



**Apron  
Stories**

EVERY APRON HAS A STORY TO TELL

**3 little-known  
secrets that can  
help your family stay  
hydrated all summer,  
(plus 2 free recipies) !**



# Apron Stories

EVERY APRON HAS A STORY TO TELL

Summer has come, and it is definitely turning the heat up. UAE is known for its harsh weather, heat is a part of life here. However, this summer is unique as most of us used to travel to colder weather destinations in holidays. So how can we handle the heat? how can we stay healthy and hydrated? And how to prepare easy meals for the whole family while kids are home? And can we reveal the Emirates hidden secrets that kept them hydrated in the past?



This summer kids are home, the one demand that goes repetitively at home is for food. Kids need to be replenished with food time and again to compensate for their energy levels. This all can be an engaging and tiring task for mothers. Cooking for kids is not easy; especially considering their changing demands, getting the right nutrition and keeping them energized.

With a little planning and preparation, you can prepare and stock certain foods that can come handy every time your child feels hungry. As a child, I remember consuming dates, mangoes and watermelons in summers daily. Much affordable and easily available, they also took care of the hydration needs of harsh summers.

## Three tips to prepare healthy quick meals:

- Prepare in advance for the meals you want to cook through the week, its easy now to order everything online, you can get affordable organic local produce from local farmers many started online delivery now.
- Get dry dates that might last longer, you can buy fresh dates and freeze it. Thanks to its high sugar content and low water content, dates freeze well without losing much of their texture, and they usually keep in the freezer for up to a year. Back in the days in the UAE, when its in season, they use to keep dates outside in the sun to turn it into the yummy date syrup.
- If you have a small garden, you can try to planting Jarjeer (Rocket), it can grow in summer and you can enjoy its health benefits all year long.



Food means nostalgia; the flavour, smell and sight take one back to the memory lane. Summers specifically remind me of my childhood days, and the smell of certain food items across every meal, made out from dates, watermelon, and Jargir (Rocket). Back in the days, elders ensured the food we consumed kept us well-nourished and energised. Its hard to think how life changed in the UAE, my mum used to tell me that not all houses had electricity back then, and I always wonder how did they survive the summer heat and how did they cook their food. Its hard to imagine this while living in the UAE now, with all the blessings we enjoy and we take for granted.

Call it the seasonal availability or their significance, but some local foods are culturally adapted. Food items like dates, watermelon and Jargir, looked common in our summer meals; you cant believe the endless recipes you can create out of only those three food items.





## Why should we consume those food items in summer?

### Dates

Dates are significant part of Emirati food culture. Their nutritional values have helped our ancestors and us survive many a harsh summer. Dates have natural sugars that act as instant energy boosters. The potassium in dates, help manage the fluid balance in the body preventing dehydration.

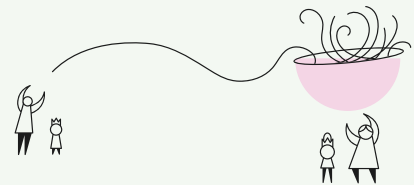
### Watermelons

Watermelons are common to every summer diet in an Emirati culture. The purpose and importance are deep-rooted in the fact that the fruit is one of the best hydrating natural food known to mankind. Research states, 92% of a watermelon is water and to add to it additional nutrients like potassium and Vitamin A & C.

### Jargir or Jarjeer

Jargir is a healing herb and has been widely used for its medicinal properties. Jargir leaves are aromatic and has a high-water content as good as 90% and widely used for its hydrating properties too. Use Jargir to flavour your soups, pastas, pizzas or ground it to chutneys, and a spice for bringing taste a bland food. This leaves contain a range of health-promoting properties such as phytochemicals including Vitamin C, carotenoids, dietary fiber, magnesium, calcium, potassium, Vitamin K, polyphenols and glucosinolates. This compound has a strong protective agent to our body and can help to prevent several serious diseases

## Who we are ?



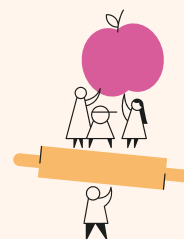
### **Apron Stories-Healthy kids and families hub.**

One of the reasons we wanted to create our concept, is to build a place that recreates the feeling of togetherness that cooking as a family provided, and reawakening the childhood memories of cooking with grandmothers and mothers who wore their aprons with pride. We found a lack that families wanted healthy cooking, nutrition advice and support so Apron Stories progressed to what it is today: all-inclusive, informative and fun cooking sessions for the whole family including integrated stories and activities for the younger children and cultural cooking sessions for adults.

Join us so we can get ready, get messy, and make some fun, healthy snacks and meals.

**You can look at these very easy and healthy recipes that the kids will love to eat. Make sure they team up with you in making these recipes so they will surely be engaged and nourished.**





## Aseeda ~ Emirati dates wholewheat sweet

### Ingredients

- 1 cup dates seeds removed (fresh dates, Madjool or any kind you have).
- ½ cup wholewheat flour sifted.
- 2 tbsp ghee or butter or coconut oil.
- ½ cup honey (optional)
- ½ tsp cardamom
- A dash of cinnamon
- Sprinkle of black pepper (optional).
- A fat pinch saffron strands
- 1 tbsp rosewater
- Pistachios or puffed raisins, for garnish



### Steps

- Roast the flour in a pan until golden in colour, be careful not to burn it, and keep stirring it. Transfer to a bowl.
- On the side, place the dates ½ cup of hot water and blend it smooth.
- Heat ghee or butter in a saucepan, add the flour and the dates mixture. continue to cook till the mixture comes together.
- Make sure the mixture don't turns into lumps, if too dry add more water. Once cooled it will thicken.
- Add the spices, and honey if you require more sweetness, and rose water.
- Serve warm with a sprinkling of pistachios or puffed raisins, as you like, you can have it in small serving pots as you desire.
- Serve with Arabic coffee.





## Jarjeer Salad

### Dressing

- 1 garlic clove, minced
- 1 lemon, juiced
- 2 tablespoons vinegar
- 1½ teaspoons salt
- ½ teaspoons black pepper
- ½ cup extra-virgin olive oil
- 1 tablespoon pomegranate molasses.
- Dash of cumin.



### Steps

- Add all the green leaves at first (Jarjeer, mint )
- Add the rest of the salad ingredients, place the pomegranate and pistachio on top.
- Mix the dressing in a small bowl, season to taste.
- Serving Tip: Add dressing just before serving for a crisp and fresh presentation.
- Once salt, touches cucumbers and tomatoes, they begin to soften and get juicy.

### Ingredients

- 1 handful of Jarjeer (Rocket, Argula) chopped.
- 6 oz feta cheese.
- ½ cup Pomegranate seeds
- 2 tsb Pistachio.
- ½ cup Mint leaves chopped.
- 2 Cucumbers sliced.
- 1 Red pepper sliced.
- Half Onion chopped or sliced.

