



PAROTHA IS AN INDIAN CUISINE LAYERED FLAT BREAD THAT IS SHALLOW-FRIED. IT IS SOFT, GREASY, AND SALTY.



MOST OF THE CAFETERIA OWNERS IN A.D. THAT OFFER PAROTHA ARE FROM KERALLA INDIA, AND THEY OFTEN HAVE A SIMILAR STORY OF COMING HERE TO TAKE OVER A RELATIVE'S BUSINESS.

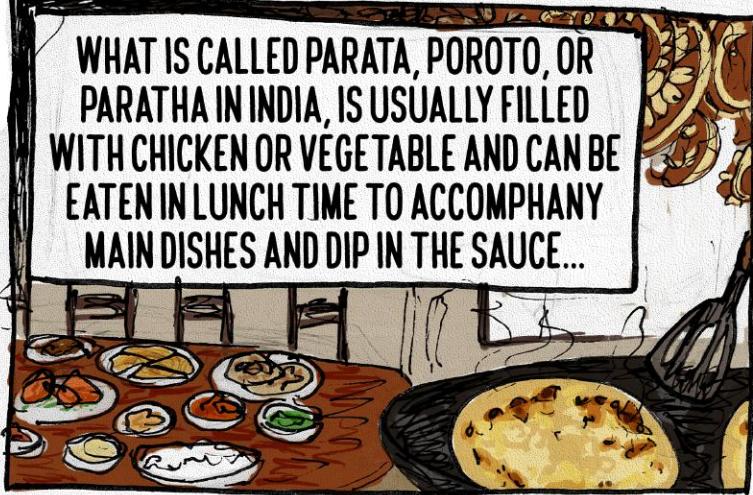


INTERESTINGLY, THEIR ALMOST EXACT SAME MENU OF KARAK, PAROTHA AND JUICES, WHILE INDIAN-INSPIRED, IS NOT PARTICULAR TO KERALLA. IN FACT, NO ONE REALLY KNOWS WHERE THEY HAVE REALLY COME FROM. THEY WERE JUST BORN HERE IN THE UAE.

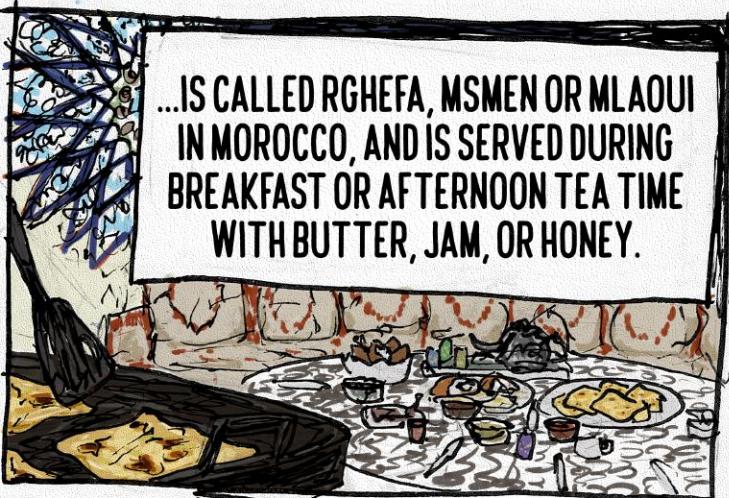
THE PAROTHAS ALSO SHARE A LOT WITH A CERTAIN NORTH AFRICAN DISH, DESPITE THAT THE TWO FOOD CULTURES ARE SO FAR AND REMOVED FROM EACH OTHER.



