



ISLAM, RAMADAN & EID-UL-FITR

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What is Islam?

Islam is a monotheistic religion that teaches Allah is only one divine being; who is the supreme Creator of the universe.

Islam stands on five pillars. The Tawheed, the five daily prayers, the Zakat, fasting in the month of Ramadan and performing Hajj.

Ramadan

Ramadan is a holy month of fasting. It is observed throughout the ninth month of the lunar year.

During Ramadan Muslims spend the first 10 days begging for Allah's mercy; the following 10 days they beg for Allah's forgiveness; and the final 10 days they beg for freedom from the hell fire.



Eid-ul-Fitr

Eid-ul-Fitr is an Islamic festival celebrated at the end of the month of Ramadan. The word Eid is an Arabic term that means "festivity" or "celebration"; the word Fitr means "to break the fast".

The sighting of the moon indicates the end of Ramadan and the start of Eid-ul-fitr in the month of Shawwal.



Eid-ul-Fitr

Eid is a joyous occasion for all Muslims, particularly children. It is a time when Muslims give thanks for the blessings they have received from Allah, a time for spreading peace, a time for sharing with others; and a time for giving thanks for completing another period of fasting for the month of Ramadan.





Eid-ul-Fitr Food & Sweets

In Trinidad and Tobago, it is customary for a Muslim or Muslim family to invite their family, friends and close acquaintances to partake of a meal and sweets at their home.

The dishes and sweets served may vary at each household.

Eid-ul-Fitr Food

Some of the popularly enjoyed EID dishes include:

- Paratha Roti
- Dhalpurie Roti
- Plain/Fried Rice
- Kurhi
- Curried Channa and Aloo
- Curried Chataigne
- Pumpkin
- Steamed/Stewed Bodi
- Curried Mango



Eid-ul-Fitr Food

Some of the popularly enjoyed EID dishes include:

- Curried Goat
- Curried/Stewed Chicken
- Chicken Kebabs
- Tandoori Chicken
- Stewed Beef
- Grilled Lamb
- Chicken/Lamb Biryani Rice





Eid-ul-Fitr Appetizers

Some of the popularly enjoyed EID appetizers include:

- Samosas (Meat or Veg.)
- Meat Pies
- Saheena
- Kachourie
- Pholourie
- Falafel
- Condiment Sauces or Dips.

Eid-ul-Fitr Sweets

Some of the popularly enjoyed EID sweets include:

- Sawine
- Sawine Cake
- Maleeda
- Halwa
- Kurma
- Gulab Jamoon (stuffed)
- Barfi.





REFERENCES

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