

RAMADAN Kareem

GULF TIMES Special Supplement

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A SPECTRUM OF RELIGIOUS, CULTURAL, AND AWARENESS ACTIVITIES SET TO UNFOLD

During the sacred month of Ramadan, the Ministry of Awqaf and Islamic Affairs is set to orchestrate an extensive array of over 1,500 religious, cultural, and awareness activities across the country. A total of 2,278 mosques are primed to welcome worshippers for prayers and Taraweeh, with designated areas for women in most of the mosques.

As part of the Ramadan initiatives, an Iftar program will be held at 20 locations, providing 700,000 Iftar meals at a rate of 24,000 meals per day to fasting individuals. Ministry officials shared details about these activities in a recent press conference at the Imam Muhammad bin AbdulWahhab Mosque.

Suleiman bin Jumaan Al-Qahtani, the Director of the Mosques Management Department, revealed that thorough preparations have been made, encompassing mosque cleanliness and maintenance, provision of essential equipment such as loudspeakers, and the establishment of women's prayer rooms in numerous mosques. He announced the opening of 12 new mosques, each led by proficient Imams well-versed in the recitation of the Holy Quran.

Al-Qahtani further disclosed plans to launch the second phase of the Imam app, facilitating requests for Imams and muezzins. Additionally, during the last ten days of Ramadan, the Department will implement the Itikaf project in select mosques, with details to be announced later. A list of Eid prayer grounds will also be published at the end of Ramadan.

Jassim bin Hassan Bu Hazza, Director of the Endowment Funds Department, highlighted the implementation of the Iftar Saim Project, offering Iftar meals throughout Ramadan. Fifteen Ramadan tents will be set up, and Iftar meals will be distributed at five locations. Another initiative, the food basket project, aims to provide essential food items to needy families in collaboration with the Hifz Al Naama Center.

Muhammad bin Jaber Al Baridi, Head of the Zakat Services Section, emphasized the Department's efforts to communicate with beneficiaries and those entitled to zakat. The department operates in two shifts, morning and evening, and actively encourages the community to contribute to zakat through a marketing advertising campaign.

Malallah Abdul Rahman Al Jaber, Director of the Department of Religious Call and Guidance, outlined the comprehensive preaching plan for Ramadan 2024, involving 1,400 activities covering various aspects of life and faith. These activities include mosque lessons, seminars, competitions for all age groups, and field visits to patients in hospitals.



Ramadan 2024 in Qatar boasts a diverse array of more than 1,500 activities, encompassing mosque initiatives, Iftar programs, technological advancements, and community welfare projects, enriching the spiritual and cultural engagement of its residents

Dr. Saleh Ali Al Akhen, Director of Sheikh Abdullah Bin Zaid Al Mahmoud Islamic Cultural Center (Fanan), detailed the center's plans to offer diverse Ramadan programs and events for the Qatar-residing communities. These include language courses, an introductory program for the Filipino community, a Ramadan competition in multiple languages, and a Communities Forum hosting preachers for advocacy programs.

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Auto Class Cars presents a special Ramadan offer on Lynk & Co cars

The exceptional offer is valid until 30 April on the 01 Louder Pro, 03+, 05 Hyper Halo, and the epitome of luxury, the 09 Ultra SUV



01 Louder pro

Auto Class Cars, the authorized general distributor of Lynk & Co in Qatar, launched its special Ramadan offer on Lynk&Co range of cars, giving new buyers a wide range of benefits.

Valid until 30 April 2024, the exceptional offer is valid on the 01 Louder Pro, 03+, 05 Hyper Halo, and the epitome of luxury, the 09 Ultra SUV. With a starting price of QAR 109,000, customers can leverage a wide range of benefits including 3 years free registration, 3 years free comprehensive insurance, 5 years warranty or 150,000 km (whatever comes first), and 5 years lube service or 100,000 KM (whatever comes first). In addition to trade in option, any of these cars can be purchased with zero down payment and in-house financing with special rate interest through NBK Financial Services (terms and conditions apply).

Lynk & Co, born in 2016, has achieved remarkable growth and progress in record time, establishing itself as a premium brand poised to reshape the automotive sector. It's not just another car manufacturer; but a brand that continually challenges the boundaries of innovation. The values of the company are to present luxury efficient power terrain with European technology. It is the perfect combination of high performance, luxury and safety.

Lynk & Co was created for urbanites who share a spirit of openness, bringing together elements from both Eastern and Western automotive cultures. Lynk & Co stands out as a beacon of innovation, meeting the demands of a new generation of drivers and empowering them to embrace the new era and enjoy a quality-driven lifestyle.

01 Louder Pro

The LYNK&CO 01 Louder Pro 2023 is an FWD SUV car that is equipped with a 2 L engine, 4 Cylinders and 218 horsepower. The transmission is 8-speed automatic, the fuel economy is 14.9 KM/L.

In terms of entertainment and technology, this car is fitted with a USB Connection, CD, AUX, Bluetooth, Premium Sound System, Wireless Charging Pad, Apple CarPlay, Android Auto, Drive Mode Select, Radio and 10 Speakers.

In the interior, it features sports leather-cooled seats, power seats, and lumbar control. Safety is a priority with features including blind spot sensors, an alarm system, lane departure warning, stability control, traction control, brake assist, hill assist system, and much more.

03+

03+ is a high-performance premium sedan, equipped with advanced chassis tuning, independent suspension and high-performance brakes.

The car is equipped with a drive-E 2.0TD EVO turbo engine. The maximum output power is 265hp / 195kw. While the acceleration from 0 to 100 is 5.7 s. With string speed and excellent performance, 03 will provide you with the ultimate experience.

It has a golden Armor design, and the "+" symbol represents a winner's gene that highlights its uniqueness. The exterior is distinguished with Bilateral four exhausts, energy cube LED rear lights, and a full carbon fibre aero pack.

The Lynk & Co 03 interior design is a perfect blend of advanced technology and exquisite craftsmanship, with sleek lines and premium materials. The car integrates more than 20 advanced driving assistance functions, ensuring your safety at all times.



05 Hyper Halo

05 Hyper Halo

The LYNK&CO 05 Hyper Halo 2023 is an AWD SUV car that is equipped with a 2 L engine, 4 Cylinders and 254 horsepower. The transmission is 8-speed automatic and has a fuel economy of 14.2 KM/L.

In terms of entertainment and technology, this car is fitted with a USB Connection, Bluetooth, Premium Sound System, Apple CarPlay, Android Auto, Drive Mode Select and 10 Speakers.

In the Interior, drivers and passengers can enjoy a 12.3 inches HD digital instrument cluster, 12.7 inches touchable centre stack.

Similar to the other cars, safety is no compromise, with features including Safety Blind Spot Sensor, Lane Departure Warning, Stability Control, Built-in 360 Camera and many other functions that keep you safe.



09 Ultra

09 ULTRA

The Lynk & Co 09 Ultra is a luxury sports utility vehicle with 5 doors and a front-mounted powerplant which delivers its power through all four wheels. The engine is a turbocharged petrol, 2 litre, double overhead camshaft 4 cylinder with 4 valves per cylinder. It produces 251 bhp (254 PS/187 kW) of power at 5500 rpm, and maximum torque of 350 N·m. The engine supplies its power to the wheels via an 8-speed automatic transmission, with a maximum speed stated as 215 km/h or 134 mph. Its stated kerb weight is 2120 kg.