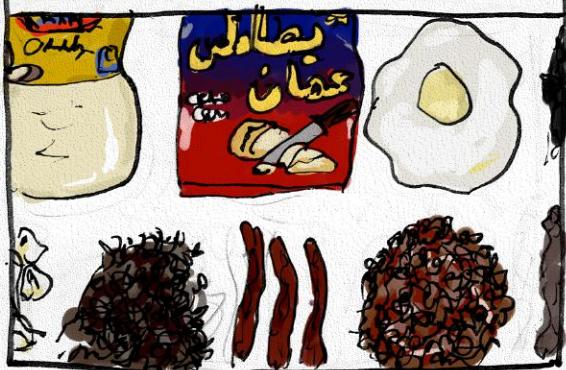
WHAT IS CALLED PARATA, POROTO, OR PARATHA IN INDIA, IS USUALLY FILLED WITH CHICKEN OR VEGETABLE AND CAN BE EATEN IN LUNCH TIME TO ACCOMPANY MAIN DISHES AND DIP IN THE SAUCE...



...IS CALLED RGHEFA, MSMEN OR MLAQUI IN MOROCCO, AND IS SERVED DURING BREAKFAST OR AFTERNOON TEA TIME WITH BUTTER, JAM, OR HONEY.



BACK TO A.D., PAROTHAS ARE USUALLY STUFFED WITH OMAN CHIPS, KRAFT CHEESE, EGGS, CHICKEN... AND MORE.



HOUSE OF TEA  
BEHIND MUHAMMAD BIN  
MASAOOD MASJID  
PAROTHA OMAN CHIP+

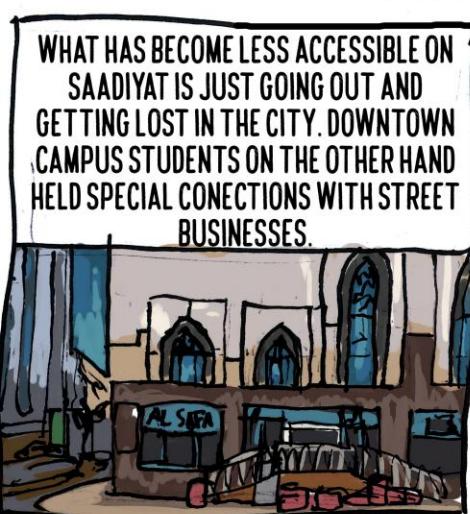




SHAWARMA IS A LEBANESE DISH CONSISTING OF GRILLED CHICKEN OR LAMB, WRAPPED IN RAGHIF, SAJ, OR PITA BREAD WITH GARLIC SAUCE AND PICKLES. SHAWARMA TASTES SMOKY, SALTY, STRONG AND SOUR.



IN FOODLANDS CAFETERIA, AFTER 5PM, YOU CAN GET A 5DH SHAWARMA. THE MEAL WAS A FAVORITE AMONGST EARLY NYUAD STUDENTS WHO LIVED IN SAMA TOWERS.



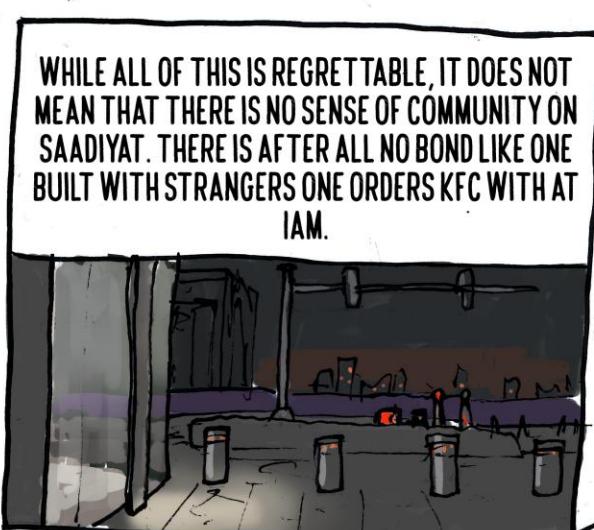
WHAT HAS BECOME LESS ACCESSIBLE ON SAADIYAT IS JUST GOING OUT AND GETTING LOST IN THE CITY. DOWNTOWN CAMPUS STUDENTS ON THE OTHER HAND HELD SPECIAL CONNECTIONS WITH STREET BUSINESSES.



