



3-Course Lebanese Dinner

Dinner in Lebanon

Lebanon, a country of both many Christians and many Muslims, is a culturally heterogeneous country with differing norms. For example, the experience of dining out for Christians is different than that of devout Muslims, who cannot consume pork or alcohol.

The main meal of the day is eaten around 3PM, and it can last two or more hours; at these meals, pieces of bread and lettuce are used to scoop and eat food, although western utensils are also commonly used.

Lebanese dining etiquette are formal, and at a meal, expect to be told where to sit and to follow continental table manners (the fork in the left hand, the knife in the right).

Where can I learn more?

See our [Fact Sheets](#) and [Resources](#) to learn more about food and meals in Lebanon! And, if you make this meal, please share the story with us [here](#)!

First Course: *Baba Ghannoj*



Also spelled baba ganoush, this pervasive dip is an emulsion of eggplant, lemon juice, tahini, garlic, and olive oil.

<https://ourrecipeforunity.org/recipes/baba-ghannoj/>



Main Course: *Kibbeh bil Sanieh*



This layered meat dish is made of beef, bulgur (also called burghul), cinnamon, paprika, and pine nuts.

<https://ourrecipeforunity.org/recipes/kibbeh-bil-sanieh/>



Side dish: *Tabbouleh*



This familiar side dish is made of bulgur wheat, lemon, parsley, mint, tomatoes, scallions, and olive oil.

<https://ourrecipeforunity.org/recipes/tabbouleh/>



Dessert: *Semolina Pudding*



This simple dish, which can include pistachios, almonds, and cinnamon, can be eaten for breakfast or dessert.

<https://ourrecipeforunity.org/recipes/semolina-pudding/>

