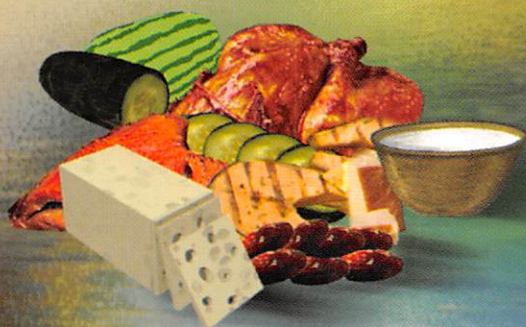


# THE TABLESPREAD OF THE HOLY PROPHET

محمد رسول الله



*MUHAMMAD FAISAL*

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## PROLOGUE

It was my wife's idea to write a book on the subject of Holy Prophet's ﷺ diet and eating habits. I agreed with her because to our knowledge there was no such book available in English language. The idea excited me so much that I asked her to allow me to work on the project with which she very kindly agreed and I am really thankful to her.

Those who truly love Allah and His Prophet ﷺ try to ensure that they lead their lives in accordance with Quran and Sunnah. Some love the prophet ﷺ so much that they can alter their nature and begin to like things that they did not like before. This is next to impossible so far as food is concerned. But consider the following hadith:

**I was a young boy when I once was walking with Allah's Messenger ﷺ. Allah's Messenger ﷺ entered the house of his slave tailor and the latter brought a dish filled with food covered with pieces of gourd. Allah's Messenger ﷺ started picking and eating the gourd. When I saw that, I started collecting and placing the gourd before him. Then the slave returned to his work. Anas ؓ added: I have kept on loving gourd since I saw Allah's Messenger ﷺ doing what he was doing.**

*Sahih Al-Bukhari Hadith 7.346      Narrated by Anas ؓ*

Anas Bin Malik only observed that the Holy Prophet ﷺ loved gourd and he started loving the gourd ever since. This is true love.

Today, we Muslims generally around the world are so engrossed in a totally materialistic way of life that we have completely forgotten our values, our way of life and our reason for existence. Our purpose of life now seems to be no more than eating, drinking and sleeping in which case we are unfortunately no different from animals. The real purpose of life, however, was to worship Allah. It is indeed Allah's great favour that He gave us in this world, things that make our life gratifying. Allah says in Quran:

**O ye who believe! Eat of the good things wherewith We have provided you, and render thanks to Allah if it is (indeed) He whom ye worship. (2.172)**

**So eat of the lawful and good food which Allah hath provided for you, and thank the bounty of your Lord if it is Him ye serve. (16.114)**

**They ask thee (O Muhammad) what is made lawful for them. Say: ( all ) good things are made lawful for you. (5.4)**

It is our intentions, which drive our deeds. If our intention is to please Allah than our eating, sleeping and drinking become actions that bring Allah's pleasure. On the other hand if our actions are controlled by our own desires ignoring Allah's injunctions then we are inviting Allah's displeasure.

We must always remember what Allah said about the Holy Prophet ﷺ:

**And lo! thou art of a tremendous nature. 68.4**

He also said:

**Verily in the messenger of Allah ye have a good example for him who looketh unto Allah and the last Day, and remembereth Allah much. 33.21**

Though this book is a compilation of traditions concerning Holy Prophet's ﷺ eating habits, it is not at all implied that we must only eat and drink the same things. In fact, it's a gift for those who love the Prophet ﷺ to the extent that they would adopt his eating habits, likes and dislikes. They would also see among other things that the Prophet sallallahu alaihi wassalam was an extremely content person even when no food was cooked in the house for weeks. He would never complain about food. Indeed in him we have a good example ﷺ to follow.

Following are some of the traditions which illustrate my point :

**Yahya related to me from Malik from Abu Nuaym that Wahb ibn Kaysan said, "The Messenger of Allah, may Allah bless him and grant him peace, was brought food while his stepson Umar ibn Salama was with him. The Messenger of Allah, may Allah bless him and grant him peace, said to him, 'Say "Bismillah," and eat what is in front of you.'"**

*Al-Muwatta Hadith 49.32*

**When the Messenger of Allah ﷺ finished his food, he said: "Praise be to Allah Who has given us food and drink and made us Muslims."**

*Sunan of Abu-Dawood Hadith 3841 Narrated by Abu Sa'id al-Khudri*

**Allah's Messenger ﷺ said: When a person enters his house and mentions the name of Allah at the time of entering it and while eating the food, Satan says (addressing himself): You have no place to spend the night and no evening meal; but when he enters without mentioning the name of Allah, the Satan says: You have found a place to spend the night, and when he does not mention the name of Allah while eating food, he (the Satan) says: You have found a place to spend the night and evening meal. This hadith has been narrated on the authority of Jabir ibn Abdullah through the same chain of**

transmitters but with a slight variation of wording.

*Sahih Muslim Hadith 5006 Narrated by Jabir ibn Abdullah ﷺ*

When Allah's Messenger ﷺ ate food he licked his three fingers, and he said: When any one of you drops a mouthful he should remove anything filthy from it and then eat it, and should not leave it for the Satan. He also commanded us that we should wipe the dish saying: You do not know in what portion of your food the blessing lies.

*Sahih Muslim Hadith 5049 Narrated by Anas ibn Malik ﷺ*

Ibn 'Umar ﷺ never used to take his meal unless a poor man was called to eat with him. One day I brought a poor man to eat with him, the man ate too much, whereupon Ibn 'Umar ﷺ said, "O Nafi! Don't let this man enter my house, for I heard the Prophet saying, 'A believer eats in one intestine (is satisfied with a little food), and a kafir (unbeliever) eats in seven intestines (eats much food).'"

*Sahih Al-Bukhari Hadith 7.305 Narrated by Nafi ﷺ*

The Prophet ﷺ never criticized any food (he was invited to) but he used to eat if he liked the food, and leave it if he disliked it.

*Sahih Al-Bukhari Hadith 7.320 Narrated by Abu Huraira ﷺ*

Allah's Messenger ﷺ said, "When food is set down take off your sandals, for it gives more rest to your feet."

*Al-Tirmidhi Hadith 4240 Narrated by Anas ibn Malik ﷺ*

Abu Karimah ﷺ heard the Prophet ﷺ say: No man fills a pot worse than his stomach. For a person a few mouthfuls are sufficient to keep his back straight. But if he wants to fill his stomach then he should divide his stomach into three parts: He should fill one third of the belly with food, another third with drink and leave one third empty for easy breathing.

*Al-Tirmidhi Hadith 516 Narrated by Abu Karimah Miqdad ﷺ*

The Prophet ﷺ said, "When your servant brings your food to you, if you do not ask him to join you, then at least ask him to take one or two handfuls, for he has suffered from its heat (while cooking it) and has taken pains to cook it nicely."

*Sahih Al-Bukhari Hadith 7.370 Narrated by Abu Huraira ﷺ*

Allah's Messenger ﷺ said: He who eats lawfully earned food and acts according to (my Sunnah) and mankind is safe from any excess on his part, will enter Paradise. Thereupon someone said: Allah's Messenger, verily in these times there are many of that description. Whereupon he (the Prophet) said: And many such will there be in ages after me.

*Al-Tirmidhi Hadith 178 Narrated by Abu Sa'id al-Khudri ﷺ*

No doubt, the Prophet ﷺ mortgaged his armor for barley grams. Once I took barley bread with some dissolved fat on it to the Prophet and I heard him saying, "The household of Muhammad did not possess except a Sa (of food grain, barley, etc.) for both the morning and the evening meals although they were nine houses."

*Sahih Al-Bukhari Hadith 3.685 Narrated by Anas ﷺ*

A complete month would pass by during which we would not make a fire (for cooking), and our food used to be only dates and water unless we were given a present of some meat.

*Sahih Al-Bukhari Hadith 8.465 Narrated by Aisha رضي الله عنها*

Allah's Messenger ﷺ said, "If you have four characteristics, whatever worldly advantage passes you by does not matter to you: keeping a trust, speaking the truth, a good character, and abstemiousness in food."

*Al-Tirmidhi Hadith 5222 Narrated by Abdullah ibn Amr ﷺ*



**The Companions of the Prophet ﷺ said: Messenger of Allah ﷺ we eat but we are not satisfied. He said: Perhaps you eat separately. They replied: Yes. He said: If you gather together at your food and mention Allah's name, you will be blessed in it.**

*Sunan Abu-Dawood Hadith 3755 Narrated by Wahshi ibn Harb ﷺ*

**Allah's Messenger ﷺ said: Allah is pleased with His servant who says: Alhamdulillah while taking a morsel of food and while drinking.**

*Sahih Muslim Hadith 6592 Narrated by Anas ibn Malik ﷺ*

**The Prophet ﷺ used his right hand for getting water for ablution and taking food, and his left hand for his evacuation and for anything repugnant.**

*Sunan Abu-Dawood Hadith 33 Narrated by Aisha, Ummul Mu'minin ﷺ*

My only contribution in this book is in the prologue (the rest of the book is just a compilation of authentic ahadith). I therefore feel confident of very few mistakes. You are, nevertheless requested to please point out and forgive.

Alhamdulillah I was able to finish the book in a very short time for which I am also grateful to my wife. She assisted me whenever I needed her help.

**And my success (in my task) can only come from Allah: in Him I trust and unto Him I look.** 11.88

Muhammad Faisal

Karachi, 10th Ramadhan, 1422/ 25th November, 2001

## WHEAT

Yahya related to me from Malik that he had heard that Isa ibn Maryam used to say, "O Banu Israil! You must drink pure water and the green things of the land and barley bread . Beware of wheat bread, for you will not be grateful enough for it."

*Al-Muwatta 49.27*

The Prophet ﷺ did not eat at a table till he died, and he did not eat a thin nicely baked wheat bread till he died.

*Sahih al Bukhari Hadith 8.457 Narrated by Anas ؓ*

The Prophet ﷺ did not do that (i.e., forbade the storage of the meat of sacrifices for three days) except (he did so) so that the rich would feed the poor. But later we used to keep even trotters to cook, fifteen days later. The family of Muhammad did not eat wheat bread with meat or soup to their satisfaction for three successive days.

*Sahih al Bukhari Hadith 7.349 Narrated by Aisha رضي الله عنها*

The family of Muhammad ﷺ had not eaten wheat bread to their satisfaction for three consecutive days since his arrival at Medina till he died.

*Sahih al Bukhari Hadith 7.327 Narrated by Aisha رضي الله عنها*

We were one hundred and thirty men sitting with the Prophet. The Prophet said, "Have anyone of you any food with him?" It happened that one man had one Sa of wheat flour (or so) which was turned into dough then. After a while a tall lanky pagan came, driving some sheep. The Prophet asked, 'Will you sell us (a sheep), or give (it to) us as a gift?' The pagan said, "No, but I will sell it " So the Prophet bought from him a sheep which was slaughtered, and then the Prophet ordered that the liver, the kidneys, lungs and heart, etc., of that sheep be roasted. By Allah,

none of those one hundred and thirty men but had his share of those things. The Prophet gave to those who were present, and also kept a share for those who were absent. He then served that cooked sheep in two big trays and we all ate together our fill; yet there remained a part of it in those two trays which I carried on the camel.

*Sahih al Bukhari Hadith 7.294 Narrated by Abdur Rahman ibn Abu Bakr رضي الله عنهما*

## BARLEY

When the Trench was dug, I saw the Prophet ﷺ in the state of severe hunger. So I returned to my wife and said, "Have you got anything (to eat), for I have seen Allah's Messenger in a state of severe hunger." She brought out for me, a bag containing one Sa of barley, and we had a domestic she animal (i.e. a kid) which I slaughtered then, and my wife ground the barley and she finished at the time I finished my job (i.e. slaughtering the kid). Then I cut the meat into pieces and put it in an earthenware (cooking) pot, and returned to Allah's Messenger. My wife said, "Do not disgrace me in front of Allah's Messenger and those who are with him." So I went to him and said to him secretly, "O Allah's Messenger! I have slaughtered a she-animal (i.e. kid) of ours, and we have ground a Sa of barley which was with us. So please come, you and another person along with you." The Prophet ﷺ raised his voice and said, "O people of Trench! Jabir has prepared a meal so let us go." Allah's Messenger ﷺ said to me, "Don't put down your earthenware meat pot (from the fireplace) or bake your dough till I come." So I came (to my house) and Allah's Messenger ﷺ too, came, proceeding before the people. When I came to my wife, she said, "May Allah do so-and-so to you." I said, "I have told the Prophet of what you said." Then she brought out to him (i.e. the Prophet) the dough, and he spat in it and invoked for Allah's Blessings in it. Then he proceeded towards our earthenware meat-pot and spat in it and invoked for Allah's Blessings in it. Then he said (to my wife), -Call a lady-baker to bake along with you and keep on taking out scoops from your earthenware meat-pot, and do not put it down from its fireplace." They were one-thousand (who took their meals), and by Allah they all ate, and when they left the food and went away, our earthenware pot was still bubbling (full of meat) as if it had not decreased, and our dough was still being baked as if nothing had been taken from it.

*Sahih al Bukhari Hadith 5.428*

*Narrated by Jabir Bin Abdullah ؓ*

We were digging (the trench) on the day of (Al-Khandaq ( i.e. Trench)) and we came across a big solid rock. We went to the Prophet ﷺ and said, "Here is a rock appearing across the trench." He said, "I am coming down." Then he got up, and a stone was tied to his belly for we had not eaten anything for three days. So the Prophet took the spade and struck the big solid rock and it

became like sand. I said, "O Allah's Messenger! Allow me to go home." (When the Prophet allowed me) I said to my wife, "I saw the Prophet in a state that I cannot treat lightly. Have you got something (for him) to eat?" She replied, "I have barley and a she-goat." So I slaughtered the she-kid and she ground the barley; then we put the meat in the earthenware cooking pot. Then I came to the Prophet when the dough had become soft and fermented and (the meat in) the pot over the stone trivet had nearly been well-cooked, and said, "I have got a little food prepared, so get up O Allah's Messenger, you and one or two men along with you (for the food)." The Prophet asked, "How much is that food?" I told him about it. He said, "It is abundant and good. Tell your wife not to remove the earthenware pot from the fire and not to take out any bread from the oven till I reach there." Then he said (to all his companions), "Get up." So the Muhajirin (i.e. emigrants) and the Ansar got up. When I came to my wife, I said, "Allah's Mercy be upon you! The Prophet came along with the Muhajirin and the Ansar and those who were present with them." She said, "Did the Prophet ask you (how much food you had)?" I replied, "Yes." Then the Prophet ﷺ said, "Enter and do not throng." The Prophet started cutting the bread (into pieces) and put the cooked meat over it. He covered the earthenware pot and the oven whenever he took something out of them. He would give the food to his companions and take the meat out of the pot. He went on cutting the bread and scooping the meat (for his companions) till they all ate their fill, and even then, some food remained. Then the Prophet said (to my wife), "Eat and present to others as the people are struck with hunger."

