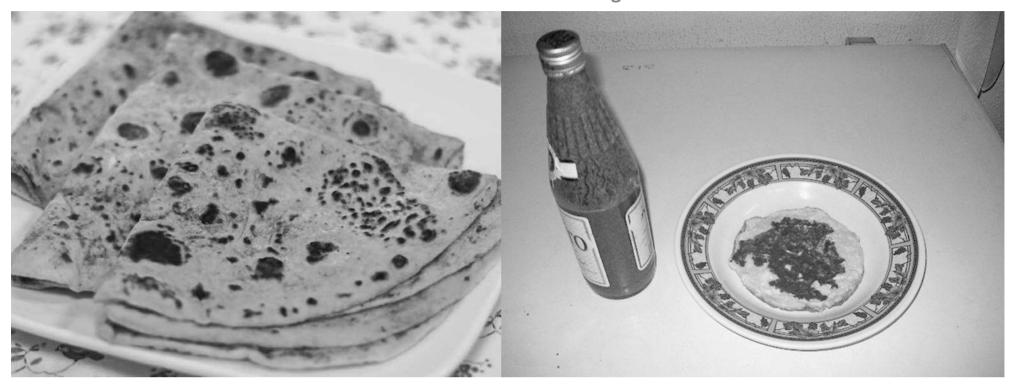
## news of bahrain THE tribune

## Light up your taste buds with mahyawa!

The fermented fish sauce is nothing less than a sensation across the Arabian Gulf



Sources say mahyawa can cure many diseases including asthma and joint pains. A study recently revealed that mahyawa contains phosphorus and calcium in addition to many vitamins, which are useful in reducing the effects of many physical disorders. **TDT**|Manama **Thamer Tayfoor** 

oved by men and women, young poison because of its smell." and old, mahyawa is a variety

across the Arabian coast of Iran, mahyawa is a coastal dish made using matoot - a small fish used as bait to catch big

Fatima Janahi describes herself a "mahyawa addict". "Matoot, being too small to eat, is dried and grinded before mixing with spices. Then its mixed with water, mustard and oil."

She said the dish became popular also because of its nutritious qualities. "In coastal areas, people consume more fish than meat to obtain protein. And I think that could be one of the reasons behind mahyawa becoming a favourite

After mixing it with lemon and mustard oil, mahyawa could be used as a sauce, and many make sandwiches with the dish as it makes a right combination

"Methods of preparing mahyawa differ from one place to another," Fatima said, adding that cumin, flour, rose water, lemon and coriander are extra ingredients when the dish is prepared in the Kingdom.

A few hate mahyawa because of the 'not so attractive smell' of the mixture. "My neighbour, on way to Baghdad years before, was thoroughly searched by border guards who thought mahyawa was some rare kind of wine or

"My neighbour explained that it was in the inspection room." ■ gulf dish that will tantalise your a 'fish juice' after they opened it and Popular across Gulf countries and gry over the foul smell that had spread familiar with this dish.

Some legend say that an Arab physician named Ibn Sina, who lived in Basra, Iraq, near the Arabian Gulf, invented this special dish, which has medicinal values too.

smelled it. They threw it into trash, an- off sea in the Gulf countries are not

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Mahyawa contains high proportions of fish oil, which has the ability to relieve the pain caused by rheumatism as well as coarseness of the joints.

It protects the body from poisonous attacks including mercury poisoning. A great dish for the heart, it is believed Fatima said that people who lived that deaths caused by heart attacks are less among those who frequently consume mahyawa.





## Government bonds offer safe haven for investors

The economist further said that investors often by government bonds not for trading purposes, but to park a part of their money in low-risk activities.

**TDT**|Manama Abbas Al Mughanni

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FATIMA

overnment bonds have emerged one of the best preferred longterm options for investors in the Kingdom.



The government bonds are safe and secure. By purchasing government bonds, you are lending money to the government, which is always capable of paying off debts with its currency.

MR AL A'ALI

bonds are lesser as investors keep them in the neighborhood of 5 per cent. for a longer period. They say the ex-

The total value of government bonds

stand at BD1.6 billion, according to Bahrain Stock Exchange.

doesn't have any plans to sell government bonds. "I get almost 5pc every year. If I put my money at any of these and it will have its impact in the Kingdom commercial banks, all I get is 2pc. Therefore I think it's a wise choice to hold on to government bonds."

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Economist Hassan Al A'ali said the government bonds have reasonably good Investor Mohammed Ali said he yields, which is making it a preferred option among investors.

'The US is raising the price of bonds too as our currency is pegged to US dollar.

"The rise in interest rates on fixed-income bonds is an advantage to investors. Moreover, the investors feel the The US interest rate hike has led to a decline in gold prices and now these bonds offer a good investment option,"

The economist further said that inves-The day-to-day sales volume of these pected annual returns are somewhere bonds, you are lending money to the tors often by government bonds not for trading purposes, but to park a part of their money in low-risk activities.