

## Traditional Omani Food

It is fairly simple, but by using various marinades and impregnating meat with spices, the result is a mouth-watering concoction which stimulates the tastebuds. Chicken, fish and mutton are regularly used in dishes. A favourite drink is laban, a salty buttermilk. Yoghurt drinks, flavoured with cardamom and pistachio nuts are also very popular. Although spices, herbs, onion, garlic and lime are liberally used in traditional Omani cuisine, unlike similar Asian food, it is not hot. Omani cuisine is also distinct from the indigenous foods of other Gulf states and even varies within the Sultanate's different regions.



The differences between some of the dishes prepared in Salalah, in the south, and those prepared in Muscat, in the north, are so marked that it is difficult to find anything common between them. However, one delight that remains a symbol of [Omani hospitality](#) throughout the country are the ubiquitous dates, served with [khawa](#), or Omani coffee. [Khawa](#) is prepared from freshly roasted ground coffee mixed with cardamom powder.

Special dishes are prepared for festive occasions. The Islamic world celebrates two main religious festivals - Eid Al Fitr and Eid Al Adha. Eid Al Fitr is celebrated following the Holy Month of Ramadan when people complete their obligatory fasting for 30 days. Eid Al Adha is celebrated on completing the Haj, or pilgrimage, to Mecca, commemorating the sacrifice of Abraham. Dishes prepared during Ramadan are very seldom cooked on other occasions. Food cooked on important occasions, such as Eid, is of an infinite variety. Omanis across the country serve an array of dishes...[Read more](#) [Click](#) here.