*Sahih al Bukhari Hadith 5.427*

*Narrated by Jabir ﷺ*

Abu Hazim narrated that he asked Sahl, "Did you use white flour during the lifetime of the Prophet?" Sahl replied, "No. Hazim asked, "Did you use to sift barley flour?" He said, "No, but we used to blow off the husk (of the barley)."

*Sahih Al Bukhari 7.321*

*Narrated by Abu Hazim ﷺ*

Abu Talha ﷺ said to Um Sulaim ﷺ, "I heard the voice of Allah's Messenger rather weak, and I knew that it was because of hunger. Have you anything (to present to the Prophet)?" She said, "Yes." Then she took out a few loaves of barley bread and took a veil of hers and wrapped the bread with a part of it and sent me to Allah's Messenger. I went and found Allah's Messenger ﷺ sitting in the

mosque with some people. I stood up before him. Allah's Messenger ﷺ said to me, "Has Abu Talha sent you?" I said, "Yes." Then Allah's Messenger ﷺ said to those who were with him. "Get up and proceed." I went ahead of them (as their forerunner) and came to Abu Talha ؓ and informed him about it. Abu Talha ؓ said, "O Um Sulaim! Allah's Messenger has come and we have no food to feed them." Um Sulaim ؓ said, "Allah and His Messenger know best." So Abu Talha ؓ went out (to receive them) till he met Allah's Messenger ﷺ

Allah's Messenger ﷺ came in company with Abu Talha ؓ and they entered the house. Allah's Messenger ﷺ said, "O Um Sulaim! Bring whatever you have." So she brought that (barley) bread and Allah's Messenger ﷺ ordered that bread to be broken into small pieces, and then Um Sulaim ؓ poured over it some butter from a leather butter container, and then Allah's Messenger ﷺ said what Allah wanted him to say, (i.e. blessing the food). Allah's Messenger ﷺ then said, "Admit ten men." Abu Talha admitted them and they ate to their fill and went out. He again said, "Admit ten men." He admitted them, and in this way all the people ate to their fill, and they were seventy or eighty men."

*Sahih al Bukhari Hadith 8.679*

*Narrated by Anas Bin Malik ؓ*

Allah's Messenger ﷺ came in to visit me, accompanied by Ali ؓ, when we had some ripening dates hung up. He began to eat, and Ali along with him, but Allah's Messenger ﷺ said to Ali ؓ, "Stop, Ali, for you are convalescing." I then prepared some beetroot and barley for them and the Prophet ﷺ said, "Take some of this, Ali, for it will be more beneficial for you."

*Tirmidhi Hadith 4216*

*Narrated by Umm-alMundhir ؓ*

Allah's Messenger ﷺ said, "There are three things which contain a blessing: business transaction with a time specified, muqaradah, and mixing wheat and barley for one's household but not for sale."

*Ibn Majah transmitted it.*

We used to be happy on Fridays, for there was an old lady who used to pull out the roots of Silq and put it in a cooking pot with some barley. When we had finished the prayer, we would visit her and she would present that dish before us. So we used to be happy on Fridays because of that, and we never used to take our

meals or have a mid-day nap except after the Friday prayer. By Allah, that meal contained no fat.

*Sahih al Bukhari Hadith 7.315*

*Narrated by Sahl Bin Sad ؓ*

The Prophet ﷺ had to suffer from starvation for several nights consecutively. His family members did not have even their evening meals, (that is the last meal of the day) and generally their fare used to be barley bread.

*Tirmidhi Hadith 514*    *Narrated by Abdullah bin Abbas رضى الله عنهما*

Yahya related to me from Malik from Zayd ibn Aslam from Ata ibn Yasar that a man of the Banu Asad said, "My family and I dismounted to rest at Baqi. My family said to me, 'Go to the Messenger of Allah, may Allah bless him and grant him peace, and ask him for something that we can eat,' and they began to mention their need. I went to the Messenger of Allah, may Allah bless him and grant him peace, and found that a man was asking for something, and the Messenger of Allah, may Allah bless him and grant him peace, was saying, 'I do not have anything to give you.' The man turned away from him in anger, saying, 'By my life! You give to whomever you wish.' The Messenger of Allah, may Allah bless him and grant him peace, said, 'He is angry with me because I do not have anything to give him. Whoever asks of you while he has an uqiya or its like, has asked with importunity.'"

The man continued, "I said to myself about a camel that we had, 'It is better than an uqiya.' (Malik explained that an uqiya was forty dirhams.) So I returned and did not ask him for anything, and the Messenger of Allah, may Allah bless him and grant him peace, sent me barley and raisins after that. He gave us from his share until Allah, the Mighty, the Majestic gave us relief."

*Al-Muwatta 58.11*

Yahya related to me from Malik that he heard that the Messenger of Allah, may Allah bless him and grant him peace, entered the mosque and found Abu Bakr as-Siddiq ؓ and Umar ibn al-Khattab ؓ there. He questioned them and they said, "Hunger has driven us out." The Messenger of Allah, may Allah bless him and grant him peace, said, "And hunger has brought me out." They went to Abu'l-Haytham ibn at-Tayyihan al-Ansari. ؓ He ordered that some barley that was in the house be prepared and he

got up to slaughter a sheep for them. The Messenger of Allah, may Allah bless him and grant him peace, said, "Leave the one with milk." He slaughtered a sheep for them and brought them sweet water and it was hung on a palm-tree. Then they were brought the food and ate it and drank the water. The Messenger of Allah, may Allah bless him and grant him peace, recited, "Then, on that day, you will be asked concerning pleasure." (Sura 102

ayat 8)

*Al-Muwatta-49.28*

Yahya related to me from Malik that he had heard that Isa ibn Maryam used to say, "O Banu Israil! You must drink pure water and the green things of the land and barley bread. Beware of wheat bread, for you will not be grateful enough for it."

*Al-Muwatta-49.27*

Yahya related to me from Malik that Ishaq ibn Abdullah ibn Abi Talha heard Anas ibn Malik say that Abu Talha had said to Umm Sulaym, "I have just been listening to the Messenger of Allah, may Allah bless him and grant him peace, and his voice was very weak. I recognised hunger in it, so, do you have anything?" She replied, "Yes," and brought out some barley loaves. She took her long head scarf and wrapped up the bread with part of it and put it into my (Anas's) hand and gave me part of it to wear. Then she sent me to the Messenger of Allah, may Allah bless him and grant him peace."

Anas continued, "I took it, and I found the Messenger of Allah, may Allah bless him and grant him peace, sitting in the mosque with some people. I watched them. The Messenger of Allah, may Allah bless him and grant him peace, said, 'Did Abu Talha send you?' I replied, 'Yes.' He said, 'For food?' I said, 'Yes.' The Messenger of Allah, may Allah bless him and grant him peace, said to those with him, 'Let us go.' He set off and I went among them until I came to Abu Talha and told him. Abu Talha said, '+Umm Sulaym! The Messenger of Allah, may Allah bless him and grant him peace, has brought people and we have no food. What shall we give them to eat?' She said, 'Allah and His Messenger know best.' "

Anas continued, "Abu Talha went out and met the Messenger of Allah, may Allah bless him and grant him peace, and the



Messenger of Allah, may Allah bless him and grant him peace, approached with Abu Talha until they entered. The Messenger of Allah, may Allah bless him and grant him peace, said, 'Come now, Umm Sulaym, what have you got?' She brought out bread. The Messenger of Allah, may Allah bless him and grant him peace, ordered it to be broken into pieces, and Umm Sulaym squeezed out onto it a container of clarified butter which she had seasoned. Then the Messenger of Allah, may Allah bless him and grant him peace, said whatever Allah wished him to say, and said, 'Will you give permission for ten of them to come in?' He gave them permission, and they ate until they were full and then left. He said, 'Give permission to ten more.' He gave them permission, and they ate until they were full and left. Then he said, 'Give permission to ten more.' He gave them permission and they ate until they were full and left. Then he said, 'Give permission to ten more.' He gave permission and they ate until they were full and left. There were seventy or eighty men."

*Al-Muwatta 49.19*

Yahya related to me from Malik that Ishaq ibn Abdullah ibn Abi Talha heard Anas ibn Malik ﷺ say that a certain tailor invited the Messenger of Allah, may Allah bless him and grant him peace, to eat some food which he had prepared.

Anas ﷺ said, "I went with the Messenger of Allah, may Allah bless him and grant him peace, to eat the food. He served barley bread and a soup with pumpkin in it. I saw the Messenger of Allah, may Allah bless him and grant him peace, going after the pumpkin around the dish, so I have always liked pumpkin since that day."

*Al-Muwatta 28.51*

Al-Muhajirun (i.e. the emigrants) and the Ansar were digging the trench around Medina and were carrying the earth on their backs while saying, "We are those who have given the pledge of allegiance to Muhammad for Islam as long as we live." The Prophet said in reply to their saying, "O Allah! There is no goodness except the goodness of the Hereafter; so please grant Your Blessing to the Ansar and the emigrants." The people used to bring a handful of barley, and a meal used to be prepared thereof by cooking it with a cooking material (i.e. oil, fat and butter having a change in color and smell) and it used to be

presented to the people (i.e. workers) who were hungry, and it used to stick to their throats and had a nasty smell.

*Sahih al Bukhari Hadith 5.426*

*Narrated by Anas* ﷺ

Yahya related to me from Malik from Yahya ibn Said from Bushayr ibn Yasar, the mawla of the Bani Haritha, that Suwayd ibn anNuman told him that he went with the Messenger of Allah, may Allah bless him and grant him peace, on the expedition to Khaybar. When they reached as Suhba, which was near Khaybar, the Messenger of Allah, may Allah bless him and grant him peace, stopped and prayed asr. He asked for provisions but only parched barley was brought, so he asked for it to be moistened. The Messenger of Allah, may Allah bless him and grant him peace, ate and the people ate with him. Then he got up to do maghrib and rinsed his mouth out and they rinsed out theirs. Then he prayed without doing wudu.

*Muwatta-2.20*

When the Prophet died, nothing which can be eaten by a living creature was left on my shelf except some barley grain. I ate of it for a period and when I measured it, it finished.

*Sahih al Bukhari Hadith 8.458*

*Narrated by Aisha* رضي الله عنها

My mother, Um Sulaim ﷺ, took a Mudd of barley grain, ground it and made porridge from it, and pressed (over it), a butter skin she had with her. Then she sent me to the Prophet ﷺ, and I reached him while he was sitting with his companions. I invited him, whereupon he said, "And those who are with me?" I returned and said, "He says, 'And those who are with me?'" " Abu Talha went out to him and said, "O Allah's Messenger! It is just a meal prepared by Um Sulaim." The Prophet ﷺ entered and the food was brought to him. He said, "Let ten persons enter upon me." Those ten entered and ate their fill. Again he said, "Let ten (more) enter upon me." Those ten entered and ate their fill. Then he said, "Let ten (more) enter upon me." He called forty persons in all. Then Allah's Messenger ate and got up. I started looking (at the food) to see if it decreased or not.

*Sahih al Bukhari Hadith 7.361*

*Narrated by Anas* ﷺ

A tailor invited Allah's Messenger to a meal which he had prepared. I went with Allah's Messenger to that meal, and the tailor served the Prophet with barley bread and soup of gourd and cured meat. I saw Allah's Messenger picking the pieces of gourd

from around the dish, and since then I have kept on liking gourd.

*Bukhari 7.350 Anas Bin Malik ﷺ*

I asked Sahl bin Sad, "Did Allah's Messenger ever eat white flour?" Sahl said, "Allah's Messenger never saw white flour since Allah sent him as an Messenger till He took him unto Him." I asked, "Did the people have (use) sieves during the lifetime of Allah's Messenger?" Sahl said, "Allah's Messenger never saw (used) a sieve since Allah sent him as an Messenger until He took him unto Him," I said, "How could you eat barley unsifted?" he said, "We used to grind it and then blow off its husk, and after the husk flew away, we used to prepare the dough (bake) and eat it."

*Sahih al Bukhari Hadith 7.324*

*Narrated by Abu Hazim ﷺ*

The Prophet ﷺ gave a banquet with two Mudds of barley on marrying some of his wives. (1 Mudd= 1 3/4 of a kilogram).

*Sahih al Bukhari Hadith 7.101 Narrated by Safiyya Bint Shaiba رضي الله عنها*

We used to be very happy on Friday as an old lady used to cut some roots of the Silq, which we used to plant on the banks of our small water streams, and cook them in a pot of hers, adding to them, some grains of barley. (Ya'qub, the sub-narrator said, "I think the narrator mentioned that the food did not contain fat or melted fat (taken from meat).") When we offered the Friday prayer we would go to her and she would serve us with the dish. So, we used to be happy on Fridays because of that. We used not to take our meals or the midday nap except after the Jumua prayer (i.e. Friday prayer).

