



# Jordan Research Project

By: Taylor, Belky, Mia, and Addie

# Clothing(ADDIE)

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- Men and women in Jordan have let their fashion trends be influenced by the western part of the world.
- They have been drifting from the traditional wear of hijabs, thwabs, and taqiyahs to slacks, makeup, and heels as everyday attire.
- Traditional women wear a hijab which is a scarf wrapped around the head covering most of the face.
- Women wear the hijab as a source of modesty and protection. In their holy text God told them to wear the hijab starting at the age of puberty.
- Traditional men wear what is called a thawb. A thawb is a gown-like outfit that reaches their ankles and covers their entire body.
- Men wear what is called a taqiyah during prayer. It is a hat that is similar to that of a pillbox hat.

# Ethnic Groups in Jordan(ADDIE)

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## Ethnic Groups in Jordan...

- Druze - originates in Western Asia; follow the 5 pillars of Islam; AKA “Sons of Grace”; about 1 Million followers
- Palestinians - originated in Palestine; have spread out over the land of the Middle East; have about 10 Million followers
- Arab Christians - Arabs of Christian Faith; 2-3 Million Followers; descended from Arab Christians that did not convert to Islam
- Other Lesser Known Ethnic Groups

# Images & Videos(ADDIE)

## Arab Clothing

ETHNIC GROUP	FOLLOWERS	LOCATION
Arab Christians	2-3 Million	Along The Border
Palestinians	10 Million	Refugees Have Moved Along The Border Near The Dead Sea
Druze	1 Million	Clustered In One Spot In The Middle Of The Country



# Citations(ADDIE)

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**Taqiyah** - <https://en.wikipedia.org/wiki/File:Taqiyah.jpg>(all credit to Wikipedia)

**Druze** -

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**All Info** - *Sirs Discover, Culture.com, & Google(for images)*

# *Celebrations and Holidays (Mia)*

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## Ramadan

- Ramadan is a holiday that many people in Jordan celebrate.
- It usually lasts twenty-nine to thirty days on the ninth month on the Islamic calendar.
- It is dedicated to prayer, Quran worship, good deeds, giving to the poor, fasting, and being a better person.
- People fast during daylight hours. Once the sun goes down, they throw huge parties and enjoy iftar, an evening meal.
- Many stores and restaurants are closed during this time and it is illegal to sell alcohol in certain places.
- There are exceptions for the ill, the poor, younger children, and pregnant women.

# *Celebrations and Holidays: Eid al-Fitr (Mia)*

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- Eid al-Fitr is a celebration that begins towards the end of Ramadan and lasts for three days.
- Eid starts at the first sighting of the new moon.
- On the morning on the first day, Muslims gather together for prayer.
- It is celebrated to “break the fast” after Ramadan.
- Many people visit their family members or throw a party.
- Others celebrate by using Eidiyah.
- People give money and/or candy to kids or wear new clothing.
- Donating to charity and wishing others a happy Eid are also polite customs.

# *Celebrations and Holidays: Muharram (Mia)*

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- Muharram is the first month on the Islamic calendar.
- This holiday is the Islamic New Year.
- Muslims are not allowed to fight or encourage any sins at all during this month.
- The Day of Ashura is the most important day in Muharram.
- It celebrates when Prophet Moses was rescued by God and when he escaped the Pharaoh of Egypt.
- Many Muslims fast, pray, and perform rituals.
- Sunni Muslims believe that this is a day of peace and reflection. The Shia, however, believe that this is a day to mourn and remember how gallant the Prophet family was.



