

Special Ramadan
Issue

RAMADAN



Welcoming the Holiest
of Months

Religious Habits to
Adhere to in Ramadan

For the little ones

Ramadan Groceries List

Ramadan 2023 Series

Ramadan Imsakia 2023 - 1444

1 Fajar 4:30 Iftar 6:01	2 Fajar 4:29 Iftar 6:01	3 Fajar 4:27 Iftar 6:02	4 Fajar 4:26 Iftar 6:03	5 Fajar 4:25 Iftar 6:03
6 Fajar 4:23 Iftar 6:04	7 Fajar 4:22 Iftar 6:04	8 Fajar 4:21 Iftar 6:05	9 Fajar 4:20 Iftar 6:05	10 Fajar 4:18 Iftar 6:06
11 Fajar 4:17 Iftar 6:07	12 Fajar 4:16 Iftar 6:07	13 Fajar 4:14 Iftar 6:08	14 Fajar 4:13 Iftar 6:08	15 Fajar 4:12 Iftar 6:09
16 Fajar 4:10 Iftar 6:10	17 Fajar 4:09 Iftar 6:10	18 Fajar 4:08 Iftar 6:11	19 Fajar 4:07 Iftar 6:11	20 Fajar 4:05 Iftar 6:12
21 Fajar 4:04 Iftar 6:12	22 Fajar 4:03 Iftar 6:13	23 Fajar 4:01 Iftar 6:14	24 Fajar 4:00 Iftar 6:14	25 Fajar 3:59 Iftar 6:15
26 Fajar 3:58 Iftar 6:15	27 Fajar 3:56 Iftar 6:16	28 Fajar 3:55 Iftar 6:17	29 Fajar 3:54 Iftar 6:17	30 Fajar 3:54 Iftar 6:18



Printable

Eid prayer: 5:31

Recipes by KIPIC employees

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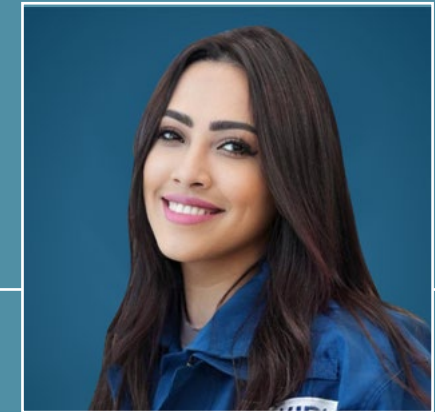
In this section,
recipes for quick and
delectable Ramadan
meals are shared with
us by KIPIC colleagues.
Prepare them and share
your experiences...



Chicken Biryani

Ingredients:

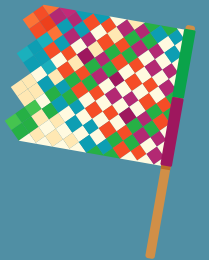
- 3 cups basmati rice
- 1 whole chicken, cut into 8 pieces
- 3 small onion, sliced
- 3 large onion, sliced into wings and sautéed until brown
- 2 tomatoes, crushed
- 1 tbs mashed ginger



Ghada Hassan

Corporate Communication Group

- 1/2 cup tomato juice
- Fresh coriander, chopped
- Sliced lemon
- chilli
- Biryani spices, salt, and pepper
- Saffron
- Butter and oil



Method:

- Roast the chicken in a pot, sauté the small onion until translucent, then add the mashed garlic and mashed ginger.
- Add crushed tomatoes, biryani spices, lemon slices and chilli to the pot and cook it for 10 minutes.
- In a separate pot, boil the rice in salted water for 7 minutes. Drain the rice and set it aside.
- Layer with the mixture of chicken, golden brown onions and fresh coriander.
- Put the butter on top with saffron and leave it on a low fire for 45 minutes.
- Serve it hot with additional fresh coriander and lemon slices on top, if desired.



Recipes by KIPIC employees

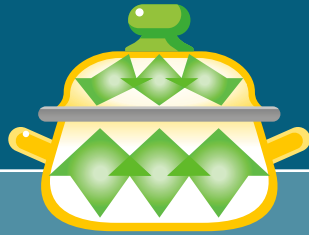
Antioxidant-rich foods help defend the body against illnesses by removing free radicals, carcinogens, and toxins. Tomatoes include some of the finest natural antioxidants for treating chronic inflammation and reducing oxidative stress, which lowers the likelihood of cancer cells developing.



