small cauliflower, cut into florets
- 2 carrots, sliced (optional)
- 2 tomatoes, sliced
- Cooking oil, for frying

Spices

- 1 tsp ground cinnamon
- 1 tsp ground allspice
- 1 tsp ground black pepper
- ½ tsp ground turmeric
- Salt, to taste

Method

Cook the meat: Place the chicken, onion, spices, and salt in a large pot. Cover with water and bring to a boil. Simmer until the meat is fully cooked and tender. Remove the meat and set aside. Strain and reserve the broth.

Fry the vegetables: Heat oil in a pan over medium heat. Fry the eggplant, cauliflower, potatoes, and carrots (if using) in batches until golden. Drain on paper towel.

Assemble the maqlouba: Line the base of a deep pot with the sliced tomatoes. Arrange the fried vegetables evenly over the tomatoes, followed by the cooked meat. Spread the rice evenly over the top.

Add broth and cook: Carefully pour the reserved broth into the pot until it just covers the rice. Bring to a gentle boil, cook uncovered for 5 minutes, then cover, reduce heat to low, and simmer for about 40 minutes, or until the rice is fully cooked and liquid absorbed.

Invert and serve: Remove from heat and allow to rest for 5 minutes. Place a large serving platter over the pot and carefully invert. Lift the pot slowly to release the maqlouba.



Khadíja Alam

Qaboli Palaw

Ingredients

- 4 cups long-grain rice, washed and soaked for several hours
- 60 ml canola oil
- 1 kg lamb shanks or chicken pieces
- 2-3 large onions, finely chopped
- 3 medium carrots, julienned
- ½ cup red seedless raisins
- 2 tbsp salt, or to taste
- 3 Knorr chicken bouillon cubes (optional)
- 85 g sliced almonds and pistachios (optional)
- ½ tsp garlic paste or minced garlic
- 3-4 tbsp sugar
- Water, as needed

Spices (choose one option)

- Qabuli Palaw Masala: ground cinnamon, cumin, cardamom, and cloves (combined and finely ground)
- Simple option: cumin seeds and cardamom pods

Method

Prepare the rice: Wash the rice thoroughly until the water runs clear. Soak in cold water for several hours, then drain before cooking.

Brown the onions: Heat the oil in a pressure cooker or large heavy pot over medium-high heat. Add the chopped onions and cook until lightly golden. Transfer the onions to a blender, blend until smooth, and set aside.

Cook the meat and gravy: In the same pot, add the meat, garlic, and salt. Brown on all sides until lightly coloured. Return the blended onions to the pot, then add the bouillon cubes, paprika, tomato paste, and $\frac{1}{2}$ tsp of the chosen masala. Stir and cook for 7-8 minutes. Add 1 cup water, adjust salt to taste, cover, and cook until the meat is tender and the gravy is medium-thick with oil visible on the surface. Remove the meat from the gravy and set aside.

Prepare the carrots and raisins Heat 3 tbsp oil in a frying pan over medium heat. Add the carrots and fry for about 4 minutes until slightly softened. Add the sugar, a pinch of ground cardamom, and 2 tbsp water. Cover and cook until the sugar dissolves. Stir in the raisins and cook for a further 2 minutes. Remove from heat and set aside. If using nuts, toast them lightly and mix with the carrots.

Cook the rice: Boil the soaked rice in salted water until just parboiled. Drain well.

Assemble and steam: Combine the parboiled rice with the reserved meat and gravy in a large pot. Spread evenly, then layer the carrots and raisins on top. Cover and cook on very low heat for about 20 minutes to allow the flavours to meld.

Serve: Gently mix before serving or present layered. Serve hot as a centrepiece dish.





Rayhana Shurtí Labaniya

Method

Ingredients

- Chicken Maryland pieces or drumsticks
- 1 white onion, roughly chopped
- 3 cloves garlic, lightly crushed
- 500 g whole-milk Greek yoghurt, cold
- 1 tbsp cornflour
- 1 cup basmati rice
- A small handful vermicelli
- 1 tbsp ghee
- Water, as needed

Optional garnishes

- Fried pine nuts
- Chopped parsley
- Lebanese bread, cut into small squares and fried
- Potato, finely diced and fried

Prepare the chicken: Rinse the chicken thoroughly. If desired, soak in cold water with salt and vinegar or lemon for 30 minutes, then rinse and drain well.

Cook the chicken: Place the chicken, onion, and garlic in a large pot over medium heat. Sear briefly to give the chicken some colour. Add enough water to just cover the chicken, bring to a boil, then simmer for about 30 minutes, until cooked through.