*Sahih al Bukhari Hadith 3.539*

*Narrated by Sahl Bin Sad ﷺ*

Mahmud Bin Ar Rabi Al Ansari narrates that he remembered Allah's Messenger and he also remembered a mouthful of water which he had thrown on his face, after taking it from a well that was in their house. Mahmud said that he had heard Itban bin Malik, who was present with Allah's Messenger in the battle of Badr saying, "I used to lead my people at Bani Salim in the prayer and there was a valley between me and those people. Whenever it rained it used to be difficult for me to cross it to go to their mosque. So I went to Allah's Messenger and said, 'I have weak eyesight and the valley between me and my people flows during the rainy season and it becomes difficult for me to cross it; I wish you would come to my house and pray at a place so that I could

take that place as a praying place.' Allah's Messenger said, 'I will do so.' So Allah's Messenger and Abu Bakr came to my house in the (next) morning after the sun had risen high. Allah's Messenger asked my permission to let him in and I admitted him. He did not sit before saying, 'Where do you want us to offer the prayer in your house?' I pointed to the place where I wanted him to pray. So Allah's Messenger stood up for the prayer and started the prayer with Takbir and we aligned in rows behind him; and he offered two Rakat, and finished them with Taslim, and we also performed Taslim with him. I detained him for a meal called "Khazir" which I had prepared for him. ("Khazir" is a special type of dish prepared from barley flour and meat soup).

When the neighbors got the news that Allah's Messenger was in my house, they poured in till there were a great number of men in the house. One of them said, 'What is wrong with Malik, for I do not see him?' One of them replied, 'He is a hypocrite and does not love Allah and His Messenger.' On that Allah's Messenger said, 'Don't say this. Haven't you seen that he said, 'None has the right to be worshipped but Allah for Allah's sake only.' The man replied, 'Allah and His Messenger know better; but by Allah, we never saw him but helping and talking with the hypocrites.' Allah's Messenger replied, 'No doubt, whoever says, none has the right to be worshipped but Allah, and by that he wants the pleasures of Allah, then Allah will save him from Hell.' " Mahmud added, "I told the above narration to some people, one of whom was Abu Aiyub, the companion of Allah's Messenger in the battle in which he (Abu Aiyub) died and Yazid bin Mu'awiya was their leader in Roman Territory. Abu Aiyub denounced the narration and said, 'I doubt that Allah's Messenger ever said what you have said.' I felt that too much, and I vowed to Allah that if I remained alive in that holy battle, I would (go to Medina and) ask Itban bin Malik if he was still living in the mosque of his people. So when I returned, I assumed Ihram for Hajj or 'Umra and then I proceeded on till I reached Medina. I went to Bani Salim and Itban bin Malik, who was by then an old blind man, was leading his people in the prayer. When he finished the prayer, I greeted him and introduced myself to him and then asked him about that narration. He told that narration again in the same manner as he had narrated it the first time."

Allah's Messenger died, and there was nothing in my house that a living being could eat, except some barley lying on a shelf. So, I ate of it for a long period and measured it, and (after a short period) it was consumed.

*Bukhari 4.329 Aisha رضي الله عنها*

There was a woman amongst us who had a farm and she used to sow Silq (a kind of vegetable) on the edges of streams in her farm. On Fridays she used to pull out the Silq from its roots and put the roots in a utensil. Then she would put a handful of powdered barley over it and cook it. The roots of the Silq were a substitute for meat. After finishing the Jumua prayer we used to greet her and she would give us that food which we would eat with our hands, and because of that meal, we used to look forward to Friday.

*Bukhari 2.60 Sahl Bin Sad*

I saw that the Prophet ﷺ took a piece of break of barley and put a date on it and said: This is the condiment of this.

*Sunan Abu Dawood Hadith 3821 Narrated by Yusuf Ibn Abdullah Ibn Salam*

The Messenger of Allah ﷺ came to visit me, accompanied by Ali who was convalescing. We had some ripe dates hung up. The Messenger of Allah ﷺ got up and began to eat from them. Ali also got up to eat, but the Messenger of Allah ﷺ said repeatedly to Ali: Stop, Ali, for you are convalescing, and Ali stopped. She said: I then prepared some barley and beer-root and brought it. The Messenger of Allah ﷺ then said: Take some of this, Ali, for it will be more beneficial for you. Abu Dawud said: The narrator Harun said: al-Adawiyyah (i.e. Umm al-Mundhar).

*Abu Dawood 3847 Umm al Mundhar Bint Qays al Ansariyyah*

## BUTTER

Ibn Abbas said: Um Hufaid, Ibn 'Abbas's aunt sent some dried yogurt (butter free), ghee (butter) and a mastigar to the Prophet as a gift. The Prophet ate the dried yogurt and butter but left the mastigar because he disliked it. Ibn 'Abbas said, "The mastigure was eaten at the table of Allah's Messenger and if it had been illegal to eat, it could not have been eaten at the table of Allah's Messenger."

*Sahih al Bukhari Hadith 3.749*

*Narrated by Said Bin Jubair* ﷺ

The Messenger of Allah ﷺ came to visit us and we offered him butter and dates, for he liked butter and dates.

*Sunan Abu Dawood Hadith 3828*

*Narrated by Abdullah ibn Busr* ﷺ

Abu Talha said to Um Sulaim, "I heard the voice of Allah's Messenger rather weak, and I knew that it was because of hunger. Have you anything (to present to the Prophet)?" She said, "Yes." Then she took out a few loaves of barley bread and took a veil of hers and wrapped the bread with a part of it and sent me to Allah's Messenger. I went and found Allah's Messenger sitting in the mosque with some people. I stood up before him. Allah's Messenger said to me, "Has Abu Talha sent you?" I said, "Yes." Then Allah's Messenger said to those who were with him. "Get up and proceed." I went ahead of them (as their forerunner) and came to Abu Talha and informed him about it. Abu Talha said, "O Um Sulaim! Allah's Messenger has come and we have no food to feed them." Um Sulaim said, "Allah and His Messenger know best." So Abu Talha went out (to receive them) till he met Allah's Messenger.

Allah's Messenger came in company with Abu Talha and they entered the house. Allah's Messenger said, "O Um Sulaim! Bring whatever you have." So she brought that (barley) bread and Allah's Messenger ordered that bread to be broken into small pieces, and then Um Sulaim poured over it some butter from a leather butter container, and then Allah's Messenger said what Allah wanted him to say, (i.e. blessing the food). Allah's Messenger then said, "Admit ten men." Abu Talha admitted them and they ate to their fill and went out. He again said, "Admit ten men." He admitted them, and in this way all the people ate to their fill, and they were seventy or eighty men."

*Bukhari 8.679 Anas Bin Malik ﷺ*

The Prophet ﷺ stayed for three days at a place between Khaibar and Medina, and there he consummated his marriage with Safiyya bint Huyay ﷺ. I invited the Muslims to a banquet which included neither meat nor bread. The Prophet ordered for the leather dining sheets to be spread, and then dates, dried yogurt and butter were provided over it, and that was the Walima (banquet) of the Prophet ﷺ. The Muslims asked whether Safiyya رضى الله عنها would be considered as his wife or as a slave girl of what his right hands possessed. Then they said, "If the Prophet screens her from the people, then she is the Prophet's wife but if he does not screen her, then she is a slave girl." So when the Prophet ﷺ proceeded, he made a place for her (on the camel) behind him and screened her from people.

*Sahih al Bukhari Hadith 7.89*

*Narrated by Anas ﷺ*

Allah's Messenger ﷺ came to my father and we brought to him a meal and a preparation from dates, cheese and butter. He ate out of that. He was then given dates which he ate but he placed their stones between his fingers, and he joined his forefinger and middle finger. Shu'bah reported: I think that this hadith God's willing also contains (these words): Putting of date stones between two fingers. Then a drink was brought for him and he drank it, and then gave it to one who was on his right side. He (the narrator) said: My father took hold of the rein of his riding animal and requested him to supplicate for us. Thereupon he said: O Allah, bless them in what Thou hast provided them as a sustenance; and forgive them and have mercy upon them.

*Sahih Muslim Hadith 5070*

*Narrated by Abdullah ibn Busr ﷺ*

I used to accompany Allah's Messenger to fill my stomach; and that was when I did not eat baked bread, nor wear silk. Neither a male nor a female slave used to serve me, and I used to bind stones over my belly and ask somebody to recite a Qur'anic Verse for me though I knew it, so that he might take me to his house and feed me. Ja'far bin Abi Talib was very kind to the poor, and he used to take us and feed us with whatever was available in his house, (and if nothing was available), he used to give us the empty (honey or butter) skin which we would tear and lick whatever was in it.

*Sahih al Bukhari Hadith 7.343*

*Narrated by Abu Huraira ﷺ*

Ibn Abbas narrated that his aunt, Um Hufaid bint Al-Harith bin Hazn, presented to the Prophet butter, dried yoghurt and mastigures. The Prophet invited the people to those mastigures and they were eaten on his dining sheet, but the Prophet did not eat of it, as if he disliked it. Nevertheless, if it was unlawful to eat that, the people would not have eaten it on the dining sheet of the Prophet nor would he have ordered that they be eaten.

*Bukhari 7.301 Ibn Abbas ﷺ*

"Whenever the Prophet ﷺ passed by (my mother Um-Sulaim) he used to enter her and greet her. Anas ﷺ further said: Once the Prophet ﷺ was a bridegroom during his marriage with Zainab رضى الله عنها, Um Sulaim رضى الله عنها said to me, "Let us give a gift to Allah's Messenger." I said to her, "Do it." So she prepared Haisa (a sweet dish) made from dates, butter and dried yoghurt and she sent it with me to him. I took it to him and he said, "Put it down," and ordered me to call some men whom he named, and to invite whomever I would meet. I did what he ordered me to do, and when I returned, I found the house crowded with people and saw the Prophet ﷺ keeping his hand over the Haisa and saying over it whatever Allah wished (him to say). Then he called the men in batches of ten to eat of it, and he said to them, "Mention the Name of Allah, and each man should eat of the dish the nearest to him." When all of them had finished their meals, some of them left and a few remained there talking, over which I felt unhappy. Then the Prophet ﷺ went out towards the dwelling places (of his wives) and I too, went out after him and told him that those people had left. Then he returned and entered his dwelling place and let the curtains fall while I was in (his) dwelling place, and he was reciting the Verses: 'O you who believe! Enter not the Prophet's house until leave is given you for a meal, (and then) not (as early as) to what for its preparation. But when you are invited, enter, and when you have taken your meals, disperse without sitting for a talk. Verily such (behavior) annoys the Prophet; and he would be shy of (asking) you (to go), but Allah is not shy of (telling you) the Truth.' " (33-53) Abu Uthman said: "Anas said, 'I served the Prophet for ten years.' "

*Sahih al Bukhari Hadith 7.92B*

*Narrated by Anas Bin Malik ﷺ*

One day the Messenger of Allah ﷺ said to me: Aisha, have you anything (to eat)? I said: Messenger of Allah, we have nothing here. Thereupon he said: I am observing a fast. She said: The



Messenger of Allah (may peace upon him) went out, and there was a present for us and (at the same time) some visitors dropped in. When the Messenger of Allah ﷺ came back, I said to him: Messenger of Allah, a present was given to us and (in the meanwhile) visitors came to see us. (A major portion of it has been used for them), but I have saved something for you. He said: What is it? I said: It is hays (a compound of dates and clarified butter). He said: Bring that. So I brought it to him and he ate it and then said: I woke up in the morning observing fast. Talhah said: I narrated this hadith to Mujahid and he said: This (observing of voluntary fast) is like a person who sets apart Sadaqah out of his wealth. He may spend it if he likes, or he may retain it if he so wishes.

*Sahih Muslim Hadith 2573*

*Narrated by Aisha رضي الله عنها*

Anas ؓ said, 'When Allah's Messenger ﷺ invaded Khaibar, we offered the Fajr prayer there (early in the morning) when it was still dark. The Prophet rode and Abu Talha rode too and I was riding behind Abu Talha. The Prophet passed through the lane of Khaibar quickly and my knee was touching the thigh of the Prophet. He uncovered his thigh and I saw the whiteness of the thigh of the Prophet. When he entered the town, he said, 'Allahu Akbar! Khaibar is ruined. Whenever we approach near a (hostile) nation (to fight) then evil will be the morning of those who have been warned.' He repeated this thrice. The people came out for their jobs and some of them said, 'Muhammad (has come).' (Some of our companions added, "With his army.") We conquered Khaibar, took the captives, and the booty was collected. Dihya came and said, 'O Allah's Prophet! Give me a slave girl from the captives.' The Prophet said, 'Go and take any slave girl.' He took Safiya bint Huyai. A man came to the Prophet and said, 'O Allah's Messenger! You gave Safiya bint Huyai to Dihya and she is the chief mistress of the tribes of Quraiza and An-Nadir and she befits none but you.' So the Prophet said, 'Bring him along with her.' So Dihya came with her and when the Prophet saw her, he said to Dihya, 'Take any slave girl other than her from the captives.' Anas ؓ added: The Prophet ﷺ then manumitted her and married her."

Thabit asked Anas, ؓ "O Abu Hamza! What did the Prophet pay her (as Mahr)?" He said, "Her self was her Mahr for he manumitted her and then married her." Anas ؓ added, "While on

the way, Um Sulaim dressed her for marriage (ceremony) and at night she sent her as a bride to the Prophet ﷺ. So the Prophet was a bridegroom and he said, 'Whoever has anything (food) should bring it.' He spread out a leather sheet (for the food) and some brought dates and others cooking butter. (I think he (Anas) mentioned As-Sawaq). So they prepared a dish of Hais (a kind of meal). And that was Walima (the marriage banquet) of Allah's Messenger."

*Sahih al Bukhari Hadith 1.367*

*Narrated by Abdul Aziz ﷺ*

Umm Malik رضى الله عنها used to send clarified butter in a small skin to the Messenger of Allah ﷺ. Her sons would come to her and ask for seasoning when they had nothing with them (in the form of condiments) and she would go to that (skin) in which she offered (clarified butter) to Allah's Messenger ﷺ, and she would find in that clarified butter and it kept providing her with seasoning for her household until she had (completely) squeezed it. She came to Allah's Messenger ﷺ and (informed him about it). Thereupon, he (the Prophet) said: Did you squeeze it? She said: Yes, Thereupon he said: If you had left it in that very state, it would have kept on providing you (the clarified butter) on end.

