

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.

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FATIMA

TDI|Manama
Thamer Tayfoor

Loved by men and women, young and old, mahyawa is a variety gulf dish that will tantalise your taste buds.

Popular across Gulf countries and across the Arabian coast of Iran, mahyawa is a coastal dish made using matoot – a small fish used as bait to catch big fish.

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 dish.”

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 with bread.

“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 poison because of its smell.”

“My neighbour explained that it was a ‘fish juice’ after they opened it and smelled it. They threw it into trash, angry over the foul smell that had spread

in the inspection room.” Fatima said that people who lived off sea in the Gulf countries are not familiar with this dish.



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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 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.

TDI|Manama
Abbas Al Mughanni

Government bonds have emerged one of the best preferred long-term 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

The day-to-day sales volume of these bonds are lesser as investors keep them for a longer period. They say the expected annual returns are somewhere in the neighborhood of 5 per cent.

The total value of government bonds

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

Investor Mohammed Ali said he doesn't have any plans to sell government bonds. “I get almost 5pc every year. If I put my money at any of these commercial banks, all I get is 2pc. Therefore I think it's a wise choice to hold on to government bonds.”

Moreover, the investors feel the bonds are safer as the government is the guarantor.

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

“The US is raising the price of bonds and it will have its impact in the Kingdom too as our currency is pegged to US dollar.

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

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.