Strain and reserve stock: Remove the chicken and set aside. Discard the onion and garlic. Measure out 2 cups of the cooking stock and reserve.

Prepare the yoghurt sauce (labaniya): In a bowl, whisk the cold yoghurt with the cornflour until smooth. Gradually add the reserved stock, then transfer to a saucepan over medium heat. Stir continuously until the mixture comes to a gentle boil and thickens slightly, about 5 minutes.

Finish the chicken: Return the chicken to the yoghurt sauce and simmer gently for 10–15 minutes. Keep the heat low to prevent splitting.

Cook the rice: Rinse the rice until the water runs clear. Heat the ghee in a saucepan, add the vermicelli, and fry until golden. Stir in the rice and cook for 1 minute. Add the remaining reserved chicken stock, bring to a boil, then cover, reduce heat to low, and cook for 12 minutes.



Rida Rizwan

Chapli Kabab

Ingredients

- 500 g beef mince (with fat)
- 1 tbsp ginger-garlic paste
- 1/4 tsp salt, or to taste
- 1/4 tsp turmeric
- 1 tsp red chilli powder
- 1 tsp red chilli flakes
- 1 1/2 tbsp roasted, crushed coriander seeds
- 1 tsp roasted, crushed cumin seeds
- 1/2 cup maize flour (cornmeal)
- 1 tbsp dried pomegranate seeds, crushed
- 2 large onions, roughly chopped and moisture squeezed out
- 1 tomato, finely chopped
- 1-2 tomatoes, sliced into rounds (for frying)
- 1 egg
- Oil, for shallow frying

Method

Prepare the onions: Roughly chop the onions and pulse briefly in a chopper. Transfer to a muslin cloth and squeeze firmly to remove excess moisture.

Make the kebab mixture: In a large bowl, combine the beef mince, ginger-garlic paste, salt, turmeric, chilli powder, chilli flakes, crushed coriander, crushed cumin, maize flour, crushed pomegranate seeds, squeezed onions, and egg. Mix well until evenly combined. Fold through the chopped tomato.

Check seasoning: Fry a small amount of the mixture to test seasoning. Adjust salt or spices if needed.

Shape the kebabs: Divide the mixture into palm-sized portions and flatten slightly. Press a tomato slice into the centre of each kebab.

Cook the kebabs: Heat oil in a frying pan over medium heat. Shallow-fry the kebabs for 3-4 minutes on each side, or until golden brown and cooked through.

Serve: Serve hot with salad, chutney or sauce of choice, and naan or plain rice.



Rubina Habib

Chicken

Biryani

Ingredients

Curry:

- 1.5 kg chicken, bone-in
- 2-3 large potatoes, cut into large cubes
- 1 cup oil
- 2 tbsp garlic paste
- 2 tbsp ginger paste
- ½ tbsp salt
- 400 g canned diced tomatoes (or 4-5 fresh tomatoes, diced)
- 1 tbsp green chilli paste
- ½ tbsp chilli powder
- 2 tbsp coriander powder
- 1 tsp turmeric powder

- 1 tsp cumin powder
- 1-inch cinnamon stick
- 3-4 cloves
- ½ tsp black peppercorns
- 1 tsp cumin seeds
- 1 black cardamom
- 1 tbsp biryani masala (optional)
- 1 cup fried onions (from about 2 large onions, thinly sliced and fried until golden)
- 1 cup yoghurt, beaten
- 1 tsp saffron colour
- 1 tsp garam masala

Garnish:

- 1 tomato, sliced
- ½ bunch coriander, chopped
- A handful of mint leaves, chopped
- 5-6 dried plums (aloo bukhara)
- 2 green chillies, split lengthwise
- Kewra essence (a few drops, optional)

Rice:

- 1kg sella basmati rice
- 2 bay leaves
- 1 star anise
- 3-4 green cardamom pods
- 2-3 cloves
- 3 tbsp salt
- 1½ cups fried onions
- 1 tbsp oil
- Juice of 1 lemon

Method

Curry

Marinate the chicken: Combine the chicken with garlic paste, ginger paste, and salt. Set aside while preparing the other ingredients.

Sear the chicken: Heat the oil in a large heavy-based pot. Lightly sear the chicken pieces until just coloured, then remove and set aside.

Make the masala base: In the same oil, add the tomatoes, green chilli paste, chilli powder, coriander powder, turmeric, cumin powder, cinnamon stick, cloves, peppercorns, cumin seeds, black cardamom, and biryani masala if using. Fry until fragrant, about 2 minutes. Add 1 cup water, the potatoes, and the fried onions.

Cook the curry: Simmer until the potatoes are halfway cooked, about 10–15 minutes. Return the chicken to the pot and cook for a further 15–20 minutes.