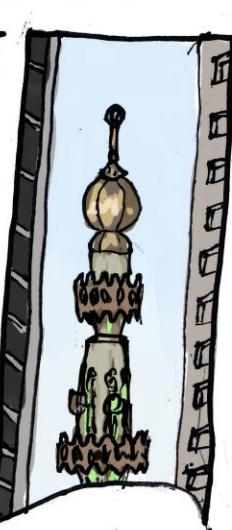
AMONGST RANDOM THINGS THEY HAVE FOUND IN ABU DHABI: STORES THAT SELL RIB-BONS (ONLY), FILIPINO THRIFT SHOPS WITH CANADA-IMPORTED CLOTHES, AFGHAN BREAD SHOPS, ARCADES IN ABANDONED BUILDINGS



OVERALL, WHILE THERE WAS STILL A SENSE OF A „BUBBLE”, STUDENTS WERE MORE INVOLVED WITH THE COMMUNITY OF ABU DHABI.



WHILE ALL OF THIS IS REGRETTABLE, IT DOES NOT MEAN THAT THERE IS NO SENSE OF COMMUNITY ON SAADIYAT. THERE IS AFTER ALL NO BOND LIKE ONE BUILT WITH STRANGERS ONE ORDERS KFC WITH AT IAM.



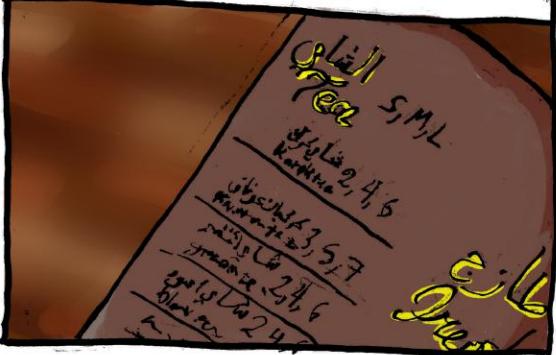
BUT STILL, EVERY ONCE IN A WHILE DO TAKE THE BUS, AND GET LOST IN ABU DHABI. GET OUT.



FOODLANDS CAFETERIA  
MADINAT ZAYED AREA,  
NEAR NMC HOSPITAL  
SHAWARMA  
5DH (AFTER 5PM)



KARAK (OR KADAK) IN HINDI OR URDU MEANS STRONG. IT IS CONSIDERED TO BE THE NATIONAL DRINK. IT IS CREAMY, SPICY, SWEET AND WARM. HERE'S HOW TO MAKE IT:



BRING WATER TO BOIL. PUT BLACK TEA IN IT.



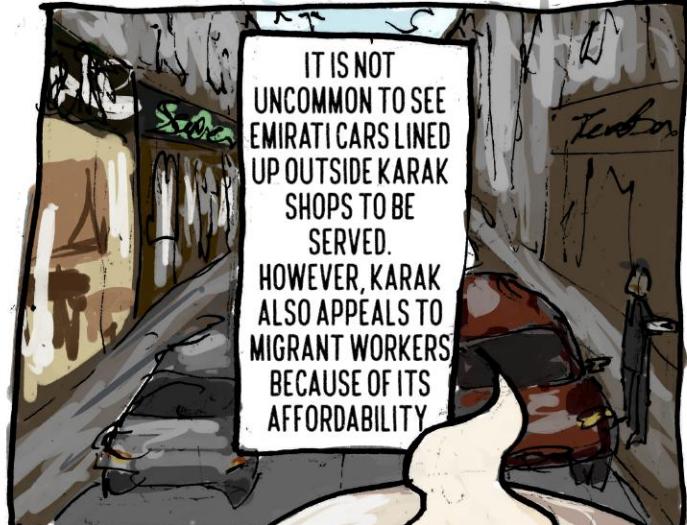
ADD CARDAMOM AND CLOVES. SOME PEOPLE LIKE TO ADD SAFFRON, BUT IT'S MORE EXPENSIVE