*Sahih Muslim Hadith 5660*

*Narrated by Jabir ibn Abdullah ﷺ*

## GHEE

The Prophet ﷺ paid a visit to Um-Sulaim رضى الله عنها and she placed before him dates and ghee. The Prophet ﷺ said, "Replace the ghee and dates in their respective containers for I am fasting." Then he stood somewhere in her house and offered an optional prayer and then he invoked good on Um-Sulaim رضى الله عنها and her family. Then Um-Sulaim said, "O Allah's Messenger! I have a special request (today)." He said, "What is it?" She replied, "(Please invoke for) your servant Anas." So Allah's Messenger ﷺ did not leave anything good in the world or the Hereafter which he did not invoke (Allah to bestow) on me and said, "O Allah! Give him (i.e. Anas) property and children and bless him." Thus I am one of the richest among the Ansar and my daughter Umaina told me that when Al-Hajjaj came to Basra, more than 120 of my offspring had been buried.

*Sahih al Bukhari Hadith 3.203*

*Narrated by Anas ؓ*

Ibn Abbas ؓ said: Um Hufaid, Ibn 'Abbas's aunt رضى الله عنها sent some dried yogurt (butter free), ghee (butter) and a mastigure to the Prophet ﷺ as a gift. The Prophet ﷺ ate the dried yogurt and butter but left the mastigure because he disliked it. Ibn 'Abbas said, "The mastigure was eaten at the table of Allah's Messenger and if it had been illegal to eat, it could not have been eaten at the table of Allah's Messenger."

*Sahih al Bukhari Hadith 3.749*

*Narrated by Said ibn Jubair ؓ*

## OLIVE & OLIVE OIL

Allah's Messenger ﷺ said, "Eat olive oil and anoint yourselves with it, for it comes from a blessed tree."

*Tirmidhi, Ibn Majah and Darimi transmitted it. Narrated by AbuUsayd al-Ansari* ﷺ

AbuTalib went to ash-Sham (Syria) accompanied by the Prophet (may Allah bless him) along with some shaykhs of Quraysh. When they came near where the monk was they alighted and loosened their baggage, and the monk came out to them although when they had passed that way previously he had not done so. While they were loosening their baggage the monk began to go about among them till he came and, taking Allah's Messenger ﷺ by the hand, said, "This is the chief of the universe; this is the messenger of the the Lord of the universe whom Allah is commissioning as a mercy to the universe." Some shaykhs of Quraysh asked him how he knew, and he replied, "When you came over the hill not a tree or a stone failed to bow in prostration, and they prostrate themselves only before a prophet. I recognize him by the seal of prophecy, like an apple, below the end of his shoulder-blade." He then went and prepared food for them, and when he brought it to them the Prophet ﷺ was looking after the camels, so he told them to send for him. He came with a cloud above him shading him and when he approached the people he found they had gone before him into the shade of a tree. Then when he sat down the shade of the tree inclined over him, and the monk said, "Look how the shade of the tree has inclined over him. I adjure you by Allah to tell me which of you is his guardian." On being told that it was AbuTalib he kept adjuring him to send him back until he did so. AbuBakr ﷺ sent Bilal ﷺ along with him and the monk gave him provisions of a bread and olive-oil.

*Tirmidhi Hadith. 5918*

*Narrated by Abu Musa* ﷺ

The Prophet ﷺ came to visit Sa'd ibn Ubaydah ﷺ, and he brought bread and olive oil, and he ate (them). Then the Prophet ﷺ said: May the fasting (men) break their fast with you, and the pious eat your food, and the angels pray for blessing on you.

*Sunan Abu Dawood Hadith 3845*

*Narrated by Anas ibn Malik* ﷺ

# CHEESE

In the lifetime of Allah's Messenger ﷺ, we used to give one Sa' of food (edible things) as Sadaqat-ul-Fitr (to the poor). Our food used to be either of barley, raisins (dried grapes), cottage cheese or dates.

*Sahih al Bukhari Hadith 2.586*

*Narrated by Abu Said Al Khudri* ﷺ

Allah's Messenger ﷺ manumitted Safiyya رضى الله عنها and then married her, and her Mahr was her manumission, and he gave a wedding banquet with Hais (a sort of sweet dish made from butter, cheese and dates).

*Sahih al Bukhari Hadith 7.98*

*Narrated by Anas* ﷺ

Performing ablution in the mosque, he said: I am performing ablution because of having eaten pieces of cheese, for I heard the Messenger of Allah ﷺ say: Perform ablution (after eating anything) touched by fire.

*Sahih Muslim Hadith 687*

*Narrated by Abu Hurayrah* ﷺ

Allah's Messenger ﷺ came to my father and we brought to him a meal and a preparation from dates, cheese and butter. He ate out of that. He was then given dates which he ate but he placed their stones between his fingers, and he joined his forefinger and middle finger. Shu'bah reported: I think that this hadith God's willing also contains (these words): Putting of date stones between two fingers. Then a drink was brought for him and he drank it, and then gave it to one who was on his right side. He (the narrator) said: My father took hold of the rein of his riding animal and requested him to supplicate for us. Thereupon he said: O Allah, bless them in what Thou hast provided them as a sustenance; and forgive them and have mercy upon them.

*Sahih Muslim Hadith 5070*

*Narrated by Abdullah ibn Busr* ﷺ

## DATES

Allah's Messenger ﷺ went out (of his house) one day or one night, and there he found AbuBakr and Umar رضى الله عنهما also. He said: What has brought you out of your houses at this hour? They said: Allah's Messenger, it is hunger. Thereupon he said: By Him in Whose Hand is my life, what has brought you out has brought me out too; stand up. They stood up with him, and (all of them) came to the house of an Ansari, but he was not at home. When his wife saw him she said: Most welcome. Allah's Messenger ﷺ said to her: Where is so and so? She said: He has gone to fetch some fresh water for us. When the Ansari came and he saw Allah's Messenger ﷺ and his two companions, he said: Praise be to Allah, no one has more honourable guests today than I (have). He then went out and brought them a bunch of ripe dates, some dry dates and fresh dates, and said: Eat some of them. He then took hold of his long knife (for slaughtering a goat or a sheep). Allah's Messenger ﷺ said to him: Beware of killing a milking animal. He slaughtered a sheep for them and they ate of it and of the bunch of dates and drank. When they had taken their fill and had been fully satisfied with the drink, Allah's Messenger ﷺ said to AbuBakr and Umar رضى الله عنهما: By Him in Whose Hand is my life, you will certainly be questioned about this bounty on the Day of Judgment. Hunger brought you out of your house and you did not return until this bounty came to you.

*Sahih Muslim Hadith 5055*

*Narrated by Abu Hurayrah ؓ*

Once the Prophet ﷺ distributed dates among his companions and gave each one seven dates. He gave me seven dates too, one of which was dry and hard, but none of the other dates was more liked by me than that one, for it prolonged my chewing it.

*Sahih al Bukhari Hadith 7.322*

*Narrated by Abu Hurayrah ؓ*

The Messenger of Allah ﷺ used to break his fast before praying with some fresh dates; but if there were no fresh dates, he had a few dry dates, and if there were no dry dates, he took some mouthfuls of water.

*Sunan Abu-Dawood Hadith 2349*

*Narrated by Anas ibn Malik ؓ*

While at Medina we were struck with famine. Ibn Az-Zubair رضى الله عنهما used to provide us with dates as our food. Ibn 'Umar رضى الله عنهما used to pass by us and say, "Don't eat two dates together at a

Prophet ﷺ and Um Sulaim رضى الله عنها sent some dates along with the child. The Prophet ﷺ took the child (on his lap) and asked if there was something with him. The people replied, "Yes, a few dates." The Prophet ﷺ took a date, chewed it, took some of it out of his mouth, put it into the child's mouth and did Tahnik for him with that, and named him 'Abdullah.

*Sahih al Bukhari Hadith 7.379A*

*Narrated by Anas bin Malik ؓ*

The Messenger of Allah ﷺ came to visit us and we offered him butter and dates, for he liked butter and dates.

*Sunan Abu Dawood Hadith 3828*

*Narrated by Abdullah ibn Busr ؓ*

Allah's Messenger never proceeded (for the prayer) on the Day of 'Id-ul-Fitr unless he had eaten some dates. Anas also narrated: The Prophet used to eat odd number of dates.

*Sahih al Bukhari Hadith 2.73*

*Narrated by Anas bin Malik ؓ*

When Khaibar was conquered, we said, "Now we will eat our fill of dates!"

*Sahih al Bukhari Hadith 5.547*

*Narrated by Aisha رضى الله عنها*

A complete month would pass by during which we would not make a fire (for cooking), and our food used to be only dates and water unless we were given a present of some meat.

*Sahih al Bukhari Hadith 8.465*

*Narrated by Aisha رضى الله عنها*

Aisha رضى الله عنها narrates that she said to Urwa, "O, the son of my sister! We used to see three crescents in two months, and no fire used to be made in the houses of Allah's Messenger ﷺ (i.e. nothing used to be cooked)." Urwa said, "What used to sustain you?" Aisha رضى الله عنها said, "The two black things i.e. dates and water, except that Allah's Messenger ﷺ had neighbors from the Ansar who had some milch she-camels, and they used to give the Prophet ﷺ some milk from their house, and he used to make us drink it."

*Sahih al Bukhari Hadith 8.466*

*Narrated by Aisha رضى الله عنها*

Anas ؓ said, 'When Allah's Messenger ﷺ invaded Khaibar, we offered the Fajr prayer there (early in the morning) when it was still dark. The Prophet ﷺ rode and Abu Talha ؓ rode too and I was riding behind Abu Talha. The Prophet passed through the lane of Khaibar quickly and my knee was touching the thigh of the Prophet . He uncovered his thigh and I saw the whiteness of

the thigh of the Prophet. When he entered the town, he said, 'Allahu Akbar! Khaibar is ruined. Whenever we approach near a (hostile) nation (to fight) then evil will be the morning of those who have been warned.' He repeated this thrice. The people came out for their jobs and some of them said, 'Muhammad (has come).' (Some of our companions added, "With his army.") We conquered Khaibar, took the captives, and the booty was collected. Dihya came and said, 'O Allah's Prophet! Give me a slave girl from the captives.' The Prophet said, 'Go and take any slave girl.' He took Safiya bint Huyai. A man came to the Prophet and said, 'O Allah's Messenger! You gave Safiya bint Huyai to Dihya and she is the chief mistress of the tribes of Quraiza and An-Nadir and she befits none but you.' So the Prophet said, 'Bring him along with her.' So Dihya came with her and when the Prophet saw her, he said to Dihya, 'Take any slave girl other than her from the captives.' Anas added: The Prophet then manumitted her and married her."

Thabit asked Anas, "O Abu Hamza! What did the Prophet pay her (as Mahr)?" He said, "Her self was her Mahr for he manumitted her and then married her." Anas added, "While on the way, Um Sulaim dressed her for marriage (ceremony) and at night she sent her as a bride to the Prophet. So the Prophet was a bridegroom and he said, 'Whoever has anything (food) should bring it.' He spread out a leather sheet (for the food) and some brought dates and others cooking butter. (I think he (Anas) mentioned As-Sawaq). So they prepared a dish of Hais (a kind of meal). And that was Walima (the marriage banquet) of Allah's Messenger."

*Sahih Bukhari Hadith 1.367 Narrated by Abdul Aziz ﷺ*

The Messenger of Allah ﷺ came out from the valley of a mountain where he had eased himself. There were some dried dates on a shield before us. We called him and he ate with us. He did not touch water.

*Sunan Abu-Dawood Hadith 3753*

*Narrated by Jabir ibn Abdullah ﷺ*

The Prophet ﷺ held a wedding feast) for Safiyyah with meal and dates.

*Sunan Abu Dawood Hadith 3735*

*Narrated by Anas ibn Malik ﷺ*

In the lifetime of Allah's Messenger, we used to give one Sa' of food (edible things) as Sadaqat-ul-Fitr (to the poor). Our food



used to be either of barley, raisins (dried grapes), cottage cheese or dates.

*Bukhari 2.586 Abu Said Al Khudri* ﷺ

I suffered from an illness. The Messenger of Allah ﷺ came to pay a visit to me. He put his hands between my nipples and I felt its coolness at my heart. He said: You are a man suffering from heart sickness. Go to al-Harith ibn Kaladah, brother of Thaqif. He is a man who gives medical treatment. He should take seven ajwah dates of Medina and grind them with their kernels, and then put them into your mouth.

*Sunan Abu Dawood Hadith 3866*

*Narrated by Sa'd* ﷺ

I saw Allah's Messenger ﷺ squatting and eating dates.

*Sahih Muslim Hadith 5073*

*Narrated by Anas ibn Malik* ﷺ

I saw Allah's Messenger eating fresh dates with snake cucumber.

*Sahih al Bukhari Hadith 7.351*

*Narrated by Abdullah ibn Jafar bin Abi Talib* ﷺ

The Prophet died when we had satisfied our hunger with the two black things, i.e. dates and water.

*Sahih al Bukhari Hadith 7.295*

*Narrated by Aisha* رضى الله عنها

Allah's Messenger ﷺ said: A family which has dates will not be hungry.

*Sahih Muslim Hadith 5078*

*Narrated by Aisha* رضى الله عنها

The new-born infants were brought to Allah's Messenger ﷺ. He blessed them and rubbed their palates with dates.

*Sahih Muslim Hadith 5347*

*Narrated by Aisha* رضى الله عنها

One day the Messenger of Allah ﷺ said to me: Aisha, have you anything (to eat)? I said: Messenger of Allah, we have nothing here. Thereupon he said: I am observing a fast. She said: The Messenger of Allah (may peace upon him) went out, and there was a present for us and (at the same time) some visitors dropped in. When the Messenger of Allah ﷺ came back, I said to him: Messenger of Allah, a present was given to us and (in the meanwhile) visitors came to see us. (A major portion of it has been used for them), but I have saved something for you. He said: What is it? I said: It is hays (a compound of dates and clarified butter). He said: Bring that. So I brought it to him and he ate it and then said: I woke up in the morning observing fast. Talhah

said: I narrated this hadith to Mujahid and he said: This (observing of voluntary fast) is like a person who sets apart Sadaqah out of his wealth. He may spend it if he likes, or he may retain it if he so wishes.

