



### **Arab Republic of Egypt**

جمهورية مصر العربية





### COAT OF ARMS



Capital
(and largest city)



<u>Cairo</u> 30°2′N, 31°13′E

Official language

<u>Arabic</u>



# 





One of the ancient Egyptian names of the country, *Kemet* (kmt), or "black land" (from *kem* "black"), is derived from the fertile black soils deposited by the Nile floods, distinct from the *deshret*, or "red land" (dšṛt), of the desert. The name is realized as *kīmi* and *kīmə* in the Coptic stage of the Egyptian language, and appeared in early Greek as Xnµíα (*Khēmía*). Another name was *t3-mry* "land of the riverbank". The names of Upper and Lower Egypt were *Ta-Sheme'aw* (t3-šm<sup>c</sup>w) "sedgeland" and *Ta-Mehew* (t3 mḥw) "northland", respectively.

### Religion in

# Eavot

The rolling calls to prayer that are heard five times a day have the informal effect of regulating the pace of everything from business to entertainment. Cairo is famous for its numerous mosque minarets and church towers. This religious landscape has been marred by a record of religious extremism.





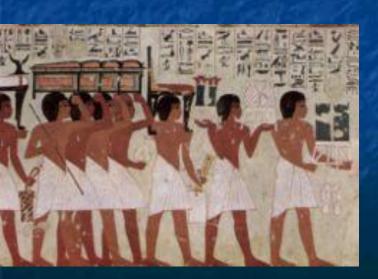
Cairo's unique cityscape with its ancient mosques



Over ten million Egyptians follow the <u>Christian</u>Over ten million Egyptians follow the Christian faith as members of the <u>Coptic Orthodox Church</u> of Alexandria

# Culture of Egypt





Bibliotheca Alexandrina Bibliotheca Alexandrina is a commemoration of the ancient Library of Alexandria in Egypt's second largest city.

Eighteenth
dynastyEighteenth dynasty
painting from the tomb of
ThebanEighteenth dynasty
painting from the tomb of
Theban governor
RamoseEighteenth dynasty
painting from the tomb of
Theban governor Ramose

in Dair of Madinah



Upper Egyptian folk musicians from Kom Ombo.

work of Egyptians musich granter such and Reproduction and African Kulthwestentenepotary. Egyptian music traces its beginnings to the creative work of people such as Abdu-l Hamuli, Almaz and Mahmud Osman, who influenced the later work of Egyptian music giants such as Sayed Darwish, Umm Kulthum,

#### **Mohammed Abdel**

Wahab Contemporary Egyptian music traces its beginnings to the creative work of people such as Abdu-l Hamuli, Almaz and Mahmud Osman, who influenced the later work of Egyptian music giants such as Sayed Darwish, Umm Kulthum, Mohammed Abdel Wahab and Abdel Halim Hafez Contemporary Egyptian music traces its beginnings to the creative work of people such as Abdu-l Hamuli, Almaz and Mahmud Osman, who influenced the later work of Egyptian music giants such as Sayed Darwish, Umm Kulthum, Mohammed

Kushari and Molokhia, while sharing similarities with food found throughout the eastern Mediterranean consists of local culinary traditions such as Ful Medames, Kushari and Molokhia, while sharing similarities with food found throughout the



Ancient Egyptians are known to have used a lot of garlic and onion in their everyday dishes.

ut the
nsists Most Egyptians perhaps consider Ful
Medames, or mashed fava beans, to be the
ile national dish, or mashed fava beans, to be
the national dish. Ful is also used in making
In like Ta'miyya or Falafel (Arabic: طعمية – فلافل).
Bread accompanies most Egyptian meals;
local bread is called Eish Masri or Eish Baladi

(Egyptian Arabic: عيش), a word which also

Egyptian farm

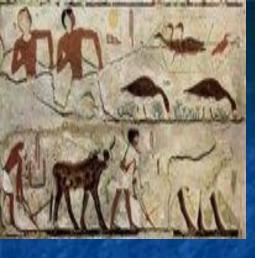
means life.

# MEALS

There are few precise accounts of how many meals were eaten, but it has been assumed that the wealthy would have two or three meals a day; a light morning meal, a larger lunch and dinner later in the evening. The general population would most likely eat a simple breakfast of bread, beer and onions and a main meal in the early afternoon.

Food preparation

Food could be prepared by stewing, baking, boiling, grilling, frying or roasting and spices and herbs were added for flavor, though the former were expensive imports and therefore confined to the tables of the wealthy.



such as antelope, <u>gazelle</u> The predynastic cuisine differed from later eating habits due to changes in climate. Egypt went from being a lush region to a dryer climate. Initially, there was plenty of game such as antelope, gazelle, hippoThe predynastic cuisine differed from later eating habits due to changes in climate. Egypt went from being a lush region to a dryer climate. Initially, there was plenty of game such as antelope, gazelle, hippo, crocodile, ostrich, waterfowl and fresh and salt water fish. Smaller

The New Kingdom The New kingdom was a period with innovations in diet due to foreign trade and warfare. For each apples, and apples were imported. It is also possible that apples and apples were imported on a small scale, and by Greco-Roman times quinces, pears, plums, peaches, filbert, walnut, pine, nut and pistachips were introduced fish. Honey was the primary affected ener, like was rather expensive. There was honey collected from the wild and every from domesticated bees kept in pottery

hives. A cheaper alternative would have been dates or <u>carob</u>.

### Bread and beer



IIIA depiction of the royal bakery from an engraving in the tomb of of Ramesses III in the Valley of the Kings A depiction of the royal bakery from an engraving in the tomb of of Ramesses III in the Valley of the Kings. There are many types of loaves, including ones that are shaped like animals. 20th

#### **Herbs and spices**

Dill, fenugreek, parsley, thyme, white and black cumin, fennel, marjoram and mint are all native to Egypt and were used in cooking in ancient times. Both cinnamon and pepper were imported from the New Kingdom and onwards.

### DRINKS



Abydos. Louvre Museum,

Paris.

Beer, brewed since the Predynastic Period at least, was the main beverage of the ancient Egyptian population, drunk by rich and poor, old and young. The alcohol content was low, and the beer had to be consumed immediately, necessitating daily brewing. It became more widespread from the New Kingdom on. Water, drawn from wells or the river and, to a small degree milk, were also drunk. Wines from grapes, dates and figs were available, but were expensive and something reserved for the elite.

### EATING THE EGYPTIAN WAY

- The typical breakfast consists of tea and foul, or beans, bread and cheese or eggs and jam.
- The afternoon family meal, eaten around 3:00 p.m., is more elaborate and consists of cooked chicken, beef or lamb, fish, vegetables with rice, salads and pickles.
- A light supper at 8:00 p.m. includes yogurt, fruit or cheese.