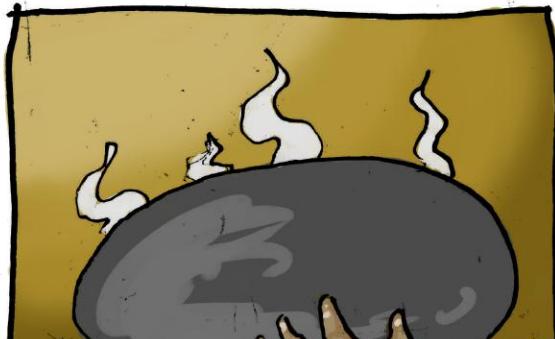
REMOVE KETTLE FROM HEAT, AND MIX THE BOILED WATER WITH EVAPORATED MILK.\*



KARAK IS DERIVED FROM THE INDIAN MASALA CHAI, WHICH IS PREPARED DIFFERENTLY; TEA IS BREWED IN BOILING MILK AND SPICES ARE MORE VARIED DEPENDING ON WHO MAKES IT: GINGER, CINNAMON, PEPPERCORN...



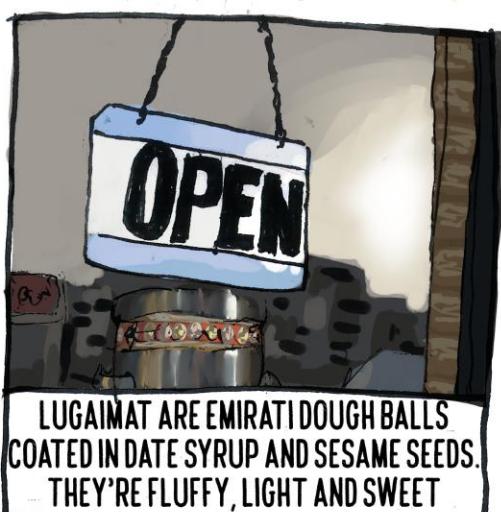
IT IS NOT UNCOMMON TO SEE EMIRATI CARS LINED UP OUTSIDE KARAK SHOPS TO BE SERVED. HOWEVER, KARAK ALSO APPEALS TO MIGRANT WORKERS BECAUSE OF ITS AFFORDABILITY



IF YOU EVER PAY MORE THAN ONE OR TWO DIRHAMS FOR A CUP OF KARAK, THEN YOU'RE GETTING RIPPED OFF. AND GENERALLY, THE CHEAPER, THE BETTER.



\*GOOF: THE MILK DEPICTED HERE IS CONDENSED, NOT EVAPORATED. MY BAD.



“MY GRANDMOTHER AND MY MOTHER LIVE NEXT DOOR TO EACH OTHER. EVERY RAMADAN, MY GRANDMA SENDS US LUGAIMAT FROM HER HOUSE...”



“...AND EVERY RAMADAN, MY MOTHER MAKES HER OWN LUGAIMAT, AND REFUSES TO EAT MY GRANDMA'S.”



“THERE'S THIS COMPETITION BETWEEN MY GRANDMA AND MY MOTHER THAT REPEATS ITSELF EVERY YEAR ABOUT WHO MAKES THE BEST LUGAIMAT, AND IT INVOLVES MY ENTIRE FAMILY. MY BROTHERS PREFER MY GRANDMA'S, BUT I KNOW MY MOTHER'S ARE THE BEST.”



“MY GRANDMA HAS EXPERIENCE, BUT MY MOTHER GETS MORE CREATIVE EACH YEAR WITH NEW INGREDIENTS TO OUTDO HER.”



“WHILE LUGAIMAT ARE ONE OF THE ONLY EMIRATI „STREET FOOD“ PER SE IN ABU DHABI, THEY'RE STILL VERY HARD TO FIND. IF YOU ASK A LOCAL WHERE TO GET THEM, THEY'LL MOST LIKELY SAY „MY HOUSE.“”



BLALAIT  
DEFENCE ROAD, OPPOSITE  
DAR AL SHIFAA HOSPITAL

LUGAIMAT (X10)  
15DH