Muslim 2573 Aisha رضي الله عنها

The Messenger of Allah ﷺ came to visit me, accompanied by Ali ؓ who was convalescing. We had some ripe dates hung up. The Messenger of Allah ﷺ got up and began to eat from them. Ali ؓ also got up to eat, but the Messenger of Allah ﷺ said repeatedly to Ali: Stop, Ali, for you are convalescing, and Ali stopped. She said: I then prepared some barley and beer-root and brought it. The Messenger of Allah ﷺ then said: Take some of this, Ali, for it will be more beneficial for you. AbuDawud said: The narrator Harun said: al-Adawiyyah (i.e. Umm al-Mundhar).

Sunan Abu Dawood Hadith 3847 Narrated by Umm al-Mundhar bint Qays رضي الله عنها

The Messenger of Allah ﷺ used to eat melon with fresh dates, and he used to say: The heat of the one is broken by the coolness of the other, and the coolness of the one by the heat of the other.

Sunan Abu Dawood Hadith 3827 Narrated by Aisha رضي الله عنها

When some of the companions of Allah's Messenger ﷺ remarked to him that truffles were the smallpox of the earth, he replied, "Truffles are a kind of manna, and their juice is a remedy for the evil eye. The ajwah dates come from Paradise, and they are a remedy for poison." Abu Hurayrah ؓ said that he took three, five, or seven truffles, pressed them, put their juice in a bottle and applied it as an eye-lotion to a slave-girl of his who was bleary-eyed, and she recovered.

Tirmidhi Hadith 4569 Narrated by Abu Hurayrah ؓ

Boys used to be brought to the Messenger of Allah ﷺ, and he would invoke blessings on them. Yusuf added: "and soften some dates and rub their palates with them". He did not mention "blessings".

Sunan Abu Dawood Hadith 5087 Narrated by Aisha رضي الله عنها

Allah's Messenger ﷺ said: The ajwah dates of Aliyah contain healing effects and these are antidote in the early morning.

Sahih Muslim Hadith 5083 Narrated by Aisha رضي الله عنها

Narrated by Abdullah bin Abi Qatada رضى الله عنهما (from his father) :Abu Qatada went out (on a journey) with Allah's Messenger but he was left behind with some of his companions who were in the state of Ihram. He himself was not in the state of Ihram. They saw an onager before he could see it. When they saw the onager, they did not speak anything till Abu Qatada saw it. So, he rode over his horse called Al-Jarada and requested them to give him his lash, but they refused. So, he himself took it and then attacked the onager and slaughtered it. He ate of its meat and his companions ate, too, but they regretted their eating. When they met the Prophet ﷺ (they asked him about it) and he asked, "Have you some of its meat (left) with you?" Abu Qatada replied, "Yes, we have its leg with us." So, the Prophet ﷺ took and ate it.

*Sahih Al-Bukhari Hadith 4.106*

The Verse of Al-Hijab (veiling of women) was revealed in connection with Zainab bint Jahsh رضى الله عنها. (On the day of her marriage with him) the Prophet ﷺ gave a wedding banquet with bread and meat; and she used to boast before other wives of the Prophet ﷺ and used to say, "Allah married me (to the Prophet) in the Heavens."

*Sahih al Bukhari Hadith 9.517*

*Narrated by Anas Bin Malik ﷺ*

A tailor invited Allah's Messenger ﷺ to a meal which he had prepared. I went with Allah's Messenger ﷺ to that meal, and the tailor served the Prophet ﷺ with barley bread and soup of gourd and cured meat. I saw Allah's Messenger ﷺ picking the pieces of gourd from around the dish, and since then I have kept on liking gourd.

*Sahih Al-Bukhari Hadith 7.350*

*Narrated by Anas bin Malik ﷺ*

Narrated Abu Huraira ﷺ: I heard Allah's Messenger ﷺ saying, "Amongst all those women who ride camels (i.e. Arabs), the ladies of Quraish are the best. They are merciful and kind to their off-spring and the best guardians of their husbands' properties.' Abu Huraira ﷺ added, "Mary the daughter of Imran never rode a camel."

*Sahih Al-Bukhari Hadith 4.643*

*Narrated by Abu Musa Al Ashari ﷺ*

I saw the Prophet being served with soup and containing gourd and cured meat, and I saw him picking and eating the pieces of gourd.

said: I narrated this hadith to Mujahid and he said: This (observing of voluntary fast) is like a person who sets apart Sadaqah out of his wealth. He may spend it if he likes, or he may retain it if he so wishes.

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Allah's Messenger ﷺ said: The ajwah dates of Aliyah contain healing effects and these are antidote in the early morning.

Sahih Muslim Hadith 5083

Narrated by Aisha رضى الله عنها

The family of Muhammad did not eat two meals on one day, but one of the two was of dates.

*Sahih al Bukhari Hadith 8.462*

*Narrated by Aisha رضى الله عنها*

The Prophet ﷺ said: When one of you is fasting, he should break his fast with dates; but if he cannot get any, then (he should break his fast) with water, for water is purifying.

*Sunan Abu Dawood Hadith 2348*

*Narrated by Salman ibn Amir رضى الله عنه*

## MEAT

We were digging (the trench) on the day of (Al-Khandaq ( i.e. Trench)) and we came across a big solid rock. We went to the Prophet ﷺ and said, "Here is a rock appearing across the trench." He said, "I am coming down." Then he got up, and a stone was tied to his belly for we had not eaten anything for three days. So the Prophet ﷺ took the spade and struck the big solid rock and it became like sand. I said, "O Allah's Messenger! Allow me to go home." (When the Prophet ﷺ allowed me) I said to my wife, "I saw the Prophet in a state that I cannot treat lightly. Have you got something (for him) to eat?" She replied, "I have barley and a she-goat." So I slaughtered the she-kid and she ground the barley; then we put the meat in the earthenware cooking pot. Then I came to the Prophet when the dough had become soft and fermented and (the meat in) the pot over the stone trivet had nearly been well-cooked, and said, "I have got a little food prepared, so get up O Allah's Messenger, you and one or two men along with you (for the food)." The Prophet asked, "How much is that food?" I told him about it. He said, "It is abundant and good. Tell your wife not to remove the earthenware pot from the fire and not to take out any bread from the oven till I reach there." Then he said (to all his companions), "Get up." So the Muhajirn (i.e. emigrants) and the Ansar got up. When I came to my wife, I said, "Allah's Mercy be upon you! The Prophet came along with the Muhajirin and the Ansar and those who were present with them." She said, "Did the Prophet ask you (how much food you had)?" I replied, "Yes." Then the Prophet said, "Enter and do not throng." The Prophet started cutting the bread (into pieces) and put the cooked meat over it. He covered the earthenware pot and the oven whenever he took something out of them. He would give the food to his companions and take the meat out of the pot. He went on cutting the bread and scooping the meat (for his companions) till they all ate their fill, and even then, some food remained. Then the Prophet said (to my wife), "Eat and present to others as the people are struck with hunger."

*Sahih Al-Bukhari Hadith 5.427*

*Narrated by Jabir ؓ*

When the Trench was dug, I saw the Prophet in the state of severe hunger. So I returned to my wife and said, "Have you got anything (to eat), for I have seen Allah's Messenger in a state of severe hunger." She brought out for me, a bag containing one Sa

of barley, and we had a domestic she animal (i.e. a kid) which I slaughtered then, and my wife ground the barley and she finished at the time I finished my job (i.e. slaughtering the kid). Then I cut the meat into pieces and put it in an earthenware (cooking) pot, and returned to Allah's Messenger. My wife said, "Do not disgrace me in front of Allah's Messenger and those who are with him." So I went to him and said to him secretly, "O Allah's Messenger! I have slaughtered a she-animal (i.e. kid) of ours, and we have ground a Sa of barley which was with us. So please come, you and another person along with you." The Prophet raised his voice and said, "O people of Trench! Jabir has prepared a meal so let us go." Allah's Messenger said to me, "Don't put down your earthenware meat pot (from the fireplace) or bake your dough till I come." So I came (to my house) and Allah's Messenger too, came, proceeding before the people. When I came to my wife, she said, "May Allah do so-and-so to you." I said, "I have told the Prophet of what you said." Then she brought out to him (i.e. the Prophet) the dough, and he spat in it and invoked for Allah's Blessings in it. Then he proceeded towards our earthenware meat-pot and spat in it and invoked for Allah's Blessings in it. Then he said (to my wife), -Call a lady-baker to bake along with you and keep on taking out scoops from your earthenware meat-pot, and do not put it down from its fireplace." They were one-thousand (who took their meals), and by Allah they all ate, and when they left the food and went away, our earthenware pot was still bubbling (full of meat) as if it had not decreased, and our dough was still being baked as if nothing had been taken from it.

*Sahih Al-Bukhari Hadith 5.428*

*Narrated by Jabir bin Abdullah ﷺ*

(the wife of the Prophet ﷺ) Three traditions were established concerning situations in which Barira رضى الله عنها was involved: When she was manumitted, she was given the option to keep her husband or leave him; Allah's Messenger ﷺ said, "The wala is for the one who manumits; Once Allah's Messenger ﷺ entered the house while some meat was being cooked in a pot, but only bread and some soup of the house were placed before him. He said, "Don't I see the pot containing meat?" They said, "Yes, but that meat was given to Barira in charity (by someone), and you do not eat what is given in charity." The Prophet said "That meat is alms for her, but for us it is a present."

*Sahih Al-Bukhari Hadith 7.202*

*Narrated by Aisha رضى الله عنها*

Once, while I was sitting with the companions of the Prophet ﷺ at a station on the road to Mecca and Allah's Messenger ﷺ was stationing ahead of us and all the people were assuming Ihram while I was not. My companion saw an onager while I was busy mending my shoes. They did not inform me of the onager but they wished that I would see it. Suddenly I looked and saw the onager. Then I headed towards my horse, saddled it and rode, but I forgot to take the lash and the spear. So I said to them (my companions), "Give me the lash and the spear." But they said, "No, by Allah we will not help you in any way to hunt it." I got angry, dismounted, took it (the spear and the lash), rode (the horse chased the onager and wounded it). Then I brought it when it had died. My companions started eating of its (cooked) meat, but they suspected that it might be unlawful to eat of its meat while they were in a state of Ihram. Then I proceeded further and I kept one of its forelegs with me. When we met Allah's Messenger we asked him about that. He said, "Have you some of its meat with you?" I gave him that foreleg and he ate the meat till he stripped the bone of its flesh although he was in a state of Ihram.

Yahya related to me from Malik from Yahya ibn Said that Umar ibn al-Khattab ؓ said, "Beware of meat. It has addictiveness like the addictiveness of wine."

Yahya related to me from Malik from Yahya ibn Said that Umar ibn al-Khattab ؓ saw Jabir ibn Abdullah ؓ carrying some meat. He said, "What is this?" He said, "Amir al-muminin. We desired meat and I bought some meat for a dirham." Umar ؓ said, "Does one of you want to fill his belly apart from his neighbour or nephew? How can you overlook this ayat? 'You squandered your good things in the life of this world and sought comfort in them.' " (Sura 46 ayat 20).

*Sahih Al-Bukhari Hadith 7.318*

*Narrated by Abu Qatada ؓ*

The Prophet ﷺ ate of the meat of a shoulder (by cutting the meat with his teeth), and then got up and offered the prayer without performing the ablution anew. Narrated Ibn 'Abbas رضى الله عنهما: The Prophet ﷺ took out a bone with meat on it from a cooking pot and ate of it, and then offered the prayer without performing ablution anew.

*Sahih al Bukhari Hadith 7.316*

*Narrated by Ibn Abbas ؓ*



Narrated by Abdullah bin Abi Qatada رضى الله عنهما (from his father) :Abu Qatada went out (on a journey) with Allah's Messenger but he was left behind with some of his companions who were in the state of Ihram. He himself was not in the state of Ihram. They saw an onager before he could see it. When they saw the onager, they did not speak anything till Abu Qatada saw it. So, he rode over his horse called Al-Jarada and requested them to give him his lash, but they refused. So, he himself took it and then attacked the onager and slaughtered it. He ate of its meat and his companions ate, too, but they regretted their eating. When they met the Prophet ﷺ (they asked him about it) and he asked, "Have you some of its meat (left) with you?" Abu Qatada replied, "Yes, we have its leg with us." So, the Prophet ﷺ took and ate it.

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The Verse of Al-Hijab (veiling of women) was revealed in connection with Zainab bint Jahsh رضى الله عنها. (On the day of her marriage with him) the Prophet ﷺ gave a wedding banquet with bread and meat; and she used to boast before other wives of the Prophet ﷺ and used to say, "Allah married me (to the Prophet) in the Heavens."

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*Narrated by Anas Bin Malik ﷺ*

A tailor invited Allah's Messenger ﷺ to a meal which he had prepared. I went with Allah's Messenger ﷺ to that meal, and the tailor served the Prophet ﷺ with barley bread and soup of gourd and cured meat. I saw Allah's Messenger ﷺ picking the pieces of gourd from around the dish, and since then I have kept on liking gourd.

*Sahih Al-Bukhari Hadith 7.350*

*Narrated by Anas bin Malik ﷺ*

Narrated Abu Huraira ؓ: I heard Allah's Messenger ﷺ saying, "Amongst all those women who ride camels (i.e. Arabs), the ladies of Quraish are the best. They are merciful and kind to their off-spring and the best guardians of their husbands' properties.' Abu Huraira ؓ added, "Mary the daughter of Imran never rode a camel."

*Sahih Al-Bukhari Hadith 4.643*

*Narrated by Abu Musa Al Ashari ﷺ*

I saw the Prophet being served with soup and containing gourd and cured meat, and I saw him picking and eating the pieces of gourd.

*Sahih Al-Bukhari Hadith 7.348**Narrated by Anas* ﷺ

I was eating with the Prophet ﷺ and snatching the meat from the bone with my hand. He said: bring the bone near your mouth, for it is more beneficial and wholesome.

*Sunan of Abu-Dawood Hadith 3770**Narrated by Safwan ibn Umayyah* ﷺ

Allah's Messenger ﷺ slaughtered his sacrificial animal and then said: Thawban, make his meat usable (for journey), and I continuously served him that until he arrived in Medina.