The luxury SUV occupies 7 seaters, and offers seat ventilation and Massage, driver seat memory function, genuine leather steering wheel, LED AMBIENT LIGHT and much more.

Its design is captivating, with a panoramic canopy, front door acoustic glass, adaptive front-lighting system, and roof rails.

All Lynk & Co cars are available at the Auto Class Cars showroom on Salwa Road in Doha.

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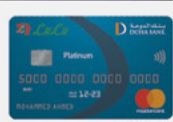
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GET YOUR HOME RAMADAN READY WITH ELEGANT DECOR IDEAS

As families gather to observe this holy month, creating a warm and inviting home environment becomes essential. Elevate your living space with elegant décor ideas that not only reflect the spirit of Ramadan but also infuse a sense of tranquility and spirituality into your surroundings.



Soft Lighting for Ambiance

Begin by setting the right mood with soft, warm lighting. Opt for ambient lamps, fairy lights, or lanterns that cast a gentle glow. Consider placing these lights strategically in your living room, dining area, and other communal spaces to create a serene atmosphere.

Rich Textiles and Fabrics

Update your home's textiles to embrace the richness of the season. Choose luxurious, warm-toned fabrics such as velvet, silk, or embroidered textiles for cushions, throws, and curtains. This not only adds a touch of opulence but also contributes to the overall comfort of your space.

Traditional Islamic Art

Incorporate traditional Islamic art and calligraphy into your décor. Hang framed verses from the Quran, or opt for Islamic geometric patterns in wall art. These timeless pieces not only serve as beautiful decorations but also foster a connection to the spiritual aspects of Ramadan.

Create a Majlis

Designate a specific area in your home as a "majlis," a comfortable seating arrangement where family and friends can gather for prayers, discussions, or moments of reflection. Use floor cushions, elegant rugs, and low tables to create an inviting space that encourages communal bonding.

Scented Atmosphere

Engage the sense of smell by incorporating pleasant scents throughout your home. Consider using incense, scented candles, or essential oil diffusers with fragrances like oud, frankincense, or floral scents. These aromas can enhance the spiritual ambiance and evoke a sense of peace.

Elegant Table Settings

Elevate your dining experience with an elegant table setting for iftar and suhoor. Use high-quality dinnerware, complemented by sophisticated table runners, napkin rings, and centerpieces. Consider incorporating metallic accents or traditional Arabic patterns for a touch of sophistication.



Islamic Calligraphy Wall Decals

Modernize your space with Islamic calligraphy wall decals. These removable decals offer an easy and stylish way to incorporate verses from the Quran or phrases in Arabic script into your home décor. Choose a prominent wall for these decals to make a striking statement.

Reflective Mirrors

Enhance the sense of space and light in your home with strategically placed mirrors. Choose mirrors with elegant frames that complement your overall décor. This not only adds a touch of glamour but also symbolizes reflection and self-awareness during the month of Ramadan.

Natural Elements

Bring nature indoors by incorporating potted plants or fresh flowers into your décor. This not only adds a refreshing touch but also aligns with the Islamic emphasis on the beauty of creation. Choose elegant vases and pots that complement your overall design scheme.

Personalized Prayer Corner

Create a designated prayer corner with a stylish prayer rug, comfortable cushions, and a small shelf for Quran and prayer beads. Personalize this space with meaningful objects, fostering a connection to spirituality and providing a dedicated area for daily prayers.

Transforming your home into a Ramadan-ready oasis involves a thoughtful blend of traditional elements, modern aesthetics, and a focus on creating a warm and welcoming atmosphere. By incorporating these elegant décor ideas, you not only enhance the visual appeal of your living space but also contribute to a sense of peace, spirituality, and togetherness during this sacred month.

Building a DIY Ramadan Tent at Home



As the holy month of Ramadan approaches, many individuals seek ways to enhance their spiritual experience through personalized and meaningful practices. One beautiful tradition is the creation of a Ramadan tent, providing a serene and dedicated space for prayer, reflection, and communal gatherings. In this step-by-step guide, we will explore how to build a Do it Yourself (DIY) Ramadan tent at home, offering a unique and personalized sanctuary for this sacred month.

Materials Needed

Before embarking on this creative project, gather the following materials:

PVC Pipes

Select PVC pipes of varying lengths, depending on the size of the tent you desire. These will serve as the framework for your tent.

Connectors

Acquire PVC connectors, including elbow joints and T-shaped connectors, to assemble the framework securely.

Fabric

Choose a durable and lightweight fabric for the tent covering. Consider traditional Ramadan colours such as white, gold, or green for an authentic touch.

Curtains or Drapes

Opt for elegant curtains or drapes to adorn the sides of the tent. Sheer fabrics can create a soft and inviting ambiance.

Cushions and Rugs

Gather comfortable cushions and rugs to create a cozy seating area within the tent.

String Lights or Fairy Lights

Add a touch of warmth and ambiance with string lights or fairy lights to illuminate the interior of the tent.

Decorative Items

Collect decorative items such as lanterns, candles, and cushions to personalize your tent and infuse it with a welcoming atmosphere.

Step-by-Step Guide:

Design and Measurement

Plan the size and shape of your tent. Consider the available space in your home and how you want the tent to fit within it. Measure and mark the PVC pipes accordingly.

PVC Framework Assembly

Connect the PVC pipes using the chosen connectors to create the frame. Build a rectangular or square base and extend upward to form the tent's structure. Ensure that the frame is stable and secure.

Covering the Frame

Drape the chosen fabric over the PVC frame, allowing it to hang gracefully on all sides. You can secure the fabric with clips or ties for a neat and polished look.

Adding Curtains or Drapes

Attach curtains or drapes to the sides of the tent using clips or hooks. This not only adds a decorative element but also allows you to create an enclosed and intimate space when desired.

Creating a Cozy Seating Area

Arrange cushions and rugs inside the tent to create a comfortable and inviting space for prayer, reflection, or gathering with family and friends.

Illumination

Integrate string lights or fairy lights around the interior of the tent for a soft and enchanting glow. You can also include lanterns or candles for a touch of traditional elegance.

Personalizing with Décor

Enhance the tent's aesthetic by adding personal touches such as decorative lanterns, cushions with Islamic motifs, and any other items that hold special significance for you and your family.

Building a DIY Ramadan tent at home is a rewarding and creative endeavour that adds a personal touch to your observance of this sacred month. This intimate space provides a haven for spiritual reflection, prayer, and communal gatherings, fostering a sense of peace and connection. Embrace the opportunity to craft a unique sanctuary that reflects the beauty and significance of Ramadan within the comfort of your own home.

MG Qatar launches special Ramadan offers with special benefits



MG Qatar, represented in Qatar by Auto Class Cars, is celebrating the Holy month of Ramadan with a special offer on a wide range of its MG cars.

Valid until April 30, 2024, the MG offer applies to MG RX5, MG HS, MG ZST, and MG ONE models. The complete range of MG cars is accessible at the Auto Class Showroom, the authorized distributor of MG in Qatar, located at its showrooms on Salwa Road and Lusail.

Qatari customers can get into a new MG car with a monthly installment starting from QAR 1,600, and leverage several benefits including 2 years free service or 40,000 km (whichever comes first), 2 years free registration, 2 years free comprehensive insurance. The MG continues its string legacy with its longest-period warranty that lasts for 6 years or 200,000 km.

