TEACHER'S MANUAL: UNIT 2, FOOD

WARM-UP

There are no wrong answers to this exercise. You can start by asking who eats the different foods in the pictures.

In the **Choose** section, learners can choose any of the three foods. They can work individually or with a partner to talk about why they like it.

In the **Discuss** section, learners can use the vocabulary and grammar that they have. You may want to elicit vocabulary from the whole group and put it on the board. Working with others helps learners share the words they have, so this is a very good small group exercise.

The **Photo** lets learners personalize the activity and link it to their own lives.

WARM-UP

Choose

The best food to eat is...







Fatoush

Starters (Mezze)

Muwaraka

Discuss

- · Why do you like this food?
- · What other foods do you like?

Photo

Put a photo or drawing of your favorite food here:

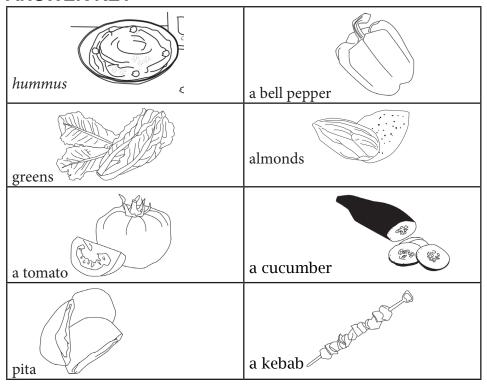
VOCABULARY

Say the words on the left and point to the appropriate picture as you say the words. This is activity that familiarizes learners with the vocabulary. You can encourage learners to repeat the words after you, if they wish.

The different foods are not drawn to scale, so the almonds are much bigger than they really are. The meal is much smaller.

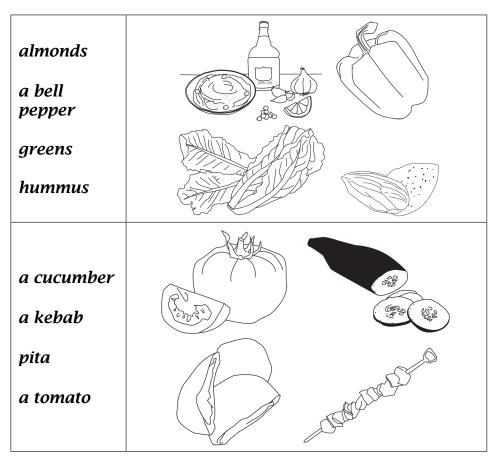
Ask learners to draw a line to demonstrate the relationships between the words and the pictures. This encourages kinesthetic (motion-related) learning.

ANSWER KEY



VOCABULARY

Practice pronunciation of the words below with your teacher. Draw a line from the *words* to the pictures to show their meanings.



Breakfast, Lunch, and Dinner

This activity extends the use of vocabulary for food. Students apply what they are learning to their own lives. Encourage students to bring in pictures of the different kinds of food that they eat. They will probably need help with names in English. If a breakfast food is a special dish, just use the Arabic word for that food.

As an additional activity, ask students to say what time they eat breakfast, lunch, and dinner.

All answers are correct!

Breakfast, Lunch, and Dinner

What food do you like for...?

Write words or add pictures.

Breakfast	Lunch	Dinner
	***	(' ' '
I like for breakfast.	I like for lunch.	I like for dinner.

READ-WRITE-TALK

There are no wrong answers to this exercise.

Learners are again applying what they are learning to their own lives as they are practicing and reinforcing the vocabulary in the unit.

Learners can work in pairs and small groups to discuss what is the same and what is different.

THE HILWE W MORRA STORY

This story continues throughout the book. There is more information about the women and their lives in each unit. An audio recording is available for download at http://aei.uoregon.edu/wtwe

The underlined words are the vocabulary focus.

As you read the story the first time, you may wish to emphasize the underlined words, but do not stop the story to explain them yet. When you read the story the second time, you may want to see if learners have questions about the vocabulary.

Feel free to play with how you read the story aloud. It's supposed to be fun!

READ-WRITE-TALK

Write **T** for true or **F** for false. All answers are okay!

- 1. Starters are delicious. They taste good.
- 2. Muwaraka is terrible. It doesn't taste good.
- 3. I like *fatoush*. It's delicious.
- 4. I don't like tomatoes. They don't taste good.
- 5. Green peppers are terrible. They don't taste good.