*Sahih Muslim Hadith 4863**Narrated by Thawban* ﷺ

The Messenger of Allah ﷺ said: Do not eat meat with a knife, for it is a foreign practice, but bite it, for it is more beneficial and wholesome.

*Sunan of Abu-Dawood Hadith 376 Narrated by Aisha, Ummul Mu'minin* رضى الله عنها

Mahmud bin Ar rabi Al Ansari ﷺ narrates that he remembered Allah's Messenger ﷺ and he also remembered a mouthful of water which he had thrown on his face, after taking it from a well that was in their house. Mahmud said that he had heard Itban bin Malik, who was present with Allah's Messenger ﷺ in the battle of Badr saying, "I used to lead my people at Bani Salim in the prayer and there was a valley between me and those people. Whenever it rained it used to be difficult for me to cross it to go to their mosque. So I went to Allah's Messenger ﷺ and said, 'I have weak eyesight and the valley between me and my people flows during the rainy season and it becomes difficult for me to cross it; I wish you would come to my house and pray at a place so that I could take that place as a praying place.' Allah's Messenger ﷺ said, 'I will do so.' So Allah's Messenger ﷺ and Abu Bakr ﷺ came to my house in the (next) morning after the sun had risen high. Allah's Messenger ﷺ asked my permission to let him in and I admitted him. He did not sit before saying, 'Where do you want us to offer the prayer in your house?' I pointed to the place where I wanted him to pray. So Allah's Messenger ﷺ stood up for the prayer and started the prayer with Takbir and we aligned in rows behind him; and he offered two Rakat, and finished them with Taslim, and we also performed Taslim with him. I detained him for a meal called "Khazir" which I had prepared for him. ("Khazir" is a special type of dish prepared from barley flour and meat soup).

When the neighbors got the news that Allah's Messenger ﷺ was in my house, they poured it till there were a great number of men in the house. One of them said, 'What is wrong with Malik, for I do not see him?' One of them replied, 'He is a hypocrite and does not love Allah and His Messenger.' On that Allah's Messenger ﷺ said, 'Don't say this. Haven't you seen that he said, 'None has the right to be worshipped but Allah for Allah's sake only.' The man replied, 'Allah and His Messenger know better; but by Allah, we never saw him but helping and talking with the hypocrites.' Allah's Messenger ﷺ replied, 'No doubt, whoever says, none has the right to be worshipped but Allah, and by that he wants the pleasures of Allah, then Allah will save him from Hell.' " Mahmud added, "I told the above narration to some people, one of whom was Abu Aiyub ؓ, the companion of Allah's Messenger ﷺ in the battle in which he (Abu Aiyub) died and Yazid bin Mu'awiya was their leader in Roman Territory. Abu Aiyub ؓ denounced the narration and said, 'I doubt that Allah's Messenger ﷺ ever said what you have said.' I felt that too much, and I vowed to Allah that if I remained alive in that holy battle, I would (go to Medina and) ask Itban bin Malik if he was still living in the mosque of his people. So when he returned, I assumed Ihram for Hajj or 'Umra and then I proceeded on till I reached Medina. I went to Bani Salim and Itban bin Malik, who was by then an old blind man, was leading his people in the prayer. When he finished the prayer, I greeted him and introduced myself to him and then asked him about that narration. He told that narration again in the same manner as he had narrated it the first time."

*Sahih Al-Bukhari Hadith 2.279*

My father said, "I saw Allah's Messenger eating a piece of meat from the shoulder of a sheep and he was called for the prayer. He stood up, put down the knife and prayed but did not perform ablution."

*Sahih Al-Bukhari Hadith 1.643*

*Narrated by Jafar bin Amr bin Umalya*

Aisha رضى الله عنها (the wife of the Prophet ﷺ) narrates that whenever one of her relatives died, the women assembled and then dispersed (returned to their houses) except her relatives and close friends. She would order that a pot of Talbina be cooked. Then Tharid (a dish prepared from meat and bread) would be prepared

and the Talbina would be poured on it. 'Aisha would say (to the women), "Eat of it, for I heard Allah's Messenger ﷺ saying, 'The Talbina soothes the heart of the patient and relieves him from some of his sadness.' "

*Sahih Al-Bukhari Hadith 7.328*

Allah's Messenger ﷺ was brought some bread and meat when he was in the mosque, and he ate and we ate along with him. He then stood up and prayed and we prayed along with him, doing no more than wiping our hands with pebbles.

*Al-Tirmidhi Hadith 4213*

*Narrated by Abdullah ibn al-Harith ibn Jaz' ﷺ*

We were brought a platter with a large amount of tharid and slices of boneless meat and I plunged in my hand in all directions, but Allah's Messenger ﷺ ate what was in front of him. He seized my right hand with his left and said, "Eat from one place, Ikrash, for it is all one kind of food." Afterwards we were brought a plate containing various kinds of dates and I began to eat what was in front of me while the hand of Allah's Messenger ﷺ went round on the plate. He then said, "Eat where you wish, Ikrash, for it is not all one kind." Next, water was brought to us and when Allah's Messenger ﷺ had washed his hands and wiped his face, forearms and head with the moisture on the palms of his hands, he said, "This, Ikrash, is the ablution for what has been changed by fire."

*Al-Tirmidhi Hadith 4233*

*Narrated by Ikrash ibn Dhu'ayb ﷺ*

The Messenger of Allah ﷺ took a shoulder (of goat's meat) and after wiping his hand with a cloth on which he was sitting, he got up and prayed.

*Sunan of Abu-Dawood Hadith 189* *Narrated by Abdullah ibn Abbas رضى الله عنهما*

The Messenger of Allah ﷺ dressed himself, and then went out for prayer, when he was presented with bread and meat. He took three morsels out of that, and then offered prayer along with other people and did not touch water.

*Sahih Muslim Hadith 698*

*Narrated by Abdullah ibn Abbas رضى الله عنهما*

I offered roasted meat to the Prophet ﷺ, he ate it and then got up for prayer without performing ablution.

*Al-Tirmidhi Hadith 325*

*Narrated by Umm Salamah ﷺ*

Once they slaughtered a goat (and distributed most of its meat). Then the Prophet ﷺ said: What is left now? Aisha رضى الله عنها

answered: Nothing except a shank. He remarked: (In fact) all of it is saved except the shank.

*Al-Tirmidhi Hadith 558*

*Narrated by Aisha رضى الله عنها*

Allah's Messenger ﷺ was brought some meat, and when the foreleg, which was a part he liked, was offered to him he took a bite of it.

*Al-Tirmidhi Hadith 4214*

*Narrated by Abu Hurayrah رضى الله عنه*

Al-Mughirah ibn Shu'bah narrates: One night I became the guest of the Prophet ﷺ. He ordered that a piece of mutton be roasted, and it was roasted. He then took a knife and began to cut the meat with it for me. In the meantime Bilal came and called him for prayer. He threw the knife and said: What happened! may his hands be smeared with earth! He then stood for offering prayer. Al-Anbari added: My moustaches became lengthy. He trimmed them by placing a tooth-stick; or he said: I shall trim your moustaches by placing the tooth-stick there.

*Sunan of Abu-Dawood Hadith 188*

I, Ubayy, AbuTalhah were sitting and were busy eating meat and bread. I called for water (to perform ablution). They said: Why do you perform ablution? I said: It is because of the food we had. They said: Do you perform ablution after eating things that are good? He (i.e. the Prophet, ﷺ) who was better than you did not perform ablution (because of eating good things).

*Al-Tirmidhi Hadith 329*

*Narrated by Anas ibn Malik رضى الله عنه*

A banquet of bread and meat was held on the occasion of the marriage of the Prophet ﷺ to Zainab bint Jahsh رضى الله عنها. I was sent to invite the people (to the banquet), and so the people started coming (in groups); They would eat and then leave. Another batch would come, eat and leave. So I kept on inviting the people till I found nobody to invite. Then I said, "O Allah's Prophet! I do not find anybody to invite." He said, "Carry away the remaining food." Then a batch of three persons stayed in the house chatting. The Prophet ﷺ left and went towards the dwelling place of 'Aisha رضى الله عنها and said, "Peace and Allah's Mercy be on you, O the people of the house!" She replied, "Peace and the mercy of Allah be on you too. How did you find your wife? May Allah bless you." Then he went to the dwelling places of all his other wives and said to them the same as he said to 'Aisha and they said to him the same as 'Aisha رضى الله عنها had said to

him. Then the Prophet ﷺ returned and found a group of three persons still in the house chatting. The Prophet ﷺ was a very shy person, so he went out (for the second time) and went towards the dwelling place of 'Aisha رضى الله عنها. I do not remember whether I informed him that the people have gone away. So he returned and as soon as he entered the gate, he drew the curtain between me and him, and then the Verse of Al-Hijab was revealed.

*Sahih Al-Bukhari Hadith 6.316*

*Narrated by Anas ؓ*

Jabir bin 'Abdullah ؓ said, "When Allah's Messenger ﷺ arrived at Medina, he slaughtered a camel or a cow." Jabir ؓ added, "The Prophet ﷺ bought a camel from me for two Uqiyas (of gold) and one or two Dirhams. When he reached Sirar, he ordered that a cow be slaughtered and they ate its meat. When he arrived at Medina, he ordered me to go to the mosque and offer two Rakat, and weighed (and gave) me the price of the camel."

*Sahih Al-Bukhari Hadith 4.322*

*Narrated by Muharib bin Dithar ؓ*

AbuRafi' ؓ was presented with a sheep so he put it in an earthen pot (and placed it on the fire to be cooked). Then Allah's Messenger ﷺ happened to come there and he said: AbuRafi', what is this? He said: Allah's Messenger, it is sheep which was presented to us and I have cooked it in the earthen pot. He said: AbuRafi', give me the foreleg. So I gave him the foreleg. He said: Give me the other foreleg, and I gave him the other foreleg. He then said: Give me the other foreleg, whereupon AbuRafi' said: Allah's Messenger, the sheep has only two forelegs. Thereupon Allah's Messenger ﷺ said: Had you remained silent you would have managed to give me one foreleg after another as long as you had observed silence. He then called for water, rinsed his mouth, washed the tips of his fingers, then got up and observed prayer. Then he came back to them and found that they had cold meat. He ate, then entered the mosque, observed prayer and did not touch water.

*Al-Tirmidhi Hadith 327*

*Narrated by Abu Rafi' ؓ*

I saw Allah's Messenger ﷺ and ate with him bread and meat, or he said Tharid (bread soaked in soup). I said to him: Did Allah's Messenger ﷺ seek forgiveness for you? He said: Yes, and for you, and he then recited this verse: "Ask forgiveness for thy sin and for the believing men and believing women" (xivii.19) I then went after him and saw the Seal of Prophethood between his

shoulders on the left side of his shoulder having spots on it like moles.

*Sahih Muslim Hadith 5793*

*Narrated by Abdullah ibn Sarjis*

I testify that I used to roast the liver of the goat for the Messenger of Allah ﷺ and then he offered prayer but did not perform ablution.

*Sahih Muslim Hadith 695*

*Narrated by Abu Rafi' ﷺ*

## CHICKEN

When Abu Musa arrived (at Kufa as a governor) he honored this family of Jarm (by paying them a visit). I was sitting near to him, and he was eating chicken as his lunch, and there was a man sitting amongst the people. Abu Musa invited the man to the lunch, but the latter said, "I saw chickens (eating something (dirty) so I consider them unclean." Abu Musa said, "Come on! I saw the Prophet eating it (i.e. chicken)." The man said "I have taken an oath that I will not eat (chicken)." Abu Musa said, "Come on! I will tell you about your oath. We, a group of Al-Ash'ariyin people went to the Prophet and asked him to give us something to ride, but the Prophet refused. Then we asked him for the second time to give us something to ride, but the Prophet took an oath that he would not give us anything to ride. After a while, some camels of booty were brought to the Prophet and he ordered that five camels be given to us. When we took those camels we said, 'We have made the Prophet forget his oath, and we will not be successful after that.' So I went to the Prophet and said, 'O Allah's Messenger! You took an oath that you would not give us anything to ride, but you have given us.' He said, 'Yes, for if I take an oath and later I see a better solution than that, I act on the later (and gave the expiation of that oath).'"

*Sahih Bukhari Hadith 5.668*

*Narrated by Zahdam*

Abu Musa Al Ashari ﷺ narrates: I saw the Prophet ﷺ eating chicken.

*Sahih Bukhari Hadith 7.426*

## FISH

We set out in the army of Al-Khabt and Abu Ubaida ﷺ was the commander of the troops. We were struck with severe hunger and the sea threw out a dead fish the like of which we had never seen, and it was called Al-'Anbar. We ate of it for half a month. Abu Ubaida took (and fixed) one of its bones and a rider passed underneath it (without touching it). (Jabir ﷺ added:) Abu 'Ubaida ﷺ said (to us), "Eat (of that fish)." When we arrived at Medina, we informed the Prophet ﷺ about that, and he said, "Eat, for it is food Allah has brought out for you, and feed us if you have some of it." So some of them gave him (of that fish) and he ate it.

*Sahih Bukhari Hadith 5.648*

*Narrated by Jabir ﷺ*

Allah's Messenger ﷺ said, "Two types of animals which have died a natural death and two types of blood have been made allowable to us: the two which die a natural death being the fish and the locust, and the two types of blood being the liver and the spleen."

*Al Tirmidhi Hadith 4132*    *Narrated by Abdullah ibn Umar رضي الله عنهما*

## BUSTARD

Safinah said, "I ate with Allah's Messenger ﷺ the flesh of a bustard."

*Al-Tirmidhi Hadith 4126*

*Narrated by Safinah ﷺ*

## RABBIT

We chased a rabbit at Mar-al-Zahran and the people ran after it but were exhausted. I overpowered and caught it, and gave it to Abu Talha ﷺ who slaughtered it and sent its hip or two thighs to Allah's Messenger. (The narrator confirms that he sent two thighs). The Prophet accepted that. (The sub-narrator asked Anas, "Did the Prophet eat from it?" Anas replied, "He ate from it.")

*Sahih Al-Bukhari Hadith 3.746*

*Narrated by Anas ﷺ*



## THARID & TALBINA

The food the Messenger of Allah ﷺ liked best was tharid made from bread and tharid made from Hays.