Finish the curry: Mix the saffron colour into the yoghurt, then add to the pot and stir gently. Cook for 5 minutes, adding up to $\frac{1}{2}$ cup water if needed. Continue cooking until the chicken and potatoes are fully cooked and the oil begins to separate. Stir in the garam masala and remove from heat.

Rice

Soak the rice: Wash the rice thoroughly and soak for 3–6 hours. Drain well before cooking.

Parboil the rice: Bring a large pot of water to a rolling boil. Add the bay leaves, star anise, green cardamom, cloves, and salt. Add the oil, juice of half the lemon, and the rice. Cook until the grains have bloomed but remain slightly undercooked. Drain immediately.

Assemble

Prepare the garnish: In a bowl, combine the tomato, coriander, mint, dried plums, green chillies, and fried onions. Toss with the remaining lemon juice.

Layer the biryani: Keep the curry in the pot. Scatter the garnish evenly over the curry, then layer the rice on top. Sprinkle with additional fried onions. Add a few drops of kewra essence in the centre, and dot saffron colour in several spots over the rice.

Steam (dum): Cover the pot tightly. Cook over medium heat for 5–10 minutes, then reduce to very low heat and steam for a further 10 minutes.

Serve: Spoon off about two-thirds of the plain rice from the top and arrange on one side of a serving platter. Gently mix the remaining rice with the curry and serve alongside.

A close-up photograph of a stack of baklava. The dessert is composed of numerous thin, golden-brown layers of filo pastry, interspersed with dark, chopped nuts. The top layer is slightly crumbly and uneven. The lighting highlights the texture of the pastry and the richness of the filling.

DESSERT



Somaya El-Hendi

Baklava

Ingredients

Sugar syrup

- 2 cups sugar
- 1 cup water
- A few drops lemon juice
- 1 tsp orange blossom water
- 1 tsp vanilla extract

Filling

- 300 g ground pistachios

Layers

- 1 packet filo pastry
- 2 cups butter, melted

Method

Prepare the syrup: Combine the sugar and water in a saucepan over medium heat. Stir until dissolved, add the lemon juice, and bring to a boil. Boil for 2 minutes, then remove from heat and stir in the orange blossom water and vanilla. Set aside to cool completely.

Assemble the baklava: Preheat the oven to 180°C. Brush a baking tray generously with melted butter. Lay 2 sheets of filo pastry flat, brushing each sheet with butter. Sprinkle a small amount of ground pistachios along one edge, then roll tightly into a log. Repeat with the remaining filo and filling.

Cut and bake: Arrange the rolls seam-side down in the tray and cut into even pieces. Bake using bottom heat until golden and crisp.

Add the syrup: Remove the baklava from the oven and immediately pour the cooled syrup evenly over the hot pastry. Allow to soak fully before serving.

Serve: Serve at room temperature, garnished with extra pistachios if desired.

Rola Eleyan

Date Ka'ak

Ingredients

Dough:

- 1 kg all-purpose flour
- 250 g clarified butter (ghee)
- 250 g corn oil
- 5 g salt
- 5 tbsp ground anise seeds
- 3 tbsp ground fennel seeds
- 2 tbsp milk powder
- 2 tbsp sugar
- 1 tbsp instant yeast
- 4 tbsp sesame seeds
- 3 tbsp nigella seeds
- About 500 ml warm water, as needed

Filling:

- 700g ground dates
- 2 tbsp ghee
- 1 tbsp ground cinnamon
- 2 tbsp toasted sesame seeds





Method

Prepare the filling: In a bowl, combine the ground dates, ghee, cinnamon, and toasted sesame seeds. Mix until smooth and pliable. Set aside.

Mix the dry ingredients: In a large bowl, combine the flour, yeast, salt, anise, fennel, milk powder, sugar, sesame seeds, and nigella seeds.

Add the fats: Heat the ghee until melted and hot, then stir in the corn oil. Pour this warm mixture over the flour mixture and mix with a wooden spoon.

Rub the dough: Using your hands, rub the flour and fat together for about 3 minutes until the mixture resembles coarse sand.

Knead the dough: Gradually add the warm water and knead until a soft, medium-textured dough forms. The dough should be pliable but not sticky.

Rest the dough: Cover and let rest for about 30 minutes, until slightly risen.

Shape the ka'ak: Divide the dough into medium-sized balls, and do the same with the date filling. Roll a dough ball into a finger-length strip. Place a strip of date filling along the centre, fold the dough over to enclose the filling, and roll gently into a smooth cylinder. Join the ends to form a closed ring.