Noha Al-Hamad
Training and Career
Development Group

Tomato Soup





Tomato Soup

Ingredients:

Cherry tomatoes or regular tomatoes - white onions - 6 garlic - olive oil - rosemary - salt - black pepper - butter - yoghurt

Method:

- Place the tomatoes, white onion, six garlic cloves, olive oil, butter, two rosemary sticks, a pinch of salt, and black pepper on a parchment-lined baking sheet. Cover with aluminum foil and bake at 180 degrees for an hour.
- After that, remove the tomatoes and rosemary sticks from the oven and mash them together with a can of yoghurt and the canned tomatoes, mixing them evenly.
- The dish is ready to serve once the ingredients have been added to a pot and the salt and black pepper have been taste-tested. Garlic bread is the ideal side dish.



I used cherry tomatoes on Oven tray with white onion, 6 garlic cloves, oil and butter, a pinch of salt, black pepper and two rosemary sticks.



I covered it and put it in the oven at 180° for an hour, and this is what it looks like after everything has melted.



I removed the whole tomato and rosemary stalks



I put the tomatoes and everything in the tray, even the water that came out of it in the blender, and put a bowl of yogurt on them



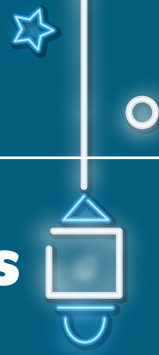
Add canned tomato



After I mixed the tomatoes, I transferred them to the tray to heat them up and adjust the salt and pepper, and it will be ready



Recipes by KIPIC employees



Chicken with Ranch Sauce



Maryam Al-Qallaf
Management Support
Group



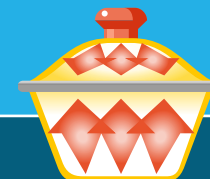
Ingredients:

Chicken breasts - a box and a half of ranch sauce - 2 sour cream - parmesan cheese - salt - black pepper - oregano

Method:

In a Pyrex bowl, combine the chicken breasts with a pinch of Parmesan, salt, black pepper, and oregano, according to the preferred amount.

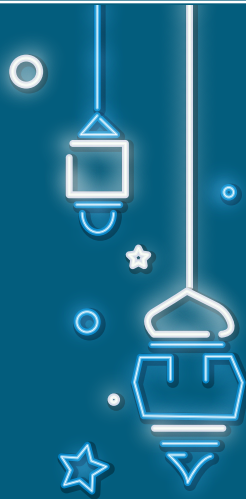
Once the sour cream and ranch sauce are thoroughly combined, pour the mixture over the chicken, top with a sprinkle of Parmesan, and bake at 180 degrees for the chicken's top to cook.



→ Strawberry and Pecan Salad



Aisha Al-Osaimi
Corporate Communication Group



Method:

Slice the strawberries, cut the American lettuce into large pieces, add a little quantity of fresh watercress, a few parsley and mint leaves, and any more berries you like.

Sauce: Blend yoghurt, lemon juice, garlic powder, mint, parsley, a pinch of salt and black pepper, and a small amount of olive oil. Whisk until it reaches the desired consistency, then pour over the salad.

Ingredients:

American lettuce - watercress - parsley - mint - strawberry - pecan or walnut - yoghurt - lemon juice - garlic powder - salt - black pepper - olive oil



Recipes by KIPIC employees



Dates Bowl (Tamrat Al Tasa)



Ghadeer Al Habbas
Management Support
Group



Ingredients:

One kilo of dates stuffed with almonds; date molasses; a cup of sweet seeds; a cup of black seeds; a cup of Hassawi sesame; and a pinch each of cardamom and saffron.



Method:

Cover dates with molasses, then sprinkle with the roasted nuts and seeds.

→ Deviled Eggs



Manju Haneefa
Training & Career
Development



Ingredients:

6 hard-boiled eggs, peeled - 3 tablespoons mayonnaise - 1 pinch salt and ground black pepper to taste - 2 tablespoon - all-purpose flour - 1 teaspoon hot pepper sauce - breadcrumbs - 1 teaspoon ketchup



Filling:

Grind: ½ cup fresh grated coconut + mint leaves + coriander leaves+1 green chilli (for more spicy add more chilli up to your choice)

Direction:

- Cut eggs in half lengthwise and put yolks in a separate small bowl. Add mayonnaise, hot sauce, 1 tsp ketchup, salt, and pepper. Mash with a fork until fully combined and smooth. Set filling aside.
- Prepare a thin batter of All Purpose Flour with pinch of salt in a small bowl.
- Drop the egg white in the bowl of flour batter mixture; toss until coated. Dip into the bread crumb and deep fry till golden brown and remove.
- Place the egg whites on a serving tray and spoon with coconut mixture into the center.
- Place yolk mixture into a piping bag or a plastic bag with a corner snipped off. Pipe mixture into the egg whites. Sprinkle some paprika on top.