*Sunan of Abu-Dawood Hadith 3774 Narrated by Abdullah ibn Abbas رضى الله عنهما*

Allah's Messenger said, "Many amongst men reached (the level of) perfection but none amongst the women reached this level except Asia, Pharaoh's wife, and Mary, the daughter of 'Imran. And no doubt, the superiority of 'Aisha to other women is like the superiority of Tharid (i.e. a meat and bread dish) to other meals."

*Sahih Al-Bukhari Hadith 4.623*

*Narrated by Abu Musa رضى الله عنه*

Aisha رضى الله عنها (the wife of the Prophet ﷺ) narrates that whenever one of her relatives died, the women assembled and then dispersed (returned to their houses) except her relatives and close friends. She would order that a pot of Talbina be cooked. Then Tharid (a dish prepared from meat and bread) would be prepared and the Talbina would be poured on it. 'Aisha رضى الله عنها would say (to the women), "Eat of it, for I heard Allah's Messenger ﷺ saying, 'The Talbina soothes the heart of the patient and relieves him from some of his sadness.' "

*Sahih Al-Bukhari Hadith 7.328*

I went along with the Prophet to the house of a young tailor of his. The tailor presented a dish of Tharid to the Prophet ﷺ and resumed his work. The Prophet ﷺ started picking the pieces of gourd and I too, started picking them and putting it before him. Since then I have always loved (to eat) gourd.

*Sahih Al-Bukhari Hadith 7.331*

*Narrated by Anas رضى الله عنه*

The Prophet ﷺ was brought a dish containing tharid and said, "Eat from its sides and not from the middle, for the blessing descends in the middle of it."

Tirmidhi, Ibn Majah and Darimi transmitted it, Tirmidhi saying this is a hasan sahih tradition. In AbuDawud's version the Prophet ﷺ said, "When one of you eats he must not eat from the top of the dish, but from the bottom, for the blessing descends from the top of it."

*Al-Tirmidhi Hadith 4211*

*Narrated by Abdullah ibn Abbas رضى الله عنهما*

We were brought a platter with a large amount of tharid and slices of boneless meat and I plunged in my hand in all directions, but Allah's Messenger ate what was in front of him. He seized my right hand with his left and said, "Eat from one place, Ikrash, for it is all one kind of food." Afterwards we were brought a plate containing various kinds of dates and I began to eat what was in front of me while the hand of Allah's Messenger ﷺ went round on the plate. He then said, "Eat where you wish, Ikrash, for it is not all one kind." Next, water was brought to us and when Allah's Messenger ﷺ had washed his hands and wiped his face, forearms and head with the moisture on the palms of his hands, he said, "This, Ikrash, is the ablution for what has been changed by fire."

*Al-Tirmidhi Hadith 4233*

*Narrated by Ikrash ibn Dhu'ayb ؓ*

Asma' bint Abu Bakr رضى الله عنها narrates that when she was brought tharid she ordered it to be covered until the force of its steam had gone, saying she had heard Allah's Messenger (ﷺ and grant him peace) say it was more effective in producing a blessing.

*Al-Tirmidhi Hadith 4241*

The Prophet ﷺ had a bowl called gharra'. It was carried by four persons. When the sun rose high, and they performed the forenoon prayer, the bowl in which tharid was prepared was brought, and the people gathered round it. When they were numerous, the Messenger of Allah ﷺ said: Allah has made me a respectable servant, and He did not make me an obstinate tyrant. The Messenger of Allah ﷺ said: Eat from it sides and leave its top, the blessing will be conferred on it

*Sunan of Abu-Dawood Hadith 3764*

*Narrated by Abdullah ibn Busr ؓ*

I saw Allah's Messenger ﷺ and ate with him bread and meat, or he said Tharid (bread soaked in soup). I said to him: Did Allah's Messenger ﷺ seek forgiveness for you? He said: Yes, and for you, and he then recited this verse: "Ask forgiveness for thy sin and for the believing men and believing women" (xivii.19) I then went after him and saw the Seal of Prophethood between his shoulders on the left side of his shoulder having spots on it like moles.

*Sahih Muslim Hadith 5793*

*Narrated by Abdullah ibn Sarjis ؓ*

'Aisha رضى الله عنها used to recommend At-Talbina for the sick and for such a person as grieved over a dead person. She used to say, "I heard Allah's Messenger ﷺ saying, 'At-Talbina gives rest to the

heart of the patient and makes it active and relieves some of his sorrow and grief.' "

*Sahih Al-Bukhari Hadith 7.593*

*Narrated by Ursa*

'Aisha رضى الله عنها used to recommend At-Talbina and used to say, "It is disliked (by the patient) although it is beneficial."

*Sahih Al-Bukhari Hadith 7.594*

*Narrated by Hishams father*

# YOGHURT

"Whenever the Prophet ﷺ passed by (my mother Um-Sulaim رضى الله عنها) he used to enter her and greet her. Anas ؓ further said: Once the Prophet ﷺ was a bridegroom during his marriage with Zainab رضى الله عنها, Um Sulaim said to me, "Let us give a gift to Allah's Messenger." I said to her, "Do it." So she prepared Haisa (a sweet dish) made from dates, butter and dried yoghurt and she sent it with me to him. I took it to him and he said, "Put it down," and ordered me to call some men whom he named, and to invite whomever I would meet. I did what he ordered me to do, and when I returned, I found the house crowded with people and saw the Prophet ﷺ keeping his hand over the Haisa and saying over it whatever Allah wished (him to say). Then he called the men in batches of ten to eat of it, and he said to them, "Mention the Name of Allah, and each man should eat of the dish the nearest to him." When all of them had finished their meals, some of them left and a few remained there talking, over which I felt unhappy. Then the Prophet ﷺ went out towards the dwelling places (of his wives) and I too, went out after him and told him that those people had left. Then he returned and entered his dwelling place and let the curtains fall while I was in (his) dwelling place, and he was reciting the Verses: 'O you who believe! Enter not the Prophet's house until leave is given you for a meal, (and then) not (as early as) to what for its preparation. But when you are invited, enter, and when you have taken your meals, disperse without sitting for a talk. Verily such (behavior) annoys the Prophet; and he would be shy of (asking) you (to go), but Allah is not shy of (telling you) the Truth.' " (33-53) Abu Uthman said: "Anas ؓ said; 'I served the Prophet ﷺ for ten years.' "

*Sahih Al-Bukhari Hadith 7.92B*

*Narrated by Anas bin Malik*

The Prophet ﷺ halted to consummate his marriage with Safiyya رضى الله عنها. I invited the Muslims to his wedding banquet. He ordered that leather dining sheets be spread. Then dates, dried yoghurt and butter were put on those sheets. Anas ؓ added: The Prophet ﷺ consummated his marriage with Safiyya رضى الله عنها (during a journey) whereupon Hais (sweet dish) was served on a leather dining sheet.

*Sahih Al-Bukhari Hadith 7.299*

*Narrated by Anas ؓ*

# VEGETABLES

## GOURD

I was a young boy when I once was walking with Allah's Messenger ﷺ. Allah's Messenger ﷺ entered the house of his slave tailor and the latter brought a dish filled with food covered with pieces of gourd. Allah's Messenger ﷺ started picking and eating the gourd. When I saw that, I started collecting and placing the gourd before him. Then the slave returned to his work. Anas ؓ added: I have kept on loving gourd since I saw Allah's Messenger ﷺ doing what he was doing.

*Sahih Al-Bukhari Hadith 7.346*

*Narrated by Anas ؓ*

I heard Anas bin Malik ؓ saying, "A tailor invited Allah's Messenger ﷺ to a meal which he had prepared. " Anas bin Malik ؓ said, "I accompanied Allah's Messenger ﷺ to that meal. He served the Prophet ﷺ with bread and soup made with gourd and dried meat. I saw the Prophet ﷺ taking the pieces of gourd from the dish." Anas ؓ added, "Since that day I have continued to like gourd."

*Sahih Al-Bukhari Hadith 3.305*

*Narrated by Ishaq bin Abdullah bin Abu Talha*

A tailor invited Allah's Messenger ﷺ to a meal which he had prepared. I went with Allah's Messenger ﷺ to that meal, and the tailor served the Prophet ﷺ with barley bread and soup of gourd and cured meat. I saw Allah's Messenger ﷺ picking the pieces of gourd from around the dish, and since then I have kept on liking gourd.

*Sahih Al-Bukhari Hadith 7.350*

*Narrated by Anas bin Malik ؓ*

A tailor invited Allah's Messenger ﷺ to a meal which he had prepared. I went along with Allah's Messenger ﷺ and saw him seeking to eat the pieces of gourd from the various sides of the dish. Since that day I have liked to eat gourd. 'Umar bin Abi Salama said: The Prophet said to me, "Eat with your right hand."

*Sahih Al-Bukhari Hadith 7.291*

*Narrated by Anas bin Malik ؓ*

I saw the Prophet ﷺ being served with soup and containing gourd and cured meat, and I saw him picking and eating the pieces of gourd.

*Sahih Al-Bukhari Hadith 7.348*

*Narrated by Anas ؓ*

## BEETROOT

Allah's Messenger ﷺ came in to visit me, accompanied by Ali ﷺ, when we had some ripening dates hung up. He began to eat, and Ali along with him, but Allah's Messenger said to Ali, "Stop, Ali, for you are convalescing." I then prepared some beetroot and barley for them and the Prophet ﷺ said, "Take some of this, Ali, for it will be more beneficial for you."

*Al-Tirmidhi Hadith 4216*

*Narrated by Umm al-Mundhir رضى الله عنها*

## ARAK

We were with Allah's Messenger ﷺ picking the fruits of the 'Arak trees, and Allah's Messenger ﷺ said, "Pick the black fruit, for it is the best." The companions asked, "Were you a shepherd?" He replied, "There was no prophet who was not a shepherd."

*Sahih Al-Bukhari Hadith 4.618*

*Narrated by Jabir bin Abdullah*

## TRUFFLES

When some of the companions of Allah's Messenger ﷺ remarked to him that truffles were the smallpox of the earth, he replied, "Truffles are a kind of manna, and their juice is a remedy for the evil eye. The ajwah dates come from Paradise, and they are a remedy for poison." Abu Hurayrah said that he took three, five, or seven truffles, pressed them, put their juice in a bottle and applied it as an eye-lotion to a slave-girl of his who was bleary-eyed, and she recovered.

*Al-Tirmidhi Hadith 4569*

*Narrated by Abu Hurayrah*

Tirmidhi transmitted it, saying this is a hasan tradition.

I heard the Prophet ﷺ saying, "Truffles are like Manna (i.e. they grow naturally without man's care) and their water heals eye diseases."

*Sahih Al-Bukhari Hadith 7.609*

*Narrated by Said bin Zaid*

## CUCUMBER

I saw Allah's Messenger ﷺ eating fresh dates with snake cucumber.

*Sahih Al-Bukhari Hadith 7.351*

*Narrated by Abdullah bin Jafar bin Abi Talib*

## PUMPKIN

Yahya related to me from Malik that Ishaq ibn Abdullah ibn Abi Talha heard Anas ibn Malik say that a certain tailor invited the

Messenger of Allah, may Allah bless him and grant him peace, to eat some food which he had prepar

Anas ﷺ said, "I went with the Messenger of Allah, may Allah bless him and grant him peace, to eat the food. He served barley bread and a soup with pumpkin in it. I saw the Messenger of Allah, may Allah bless him and grant him peace, going after the pumpkin around the dish, so I have always liked pumpkin since that day."

*Muwatta 28.51*

# FRUITS

## MELON

The Messenger of Allah ﷺ used to eat melon with fresh dates, and he used to say: The heat of the one is broken by the coolness of the other, and the coolness of the one by the heat of the other.

*Sunan of Abu-Dawood Hadith 3827 Narrated by Aisha, Ummul Mu'minin رضى الله عنها*

## RAISINS

Safiyyah, daughter of Atiyyah, said: I entered upon Aisha with some women of Abdul Qays, and asked her about mixing dried dates and raisins (for drink). She replied: I used to take a handful of dried dates and a handful of raisins and put them in a vessel, and then crush them (and soak in water). Then I would give it to the Prophet ﷺ to drink.

*Sunan of Abu-Dawood Hadith 3699 Narrated by Aisha, Ummul Mu'minin رضى الله عنها*

We came to the Prophet ﷺ and said to him: Messenger of Allah, you know who we are, from where we are and to whom we have come. He said: To Allah and His Messenger. We said: Messenger of Allah, we have grapes; what should we do with them? He said: Make them raisins. We then asked: What should we do with raisins? He replied: Steep them in the morning and drink in the evening, and steep them in the evening and drink in the morning. Steep them in skin vessels and do not steep them in earthen jar, for if it is delayed in pressing, it becomes vinegar.

*Sunan of Abu-Dawood Hadith 3701*

*Narrated by Ad-Daylami*

Anas ؓ or someone else told that Allah's Messenger ﷺ asked permission to enter the house of Sa'd ibn Ubadah ؓ saying, "Peace and Allah's mercy be upon you." Sa'd replied, "And upon you be peace and Allah's mercy," but did not speak loud enough for the Prophet to hear. He gave the salutation three times and Sa'd ؓ responded three times, but did not speak loud enough for him to hear, so the Prophet ﷺ went away. Sa'd went after him and said, "Messenger of Allah, for whom I would give my father and mother as ransom, you did not give a salutation without my hearing it and responding to you, but I did not speak loud enough for you to hear because I wanted to receive many of your salutations and so receive great blessing." They then entered the house and he offered him raisins which Allah's Messenger ﷺ ate. Then when he finished he said, "May the righteous eat your food,



may the angels invoke blessings on you, and may those who have been fasting break their fast with you!"

