

- Lamb: 1 kg (cut into medium-sized pieces)
- Couscous: half a kilo
- Onion: 2 pieces (sliced)
- ♦ Tomatoes: 2 pieces (cut into cubes)
- Parsley: bouquet
- Carrots: half a kilo (cut into large pieces)
- Turnip: half a kilo
- Cabbage: quarter of a piece (small)
- Zucchini: 4 grains
- Pumpkin: half a kilo
- Hummus : can (boiled and drained)
- Red chili: 2 horns (optional)
- Olive oil: 1/2 cup
- Salt: a teaspoon
- Black pepper: a teaspoon
- Ginger powder: teaspoon
- Turmeric: a teaspoon
- Saffron: a quarter teaspoon (dissolved in water / optional)
- Water: 4 cups (boiled)
- Onions: 3 grains (slices, amounts of tuffa)
- Butter: tablespoon (or vegetable oil, amounts of butter)
- Raisins: half a cup (washed and soaked in cold water for a quarter of an hour, amounts of Altafia)
- Black pepper: a quarter teaspoon (amounts of Altfa)
- Salt: half a teaspoon (amounts of Altfa)
- Ginger: half a teaspoon (amounts of Altfa)
- Cinnamon: half a teaspoon (amounts of Altva)
- Sugar: a quarter teaspoon (amounts of Altafia)