WHERE TO **WALK**?



Assima Mall



Al Shaheed Park



Mall 360



The Avenues Mall

ONE STEP
UP LEVEL



Al Hamra Tower

Ramadan's Glossary

Quraish:

A gathering where the family members assemble for the last meal in the month of Shaban, the eve of Ramadan (the day before Ramadan)

Ghabga:

A gathering that only occurs during Ramadan and starts after the Isha prayer, where people gather, and each brings a dish and gets to wear Ramadan attire (dress for women).

Suhoor:

Eating and drinking at the time of pre-dawn meal before abstaining, in preparation for fasting, and it is desirable. It is desirable, as the Prophet, peace and blessings be upon him, said: "Eat Suhoor, for in Suhoor there is a blessing."

Al-Qadoua:

The dates served when breaking the fast, and it is said when serving them, "iqda," that is, eat from them. The term "Al-Qadoua" refers to the way it satisfies or breaks hunger.



Gergian:

It is an annual tradition for children, celebrated in the middle of the month of Ramadan. Children roam around residential neighborhoods (Al-Furjan) while chanting songs and carrying bags in which they collect sweets and nuts that they get from houses owners.

Tashreeb/Tashreeba:

A typical Ramadan dish that combines ragag or tannour bread with chicken, vegetable, or beef broth.

Khaneen:

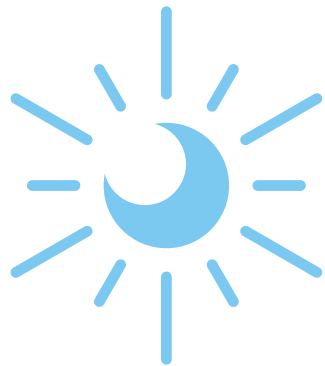
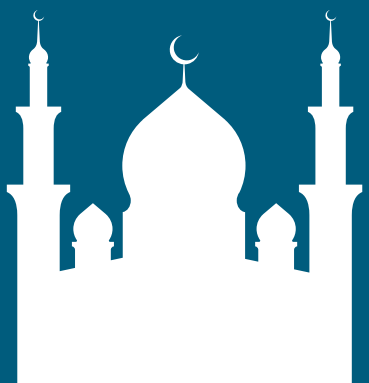
A meal description that captures the mouth-watering aroma of the food

Natea':

A description of food that expresses the taste of delicious food

Al-Naqsa:

Part of the iftar plate or dishes that are sent to the house of neighbors or parents, and it begins half an hour before breaking the fast.



6

Religious Habits to Adhere to in Ramadan



The first habit:

Reciting the Holy Qur'an: It is one of the most beautiful acts of worship in this month, for which a Muslim will be rewarded with a great Reward. A Muslim can also finish reading the Qur'an more than once in this month.

The fourth habit:

Charity: Giving money to charity is one of the most important acts of worship that a Muslim should do during Ramadan. There are many forms of charity in Ramadan, so it can be in money or breaking the fast with food.



The second habit:

Maintaining ties of kinship: A Muslim must be upholding his ties of kinship, and kinship relations is one of the best acts of worship that draws closer to God Almighty. The Prophet - peace and blessings be upon him - stated that it is one of the reasons that increase sustenance, and that it is blessed in time.

The fifth habit:

Keenness to pray Tarawih & mid night prayer, where in the recompense for prayer and reading the Qur'an is granted to the Muslim



The third habit:

I'tikaf: I'tikaf is staying in the mosque, with the intention of worshipping, and drawing closer to God Almighty, whether it is at night or during the day

Sixth habit:

Persistence in remembrance and fortification, helps to calm the heart and ease the tension in the chest



Many people are excited to watch Kuwaiti series in Ramadan 2023, as they have always been able to draw large audiences throughout the holy month, particularly comedies and socio-dramas.