MG RX5

The all-new MG RX5 incorporates 22 stylish design enhancements, eight performance upgrades and 25 configuration upgrades, the MG RX5 is designed to provide a healthy and comfortable, safe and efficient, intelligent and connected travel experience.

Designers of MG's newest SUV were inspired by the intelligence and originality of home design to create a truly natural and comfortable cabin space.

The all-new 2023 MG RX5 harnesses the latest technology with the introduction of a second-generation Net Blue petrol engine, offering more power and greater efficiency. This 1.5T high-pressure direct injection turbocharged unit delivers 171hp and max. torque of 275Nm – a significant 10 percent higher than its predecessor – powering the new model to a top speed of 190 km/h, while its fuel economy figure is 6.8 l/100km. All models are equipped with an innovative 7-speed Dual Clutch Transmission for smoother, more efficient gear changes and optimum reliability.

MG HS

The MG HS is a stylish, capable SUV that embraces the manufacturer's ethos of 'Explore your senses'. Derived from MG's hugely impressive concept X-Motion, the MG HS sets the adrenaline racing, with its intuitive arrangement tailored to provide a truly rewarding drive.

An area that is as contemporary and compelling as they come, the cabin of the all-new MG HS features a plethora of curves that add to its inviting nature. With up to 85% of the interior also covered with leather - available in Red, Beige and Black, racing-class integrated MG sports bucket seats, paddle-shift, flat-bottom designed steering wheel



and sports pedal enhancing the sense of sportiness on offer, the MG HS doesn't compromise on quality on the inside. The MG HS comes fitted with 6 Way Powered Driver Seat, Driver Lumbar Support and a 4 Way Powered Passenger Seat to manage your seating position before you start your journey.

MG ZST

The MG ZST model offers a fresh new look and even higher levels of equipment and value for money. It is equipped with a 160 hp, 1.3L

Turbo engine, delivering maximum torque of 230 Nm, and mated to a six-speed automatic gearbox for smoother acceleration. The new unit greatly improves the performance of the upgraded MG ZS. The acceleration of the 1.3Turbo is 9.8seconds from 0 to 100 kmph and has a top speed of 185 km/h.

The MG ZST feature a new hexagonal grille redesigned LED headlight and rear LED light clusters, while a sportier look is conveyed by the black finish applied to the grille, headlight and fog lamp trim, rear-view mirrors, side skirts and wheels. A key MG selling point is the availability of features that are more normally found in premium cars, yet at no extra cost. The new MG ZS is no different and all trims come equipped as standard with a rear parking sensor and camera, 17" alloy wheels, a 10.1" HD touch screen with CarPlay and Android Auto, cruise control, rear air conditioning vents, keyless entry, an electric parking brake and push button start.



MG ONE

The MG ONE harnesses the latest technology with the introduction of SAIC Motor's self-developed all-new modular SIGMA architecture platform, housing a 1.5 Turbo unit delivering 181hp and max. torque of 285Nm – powering the vehicle to a top speed of 195 km/h. All models are equipped with an innovative seven-speed Continuously Variable Transmission for smoother, more efficient gear changes and optimum reliability.

The sporty mid-size SUV's aggressive look is emphasised by a new three-dimension front grill, shifting downwards, flanked by sharp-looking LED headlamps. The MG ONE's athletic look is highlighted through a dual-tone colour scheme, a low and wide stance, sloping roofline, giving it a couple-like silhouette, split rear protruding lights and a distinctive sport spoiler with a cut-out.

FUSO Canter boasts outstanding design, safety features and high performance



equipped with high performance battery that ensures stable supply of electrical power while the tubeless tires guarantees the safety and run of the truck. The butterfly-valve type exhaust is standard equipment, and it improves brake performance and also extends brake life.



Comfort and safety

The cab of the Canter enables the safety and comfort of the drivers and passengers simultaneously. The big cab is equipped with reclining and front-back adjustable seats to improve drivability and reduce driver fatigue, thus enhancing safety and reliability. The tachometer is redesigned to make it easier to read the meter cluster and monitor the functions of the truck. The Halogen headlights generate brighter beam and wide beam pattern to improve driving safety at night. Fog lights are also available upon request. The new Canter has wider opening door and big step that makes it easier to get in and out.

Qatar Automobiles Company, the authorized distributor of Mitsubishi FUSO in Qatar, continues to supply the Qatari market with buses and light trucks that are simply durable, reliable and affordable. The FUSO trucks perfectly meet the demands and requirements of various business sectors and provide services for passenger and staff transport, commercial operations and other kinds of business.

The FUSO brand is known for its trusted quality, economic efficiency, solid and functional design, and dedicated services. FUSO is the leading Japanese brand across many markets, known for its track record of technological innovations and high customer satisfaction based on the lowest total cost of ownership.

In the segment of light duty trucks, Mitsubishi FUSO Canter is the flagship product of the company, and has the highest market share in Qatar. The Canter is a light duty truck, one of the most successful and demanded trucks across the world. In Qatar, the Canter accomplished huge success thanks to its safety standards, high performance, low cost of operation and lifetime value.

In terms of design, the FUSO Canter is set for light to medium operations, with its rigid cab and chassis.

Performance and sustainability

The Canter is well known for its life time value and lower cost of operation. Being fuel efficient and needs less frequent maintenance, the Canter guarantees the work is always running to secure more profits. The performance, utility, longevity of Mitsubishi engines and

the smooth-shifting transmission enhance fuel economy, positioning Canter at the top in its segment.

The high rigid cab and chassis contribute to outstanding safety and durability and allow more space for transportation without any impact on the performance and stability.

The smooth transmission supports the performance of the engine to carry heavy loads with cleaner emissions. Besides, the truck is



Global expansion

The Mitsubishi FUSO Canter is a line of light-duty commercial vehicle manufactured by Mitsubishi FUSO Truck and Bus Corporation since 1963. The range is currently marketed in Asia, Europe, and North America. Though it was called the FE model rather than the Canter until the 2012 model year, the Canter has undergone continuous improvement, and became one of the safest light trucks in the world.

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Gift ideas to celebrate the spirit of giving

As Ramadan is a time of reflection, prayer, and giving, selecting the perfect gift is an opportunity to express love and appreciation for those who hold a special place in your heart

Ramadan, the holy month observed by Muslims around the world, is a time of reflection, prayer, and giving. As families and communities come together to celebrate this sacred occasion, exchanging thoughtful gifts becomes a cherished tradition. Finding the perfect Ramadan gift that resonates with the essence of the season can be a delightful challenge. In this article, we will explore a variety of Ramadan gift ideas that go beyond the ordinary, capturing the spirit of generosity and joy that defines this special time.

- **Traditional Ramadan Delicacies**

A delicious way to spread joy during Ramadan is by gifting traditional delicacies. Consider putting together a custom gift basket filled with dates, dried fruits, nuts, and other Ramadan sweets. Including a selection of exotic teas or Arabic coffee can enhance the experience, allowing your loved ones to savor the rich flavors associated with the season.

- **Handcrafted Islamic Art**

Enhance the spiritual atmosphere of Ramadan by gifting handcrafted Islamic art pieces. Intricately designed calligraphy, Quranic verses, or geometric patterns on canvas or framed prints can add a touch of elegance to any home. Choose pieces that resonate with the recipient's taste and create a serene ambiance within their living space.