Group Work

Tell your answers to other students near you in the class.

- What is the same?
- What is different?

THE HILWE W MORRA STORY

Listen and read along as the teacher reads this out loud.

Samar and Dima are at Nadine's house. (Auntie) Hala is the mother of Dima. Nadine is the mother of Samar.

Nadine: How are you Samar?

Dima: Congratulations! Are you happy about the

triplets?

Samar: I am <u>very</u> happy!

Nadine: Three grandchildren! I am happy too!

Dima: You are very <u>lucky!</u> Samar, is your birthday

next week?

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Vocabulary, Definition A or Definition B

This is a good opportunity to practice the Think-Pair-Share technique. With this technique, learners work individually at first to mark their answers, then check their answer with a partner, then respond in the whole group to the teacher's prompts.

We introduce "let's" in this unit. It is a contraction, but native speakers rarely if ever use it in its full, "let us" form. It's better to think about it as a single word rather than as a contraction.

Keep encouraging learners not to just translate the words. The words are introduced in context here. It will be helpful if learners focus on the way the word is used in context.

As before, the words here will reappear in the later reading or in later units.

ANSWER KEY

=	a lot √
=	Good things happen to you. $\sqrt{}$
=	<i>they</i> want to
=	ok √
=	don't ask
=	no one
=	with sugar $\sqrt{}$
=	tastes terrible

a little
Bad things happen
to you.
we want to $\sqrt{}$
not ok
ask √
everyone $\sqrt{}$
with no sugar
tastes good $\sqrt{}$

Samar: Yes, it is.

Dima: <u>Let's</u> have a party!
Nadine: Who **can** we **invite**?

Samar: <u>All</u> our family and friends.

Nadine: What food do you like?

Samar: I like *mezze*, *fatoush*, and *muwaraka*.

Dima: What is muwaraka?

Samar: It is a **sweet** bread from Aamchit. It's

delicious!

Nadine: Let's have the party here, at my house.

Vocabulary, Definition A or Definition B

Put a $\sqrt{}$ by the best answer.

Vocabulary		Definition A
<u>very</u>	=	a lot √
lucky	_	Good things
<u>iucky</u>	_	happen to you.
<u>let's</u>	=	<i>they</i> want to
<u>can</u>	=	ok
<u>invite</u>	=	don't ask
<u>all</u>	=	no one
<u>sweet</u>	=	with sugar
<u>delicious</u>	=	tastes terrible

Definition B
a little
Bad things happen
to you.
we want to
not ok
ask
everyone
with no sugar
tastes good

Group Work

Model the questions and answers for the class initially:

Do you like mezze? Yes, I do.

Notice that this focuses on yes/no questions with do/does. There are different pronouns in the answers and both contractions and full responses (I don't/I do not).

If learners answer in full sentences, they will omit do/does:

Do you like *mezze*? Yes, I like mezze. Does the *fatoush* look delicious? Yes, the *fatoush* looks delicious.

If learners are ready for the grammar, you can point out the use of do/does with yes/no questions that use verbs other than be. It's helpful to also note the use of do/does with negative statements:

I don't like *mezze*. The *fatoush* doesn't look delicious.

Next, have the learners practice asking each other. They should begin with the models given, using the yes/no questions and full answers. More advanced learners may wish to add their own questions and answers.

Group Work

First, practice saying the questions and answers below with the teacher. Then, practice in pairs or small groups.

Bring food (or food photos) to class. Make questions about the food.

Do you like	mezze? fatoush? parties?
Does the <i>fatoush</i> look	delicious? beautiful? old?
Do the tomatoes taste	delicious? terrible? fresh?

Make answers.

Yes,	I do. he/she/it does. we/you/they do.	
No.	I do not he/she/it is not they are not they're not.	I don't. it isn't. they aren't.
	we are not. we're not.	we aren't.

There are no wrong answers in the discussion. The questions encourage learners to think critically about the topic.

The extra discussion questions are designed for more advanced learners. The teacher can encourage those learners to share their questions with the whole group.