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Muharram-

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# Celebrations and Holidays Pictures (Mia)

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# Leisure Time Activities (Taylor)

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Sports are not very popular in Jordan, although camel racing and horse racing can draw hundreds of people. In camel racing, robot jockeys equipped with whips are placed on the camel's back and they ride the camel. The owners of the camels are allowed to ride in SUVs alongside the camels, whispering encouragement through a radio. They have remotes to control the "jockeys," which allows them to control the whip. Most camel races are held on the weekends. In horse racing, the judges/competitors agree on a starting point and ending point. Whoever reaches the ending point from the starting point, while going through all of the obstacles, wins. Horse races are also normally held on the weekends. Children, on the other hand, like to belly-dance with people watching. They do this by clapping their hands and making a vocal expression by moving their tongues rapidly back and forth between their lips. This is done when they are not in school or doing homework. Jordan citizens also enjoy more modern pastimes, such as watching movies. They do this at night or on the weekends. [Camel Racing](#)

# Leisure Time Activities (Taylor)

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Like other Arabic craftspeople, Jordanians make fine rugs and fabrics. To make these things, they use a weave and thread to form the designs they want. One Jordanian specialty is bottled sand. Using colored sand and tiny funnels, artists form intricate geometric patterns. They even make tiny flowers and camels in their creations. This is generally done to make money or for decorations for their home. Making rugs, mosaics, and bottled sand is done in the evening or when they have time during the day.



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# Foods-Common Dishes (Belky)

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1. A common meat served in a Jordanian household is lamb. The lamb is roasted, cooked in soup, or grilled over a charcoal fire. They serve this meal whenever they please.

*Interesting Fact: Rice, legumes, olives, yogurt, flatbreads, vegetables (cauliflower, eggplant, potatoes, okra, tomatoes, and cucumbers), lamb or chicken, and fruits (apricots, apples, bananas, melons, and oranges) are main ingredients in meals.*

2. Another dish that is commonly served is the Mansaf. It is a Bedouin Dish that consists of simmered lamb, dried yogurt, and seasoned rice. It can be accompanied by flatbread. It is served at weddings, holidays, or special family occasions.

*Interesting Fact: The Mansaf is referred to as the National Jordanian Dish.*

# Ingredients to Cook Common Food- Roasted Lamb

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- 1 large lamb roast with a cap of fat, 4 to 6 pounds: bone-in leg (these can be as large as 8 pounds), semiboneless leg, bone-in shoulder, boneless butterflied leg or double loin 2 ounces (1 can) anchovies packed in olive oil, drained, or 3 tablespoons Dijon mustard
- Leaves from 6 fresh rosemary sprigs (2 heaping tablespoons leaves), plus extra sprigs and branches for garnish
- 6 garlic cloves, smashed and peeled
- 4 ounces unsalted butter, softened at room temperature
- Black pepper
- 1 lemon, cut in half
- 1  $\frac{3}{4}$  cups white wine, plus extra for gravy



# Instructions to Cook Common Food- Roasted Lamb

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1. Heat oven to 425 degrees. Use a small sharp knife to make about a dozen incisions, each about 2 inches deep, through the fat that covers the top of the meat. Using a mortar and pestle or a blender, blend 2/3 of the anchovies (or 2/3 of the mustard if using), the rosemary leaves and the garlic cloves into a chunky paste. Using your fingers, press paste deeply into incisions.
2. Mix remaining anchovies (or mustard) and the butter into a paste. Smear this mixture all over the surface of the roast. Season liberally with black pepper. (Do not add salt; the anchovies are salty enough, and so is the mustard.) Place the lamb on a rack in a roasting pan, fat side up, and squeeze the lemon halves over. Pour the wine around the roast into the pan.
3. Roast 15 minutes, then reduce heat to 350 degrees and roast until internal temperature reaches 130 to 135 degrees (for medium-rare or medium meat), about another 60 to 90 minutes. Baste every 20 minutes or so with the wine and drippings in the pan, adding more wine as needed to keep the liquid from scorching. If possible, for the last 15 minutes of cooking, use convection or a broiler to crisp the fat on the roast.
4. Remove pan from the oven, remove rack from the pan, and let the roast rest on the rack for at least 15 to 20 minutes in a warm place, tented with foil. The internal temperature will rise to about 140 to 145 degrees.
5. To make sauce from the pan drippings, remove a few tablespoons of fat by tipping the pan and spooning off the top layer. Put the pan over medium heat until the liquid simmers. Taste the simmering liquid and whisk in more wine, 1/4 cup at a time, until the consistency and flavor are right. Do not let the mixture become syrupy; it should be a sharp jus, not a thick gravy.
6. Carve lamb into 1/2-inch-thick slices and arrange on a heated platter, decorated with rosemary sprigs. Serve with piping hot gravy.