- **Personalized Prayer Mat**

A personalized prayer mat can be a unique and thoughtful gift, adding a personal touch to a daily ritual. Opt for a mat that complements the recipient's style or incorporates their favorite colours. Including features such as a built-in compass or a travel-friendly design can make this gift even more special for those who are always on the go.

- **Ramadan-themed Books**

Books that focus on the significance of Ramadan, its history, or inspirational stories can make for meaningful gifts. Select titles that cater to different age groups, ensuring that the literature aligns with the recipient's interests and reading level. This thoughtful gesture not only provides knowledge but also encourages a deeper understanding of the spiritual aspects of Ramadan.

- **Charity Donations**

In the spirit of giving, consider making a donation to a charity or cause that holds significance for the recipient. Many organizations offer special Ramadan campaigns, allowing you to contribute to a variety of humanitarian efforts. Presenting a donation in the recipient's name can be a powerful way to celebrate the season's values and make a positive impact on those in need.



- **Cooking Essentials for Suhoor and Iftar**

For those who enjoy cooking, consider gifting high-quality cooking essentials that can elevate the experience of preparing Suhoor (pre-dawn meal) and Iftar (breaking of the fast). Items like premium olive oils, exotic spices, or a set of elegant dinnerware can be both practical and appreciated.

- **Wellness and Self-Care**

Ramadan is a time of self-reflection and spiritual renewal. Help your loved ones take care of their well-being by gifting items that promote relaxation and self-care. This could include scented candles, essential oils, or a spa voucher, creating an opportunity for them to unwind and recharge during this busy month.

- **Ramadan-themed Home Décor**

Decorating the home during Ramadan is a beloved tradition. Gift your loved ones items like lanterns, crescent moon wall hangings, or candle holders that complement their home decor. These items serve as both festive decorations and lasting reminders of the joyous moments shared during this special month.

As Ramadan is a time of reflection, prayer, and giving, selecting the perfect gift is an opportunity to express love and appreciation for those who hold a special place in your heart. Whether it's traditional treats, meaningful art, or thoughtful donations, these gift ideas capture the essence of Ramadan, fostering a sense of joy and togetherness that defines this sacred month. By putting thought into your gift selection, you contribute to the spirit of generosity and create lasting memories for your loved ones.



Qatar Automobiles Company launches special Ramadan offer on a wide range of Mitsubishi SUVs in Qatar



Montero Sport



Outlander

The fourth generation of the premium quality seven-seater Outlander received a complete design overhaul and features rugged performance that's perfect for today's dynamic environment as well as innovative technology which can enhance the driving experience in more ways than one. Additionally, this safety-centric model comes equipped with a host of advanced features that ensure occupants remain safe at all times.

ASX

With a fresh look, new technology and a new more powerful engine, ASX now adopts Mitsu's latest Dynamic Shield front design language with LED headlights and taillights. Mitsubishi also incorporated a new rear skid plate finished in silver to impart a slightly more rugged appearance to the ASX. The 2.0-litre engine gives all the power needed for all trips. MIVEC technology allows the engine to combine maximum power output, fuel efficiency, and environmental performance. The Maximum Torque of the engine is 197Nm / 4,200rpm generating a maximum output of 110kW.

Celebrating the Holy Month of Ramadan, Qatar Automobiles Company, the authorized distributor of Mitsubishi Motors Corporation in Qatar, launched a special offer on a wide range of Mitsubishi SUVs, including Montero Sport, Outlander and ASX.

Valid until 30 April 2024, the exceptional offer allows all customers to buy any of these models with monthly instalment starting from QAR 1,999. They will enjoy a wide range of benefits including 1-year

free registration, and 1-year free comprehensive insurance, 6 years extended warranty and 3 years lube service or 60,000 KM (whatever comes first), and a free window tinting. In addition to trade in option, any of these SUVs can be purchased with zero down payment and in-house financing with special rate interest through NBK Financial Services (Terms and conditions apply).

All the cars are available at Qatar Automobiles Company (QAC), the authorized distributor of Mitsubishi Motors in Qatar, at its showrooms on Salwa Road and Alkhor.

Montero Sport

The updated look of Montero Sport features the new Dynamic Shield front grill, enhanced front bumper design and new LED and fog lights to give the car a more tough yet smooth and modern look. At the rear, changes include a revised layout of rear lamps, a switch in the positions of signal lights and brake lights, and the addition of a new spoiler with a smoked finish, providing the car with a more sophisticated look.

The Montero Sport is equipped with a 3.0-LITER V6 MIVEC engine. The high-displacement V6 engine supplies strong acceleration even when carrying heavy loads or travelling uphill. Thanks to the 8-speed automatic transmission – First from Mitsubishi Motors – improved fuel efficiency coupled with the smoother, more luxurious drive is easily achieved.

Built for maximum stability and traction, the rugged frame and aerodynamically contoured body contribute to solid handling and stable highway performance.



Expo 2023 Doha set to offer diverse Ramadan activities for visitors

The Organizing Committee of Horticultural Expo Doha 2023 is poised to host a variety of activities throughout the Holy month of Ramadan across the three zones of the expo, concluding on March 28.

Some Qatari patrimonial events related to the Holy month of Ramadan will be organized at the square of the Qatari pavilion at the International Zone, Anna Expo in the Cultural Zone, in addition to Al Mutawa activities, which will be held daily after Tarawih prayers, according to a statement of the organising committee.

The statement added that mobile shows will be resumed in new forms that express the spiritual atmosphere of the Holy month of Ramadan with several sport championships in football and padel being organised, as well as other sporting events, including daily competitions for children to entangle them with the atmospheres of the Holy month.

Expo Doha 2023 offers a range of activities and shows that include green innovations, techniques of traditional and state-of-the-art agriculture, sustainability strategies, in addition to the best practices at the zone of horticulture and sustainable agriculture.

The expo has largely succeeded in designing programs that best suit all peoples' proclivities and organized multiple events and shows for people with different hues that helped them think about the role they can perform to build a greener and more sustainable future.

In addition, the organising committee has been committed to promoting the Qatari identity at the expo from day one. Those events were as vibrant and omnipresent as all events and forums the country have hosted for years by putting emphasis on the international engagement in those activities to nurture this major global event.



Agrico's hydroponic and aquaponic innovations propel Qatar towards year-round food security



Agrico Agricultural Development Company was established in 2011 with the aim of developing a year-round agricultural system to contribute to achieving self-sufficiency. Since 2015, it has successfully accomplished this goal by implementing hydroponic agriculture, making it the largest hydroponic farm in the region. This achievement has led to continuous and sustainable production throughout the year at a lower cost and with higher profits.

The company has implemented permanent production systems for vegetables and fruits in a continuous and sustainable manner, and it has replicated these systems in other farms due to their profitability. In addition to hydroponics, Agrico has introduced aquaponics, a new and advanced agricultural system for growing leafy vegetables using fish. It has also initiated projects for fish and shrimp farming, honey production, egg farming (both table and organic), mushroom cultivation, and waste recycling.



Ahmed Hussain Al Khalaf, Chairman of Agrico

Under the leadership of Ahmed Hussain Al-Khalaf, Chairman of the Board of Directors, Agrico aims to increase its production to 7,000 tons in 2024, doubling its current output, to achieve better investment returns. Al-Khalaf emphasizes that agriculture is an industry and stresses the importance of supporting state efforts and policies aimed at achieving food security for Qatar.

