

Saudi Arabia unveils regional dishes for all 13 provinces

10 January 2024 | News

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The Culinary Arts Commission has unveiled the regional dishes for all 13 provinces of Saudi Arabia. The dishes were selected as part of the National and Regional Dishes Narratives initiative to enhance the presence of the Saudi culinary heritage both locally and globally. Each region has its special dish, chosen according to set criteria, including cultural and heritage value, historical importance, and contribution to the local economy.

Al-Margaouq has been chosen as the regional dish for the Riyadh region, while Saleeg was selected for the Makkah region. Madini rice is the dish for Madinah and Al-Mulayhiya for the Northern Border region. Al-Bukayla was chosen for Al-Jouf, Muqana bread for Al-Baha, Keubaibat Hail for Hail, and Al-Ruqsh for Najran, which is a popular dish made from wheat.

From the Al-Qassim region, Al-Kleja was chosen, while Hassawi rice was selected for the Eastern Province. Al-Maghsh was chosen for Jazan, which is meat prepared in a stone pot, salted and immersed in water. Al-Sayadiyah was chosen for Tabuk and Al-Haneeth for the Asir region.

Specialised committees selected these dishes in alignment with the regional emirates. The initiative aims to celebrate the culture of Saudi culinary arts, invest in its symbolic value, and document its various recipes. The commission launched the initiative by naming jareesh as the Saudi national dish and maqshush as the national dessert in January 2023.