

Talbeena

A PORRIDGE ENJOYED BY
OUR BELOVED PROPHET ﷺ

Ingredients

- Milk: 2 1/2 cups
- Ground Barley Flakes: 1/3 cup
- Dates: 5 pieces
- Honey: (for sweetness as needed)
- Almonds

Method

- Soak the barley flakes in 1 cup of boiling water for 1-2 hours
- Boil the barley with the water until it becomes thick and the water evaporates
- Add the milk
- Chop the dates into small pieces and add
- Leave to boil for about 30 minutes on low heat until it becomes thick like porridge
- Sweeten with honey
- Garnish with almonds





What is talbeena?

Talbeena is a porridge-like food item made using barley, milk, dates and some honey.

Nabi ﷺ said, "Talbeena soothes the heart of the patient and relieves him from some of his sadness." (Bukhari)



© Madrasah Baytul Ilm - At Tarbiyyah Publication 33
Spinney Hill Road - LE5 3GH - Telephone: 0116 2511 018
Web: www.baytulilm.org - Email: info@baytulilm.org