He highlights the necessity of a smart agricultural system for permanent production to achieve food security, which benefits both consumers and farmers by providing year-round access to agricultural products. Agrico's commitment to innovation is demonstrated by its introduction of indoor aquaponic farming in major complexes, starting with an experimental project launched in a Carrefour store. This project utilizes modern aquaponic technologies to produce various types of vegetables without the need for soil or traditional fertilizers, relying instead on fish and meat byproducts as fertilizer.



Agrico's indoor farming system has a projected annual capacity of approximately 32,000 tons of vegetables and has achieved remarkable success within a year of its launch.

The utilization of modern technologies in this agricultural approach opens up new investment opportunities in the sector, overcoming challenges related to soil and water scarcity. This initiative aligns with the state's commitment to bolstering food security. The aquaponic system, an integrated farming method combining plants and fish, utilizes fish waste to nourish plants and reciprocally feeds the fish with essential plant nutrients like calcium, potassium, and nitrogen. Simultaneously, two groundbreaking fish farming projects are launched, aiming for 25% self-sufficiency in fresh shrimp and tilapia during the initial phase, progressing to achieve 100% self-sufficiency for the local market in subsequent project stages.

Al-Khalaf highlighted the project's uniqueness, emphasizing its on-land location, distinguishing it from sea-based ventures. It stands as the pioneering initiative in the Middle East employing a closed biofloc system for shrimp production, ensuring control over water quality, temperature, and sanitation to prevent diseases. Another distinguishing factor is that the technology is 100% Qatari, managed entirely by Qatari professionals. Furthermore, the project aims to yield organic production, marking a first in the region. All farmed fish will be provided with organic food, resulting in an organic end product. The farm exclusively uses organic grains and plants as fish feed, ensuring an organic outcome. Notably, the project's estimated area includes 14 shrimp farming ponds covering a relatively small 10,000-square-meter space, projecting a daily harvest of one ton of fresh and organic produce, totaling 365 tons annually.



Al-Khalaf further emphasized, "We are not just producers; we are pioneers in agricultural technology development. Thankfully, we have devised agricultural technology tailored to the Qatari environment. This technology has been successfully implemented on our farm, as well as on others, and we've even extended its application overseas after localizing and manufacturing it domestically. Our journey began with cultivating vegetables, progressing to fruits, and we have triumphed in yielding over eight varieties of fruits, including papaya, banana, fig, watermelon, mango, orange, pomegranate, and cantaloupe.

"In addition to our innovative approach, we operate a fish farm currently specializing in tilapia production, with an initial annual capacity of 1,000 tons. Furthermore, we boast an egg production facility capable of yielding 100,000 eggs per day, along with a dedicated farm for hen production. Our diversified production portfolio also includes a range of vegetables such as tomatoes, peppers, zucchini, eggplant, leafy greens, and various types of fruit."

To reinforce our commitment and amplify our endeavors, Agrico has entered into a collaboration with Qatar Chemical Fertilizer Company (QAFCO) and Yara International ASA (Norway). The partnership aims to establish a testing unit in Qatar dedicated to evaluating greenhouse technologies, nutrient management, and fertilized irrigation solutions. The ultimate goal is to develop an optimal system for hydroponics, which is well-suited to the Qatari climate. This initiative is crucial for achieving optimal results in the cultivation of fruits and vegetables under local climatic conditions and amid the challenges of limited water resources.

Regarding the acquisition of operational rights for the Ras Matbakh fish Hatchery, he remarked, "We have enhanced its capabilities and expanded its production, with plans to develop an adjacent area for the fattening of marine fish such as Safi, Rabib, Shaari, and other species essential for the local market."

He also highlighted the imminent establishment of a refining system featuring large basins, pending official approvals for implementation. This project aims to significantly contribute to the local consumption of Safi, Rabib, Shaari, and shrimp fish. He commended the support provided by the Ministries of Municipality, Environment, Climate Change, Trade and Industry, and the Qatar Development Bank in facilitating the realization of this venture.



Nasser Ahmed Al-Khalaf, the Executive Director of Agrico Farm, unveiled collaborative scientific research endeavors with the Qatar Foundation, the Ministry of Municipality, and both local and international universities. The focus of these research initiatives is to explore modern agricultural methods and systems with the aim of enhancing production.

Highlighting the success of some research initiatives, Al-Khalaf emphasized that positive outcomes were achieved and subsequently applied on the Agrico farm. The objective was to reduce production costs in the same area, resulting in significant achievements. Specifically, the production per square meter reached 40 kilograms for tomatoes, 22 kilograms for eggplant, and 18 kilograms for zucchini. This heightened production within the same area not only lowered operational costs but also elevated the production ceiling, thereby improving the overall investment return. These advancements enable Agrico to expand its agricultural initiatives, launching new plans and research projects.

Al-Khalaf stated, "Our current annual production across various categories, including vegetables, fruits, fish, shrimp, mushrooms, honey, and more, stands at 3,500 tons, meeting the demands of the local market. By 2024, we anticipate doubling this figure to 7,000 tons. This expansion is made possible by our continuous commitment to innovation, exemplified by the introduction of new systems like hydroponics. As the largest hydroponic farm in the region, we have achieved distinguished production at a lower cost, yielding higher profits."

Expanding on their agricultural approach, Al-Khalaf detailed, "In addition to hydroponics, we have established a crucial and advanced agricultural system known as 'aquaponics' for cultivating leafy greens using fish. This system stands out for its remarkably low operational costs and high profitability. While it requires significant initial capital and infrastructure, its management is straightforward, and the ongoing costs are minimal, leading to higher profits."



Al-Khalaf highlighted the recent development in the mushroom production factory, expanding from 8 to 24 rooms. This expansion has significantly increased daily production to 6 tons, compared to the previous 1.5 tons. The goal is to meet the local market demand for high-quality mushrooms and produce 1,000 kilograms of natural honey from bees.

"In addition to these developments, we have a shrimp project spanning 10,000 square meters, producing 350 tons annually. Additionally, our tilapia project yields 1,000 tons annually, and a laying hens project, set to commence at the end of this year, is expected to produce 50 million eggs annually. Alongside, we continue to produce various vegetables such as tomatoes, cucumbers, hot and bell peppers, eggplant, zucchini, and more. Furthermore, we cultivate certain types of fruits like papaya, strawberries, watermelon, and cantaloupe. Successful experiments in growing figs, oranges, and bananas have also been conducted," stated the Executive Director of Agrico Farm.

He added, "Our farm has initiated a new nursery producing 30,000 ornamental trees per month, complemented by another nursery specializing in agricultural seedlings for vegetables and other crops."

The executive director emphasized the agricultural sector's capability to meet the state's needs, noting the increase in agricultural production. Strategic plans and ongoing projects aim to position Qatar as a primary market for agricultural, food, and other products. Several projects have been completed, while others are currently in implementation.

"In recent years, there has been remarkable development in agricultural production, leading to increased coverage of local vegetable production. Plans are underway to transition to agriculture using modern technologies, enabling year-round production independent of seasonal constraints," he continued.

