



Photo from http://1.bp.blogspot.com/-nH65-G8ovCY/Thw1yaB8t_I/AAAAAAAAAFM/GDiYlxbRwP0/s1600/chickenbiryani.jpg

Meals:

- **Breakfast:** or إفطار (pronounced iftar) is a small morning meal that consists of some type of meat and a dairy product. Flavor infused tea and Arabic coffee are also morning staples.
- **Lunch:** or غداء (pronounced ghada) is the largest meal of the day in Kuwait, and is usually a chance for families to gather and eat together. An assortment of meat dishes is very common for a Kuwaiti lunch.
- **Dinner:** or عشاء (pronounced 'asha') is a nighttime meal that is usually eaten outside of the home. Sandwiches, falafels, and shawarmas are all common dinner items in Kuwait.
- **Tea:** or شاي (pronounced shay) is extremely popular in Kuwait and is served after lunch on a daily basis. Although regular hot tea is commonplace, many people add flavors like saffron and mint to their tea.
- Click [here](#) for more information on Kuwaiti meal customs.

Frequently Used Foods:

- **Fruits and Vegetables:** Dates, onion, garlic, zucchini, eggplant, potato, chickpea, raisin, tomato, celery, lemon, lime (because of Kuwait's desert climate, fruits and vegetables are not staples in the cuisine).

- **Protein:** Eggs, chicken, lamb, goat, shrimp, prawn, fish, zobaidi, beef, cashew, almond
- **Spices:** Black pepper, cloves, cardamom, saffron, mint, cinnamon, bay leaf, nutmeg, coriander, ginger, parsley, turmeric
- **Oils/Misc.:** Vegetable oil, olive oil, yogurt, cheese, rice

Ten Regional Favorite Dishes With Links to Interesting Recipes:

- **Chicken Machboos:** [[recipe](#)] [[images](#)]
- **Chicken Biryani:** [[recipe](#)] [[images](#)]
- **Chicken Kabsa:** [[recipe](#)] [[images](#)]
- **Khubz:** [[recipe](#)] [[images](#)]
- **Fish Stew:** [[recipe](#)] [[images](#)]
- **Balaleet:** [[recipe](#)] [[images](#)]
- **Ghuraiba:** [[recipe](#)] [[images](#)]
- **Shrimp Murabyan:** [[recipe](#)] [[images](#)]
- **Kibbeh:** [[recipe](#)] [[images](#)]
- **Labneh:** [[recipe](#)] [[images](#)]
- **Popular Arab dishes like hummus, tabbouleh, falafel, kebabs, and shawarma are all popular in Kuwait, but do not originate there.**

Religion: Over 95% of the Kuwaiti population identifies as Muslim (60-70% Sunni and 30% Sunni).

National Holidays and Dietary Requirements:

- Because over 95% of the population is Muslim, pork is not widely seen or consumed in Kuwait.
- **Mawlid** is a religious holiday that commemorates the birth of Muhammad, which occurs during the third month of the Islamic calendar, Rabi' al-awwal. This holiday is celebrated with carnivals, street processions, and mosque decorations. [[more](#)]

- **Isra and Mi'raj:** Commemorating the two parts of Muhammad's night journey in 621, Isra and Mi'raj is celebrated by offering prayer, illuminating cities with candles, and special worship services.
- **Kuwaiti National Day** is recognized on February 25th and celebrates the country's liberation from Iraq in 1991.
- **Ramadan-** The ninth month of the Islamic calendar is a month of fasting for Muslims. Iranians who observe this holiday are prohibited from eating, drinking, and smoking between dawn and sunset.
- **Eid al Fitr-** Also known as the Feast of the breaking fast, is a family gathering event marked by an abundance of meat and fish dishes and occurs immediately after Ramadan.

Etiquette: Clean hands are important before eating a meal, especially if you are a guest in someone else's home. Meals are eaten only with the right hand, and utensils are held in the continental style (knife in the right, fork in the left).

Different sexes are commonly entertained in separate rooms.

If you are offered food or drink, accept it. To turn down any kind of hospitality is to reject the host.

[\[additional information\]](#)

Food History: Kuwait's cuisine has been deeply influenced by Arab and Lebanese cuisine. However, more modern Kuwaiti food has roots in Persian, Indian, and even Mediterranean cuisine. Despite the surrounding desert and little agricultural prosperity, Kuwait's food history is diverse in both ingredients and cooking methods.

Additional Information and Acknowledgements:

<http://www.kwintessential.co.uk/resources/global-etiquette/kuwait-country-profile.html>

http://www.safaritheglobe.com/food_kuwait.aspx

<http://iml.jou.ufl.edu/projects/spring06/eisa/culture.htm>

<http://www.everyculture.com/Ja-Ma/Kuwait.html>