Ramadan Series

Kuwaiti series in Ramadan 2023



Eaziz Alruwh



Milh Wasamra



Nun Alniswa



Majarih



Qurat Eaynik



Hayaati Almithalia



Alnukran

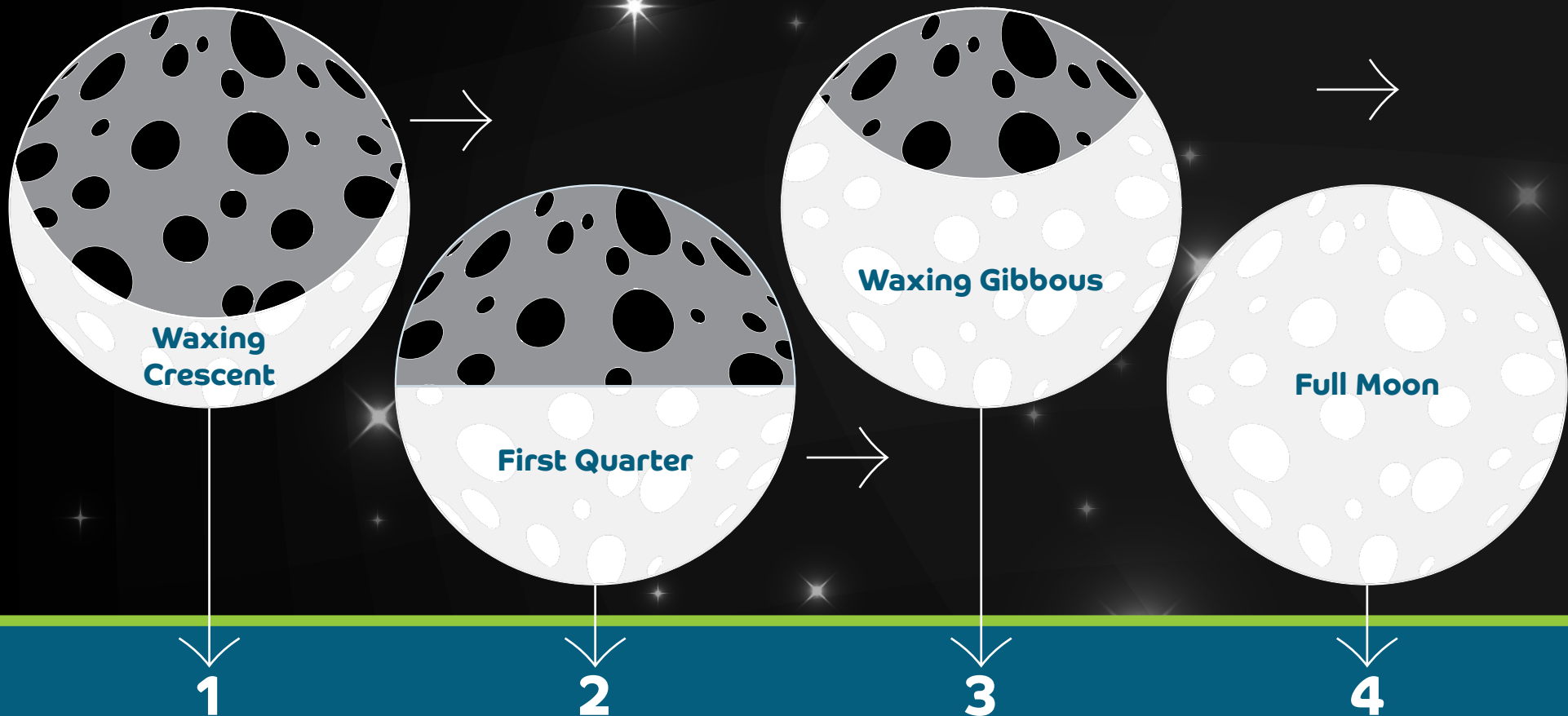


Hayat La Tushbihuni

For the little ones

Ramadan activities for the little ones in which we participate with them during the holy month