Al-Khalaf stressed the vital role of smart agricultural technologies, particularly highlighting hydroponic technology's contribution to year-round production, increased productivity per square meter, reduced water consumption, and enhanced profits. He underlined the technology's attention to detail, including temperature management of irrigation water, soil and fertilizer selection, and the integration of advanced agricultural technology such as "aquaponics."

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Qatar Meat Production Company boosts production capacity to meet soaring Ramadan demand



Ahmed Al-Khalaf, Chairman of the Board of Directors of Qatar Meat Production Company, has announced an expansion in the factory's production capacity to meet the heightened demand during the holy month of Ramadan, reaching a milestone of over 1,000 tons per month.



Ahmed Hussain Al Khalaf, Chairman of Qatar Meat Production

Al-Khalaf highlighted the surge in consumption during Ramadan, prompting the company to increase production and fulfill market needs during this sacred period. He emphasized the factory's unwavering commitment to continuous support and development, ensuring alignment with the dynamic changes in the local market and the fulfillment of its requirements.

Notably, Al-Khalaf underscored the current production of 400 varieties of meat, including over 80 new offerings, all adhering to the highest standards of quality.



To further support the factory's operations, he disclosed that they have procured sufficient raw materials for the next three months, implementing special preparations in anticipation of the increased demand for meat during Ramadan. Al-Khalaf affirmed their dedication by deploying additional competencies and hiring new workers to maintain continuous 24-hour production. As a result, the monthly production has already surpassed 1,000 tons, with ongoing efforts to further increase output in the coming weeks.

He highlighted the augmentation in the workforce, including workers, employees, and delivery representatives, who now utilize new equipment and state-of-the-art machines, enabling them to operate 24 hours a day in weekly shifts. This expansion aims to address the demands of the local market, which is experiencing intense competition.



Furthermore, he disclosed the initiation of a new factory, currently undergoing processing to boost production and stay abreast of advancements. Additionally, the company is set to launch new warehouses strategically located for efficient distribution to commercial complexes, Al Meera, hypermarkets, supermarkets, hotels, and the broader market.

Emphasizing the commitment to quality, he affirmed that their products adhere to international standards and specifications, earning the factory the prestigious "ISO" certification. To enhance product offerings, they introduced the "Gourmet Golden" production line, dedicated to delivering high-quality products to the community and guests of Qatar.

In response to the international events in the country, he noted an increase in the fleet of cooling and refrigerated vehicles. The company has appointed new supervisors and sales representatives, ensuring a continuous 24-hour distribution to all points of sale nationwide, including commercial complexes, to cater to the needs of Qatar's guests.

Fahad Ahmed Al-Khalaf, CEO of Qatar Meat Production Company, stated, "We have introduced new production lines to enhance the processing of meat and fish, catering to the growing market demands and heightened interest in our products."

Highlighting further developments, he added, "We've expanded our product range by incorporating 80 new varieties, increasing the total from 320 to an impressive 400 diverse options. This strategic move aligns with our commitment to continuous development and expansion, emphasizing our unwavering dedication to the highest quality standards in line with international specifications."

Al-Khalaf emphasized that the factory has innovatively introduced several new fish-based food items to the market, positioning itself as the first factory in Qatar capable of producing both meat and fish products. Additionally, he revealed ongoing efforts to establish a new factory, reflecting the company's proactive approach to meet the escalating market demands.

He highlighted that 25% of the processed meat and fish production is exported to foreign markets, while the remaining 75% is allocated to the local market.



Fahd Ahmed Al-Khalaf, CEO of Qatar Meat Production

"Our primary objective is to promote the 'Made in Qatar' brand internationally, elevating our country's reputation and the status of Qatari industries due to their distinctive and high quality. The increasing demand for Qatari industries in Gulf countries, as well as Arab and African nations, underscores their value and superior quality," he stated.

Expanding on this, he mentioned that events like the month of Ramadan, as well as prestigious exhibitions and international events hosted in Qatar such as the Expo, the Geneva Motor Show, Formula 1, and others, serve as platforms to elevate the 'Made in Qatar' product to international recognition. These events not only showcase the quality that matches international standards but also act as excellent promoters for national products. He expressed confidence that these events organized by Qatar are the most effective means to market and globally position "Made in Qatar."

Al-Khalaf explained, "We produce 400 types of meat, encompassing poultry, sheep, cows, and various combinations, along with a range of processed fish. Since the factory's inception in October 2016, we have been dedicated to doubling our efforts and production to meet market demands and expand our exports."

He noted the pivotal role of relevant authorities in prioritizing the national product, ensuring its strong presence in both local and global markets, and protecting it from adverse competition. He also acknowledged the substantial support received from the Qatar Development Bank, emphasizing its honorable role in advancing Qatari industries. Additionally, he highlighted the state's encouragement and support for exporting products and Qatari industries to foreign markets through the Development Bank, ultimately benefiting the national product.

In response, **Engineer Ahmed Samir**, Director of Qatar Meat Production Company, stated, "We have maximized the utilization of the factory area to 100% to bolster production and align with the diverse needs of the local market."

He continued, "The production facility is currently operating around the clock in shifts to meet market demands. Moreover, we have expanded our production list by introducing new and diverse varieties, reaching a total of 80 during the holy month of Ramadan. This ensures that our customers can find all the varieties they prefer."

Emphasizing their commitment to quality, Samir underscored the rigorous health controls in place to uphold the highest standards, aligning with international specifications. The factory maintains a state-of-the-art private laboratory, and health control inspectors conduct daily monitoring, sample collection, and analysis. Periodic samples are also sent to the Ministry's laboratories for evaluation. The company's in-house laboratory conducts continuous pre and post-production analyses, guaranteeing 100% quality assurance. Oversight from the Ministry of Trade and Industry further ensures compliance.

Samir highlighted the company's philosophy of prioritizing healthy production, placing an emphasis on quality in all aspects, including the importation of raw materials from Europe. This commitment to quality serves as a competitive advantage, setting them apart from others in the market. Despite this, their prices remain affordable, allowing them to compete with foreign products while operating under constant state supervision, covering the entirety of the local market.

Addressing the delicate balance between quality and price, Samir asserted that the national product has played a pivotal role in stabilizing prices in the local market compared to imported counterparts. This equilibrium, achieved through quality and reasonable pricing, has prompted others to adjust their prices to align with the Qatari market.

Samir further emphasized the advanced technology and development incorporated into the factory's laboratory, coupled with a stringent process of examining products in accredited laboratories before and after arrival at the factory. This commitment has earned them various international quality certificates, positioning them as a major player in the industry.



Engineer Ahmed Samir, Director of Qatar Meat Production



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الشركة القطرية لإنتاج اللحوم



الشركة القطرية لإنتاج اللحوم Qatar Meat Production Co.



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RAMADAN DELIGHTS

Turn this Ramadan into a memorable occasion with our extensive selection of recipes tailored for your iftar and dinner

During the month of Ramadan, Muslims keep a fast the whole day and later in the evening break their fast with an iftar meal. This meal comes with its own challenges because it needs to be high in nutrient value to compensate for a full day of fasting, before and after. Usually, iftar meals are a celebratory affair, with many families and friends gathering together for dinners with some spectacular and tempting fare. Keeping this in mind, here are some recipes that you can try out this year at home.



