



MedSNAIL

Ark of Taste products

Women For Cultural Development (NAMAA)



**Balqa'
(Jordan)**



BASEESAH



Balqa'
(Jordan)

This dessert captures the food identity and heritage of Balqa, as it is based on the area's most rooted ingredients; from the roasted wheat and whole-wheat flour, the local butter and ghee that are produced from sheep and goat milk, infused with a mixture of wild herbs' flowers and plants, to the olive oil pressed from ancient trees.



enicbcmed.eu/projects/medsnail





BORBARA



MedSNAIL



Balqa'
(Jordan)

A sweetened and flavoured pudding consisting of boiled wheat grains, raisins, walnuts, almonds with cinnamon, anise and honey or molasses. It is generally prepared for winter's celebrations among Middle Eastern Christians who traditionally wear disguises and go around houses in the village dancing and singing. In each house, they are offered Borbara specially prepared for that feast. This celebration could date back to the ancient religion of the Levant due to the sacred status of wheat in ancient civilisations.



enicbcmed.eu/projects/medsnail





CAROB MOLASSES (RUB KHARROUB)



Balqa'
(Jordan)

🏷️ A product obtained from the fruits of carob tree, a tree that dates back to ancient times in the area. Carob molasses is a dark slightly gelled syrup that has a pungent, roasted sweetish aroma with a combination of strong caramel, jam and dried fruit flavours with a note of burnt toast, and a touch of chocolate and bitterness flavour. Carob molasses is also essential in the making of a sheepskin (Madhaneh **مدھنة**) sack that is traditionally used to preserve local ghee.



enicbcmed.eu/projects/medsnail





HAITALIEH



Balqa'
(Jordan)

Haitalieh is a Middle Eastern traditional dish, made with sweetened milk from the Baladi goats or Awassi sheep, using starch water from soaked Jareesheh to gelatinize it and served with melted local ghee/Samneh Baladiyah poured on top. Jareesheh is wheat that is cracked into smaller pieces; it is used for Hatalieh after soaking in water after for a few hours. Traditionally this type of dessert is cooked on fire wood.



enicbcmed.eu/projects/medsnail





RUMI OLIVES



Balqa'
(Jordan)

 An ancient olive tree that research declared one of its historical olive cultivar 'Mehras', a name given to large Rumi trees, as one of the oldest genetic olive genotypes in the Mediterranean region. It is considered a genuine ancient ancestor that has preserved its existence through the ages. The majority of the yield is used for olive oil production, the remaining is used for pickling.



enicbcmed.eu/projects/medsnail





SALTI GRAPES



Balqa'
(Jordan)

🏷️ **Salti Grapes** takes its name from Al-Salt City, the capital of El Balqa Governorate. Many historians believe that the name “Salt” comes from the Latin word Saltus land of figs and grapes, as the area has been known for the quality of its grapes for centuries. Grapes are eaten fresh and processed into molasses, vinegar, khabeesa (dried grapes leather), wine and zabeeb (dried raisins).



enicbcmed.eu/projects/medsnail





FIGS (TEEN BALADI)



MedSNAIL



Balqa'
(Jordan)

 Native varieties of figs in the area (Khdari, Bhyadi, Mwazee, Hammari) are widely used, both fresh and dried. Locals normally produced jam or Ma'qud al teen, that is served for breakfast, and dried figs known locally as Qutain, eaten as a snack. Local shepherds, while herding their sheep, used to make a type of cheese by adding the white creamy substance inside the unripe fruit to fresh milk. The milk curdles and become like cream cheese.



enicbcmed.eu/projects/medsnail





LAZAQIAT



Balqa' (Jordan)

-  A traditional sweet made from flat bread that is cut into small pieces and covered with local ghee/Samnah Baladieh and sugar. The traditional bread is kneaded and flattened on Saj and cooked on wood fire. Lazaqiat is now only made by the elder women of the rural communities and during special occasions.