Bake: Arrange the rings on a baking tray. Bake in a preheated oven at 200°C until golden brown.

Serve: Allow to cool completely before serving. Enjoy with tea or Arabic coffee.

Nusha Eleyan

Arabic Kunafa



Ingredients

- 1 cup semolina
- 1 cup fine bulgur
- 1½ cups boiling water
- 1½ tsp baking powder (or 1 heaped tbsp)
- ¾ cup sugar
- 1½ tsp ground cinnamon
- 1 tsp vanilla extract
- ½ cup ghee (clarified butter), melted
- ½ cup milk (or slightly more as needed)
- ½–1 cup walnut pieces (optional)

Syrup:

- 2 cups sugar
- 2 cups water
- Juice of ½ lemon



Method

Soak the bulgur: Place the fine bulgur in a bowl and pour over the boiling water. Cover and soak for at least 1 hour.

Soak the semolina: In a separate bowl, combine the semolina with the melted ghee. Mix well and allow to soak for at least 1 hour.

Prepare the batter: Combine the soaked semolina and bulgur. Add the sugar, cinnamon, vanilla, and baking powder. Stir until the mixture begins to thicken.

Adjust consistency: Add the milk gradually, stirring until the mixture is smooth and spreadable. Fold in the walnuts if using.

Bake: Preheat the oven to 200°C. Transfer the mixture to a greased baking tray and press down evenly. Bake until the base turns golden.

Brown the top: Continue baking until the surface is evenly golden.

Prepare the syrup: While the kunafa is baking, combine the sugar, water, and lemon juice in a saucepan. Bring to a boil and simmer briefly until slightly thickened.

Finish: As soon as the kunafa comes out of the oven, pour the warm syrup evenly over the hot tray.

Rest and serve: Allow to rest for at least 1 hour to fully absorb the syrup. Cut into portions and serve.

Serve: Serve at room temperature with tea or coffee.



Wafa Fahour

Maamoul Biscuits





Ingredients

Dough

- 500 g fine semolina
- 500 g coarse semolina
- 500 g unsalted butter, melted
- 1 tsp mahlab seeds (optional)
- ½ tsp instant yeast
- 5 tbsp sugar
- ¼ cup rose water
- 2 tbsp orange blossom water
- Milk, as needed for kneading

Walnut Filling

- 500 g walnuts
- ¼ cup sugar (adjust to taste)
- 5 tbsp rose water
- 1 tbsp orange blossom water (optional)

Date Filling

- 1 kg date paste
- 5 tbsp rose water
- Icing sugar

Method

Prepare the dough: In a large bowl, combine the fine semolina, coarse semolina, sugar, yeast, and mahlab if using. Add the melted butter and mix until the mixture resembles coarse crumbs. Stir in the rose water and orange blossom water. Gradually add milk, kneading gently until a soft, cohesive dough forms. Cover and rest for 30 minutes.

Prepare the walnut filling: Pulse the walnuts in a food processor until coarsely ground. Transfer to a bowl and mix with the sugar, rose water, and orange blossom water if using. Adjust sweetness to taste.

Prepare the date filling: Place the date paste in a bowl and knead in the rose water until soft and pliable. Roll into small balls and set aside.

Shape the maamoul: Take a small portion of dough and roll into a ball. Flatten slightly, place a ball of filling in the centre, then wrap and seal the dough around it. Roll gently into a smooth ball. Press into a maamoul mould to decorate, then tap to release. Repeat with remaining dough and filling.

Bake: Preheat the oven to 180°C. Arrange the biscuits on a lined baking tray and bake for 12–15 minutes, until set but still pale in colour.

Serve: Allow the maamoul to cool completely on a wire rack. Dust generously with icing sugar before serving.



Haleema Afreen

Caramel Bread Pudding

Ingredients

- 8 cups bread, cut into cubes
- 2 tbsp butter, melted
- 3 cups milk
- 3 eggs
- 1 cup sugar
- 2 tsp vanilla extract
- 1/4 cup caramel sauce, plus extra for serving

Method

Prepare the oven and dish: Preheat the oven to 175°C. Grease a 9 × 13-inch baking dish.

Assemble the bread base: Spread the bread cubes evenly in the prepared dish and drizzle with the melted butter.

Make the custard: In a large bowl, whisk together the milk, eggs, sugar, and vanilla extract until well combined.

Soak the bread:

Pour the custard evenly over the bread cubes. Let stand for 10 minutes to allow the bread to absorb the mixture.

Bake: Bake for 40–45 minutes, or until set and golden brown on top.

Finish and serve: Drizzle with caramel sauce and serve warm – pair with vanilla ice cream or cream for a richer dessert.