# Ingredients to Cook Common Food- Mansaf

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- 2l bs lean lamb (1-1/2 inch cubes, beef can be substituted)
- 1/2 cup clarified butter
- salt
- pepper
- 1 medium onion, finely chopped
- 4 cups plain Greek yogurt
- 1 egg white
- 1 teaspoon pepper
- 1/2 teaspoon coriander (see spices note below)
- 1 1/2 teaspoons cumin
- 1/2 teaspoon paprika
- 1/4 teaspoon cardamom
- 1/2 cup whole blanched almond
- 1/2 cup pine nuts
- 4 -6 loaves pita bread (khubz, Arabic pita-type bread is used in Jordan)
- 3 cups rice, raw measure, cooked
- parsley or chives, chopped for garnish



# Instructions to Cook Common Food- Mansaf

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- Wash meat cubes and place in tray with lid. Cover meat with water, cover tray and place in refrigerator for 4-8 hours.
- Melt 1/4 cup of the clarified butter in heavy skillet over medium-high heat. Drain and pat dry meat cubes. Place in skillet and cook for 20 minutes until browned on all sides. Season meat with salt and pepper, to taste, and add enough water to cover meat. Reduce heat, cover and cook for 1 hour. Add onion and simmer uncovered for 30 minutes.
- While meat and onion are cooking, place yogurt in a large saucepan and whisk over medium heat until liquid. Whisk in egg white and 1/2 teaspoon of salt. Slowly bring yogurt mixture to boil stirring constantly with a wooden spoon in one direction only to reach desired consistency. Reduce heat to low and allow yogurt to softly simmer uncovered for 10 minutes.
- Stir yogurt into meat and add seasonings as desired. Simmer gently for 15 minutes. Taste and adjust seasonings, as needed.
- In a small skillet, melt 2 tablespoons of the remaining 4 tablespoons of clarified butter. Add almonds and cook for 5 minutes. Stir in pine nuts and cook for 3 minutes. Remove from heat and set aside.
- Split the khubz loaves open and arrange, overlapping on a large serving tray. Melt the last remaining 2 tablespoons of butter and brush over the khubz to soften. Arrange rice over the khubz leaving a well in the center of the rice. Spoon the meat into the rice well and then spoon the butter and nuts over the meat. Sprinkle parsley or chives over top.
- **NOTE ON CLARIFIED BUTTER:**
- Clarified butter is necessary for frying since it doesn't burn.
- One stick (or 1/2 cup of butter) will yield about 6 tablespoons of clarified butter. So for this recipe, you will need to clarify approximately 3/4 cup of Carefully, skim the foam off the top and discard. Slowly pour the clarified butter off the milk solids into a measuring cup. Discard, the separated solids.

# Foods-Special Dishes (Belky)

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1. A special dish that is served in Jordan is the Iftar. This dish is served during the month of Ramadan, just before they fast. This meals begin with dates and/or apricots. It also includes water or sweetened milk. It then continues to a main course of vegetables, bread, and some meats.

*Interesting Facts: People eat big amounts of food before fasting. The Iftar is a meal that almost all Jordanians consume before fasting.*

2. Jordanians serve Kanafeh after fasting. It is made with thin noodle-like pastry, or alternatively semolina dough, soaked in sweet, sugar-based syrup, and typically layered with cheese, or with other ingredients such as clotted cream or nuts,.

