

The Omani people are well known for their hospitality and offers of refreshment. More substantial meals often have rice as the main ingredient, together with cooked meats. Lokhemat is another accompaniment to coffee, which are balls of flour and yeast flavoured with cardamom and deep fried until golden then served with a sweet lime and cardamom syrup. Aursia is a festival meal, served during celebrations, which consists of mashed rice flavoured with spices. To be invited into someone's home will mean coffee (kahwa), a strong, bitter drink flavoured with cardamom, and dates or halwa, a sticky sweet gelatinous substance which is made from brown sugar, eggs, honey and spices. The meat becomes extremely tender and it is impregnated with spices and herbs before cooking to give it a very distinct taste.