Read the names of the moon phases and learn about its shapes in each phase

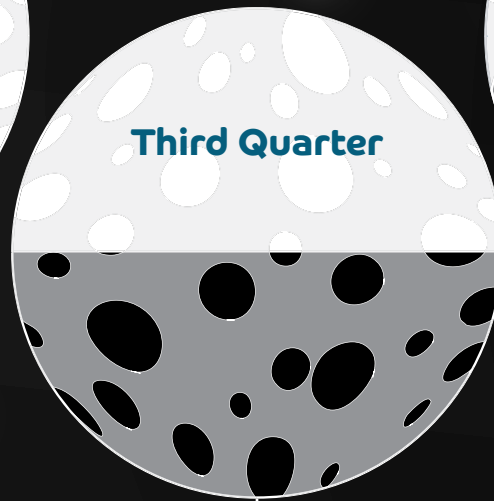




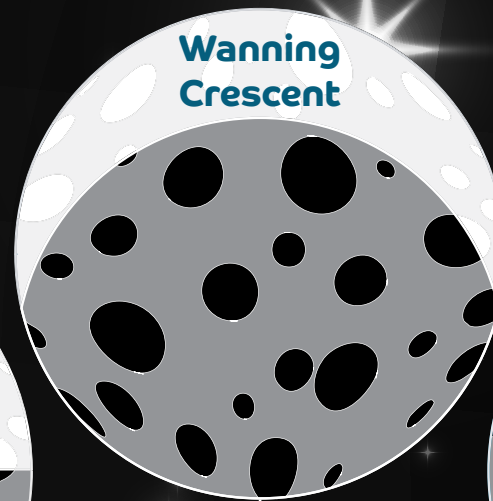
You can color the crescent of Ramadan, make a story, decorate it, and hang it in the house as decorations for the month of Ramadan



5



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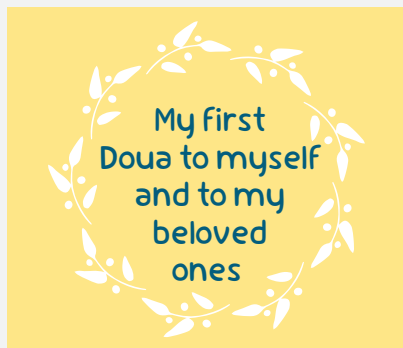
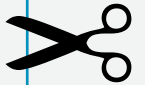
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8



Paper clippings accompany the child during the Ramadan days as a memory and



the end a certificate of appreciation on the Eid's night, for double joy ...
the joy of completing the fast and the advent of the Eid Al Fitr



Certificate of Appreciation

This certification presented to

For keeping steadfast and patient during
the blessed month of Ramadan

May Allah bless you with Goodness
Ameen

Photo

4 x 6





We can take advantage of Ramadan with a lot of good deeds. Draw each deed under the word that suits it