*Interesting Fact: Lines in the shops that sell this dish are long because people who partake in fasting are hungry from not consuming food from sunset to sundown.*

*Additional Interesting Fact: This dish has been around since 1951, when two Palestinian brothers from Nablus moved to Amman.*

# Ingredients to Cook Special Food- Iftar (Anjeer Barfi)

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- 1 Cup Anjeer
- 2 Tbsp Khus Khus
- 17-18 Nos Cashewnuts

## **For Making Barfi:**

- 1 tsp Ghee
- 1/2 Cup Condensed Milk
- 1/2 tsp Cardamom Powder



# Instructions to Cook Special Food- Iftar

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1. Soak 1 cup of Anjeer for at least 2 hours.
2. After soaking grind it to make a paste and keep aside.
3. Dry roast khus khus in a pan until light golden, followed by Cashew nuts and make a powder out of it.

## **Prepare Barfi:**

1. Melt ghee in a non-stick pan and add the anjeer paste to it.
2. Add condensed milk and cardamom powder. Mix well on low heat for better cooking.
3. Now add cashewnut powder and mix it properly with the mixture using spatula.
4. Mix it till it becomes a sticky paste.
5. Now spread it on a butter paper and level it evenly.
6. Sprinkle khus khus over it and roll it into the butter paper.
7. Refrigerate it for about 30 minutes.
8. After refrigeration, open up the paper wrap and slice it to make pieces of any shape.
9. Serve it at parties or store it for some daily dose of post-dinner desserts.

# Ingredients to Cook Special Food- Kanefeh (Kanafeh)

## Sugar Syrup

- 1 cup of water
- 2/3 cup of granulated sugar
- juice of 1 lemon

## Knafeh

- 600g of kataifi, defrosted (shredded pastry, usually found in the frozen Section of middle eastern and greek supermarkets)
- 300g of ricotta cheese
- 600 ml single cream
- 1 tbsp of rose water
- 2 tbsp of cornflour
- 1 tbsp caster sugar
- 1 large knob (150g) of unsalted butter, melted
- 100 ml of vegetable oil

## Topping

- handful of pistachios, chopped
- handful of walnuts, chopped
- 1 tbsp brown sugar
- 1 tsp of cinnamon



# Instructions to Cook Special Food- Kanefeh(Kanafeh)

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1. Mix cheese, sugar, and orange blossom water together.
2. Chop knafeh dough with a sharp knife. Mix with 1 3/4 cups hot butter over low fire for 15 minutes, or until dough absorbs all the butter.
3. Mix 1/4 cup butter, knafeh coloring, and spread in a 17x12 inch pan. Sprinkle pine nuts evenly.
4. Spread 2/3 of the dough in the pan over the nuts and press well. Spread the cheese mixture over dough evenly. Cover with the rest of the dough and press well.
5. Bake at 400 degrees in a preheated oven for 30 minutes. (Place on lower rack).
6. Add thin attar. Flip the tray over in another tray of the same size. Return to the oven and bake for 10 more minutes.
7. Garnish with pistachios and serve hot!

# Images (Belky)

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Common and  
Special  
Jordanian  
Foods





# Citations-Foods (Belky)

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# *Travel Adventure*

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Total Cost: \$125,030.25

# *Travel Adventure-Airfare, Humanitarian Activity, and Luxurious Hotel*

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**Airfare** - We will be travelling Economic Class on OneTravel airline for \$7,290 round trip. The flight we will be taking is a connection flight. We are going from Atlanta, GA to Frankfurt, GER to Aqaba, JORD. The total travel cost to get to Jordan, including taxi fees, is \$7,758.73. If we can not get there by plane, we can get there by ship.

**Humanitarian Activity** - We will be bringing clean water to Jordan. Jordan has a river along its border with Israel. Jordan and Israel have been fighting over the water for years. If we bring water to Jordan, or even a treaty to save the water, we will be able to resolve the conflicts over water which is a big issue. We will need a cargo ship to export the water to Jordan.

