

# Meat prices surge ahead of Ramadan

Lamb, beef, and cherished traditional dishes for flavourful Iftar meals

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With Ramadan around the corner, homes across Bahrain will soon be filled with the aroma of spices and the warmth of family gatherings, with meat taking center stage on Iftar tables.

Among the beloved dishes, salona served with fresh bread will shine as a hearty favourite, satisfying both tradition and taste.

With demand set to soar, shoppers will not only think about flavour; they will also watch prices and weigh the variety and quality of meat available this season.

Bahraini people consider lamb an essential ingredient in their cooking, especially during the Holy Month of Ramadan, using it in traditional rice dishes like Mandi, Salona, and Harees.

## Vendor

Speaking to The Daily Tribune, a vendor highlighted that meat prices start rising from Rajab and continue to increase until Ramadan approaches, typically climbing by 300 to 500 fils



A rich selection of meats ready to grace Iftar tables during the Holy Month of Ramadan

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per kilogram.

A closer look at Bahrain's meat markets shows a clear taste for freshness, with chilled lamb flying off the shelves while frozen cuts remain a less popular, budget-friendly option.

Kenyan lamb typically sells for around BD3 per kilogram, while Australian lamb has seen an earlier-than-usual price jump, now going for about BD3.2

per kilogram, up from BD2.7, as shop-pers rush to stock up ahead of Ramadan.

## Choice

Traders say Australian lamb remains the preferred choice for its freshness and quality, while some Kenyan cuts offer thinner ribs with less meat.

Top-rated Pakistani beef is priced at BD2.5 per kilogram,

with boneless cuts at BD3, while Somali cattle are mostly sold for BD 65 as whole animals and weighing 13 to 15 kilograms, though they contain more fat than other varieties.

As Ramadan approaches, Bahrain's markets come alive.

Restaurants and caterers buy whole carcasses for nightly Iftar feasts, while families pick cuts that fit their size.

The buzz grows as communities stock up for Mandi, Harees, and other traditional dishes.

## Warning

Traders warn that after Eid, demand drops fast, making leftovers harder to sell - so for now, it's the busiest and priciest season of the year.

One of the buyers told The Daily Tribune, "We eat meat twice a week during Ramadan, but after Ramadan, it might be just once a week."

This reflects how meat consumption in Bahrain peaks during the holy month and gradually returns to a more moderate pace afterward, highlighting both the cultural importance of meat in Ramadan and the practical considerations of households.

## 'Arabian Gulf Security 4' drills



The results of the first week of the "Arabian Gulf Security 4" exercise, in which Bahraini police forces are participating, confirmed progress in joint coordination and enhanced operational readiness among participating entities. This paves the way for moving to more advanced stages during the remaining period of the exercise, supporting efforts to strengthen security and stability in the Gulf Cooperation Council (GCC) countries. The first phase of the exercise, currently being held in the State of Qatar, achieved outstanding results in enhancing integration among Gulf work teams and developing mechanisms for managing joint operations. This contributes to faster response times and improves field efficiency in dealing with various security scenarios within the framework of Gulf security cooperation. These drills contribute to developing operational capabilities and improving joint coordination by unifying procedures and activating communication channels. This ensures the highest levels of readiness and preparedness to handle various emergency situations efficiently and professionally.

## Running with legend Derartu Tulu leads community run



Derartu Tulu motivates participants with her presence (Picture by Anchalo Bensigner)

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Avenues Mall became a venue for an unforgettable run on Friday, as runners and fitness enthusiasts gathered outside Gate 6 at Avenues for a unique experience led by Ethiopian Olympic legend Derartu Tulu.

More than a community fitness event, the run offered participants the rare opportunity to share the route with one of the most influential figures in global athletics.

Organised in collaboration with Bahrain Olympic Committee, Enat Events & Publicity,

and Bahrain Road Runners, the event reflected a shared commitment to promoting sport, inspiration, and community engagement, with generous support from sponsors Berlitz, Ethiopian Airlines, Asian Paints, iWorld, Four Square, and Enat Coffee.

## Legacy

Tulu led the run herself, motivating participants with her presence and legacy.

She made history as the first Black African woman to win the 10,000 metres event at the 1992 Barcelona Olympic Games, a landmark achievement that reshaped women's long-distance

running and opened doors for generations of African athletes to follow.

The atmosphere at Avenues was charged with excitement and morning energy as runners of all levels moved alongside the legend, cheered on by spectators.

For many, the experience went beyond fitness, serving as a powerful reminder of perseverance, discipline and the unifying power of sport.

Adding to the excitement, the event concluded with a special incentive, giving participants the chance to win a free ticket to Addis Ababa, the heart of Ethiopia's rich running heritage.

## ICAP Bahrain chapter organizes annual dinner and members' recognition ceremony 2026



The Chief Guest, H.E. Shaikh Ebrahim Khalifa Al Khalifa, with ICAP Bahrain chapter members, international dignitaries, professionals from allied fields and media representatives

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The Bahrain Chapter of The Institute of Chartered Accountants of Pakistan (ICAP) successfully concluded its flagship event, the Annual Dinner and Members' Recognition Ceremony 2026, at the Diplomat Radisson Blu Hotel, Manama, Bahrain.

The event, themed "Sustainability and Innovation: How Finance and Other Professions Shape the Future," was well received and attended by ICAP members, international dignitaries, professionals from allied fields, and media representatives.

In his welcome address Mr. Muhammad Haroon Ashraf, Chairman, Bahrain Chapter

of ICAP, highlighted that Sustainability and Innovations are the basic requirements of any organisation that wants to survive, compete and retain trust and congruence the recipients of Recognition Awards.

He also encouraged members to participate actively in Chapter initiatives, emphasizing collective engagement as the key to taking the Chapter to new heights of excellence.

The Chief Guest, H.E. Shaikh Ebrahim Khalifa Al Khalifa, Chairman of the AAOIFI Board of Directors, highlighted the long-standing professional and brotherly ties between the Kingdom of Bahrain and Pakistan, particularly in the field of chartered accountancy.

He shared his personal association with Pakistani profes-

sionals dating back to 1979 and recalled his multiple visits to Pakistan, reflecting the depth of bilateral professional collaboration.

The Guest of Honour, Mr. M. Ali Latif, Chairman, Overseas Coordination Committee (OCC), ICAP, lauded the Bahrain Chapter's Managing Committee for their dedication and tireless efforts in organizing a memorable and impactful event.

He paid tribute to the members being recognized, stating that the shields presented were not merely symbols of appreciation, but representations of years of professional integrity, perseverance, and service to the profession and community, which have elevated ICAP's global standing.