READERS THEATER

Follow the same process as in Unit 1. Start as a whole class, reading each line together. It is good to encourage the class to be as emotional as possible in reading their lines - that makes it more fun and motivating. Having small props such as cups and cookies also helps learners feel more like actors, and thus less self-conscious.

Practice as often as needed to have everyone feel comfortable in reading the different lines.

An audio recording that includes the practice section is available for download at http://aei.uoregon.edu/wtwe

Discuss in pairs or small groups:

- · Do you like parties?
- · Do you have parties in the morning? At night?
- Do friends come to your parties? Cousins?
- Do you drink a lot of coffee at your parties? Tea? Juice?

Extra discussion:

- · What food is fun at a party?
- · What food is a surprise?

READERS THEATER

Practice with the Teacher

First, practice all of the story together with the teacher. Read the story as a script in a theater play.

Nadine: How are you, Samar?

Dima: Congratulations! Are you happy about

the triplets?

Samar: I am very happy!

Nadine: Three grandchildren! I am happy too!

Dima: You are very lucky! Samar, is your birth-

day next week?

Samar: Yes, it is.

Dima: Let's have a party!
Nadine: Who can we invite?

Samar: All our family and friends.

In addition to practicing different stress patterns in the words, encourage learners to practice different emotions - happy, excited, tired, sad, and quiet.

Group Work

It often works well to choose a group of more advanced students to be the first to model the activity. You could choose the group that did the best with Unit 1's Readers Theater to go first this time. In later units, even the shyer students should feel more comfortable reading out loud.

Nadine: What food do you like?

Samar: I like *mezze*, *fatoush*, and *muwaraka*.

Dima: What is *muwaraka*?

Samar: It is a sweet bread from Aamchit. It's

delicious!

Nadine: Let's have the party here, at my house.

Now, practice with the teacher:

ConGRAtulations or CongratuLAtions!
 (both are correct)

· I'm VERY happy! or I'M very happy!

THREE grandchildren! or Three GRANDchildren!
 It's delicious! or It's DEEEEEEEEE-licious!

Theater Tip

You can have fun with scarves, makeup, jewelry, real food, empty food boxes or pictures of food.

Group Work

Next, work in groups. Each group has 3 students. Each student is a person in *The Hilwe w Morra Story*. Each group reads the story out loud.

Active Listening

Each group will present in turn. In order to keep everyone else focused, have the rest of the class fill out the Active Listening checklist. Ask the actors to write their names on the board so that others can copy them correctly.

Notice that different groups have different emotions for the Samar, Nadine, and Dima. This encourages listeners to pay close attention to what each group does, including the later groups. They should think first, not circle the same emotion each time.

What to Say

This offers students practice with polite invitations and polite refusals in English. Americans in particular expect to know if someone is really coming or not. This is especially important with party and dinner invitations. Americans find it rude to say yes to an invitation and not come. It is better to say no with polite language like this when talking with an American.

Active Listening

Listen as other groups read the story. Put a $\sqrt{}$ by the best answer for each group.

Group 1: _____, and _____.

Listen to Samar. She is ... happy excited quiet
Listen to Nadine. She is ... happy excited quiet
Listen to Dima. She is ... happy excited quiet

Group 2: ______, ____ and _____.

Listen to Samar. She is ... excited tired sad
Listen to Nadine. She is ... excited tired sad
Listen to Dima. She is ... excited tired sad

[continue with the other groups the same way]

What to Say

Practice the following party invitation with your teacher. Next, practice in pairs.

Questions

Hello, _____. There is a party at my house on Saturday. Can you come?

Answers

Yes, I am happy to come. Thank you!

No, I'm sorry, I can't come. Thank you anyway.

The Hilwe w Morra Story, Family Tree

As before, there are no wrong answers - personalizing the characters with pictures helps learners feel more interested in the topic.

READING

This is adapted from an article on the Internet. At the end of this unit, you can see the full article. An audio recording is available for download at http://aei.uoregon.edu/wtwe

In **Guess**, learners try to predict the content of the story just from the title. There are no wrong answers at this point, but learners can go back after they read the story to see if they were right or wrong in their guesses.

Have learners share their ideas with a partner, then with the group as a whole. They can help each other figure out the meaning of the word bakery, if someone does not know it at first.

The Hilwe w Morra Story, Family Tree

- Go to the beginning of this book. Put drawings or photos on the *Hilwe w Morra Story* family tree for Nadine and Dima.
- Write their ages, too.
- All answers are okay!