Maintaining prayers

Reading Quran

Prayers/ Duāa

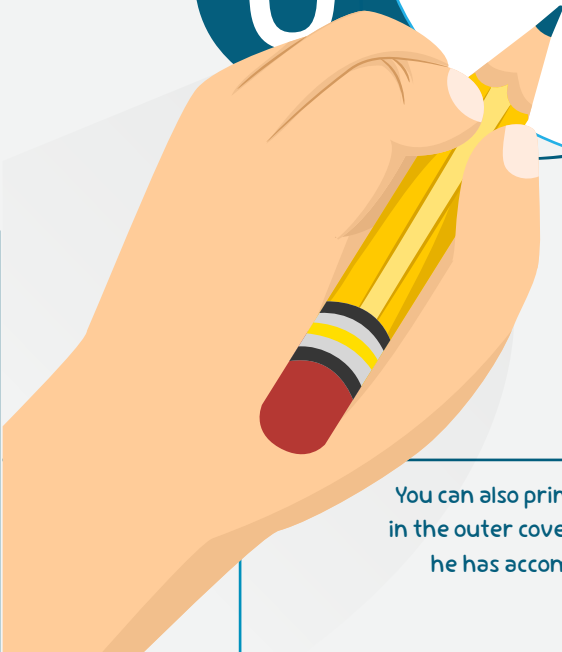
Helping Parents





The last ten nights of Ramadan

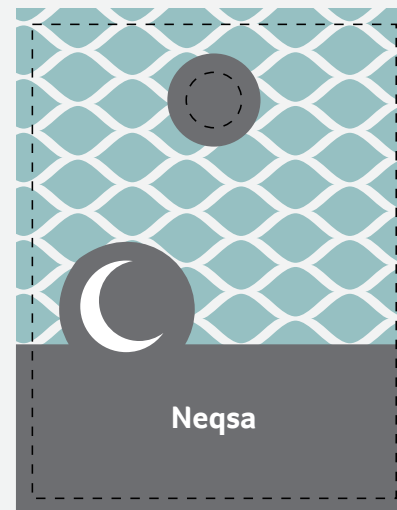
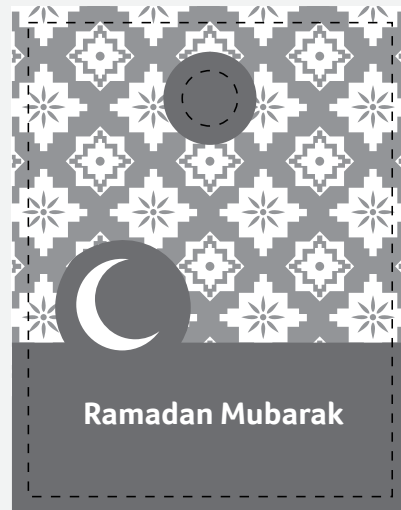
There are 10 nights in the month of Ramadan, and it is the last ten nights
It contains a great treasure, which is the "Qadr Night" ... Write a new Duaa every night

 <div data-bbox="183 638 784 1101">0 Allah, You are forgiveness, You love forgiveness, so forgive us</div>	1	2	3
	4	5	6
	7	8	9

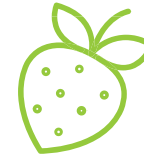
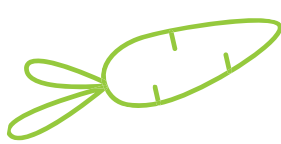
You can also print the entire activities of the section and collect them in the form of a booklet so that each child has his own booklet, on which his name is written in the outer cover in colors that make him feel the joy of the advent of the holy month, and by the end of the month he sees how much information and activities he has accomplished, and you can also share with us what the child has achieved from the activities of the booklet on our Instagram account @kipicfamily

Printable Ramadan cards

A thoughtful
method to
celebrate the holy
month with your
children is to give
them cards that
feature different
congratulations for
Ramadan.



Ramadan Groceries List



Ramadan Groceries List

FRESH PRODUCE

- ☐ Apples
- ☐ Avocados
- ☐ Bananas
- ☐ Bell Pepper
- ☐ Carrot
- ☐ Cilantro
- ☐ Garlic
- ☐ Lemons/Limes
- ☐ Onion
- ☐ Parsley
- ☐ Peppers
- ☐ Potatoes
- ☐ Spinach
- ☐ Strawberries
- ☐ Tomatoes

GRAINS

- ☐ Breadcrumbs
- ☐ Flour Tortillas
- ☐ Pasta
- ☐ Quinoa
- ☐ Rice
- ☐ Wheat Bread

MEAT

- ☐ Chicken
- ☐ Meat
- ☐ Fish
- ☐ Turkey

DAIRY

- ☐ Butter
- ☐ Sliced Cheese
- ☐ Shredded Cheese
- ☐ Milk
- ☐ Sour Cream
- ☐ Yoghurt

BAKING GOODS

- ☐ Baking Powder
- ☐ Baking Soda
- ☐ Brown Sugar
- ☐ Chocolate Chips
- ☐ Cocoa Powder
- ☐ Dry Yeast
- ☐ Flour
- ☐ Honey
- ☐ Powdered Sugar
- ☐ Sugar
- ☐ Vanilla

SNACKS

- ☐ Crackers
- ☐ Nuts
- ☐ Quick Oats
- ☐ Popcorn

FREEZER

- ☐ Beef/Chicken / Fish
- ☐ Corn
- ☐ Juice Concentrate
- ☐ Pizza
- ☐ Puff Pastry
- ☐ Shrimp

CANNED FOOD

- ☐ Beans
- ☐ Diced
- ☐ Jam / Jelly
- ☐ Pasta Sauce
- ☐ Peanut Butter
- ☐ Salsa
- ☐ Soups
- ☐ Tuna
- ☐ Chicken Stock/Broth

CONDIMENTS/SPICES

- ☐ Black Pepper
- ☐ Chilli Powder
- ☐ Cinnamon
- ☐ Crushed Red Pepper
- ☐ Cumin
- ☐ Garlic Powder
- ☐ Ketchup
- ☐ Mayonnaise
- ☐ Mustard
- ☐ Nutmeg
- ☐ Paprika
- ☐ Salad Dressings
- ☐ Salt
- ☐ Soy Sauce
- ☐ Steak Sauce

OILS/VINEGARS

- ☐ Apple Cider Vinegar
- ☐ Balsamic Vinegar
- ☐ Coconut Oil
- ☐ Olive Oil
- ☐ Vegetable/Canola Oil
- ☐ White Vinegar