

SUMMERY

Apart from few dishes the Egyptian cuisine is a combination of several Mediterranean cuisines. However, there are traditional dishes and some specialties that are prepared in some regions or served on special occasions.

Food plays a distinct role in hospitality . It is advantageous to supply the tourism sector with the country's own food items , prepared and served at healthy and hygienic levels . Unfortunately, the hotels and restaurants in Egypt don't give enough care to the local distinguished dishes. Therefore the present investigation was designed to illustrate the food to the hospitality in Sinai . Such trend would represent the culture and habits of the Bedouin living in Sinai . This would serve as an attractive element for better promotion and revenue for the hospitality industry in Sinai; the most promising tourist destination in Egypt .

Several field visits have been implemented by the author to different areas and resorts in Sinai to state the most popular food and beverages served by Bedouins .

Based upon interviews carried out with some tour leaders and tourism experts , certain dishes and beverages could be selected for investigation . These items were prepared and offered to samples of Egyptian and foreign tourists in a resort in South Sinai. The tourists , either Egyptian or foreigners' were asked to try this food and evaluate their quality and palatability attributes . This was done using organoleptic evaluation.

Summery

It should be mentioned that Sinai was chosen for this investigation because it is considered a distinct touristic treasure that adds to Egypt's future new dimensions and attractive areas for the international tourism market .

The tourist villages selected for investigation are in :

Sharm El shiekh ,

St. Catherine ,

Nuweiba , and

Taba

The interviews stated the following items to be subject for organoleptic determination by the selected visitors :

- El Farashih

Bread made from wheat flour dough

- Fetta El Farashih

Farashih mixed with cooked meat and rice

- El Mafrouka

Farashih mixed with butter and milk , sweetened with sugar or honey.

Summery

- El Defina

Farashih mixed with lamb meat and butter or olive oil

- El Macklouba

Mix of cooked rice and meat or chicken to which eggplant ,
nuts , and some vegetables are added

- Tea with Habak

Usual tea boiled with a certain Sinai herb .

The general shape, taste , odor and presentation were consideration
in determination.

The following conclusions could be reached :

- Sinai , the distinct touristic destination , has its own characteristic food and beverages .
- The Bedouin use mainly local raw material available in Sinai for the preparation of their food .
- Some of these traditional meals are offered in small portions to Sinai visitors , especially during safari trips .
- Several items of these dishes , have well welcomed organoleptically by samples of Sinai visitors , whether Egyptians or foreigners .

RECOMMENDATIONS

Based upon results and conclusions of the present study , the following recommendations can be suggested , and which are directed to the official authorities as well as to the private sector concerned with tourism in general , and tourism in Sinai in particular . Also there recommendations are assumed to be of a vital importance to Official Authorities in Sinai , responsible for the general development of Bedouin communities:

- Taking into consideration the important contribution of foods and beverages in the tourist activity , incorporation of some of traditional Sinai food items is a good idea for the hospitality industry in Egypt in general and in Sinai in particular .
- Fetta El Farashih, El Mafrouka, El Maklouba, Mashwi El Zana , El Dafina as well as Tea with habak and Bedouin coffee can be selected to incorporated in hotel catering in Sinai.
- Such investigated food items can be served not only inside the hotels and villages but also during the safari trips and in tourist camps in Sinai .
- Incorporation of Sinai traditional foods in hotel catering would considerably support and help the recognition of Egyptian cuisine in the filed of hospitality .

Recommendations

- Serving Sinai foods and drinks should be adapted through the features , culture , atmosphere characteristic to the original Bedouin conditions .
- The required modifications on the used items should be accomplished in order to produce dishes having high palatability and high hygienic quality .