READING

Title: Fern el Sabaya - A Women's Bakery in Aamchit

Guess

Think about the title: Fern el Sabaya - A Women's Bakery in Aamchit. Guess! Do you think these sentences about the story are T (true) or F (false)?

This is a man's bakery.
 Women make *mezze* in this bakery.
 The bakery is in Lebanon.
 The women make *muwaraka*.

Listen-Read-Circle

Read the story aloud slowly the first time, using as much expression as possible.

Read the story slowly a second time. Give learners time to circle the words as you read. Lower-level learners may wish to hear the story a third time.

After the learners have circled the food words that they recognized, have them discuss with a partner before a wholegroup discussion about the answers.

You can have them talk about the picture, as well, for additional discussion work.

ANSWER KEY

Monday, February 7, 2011

Fern el Sabaya is a bakery in Aamchit. Lorenza and Martha are sisters. They own the bakery. Their bakery is very famous. Why?

This is the only bakery in Lebanon with *muwaraka* They make it with almonds walnuts sugar orange blossom water and rose water It tastes very, very good.

They also make *man'oushe bi beyd ma awarma* t tastes very good, too. Do you bake, oo? What do you make? Do you make *muwaraka* too?

Listen-Read-Circle

Listen as the teacher reads the story 2 times. The second time, circle 5 words about food (for example, *walnuts*, *sugar*, *tastes*, *bakery*...).

Monday, February 7, 2011

Fern el Sabaya is a bakery in Aamchit. Lorenza and Martha are sisters. They own the bakery. Their bakery is very famous. Why?

This is the only bakery in Lebanon with *muwaraka*. They make it with almonds, walnuts, sugar, orange blossom water and rose water. It tastes very, very good.

They also make *man'oushe bi beyd ma awarma*. It tastes very good, too. Do you bake, too? What do you make? Do you make *muwaraka*, too?



Listen-Read-Write

Read each paragraph as many times as needed while learners write the answers.

This is another good Think-Pair-Share opportunity. After the learners have written the words in the blanks, have them discuss with a partner before a whole-group discussion about the answers.

ANSWER KEY

Monday, February 7, 2011

Fern el Sabaya is a bakery in Aamchit. Lorenza and Martha are <u>sisters</u>. They own the bakery. Their <u>muwaraka</u> is very famous. Why?

This is the only bakery in Lebanon with *muwaraka*. They make it with <u>almonds</u>, walnuts, <u>sugar</u>, orange blossom water, and rose water. It tastes very, <u>very</u> good.

They also <u>make</u> man'oushe bi beyd ma awarma. It tastes very good, too.

Do you bake, too? What do you make? Do you make <u>muwaraka</u>, too?

Listen-Read-Write

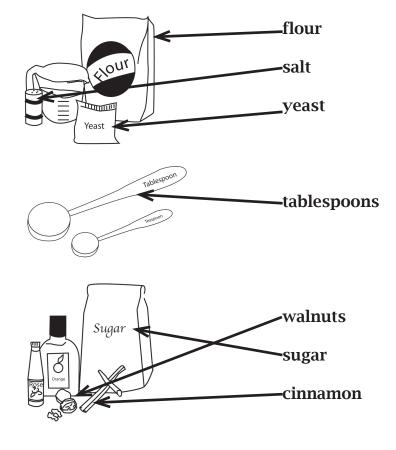
Listen to the teacher read *Fern el Sabaya - A Women's Bakery in Aamchit* as many times as needed.

Write the *words* in the blanks below.

	Monday, February 7, 2011
	Fern el Sabaya is a bakery in Aamchit. Lorenza and Martha
almonds	are They own the bakery. Their
bakery	is very famous. Why?
make	This is the only bakery in Lebanon with
muwaraka	muwaraka. They make it with, walnuts,, orange
sisters	blossom water, and rose water. It tastes very, good.
sugar	They also man'oushe bi beyd
very	ma awarma. It tastes very good, too.
	Do you bake, too? What do you make? Do you make, too?

VOCABULARY

ANSWER KEY



VOCABULARY

Muwaraka Recipe

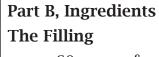
Samar likes *muwaraka*. Here is the recipe. Draw a line from each word to the picture.