**Luxurious Hotel** - Petra Marriott Hotel, having 4.3 stars, is located in between the Petra and the Wadi Rum Desert. This will be where we will be staying. Some amenities are a business center, pools, and room service. Because the hotel is in between the Petra and the Wadi Rum Desert, the hotel is close to both those sites. The total fee is \$4,572.

# Travel Adventure- Historical and Special Sites, Restaurants

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Historical and Special Sites - Our 3 sites are the Petra, the Wadi Rum Desert, and the South Beach. The Petra is an ancient city made of castle-like structures that are built into the rock. The round-trip taxi cost will be \$14.10. It will be a guided tour (this is an extra \$70), and the admission fee is \$70. The total cost to visit the Petra for a full day is \$154.10. The Wadi Rum Desert is a desert with many pieces natural artwork throughout the sandstone. It is 278 square miles and is 5,741 ft above sea level. To tour the Wadi Rum desert, it will cost \$176.13. It will be a guided tour and also last the whole day. The South Beach is off the coast of the Gulf of Aqaba. It will cost \$35.26 for the taxi ride round trip, and it will cost \$14.10 to get into South Beach. There will not be a tour, and you will most likely want to spend the whole day there.

Restaurants- Our first restaurant is the Red Sea Grill. The average starter price is \$17.81, and the soup costs \$8.46. The main course is about \$23.21 while the desert cost is \$6.36. The specialty dish is described as a whole fish baked in a tomb of salt, uncovered on the table and served with oregano sauce, potatoes and grilled vegetables. It costs \$26.80. Our second restaurant is Al Qantarah. The average starter is \$15.00 and the soup costs \$7.50. The main course is \$40.00 and the cost of the dessert is \$7.00. The specialty is described as lamb or chicken in olive oil with tomatoes, onions, potatoes, carrots, green peppers, and rice or wheat. It costs \$35.00. The average cost of a meal is \$62.00.

## *Travel Adventure-Restaurants(Continued), Travel Requirements, and Unusual Fun Day*

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Restaurants (continued) - Our third restaurant is Casalingo. The average entree here is \$18. The average main dish is \$24.13. The average side/salad is \$9.50. The average meal cost is \$51.63.

Casalingo's specialty is linguini marinara, which is described as fresh mussels, prawns, calamari, and fish.

Travel Requirements - We will need a visa and passport to get to Jordan. Terrorism issues have been building up so it has been becoming harder to get to Jordan.

Unusual Fun Day - We would be traveling to the Dead Sea. The Dead Sea is approximately 1 hour and 9 minutes from Amman, when taking a taxi. We will be taking a private tour for the Dead Sea. The cost of this will be \$395. Here, we would be able to experience a relaxing day. This would be because the Dead Sea allows you to float with no effort. We will also be buying 2 camels to race. The cost of those camels would be \$110,000, as they are \$55,000 each.

# Travel Adventure- Items to be brought and Currency Exchange

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Items to bring to the trip- All females will need to bring a hijab, as it is what most traditional women wear (it covers most of the face). You will need to bring summer clothes that are still modest, as Jordan has a hot and humid climate. You will need to pack about 10 outfits, toiletries, comfortable shoes that you wouldn't mind walking in/getting ruined. You should also bring plenty of hair ties because you want to keep your hair off of your neck. Since the sun is likely to be out most of the time, you should bring various bottles of sunscreen. A travel-friendly water bottle is most recommended so you don't get dehydrated. Approximately \$423.13 should be brought per person for entry fees, food, souvenirs, and other necessities.

Currency and Currency Exchange- The currency of Jordan is a Jordanian dinar.  
Currency Exchange - 1 US Dollar = .71 Jordanian Dinar

# Travel Adventure- Images



OneTravel

# Citations

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- **Restaurants(Including Images)**  
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