CHICKEN BIRYANI

Ingredients:

- 3 cups basmati rice
- 6 cups water
- Salt for seasoning, divided
- 1/2 teaspoon yellow food color
- 1 tablespoon garlic paste
- 1 tablespoon ginger paste
- 1 tablespoon lemon juice
- 1 cup yogurt
- 1 small, whole chicken, cut in small pieces
- 1 cup canola oil
- 2 medium onions, thinly sliced
- 3 large tomatoes, sliced
- Bombay Biryani Mix (found in Indian stores)
- 2/3 tablespoons mint leaves, chopped finely
- 2/3 tablespoons cilantro, chopped finely



Method:

Wash the rice and soak in water to cover by an inch for about 30 minutes.

Add water and salt to rice and cook it in a large pot or rice cooker. In a medium-size pan, place half the cooked rice and add yellow food colour. Gently mix.

Combine ginger and garlic pastes, salt, lemon juice and yogurt. Marinate chicken in yogurt mixture for at least 4 hours or overnight.

In a large pot, add oil and saute onions until slightly golden brown. Add tomatoes and saute for 5 more minutes. Add biryani mix and marinated chicken and saute for 15-20 minutes, until chicken is cooked. Add salt if needed.

Layer rice and chicken in large platter. Sprinkle with mint and cilantro. Serve warm.

Makes 8 servings.



BOOTER DAAL HALWA

Ingredients:

- 1 cup yellow split peas (channa daal; found in Indian stores)
- 1 can evaporated milk, divided
- 1 cup ghee (clarified butter) or butter
- 1 inch cinnamon stick
- 2 cardamom pods
- 1 bay leaf
- 1 cup sugar
- 1/2 cup almonds, sliced for garnish



Method:

Wash split peas thoroughly, then boil them until tender. After they cool a little, blend lentils in a food processor with 1/2 of the evaporated milk to make a paste.

In a nonstick pan, heat the ghee (or butter); add cinnamon, cardamom and bay leaf. Add lentil paste, sugar, and the rest of the milk. Cook on medium heat, stirring constantly so that the paste does not stick to the bottom of the pan. Almonds could be added at this point or added later as a garnish.

Cook for 10-15 minutes, until the paste (halwa) pulls away from the sides of the pan.

Grease serving dish with ghee or butter before adding halwa. Garnish with almonds.

Serve it slightly warm. The halwa can also be cooled down completely, then cut into diamond shapes and served.

PISTACHIO BAKLAVA

Ingredients:

- 1 pound baklava phyllo dough
- 2 cups clarified butter
- 4 cups of pistachio, coarsely chopped
- 1/2 cup sugar
- 1 cup pistachio, finely chopped for decoration.



For simple syrup

- 2 tablespoons rose water.
- 2 tablespoons orange blossom water.
- 3 cups water
- 2 cups sugar
- Few drops lemon juice



Method:

Heat oven to 350 degrees. Grease a 13-by-9-inch baking pan or tray with melted butter. Place one sheet of phyllo dough on the bottom of the tray and brush with butter. Be gentle as the phyllo dough is fairly thin.

Place another sheet of phyllo dough on top of the first and again brush with butter. Continue to layer phyllo dough (each with a brush of butter) for about 10 sheets.

In a bowl, mix 4 cups of pistachios and 1/2 cup of sugar. Place nut mixture on top of 10 buttered phyllo sheets.

Place another set of 10 buttered phyllo sheets on top of the nut mixture. Make sure to butter the top phyllo dough. Cut baklava in desired shape (traditionally its diamond).

Place baklava in oven for 1.5 hours, or until phyllo dough is a light golden colour. Let it cool for at least 1 hour.

While baklava is baking, boil all ingredients for a simple syrup. Cook until its of a thin syrupy consistency.

Pour simple syrup over baklava. Decorate with pistachio on top before serving.

Note: For a thicker baklava, double the filling and use 15 to 20 sheets instead of 10. You could also add cinnamon to the sugar if desired. Have a clean kitchen towel handy to cover the phyllo dough while you work with it. As the phyllo dough is very thin, it easily dries out, and so covering with a kitchen towel will help prevent breakage and drying.

FRUIT CHAAT

Ingredients:

- 1/2 cup pomegranate
- 1 apple, cubed
- 2 peaches, cubed
- 8 ounces strawberries, sliced
- 1 cup red grapes
- 1 pear, cubed
- 3 tablespoons sugar
- 1/2 cup orange juice
- 1/2 tablespoon fruit chaat (can be found in Indian stores)



Method:

Combine all the fruits in a large bowl, gently mix. In a separate bowl, add sugar to orange juice. Mix until the sugar dissolves. Then add fruit chaat powder; mix well. Add orange juice to the fruits and gently mix.



Ramadan delights often carry deep-rooted cultural significance, representing traditional flavors and culinary heritage. Sharing these delights with family and friends becomes a way to connect with cultural roots and pass down cherished recipes through generations



KHEER

Ingredients:

- 2 cups whole milk
- 1/2 cup rice
- 1 cup sugar
- 1/2 teaspoon cardamom
- 1/2 cup almonds and pistachios, finely chopped

Method:

Soak rice for 2 to 3 hours. Drain water and keep rice aside.

In a heavy-bottomed saucepan, boil milk over low heavy, until it slightly thickens, stirring constantly.

Add rice and cook over low heat for at least 30 minutes, until rice is well cooked.

Stir in sugar and cardamom. Serve warm or chilled, garnished with nuts.



SPICY SHRIMP TOSTADAS

Ingredients:

- 3 dried ancho chile peppers, stemmed and seeded
- 1/2 cup fresh lime juice, plus wedges for serving, divided
- 3 tablespoons vegetable oil, divided
- 1 large clove garlic, peeled, coarsely chopped
- 1/2 teaspoon dried oregano (Mexican oregano if desired)
- 1/2 teaspoon ground cumin
- 1/2 teaspoon cayenne pepper, divided
- Kosher salt
- 1 pound medium shrimp, peeled and deveined
- 3 large avocados
- 4 green onions, thinly sliced (white and green parts separated)
- 1/2 cup chopped fresh cilantro
- 12 corn tostadas

Method:

Sour cream and diced tomato, for topping. Tear the chiles into big pieces.

Toast the chiles in a dry skillet over medium heat, turning often, until they soften slightly, about 2 minutes. Transfer to a bowl and cover with hot water; let sit 15 minutes.

Transfer the chiles and 3 tablespoons of the soaking water to a blender. Add 1 tablespoons lime juice, 1 tablespoon vegetable oil, garlic, oregano, cumin and 1/2 teaspoon each of cayenne pepper and salt; puree until almost smooth. Toss with the shrimp in a large bowl; refrigerate 15 to 30 minutes.

Halve and pit the avocados; scoop the flesh into a bowl and mash. Mix in the white part of the green onions, 1/2tablespoons lime juice, the remaining 1/2 teaspoon cayenne pepper, the cilantro and a pinch of salt.

Heat the remaining 2 tablespoons vegetable oil in a large skillet over medium-high heat. Add the shrimp and cook, stirring occasionally, until just opaque, about 4 minutes. Season with salt and drizzle with the remaining 1/2 tablespoon lime juice. Spread the mashed avocado mixture on the tostadas. Top with the shrimp, some sour cream, diced tomato and the remaining green onion. Serve with lime wedges.