Sugar

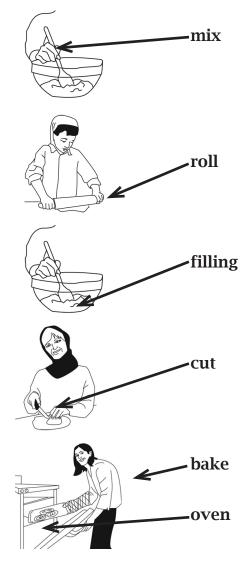
Part A, Ingredients The Dough

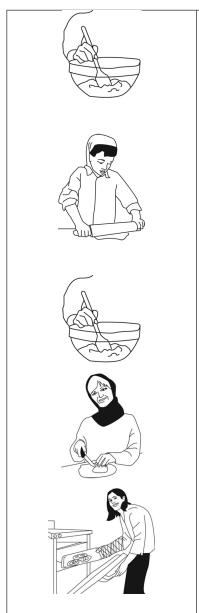
- · 120 grams white **flour**
- 3 grams salt
- 3 grams of fast-rising **yeast**
- about 6 tablespoons of water



- · 60 grams fresh almonds, crushed
- 60 grams fresh walnuts, crushed
- 60 grams white **sugar**
- 1 tablespoon rose water
- 1 tablespoon orange blossom water
- 1 tablespoon **cinnamon**
- 5 grams butter

ANSWER KEY





Part C, Directions

- 1. Mix the dough.
- 2. Roll the dough.

- **3.** In a bowl, mix the **filling** (almonds, walnuts, sugar, rose water and orange blossom water).
- **4.** Put butter on the dough.
- **5.** Put filling on the dough.
- **6.** <u>Cut</u> a hole in the middle. Roll the dough from the inside to the outside of the circle.
- 7. Put oil or more butter on it.
- 8. <u>Bake</u> it in the <u>oven</u> for 10 minutes.

Sentence Order

Demonstrate with the first sentence. You may want to have lower-level learners look back at the story. More advanced learners can try to reconstruct the story without looking back.

ANSWER KEY

Sentence Order

- 2 Put filling on the dough.
- _1__ Mix the dough.
- <u>4</u> Bake it for 10 minutes.
- __5__ Eat it!
- __3__ Cut a hole in the dough.

ANSWER KEY

Vocabulary

Vocabulary		Definition A		Definition B
<u>bake</u>	=	on the top of the stove		inside the oven $\sqrt{}$
<u>cut</u>	=	1 piece → 2 pieces √		2 pieces → 1 piece
filling	=	outside the dough inside t		inside the dough $\sqrt{}$
ingredients	=	flour, sugar, cinnamon $\sqrt{}$		bowl, spoon, oven
<u>mix</u>	=	cut with a knife stir with a spoo		stir with a spoon $\sqrt{}$
<u>an oven</u>	=	makes food cold		makes food hot $\sqrt{}$
<u>a tablespoon</u>	=	a small spoon		a big spoon $\sqrt{}$
<u>a teaspoon</u>	=	a small spoon $\sqrt{}$		a big spoon

Sentence Order

Put the sentences about the recipe in order (1, 2, 3, 4, 5).

_____ Put filling on the dough.

____1__ Mix the dough.

Bake it for 10 minutes.

_____ Eat it!

_____ Cut a hole in the dough.

Vocabulary, Definition A or Definition B

Put a $\sqrt{}$ by the best answer.

Vocabulary		Definition A	Definition B
<u>bake</u>	=	on the top of the stove	inside the oven $\sqrt{}$
<u>cut</u>	=	1 piece → 2 pieces	2 pieces → 1 piece
filling	=	outside the dough	inside the dough
<u>ingredients</u>	=	flour, sugar, cin- namon	bowl, spoon, oven
<u>mix</u>	=	cut with a knife	stir with a spoon
<u>an oven</u>	=	makes food cold	makes food hot
a tablespoon	=	a small spoon	a big spoon
a teaspoon	=	a small spoon	a big spoon

What to Say?

Say all the words aloud first, then read each line at least two times. Encourage students to repeat after you. If some learners are having a hard time hearing the difference, ask students not to repeat after you the third time you read the words.

