A Palestinian Lunch

Levantine Arabic transcript:

Anas: For lunch most people have 
tabeekh,\(^1\) like rice and stew, like makloubeh,\(^2\) yogurt broth, maloukhieh,\(^3\) sabanikh,\(^4\) and things like that. Kubbeh,\(^5\) too. For lunch things are cooked -- not like the light breakfast meal.

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\(^{1}\) Tabeekh: Cookery – implies home cooking.

\(^{2}\) Makloubeh: A casserole dish made with meat, rice, and vegetables, and named for the way it is served, “upside-down.”

\(^{3}\) Maloukhieh: Mallow, a green leaf boiled and usually cooked with rice and chicken.

\(^{4}\) Sabanikh: Spinach, sometimes baked in a triangular pastry and sometimes simmered and cooked with tomato.

\(^{5}\) Kubbeh: Meat and onion dumplings covered with bulgur wheat and deep-fried.