HOW TO STAY HEALTHY AND ACTIVE DURING RAMADAN

Ramadan is the month of spiritual nourishment and reinforces the values of humanity. As usual, people are worried about how to keep a balance between fasting, dealing with scorching heat, and continuing daily activities.

The 30 days of Ramadan require a strict schedule to be followed that includes fasting (Roza), reciting the Holy Quran, offering prayers (Namaz) five times a day, special prayer called 'Taraweeh' and, above all – good behaviour.

Rather than giving up fasting just because the time and conditions are not in your favour, it is better to plan your days in a way that lets you make the best use of this holy month of Ramadan.

Here are a few tips on how you should spend Ramadan:



Diet

Those who are observing fast need to have at least two meals a day – Suhooh (pre-dawn meal) and Iftar (a meal at dusk). As fasting is one of the five main pillars of Islam, this exercise cannot be ignored or skipped. So, it becomes important to have such a diet during Suhooh and Iftar that you can go on throughout the month with ease, especially during summers.

Diet for Suhoor

Suhoor should include foods that digest slowly and provides enough energy for rest of the day. For Suhoor, one should prefer meal that is rich in carbohydrates, fibre and potassium over the food that burns fast – bananas, milk, dates, avocados, khajla-pheni, dried peaches, pistachios, pumpkin, peas, dark chocolate. Bananas are high in potassium and suppress your thirst while dates will give you a good stock of energy to be consumed slowly throughout the day.

Some people prefer milkshakes made with syrup as it is easy and quick to prepare. This should be avoided as it contains high amounts of sugar, additives and colourants. If you really want to have it, then reduce the number to two per week. And oily food should be kept miles away.

Diet for Iftar

Following the Prophetic tradition, one should break fast with dates as they provide a burst of energy. Avoid attacking food as soon as you break the fast and keep your dusk meal light. During Iftar, do not drink lots of water just because it takes less effort to fill stomach with water than with food. Rather, compliment your Iftar meal with fresh fruits. While breaking your fast, chew food slowly as it will speed up digestion and help maintain your weight.

What to do between suhoor and iftar

The best way to spend your day during fast is to qualify the basic requirements of fasting.

Ramadan is not just about fasting, and fasting is not just about keeping from food the entire day. The concept of Ramadan expects a Muslim to surrender himself to Almighty Allah and refrain from activities that pleases him or provokes him to do anything bad.

When a person says he is fasting, it means his entire body is at fast. A fasting person would not look at the opposite sex with lusty eyes. He would not speak anything that may hurt the other person's feeling. He won't do anything that may physically hurt anybody. He would not hear anything bad.

Avoid gobbling food as soon as you break the fast and keep your dusk meal light

Ramadan is a month-long effort to install a healthy lifestyle that one can follow throughout his life. Whether it's avoiding unhygienic food, behaving well in the society, doing physical exercise (namaz) regularly, personality development or making a good name, this is the month where one can improve his inner self.

What to do between iftar and suhoor

Once you have broken your fast, have a glass of water after every two hours. This is very important to restore the water level in your body.

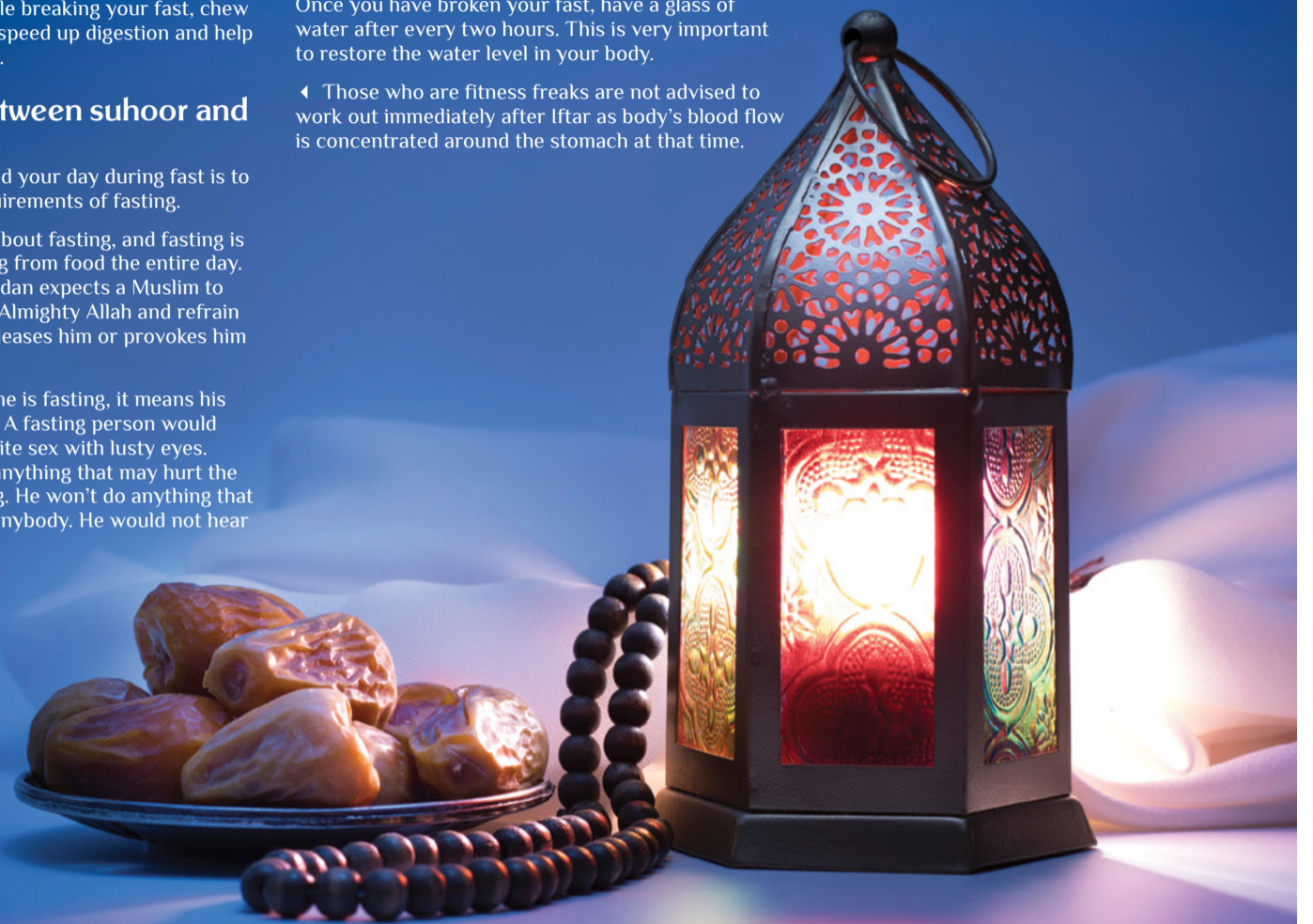
Those who are fitness freaks are not advised to work out immediately after Iftar as body's blood flow is concentrated around the stomach at that time.

There should be a gap of at least two hours between workout and Iftar.

If you like desserts, have them, but leave at least a two-hour gap between Iftar and desserts to stay fresh and awake for Taraweeh prayers.

Your body has a right over you, and when it wants rest, then rest. Go to bed on time and wake up fresh for the next Suhoor.

Following this routine-cum-guidelines would hopefully allow you to enjoy a healthy lifestyle throughout the holy month of Ramadan and even after that.



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