ANSWER KEY

cake	bake	home X	take
spoon	same X	soon	moon
flour	hour	our	love X
knife	wife	keep X	life

WRITING

Students can work together to decide which ingredients belong in the recipe. If possible, bring some of the ingredients into the classroom. It's easier to learn food words when you can see (and sometimes taste) what the word represents.

What to Say?

Work with a partner. Say the words in each line. Which word in the row does not match the sounds of the others? Mark and X by the word that does not match. The first one is an example.

cake	bake	home X	take
spoon	same	soon	moon
flour	hour	our	love
knife	wife	keep	life

WRITING

Write a Recipe

Work in pairs. Write a recipe.

A. First, circle the ingredients for a *hummus* recipe.

cinnamon	chickpeas	sugar	olive oil
garlic	bread	salt	pepper
a lemon	tahini	bananas	walnuts

Encourage students to share their ideas with each other. If possible, create the *hummus* in the classroom. Then it's very memorable!

All answers are correct.

WHAT'S THE BUZZ?

Encourage learners to ask why, as well as getting the basic information from each other. The extra information makes the activity more interesting - and lends itself to more discussion.

B. Ne	ext, w	vrite a	a recipe	for i	hummus	. Do	you	have a	a s	ecret
ingre	edien	ıt?								

1.		

- 2.
- 3.
- <u>4.</u> 5.

Write Your Own Recipe

Work with the teacher for new recipe vocabulary. Make a list. Choose a simple recipe with 3 to 5 ingredients.

Write the ingredients below. Then, write the directions (what you do).

In	gr	ed	lie	'n	ts	=
	5-	CC	TT	_11	u	

Directions:	

WHAT'S THE BUZZ?

There are 5 questions. First, practice the questions with the teacher. Then, each student talks to 3 students in the class and asks all the questions.

Write the names of the students and all the answers in the boxes below.

All responses are correct.

Discuss with Your Group/All Together

Encourage students to extend their discussion. They can compare recipes and talk about which ones they know how to make. This would be a good opportunity for a potluck lunch.

	STUDENT 1:	STUDENT 2:	STUDENT 3:
Question 1:			
Do you cook with your family or alone?			
Question 2:			
What recipes do you like most?			
Question 3:			
When do you cook them?			
Question 4:			
How long does it take to make them?			
Question 5:			
What is your favorite "secret" ingredient?			

Discuss with Your Group

- · How many answers are the same?
- · How many are different?
- · How many different recipes in your group?

Discuss with the Teacher All Together

- · For all the groups, what is the same or different?
- · Which recipes did you find? Make a list with your teacher.

SUPPLEMENTARY ACTIVITIES

Some additional vocabulary options include:

Spelling Game

Students work in small groups.

Choose two cards. In your group read the letters to your group. The group writes the letters. Each person in the group continues with two cards each. Look at the spelling. How many words are correct in your group? How many words did other groups get right? Which words are the hardest?

VOCABULARY

Flash Cards

On page 37, there are flash cards with the vocabulary from this unit. Students can cut out the cards and create their own sets of flash cards. To show the meaning of each word, students can:

- Put pictures on the back of each card. They draw them or cut them out of magazines, newspapers, etc.
- · Write definitions or translations on the back of each card.

Sorting Game

Students work in pairs or groups.

The teacher tells the students to sort the cards in these ways.

- · recipe ingredients
- · recipe directions
- · foods (not in recipes)
- · other

Alternate (for more advanced groups): Groups divide the cards into types of cards. They explain what the types are.

This is another approach to the scrambled word game:

Word Game

Students work in small groups.

One student chooses a word with five or more letters and writes blank spaces on a piece of paper for each of the letters of the word. The rest of the group guesses letters until the word is spelled completely. Students can guess the words at any time, but if they guess wrong, they wait until the next word before they can guess again. The first person to guess the word right wins the game.

ANSWER KEY

1. kbae = bake	10. tcu = cut
2. zezem = mezze	11. xmi = mix
3. tpu = put	12. graus = sugar
4. mdlaons = almonds	13. llifgni = filling
5. gudoh = dough	14. esaty = yeast
6. mtoaot = tomato	15. cubecumur = cucumber
7. klei = like	16. noncaimn = cinnamon
8. percie = recipe	17. rabyek = bakery

Scrambled Word Game

Students work in small groups.

On the paper below, students unscramble the letters from the flashcard vocabulary. It's okay to look at the list to help you guess.

For another activity, students choose five words from the flash cards and mix up the letters. Each student gives her paper to the next person. That person tries to figure the words out.

1. kbae =	10. tcu =
2. zezem =	11. xmi =
3. tpu =	12. graus =
4. mdlaons =	13. llifgni =
5. gudoh =	14. esaty =
6. mtoaot =	15. cubecumur =
7. klei =	16. noncaimn =
8. percie =	17. rabyek =

PROJECT POSSIBILITIES

Feel free to adapt these as needed or desired. You may want to create a "word wall" with food words in Arabic and their translations into English. That way, learners can refer to the wall for words that they may not need to use much in English other than in this class.

PROJECT POSSIBILITIES

- A. Make a class cookbook.
 - 1. Students bring their favorite recipes to class.
 - 2. Write the recipes in English (as much as possible)
 - 3. Each recipe should be on a separate page.
 - 4. Put the recipes together to make a class cookbook.
 - 5. Add photos, as available.
 - 6. Make photocopies and/or publish to a Facebook website.
- B. Hold a class "potluck."
 - 1. Everyone brings a favorite food to share.
 - 2. List the ingredients (or the recipe) next to each dish. Try to use English!
 - 3. Share recipe cards.

INTERNET: WEB QUEST

These activities are for those who have Internet access. The teacher can use these with one computer with Internet access and a projector, or they can be optional activities for learners outside the classroom.

Websites change regularly. Make sure that you have visited the site before you use it in class or send learners to these websites.

INTERNET: WEB QUEST

Here are some places to **Go** and things to **Do** on the Web about food.

Go: Cooking Words

 $www.manythings.org/vocabulary/lists/a/words.\\ php?f=cooking_1$

Do: Do the activities to practice cooking vocabulary.

Remind learners that they should be very careful not to click on the ads - they could find themselves somewhere they do not want to be.

It works best if there is a connection between what learners do outside the classroom and what they are doing in class. If these are used outside of class, encourage learners to share what they have done with the class.

Go: ELC Study Zone, Food

web2.uvcs.uvic.ca/courses/elc/studyzone/200/vocab/

Do: Click on a food topic to see the lessons and exercises. For more practice, see Memory and Match:

www.1-language.com/memorymatchelem/food/memori1.swf

www.1-language.com/memorymatchelem/fruits/memori1.swf

www.1-language.com/memorymatchelem/sweets/memori1.swf

Go: Cooking Pasta

www.eslpartyland.com/quiz-center/pasta.htm

Do: Fill in the blanks. Click on Check to see how many you got right.

Go: Healthy Eating

http://www.foodnetwork.com/healthy-eating/

Do: Use the Quick Recipe Finder to find a new recipe. Does anything look really good to you?

Go: Recipe of the Day

http://www.recipe.com/

Do: Sign up for free recipes by email. A new recipe comes every day. Try one or more sometime!

READING: ORIGINAL BLOG POST

Fern el Sabaya - A Woman's Bakery in Aamchit

I don't know if you had the chance to see Helweh wa Moorah on LBC this week. The journey led us to the bakery of the Zgheib sisters in Aamchit, Furn el Sabaya. Adorable women, all sisters, working hand in hand to create a warm atmosphere with delicious food. On the menu, their famous recipe called muwaraka and a regional recipe for man'oushe bi beyd. The muwaraka is absolutely delicious. It is dough stuffed with chopped walnuts and almonds, sugar, perfumed with orange blossom water and rose water. The skillful hands of Lorenza shapes the dough into an escargot-shaped pastry. On camera, I was able to reproduce this authentic recipe. Once finished, eating of course! We worked on the recipe for the man'oushe bi beyd. I will post these videos for you to get an idea on how to make these recipes.

almonds	sugar	flour
salt	starters	fatoush
muwaraka	make	hummus
bake	a tomato	a green pepper
greens	a cucumber	a pita
cinnamon	orange water	rose water
like	don't like	a grandmother
a recipe	yeast	a teaspoon
a tablespoon	a gram	very
bake	cut	roll
mix	an oven	ingredients
filling	dough	a bakery