*Al-Tirmidhi Hadith 4249*

*Narrated by Anas ibn Malik ؓ*

Abdullah ibn as-Samit reported that AbuDharr ؓ said: We set out from our tribe Ghifar who look upon the prohibited months as permissible months. My brother Unays, our mother and I stayed with our maternal uncle who treated us well. The men of his tribe felt jealous and they said: When you are away from your house, Unays commits adultery with your wife. Our maternal uncle came and he accused us of the sin about which he had been informed. I said: You have undone the good you did to us. We cannot stay with you after this. We came to our camels and loaded (our) luggage. Our maternal uncle began to weep, covering himself with (a piece of) cloth. We proceeded until we encamped by the side of Mecca. Unays cast lot on the camels (we had) and an equal number (above that). They both went to a Kahin and he made Unays win and Unays came with our camels and an equal number along with them. He (AbuDharr) said: My nephew, I used to observe prayer three years before my meeting with Allah's Messenger ﷺ. I said: To whom did you say your prayer? He said: To Allah. I said: In which direction did you turn your face (for observing prayer)? He said: I used to turn my face as Allah has directed me to turn my face. I used to observe the night prayer towards the end of night and I fell down in prostration like a mantle until the sun rose over me. Unays said: I have work in Mecca, so you had better stay here. Unays continued until he came to Mecca and he came back to me late. I said: What did you do? He said: I met a person in Mecca who is of your religion and he claims that verily it is Allah Who has sent him. I said: What do the people say about him? He said: They say that he is a poet or a Kahin or magician. Unays who was himself one of the poets said: I have heard the words of a Kahin but his words in no way resemble his (words). I also compared his words with the verses of poets but such words cannot be uttered by any poet. By Allah, he is truthful and they are liars. Then I said: You stay here while I go to see him. He said: I came to Mecca and I selected an insignificant person from amongst them and said to him: Where is he whom you call a Sabi? He pointed towards me, saying: He is Sabi. Thereupon the people of the valley attacked me with sods and bows until I fell down unconscious. I stood up after regaining consciousness and I found that I resembled a red idol. I came to

Zamzam, washed blood from myself and drank water from it. Listen, O son of my brother, I stayed there for thirty nights or days and there was no food for me but the water of Zamzam. And I became so emaciated that there appeared wrinkles upon my stomach, yet I did not feel any hunger in my stomach. It was during this time that the people of Mecca slept during the moonlit night and there was none to circumambulate the House except two women who had been invoking the name of Isafa and Na'ilah (the two idols). They came to me while on their circuit and I said: Marry one to the other, but they did not dissuade from their invocation. They came to me and I said to them: Insert wood (in the idols' private parts). (I said this to them in such plain words) as I could not express it in metaphorical terms. These women went away crying and saying: Had there been one amongst our people (he would have taught a lesson to you for the obscene words used for our idols before us). These women met Allah's Messenger ﷺ and Abu Bakr who had also been coming down the hill. He asked them: What has happened to you? They said: It is Sabi, who has hidden himself between the Ka'bah and its curtain. He said: What did he say to you? They said: He uttered such words before us as we cannot express. Allah's Messenger ﷺ came and he kissed the Black Stone, circumambulated the House along with his companion and then observed prayer. Abu Dharr said: When he had finished his prayer, I was the first to greet him with the salutation of peace and uttered (the words) in this way Allah's Messenger, may there be peace upon you. Thereupon he said: May it be upon you too, and the mercy of Allah. He then said: Who are you? I said: From the tribe of Ghifar. He praised his hand and placed his finger on his forehead and I said to myself: Perhaps he does not like my belonging to the tribe of Ghifar. I attempted to catch hold of his hand but his friend, who knew about him more than I, dissuaded me from doing so. He then lifted his head and said: For how long have you been here? I said: I have been here for the last thirty nights or days. He said: Who has been feeding you? I said: There has been no food for me but the water of Zamzam. I have grown so emaciated that there are wrinkles upon my stomach and I do not feel any hunger. He said: It is blessed (water) and it also serves as food. Thereupon Abu Bakr said: Allah's Messenger, let me serve as a host to him for tonight. Then Allah's Messenger ﷺ proceeded forth, so did Abu Bakr, and I went with them. Abu Bakr opened the door and then he brought for us the raisins of Ta'jif and that

was the first food which I ate there. Then I stayed as long as I had to stay. I then came to Allah's Messenger ﷺ and he said: I have been shown the land abounding in trees and I think it must be that of Yathrib (that is the old name of Medina). You are a preacher to your people on my behalf. I hope Allah will benefit them through you and He will reward you. I came to Unays and he said: What have you done? I said: What I have done is to embrace Islam and testify (to the prophethood of Allah's Messenger). He said: I have no aversion for your religion and I also embrace Islam and testify (to the prophethood of Muhammad). Then both of us came to our mother and she said: I have no aversion for your religion and I also embrace Islam and testify to the prophethood of Muhammad. We then loaded our camels and came to our tribe Ghifar and half of the tribe embraced Islam and their chief was Aymā' ibn Rahadah Ghifari and he was their leader and half of the tribe said: We will embrace Islam when Allah's Messenger ﷺ would come to Medina, and when Allah's Messenger ﷺ came to Medina the remaining half also embraced Islam. Then the tribe Aslam came to the Holy Prophet ﷺ and said: Allah's Messenger, we also embrace Islam like our brothers who have embraced Islam. And they also embraced Islam. Thereupon Allah's Messenger ﷺ said: Allah granted pardon to the tribe of Ghifar and Allah saved (from destruction) the tribe of Aslam.

*Sahih Muslim Hadith 6046*

*Narrated by Abu Dharr ؓ*

## WATER

The Prophet ﷺ forbade the drinking of water direct from the mouth of a water-skin.

*Sahih Al-Bukhari Hadith 7.533*

*Narrated by Ibn Abbas رضى الله عنهما*

Zuhri, on Urwah's authority, told that Aisha رضى الله عنها said the drink Allah's Messenger ﷺ liked best was cold sweet water.

*Al-Tirmidhi Hadith 4282*

*Narrated by Aisha رضى الله عنها*

Tirmidhi transmitted it, saying the sound version is what was transmitted by Zuhri from the Prophet ﷺ in mursal form.

Allah's Messenger ﷺ disapproved the drinking of water while standing.

*Sahih Muslim Hadith 5017*

*Narrated by Anas ibn Malik رضى الله عنه*

The Prophet ﷺ said: Do not drink water in one gulp (or one breath) like a camel, but take it in two or three instalments (with break for breaths); take the name of Allah (i.e. recite Bismillah) when you start drinking and praise Him (say Alhamdulillah) when you finish.

*Al-Tirmidhi Hadith 758*

*Narrated by Abdullah ibn Abbas رضى الله عنهما*

## MILK

Two of my companions and I were so much afflicted by hunger that we had lost our sight and hearing. We presented ourselves (as guests) to the companions of the Holy Prophet ﷺ, but none amongst them would entertain us. So we came to Allah's Messenger ﷺ, and he took us to his residence and there were three goats. Allah's Messenger ﷺ said: Milk these for us. So we milked them and each one of us drank his share and we set aside the share of Allah's Messenger ﷺ. (It was his habit) to come during the night and greet (the people present there) in a manner that would not wake up one who was asleep but make one who was awake hear it. He would then go to the mosque and say prayers, then go to the milk and drink it. Miqdad added: One night Satan came to me when I had taken my share, and he said: Muhammad has gone to the Ansar who will offer him hospitality and he will share what they have them, he has no need this draught (of milk). So I took (that milk) and drank it, and when it had penetrated my stomach and I was certain that there was no way out (but to digest it), Satan aroused (my sense of) remorse and said: Woe be to thee! What have you done? You have taken the drink reserved for Muhammad! When he comes and back not find it, he will curse you. You will be ruined, and thus this world and the hereafter will be lost you. There was a sheet over me; as I pulled it over my feet, my head was uncovered, and as I pulled it over my head, my feet were uncovered. I could not sleep, but my two companions had gone to sleep for they had not done what I had done. There came Allah's Messenger ﷺ and he greeted us in his usual way (by saying As-salamu Alaykum). He came to the mosque and observed prayer, and then came to his drink (milk) and uncovered it but did not find anything in it. He raised his head towards the sky, and I said (to myself) that he (the Holy Prophet) was going to invoke curses upon me and I should be thus ruined. He (the Holy Prophet) said: Allah, feed him who fed me and give drink to him who provided me with drink. I held tight the sheet upon myself (and when he had supplicated), I took hold of the knife and went to the goats (possessed by the Holy Prophet) so that I may slaughter the fattest among them for Allah's Messenger ﷺ. In fact all of them were milking goats. So I took hold of the vessel which belonged to the family of Allah's Messenger ﷺ, in which they used to milk and drink therefrom,

and milked them in that until it was full of frothy milk. I came to Allah's Messenger ﷺ and he said: Have you taken your share of the milk during the night? I said: Drink it, and he drank it. He then handed over (the vessel) to me and I said: Allah's Messenger, drink it. He drank it and handed over (the vessel) to me again. I then perceived that Allah's Messenger ﷺ was satisfied and I had received his blessings. I burst out laughing so hard that I fell upon the ground, whereupon Allah's Messenger ﷺ said: Miqdad, it must be one of your mischiefs. I said: Allah's Messenger, this affair of mine is like this and this, and I have done so. Thereupon, Allah's Messenger ﷺ said: This is nothing but a mercy from Allah. Why did you not give me an opportunity to awaken our two friends and they would have received their share (of the milk)? I said: By Him Who has sent you with Truth, I do not mind whatever you give (to them), and whatever the (other) people happen to receive, when I have received it with you from among the people.

*Sahih Muslim Hadith 5103*

*Narrated by Miqdad ﷺ*

By Allah except Whom none has the right to be worshipped, (sometimes) I used to lay (sleep) on the ground on my liver (abdomen) because of hunger, and (sometimes) I used to bind a stone over my belly because of hunger. One day I sat by the way from where they (the Prophet ﷺ and his companions) used to come out. When Abu Bakr ﷺ passed by, I asked him about a Verse from Allah's Book and I asked him only that he might satisfy my hunger, but he passed by and did not do so. Then Umar ﷺ passed by me and I asked him about a Verse from Allah's Book, and I asked him only that he might satisfy my hunger, but he passed by without doing so. Finally Abu-l-Qasim (the Prophet ﷺ) passed by me and he smiled when he saw me, for he knew what was in my heart and on my face. He said, "O Aba Hirr (Abu Huraira)!" I replied, "Labbaik, O Allah's Messenger!" He said to me, "Follow me." He left and I followed him.

Then he entered the house and I asked permission to enter and was admitted. He found milk in a bowl and said, "From where is this milk?" They said, "It has been presented to you by such-and-such man (or by such and such woman)." He said, "O Aba Hirr!" I said, "Labbaik, O Allah's Messenger!" He said, "Go and call the people of Suffa to me." These people of Suffa were

the guests of Islam who had no families, nor money, nor anybody to depend upon, and whenever an object of charity was brought to the Prophet ﷺ, he would send it to them and would not take anything from it, and whenever any present was given to him, he used to send some for them and take some of it for himself. The order of the Prophet upset me, and I said to myself, "How will this little milk be enough for the people of As-Suffa?" I thought I was more entitled to drink from that milk in order to strengthen myself, but behold! The Prophet ﷺ came to order me to give that milk to them. I wondered what will remain of that milk for me, but anyway, I could not but obey Allah and His Messenger ﷺ so I went to the people of As-Suffa and called them, and they came and asked the Prophet's ﷺ permission to enter. They were admitted and took their seats in the house.

The Prophet ﷺ said, "O Aba-Hirr!" I said, "Labbaik, O Allah's Messenger!" He said, "Take it and give it to them." So I took the bowl (of milk) and started giving it to one man who would drink his fill and return it to me, whereupon I would give it to another man who, in his turn, would drink his fill and return it to me, and I would then offer it to another man who would drink his fill and return it to me. Finally, after the whole group had drunk their fill, I reached the Prophet ﷺ who took the bowl and put it on his hand, looked at me and smiled and said, "O Aba Hirr!" I replied, "Labbaik, O Allah's Messenger!" He said, "There remain you and I." I said, "You have said the truth, O Allah's Messenger!" He said, "Sit down and drink." I sat down and drank. He said, "Drink," and I drank. He kept on telling me repeatedly to drink, till I said, "No. by Allah Who sent you with the Truth, I have no space for it (in my stomach)." He said, "Hand it over to me." When I gave him the bowl, he praised Allah and pronounced Allah's Name on it and drank the remaining milk.

*Sahih Al-Bukhari Hadith 8.459*

*Narrated by Abu Huraira ؓ*

Abu Bakr ؓ came to my father who was at home and purchased a saddle from him. He said to 'Azib. "Tell your son to carry it with me." So I carried it with him and my father followed us so as to take the price (of the saddle). My father said, "O Abu Bakr! Tell me what happened to you on your night journey with Allah's Messenger ﷺ (during Migration)." He said, "Yes, we travelled the whole night and also the next day till midday, when nobody could be seen on the way ( because of the severe heat) . Then

there appeared a long rock having shade beneath it, and the sunshine had not come to it yet. So we dismounted there and I levelled a place and covered it with an animal hide or dry grass for the Prophet to sleep on (for a while). I then said, 'Sleep, O Allah's Messenger, and I will guard you.' So he slept and I went out to guard him. Suddenly I saw a shepherd coming with his sheep to that rock with the same intention we had when we came to it. I asked (him). 'To whom do you belong, O boy?' He replied, 'I belong to a man from Medina or Mecca.' I said, 'Do your sheep have milk?' He said, 'Yes.' I said, 'Will you milk for us?' He said, 'Yes.' He caught hold of a sheep and I asked him to clean its teat from dust, hairs and dirt. (The sub-narrator said that he saw Al-Bara' striking one of his hands with the other, demonstrating how the shepherd removed the dust.) The shepherd milked a little milk in a wooden container and I had a leather container which I carried for the Prophet ﷺ to drink and perform the ablution from. I went to the Prophet ﷺ, hating to wake him up, but when I reached there, the Prophet ﷺ had already awakened; so I poured water over the middle part of the milk container, till the milk was cold. Then I said, 'Drink, O Allah's Messenger!' He drank till I was pleased. Then he asked, 'Has the time for our departure come?' I said, 'Yes.' So we departed after midday. Suraqa bin Malik followed us and I said, 'We have been discovered, O Allah's Messenger!' He said, 'Don't grieve for Allah is with us.' The Prophet ﷺ invoked evil on him (i.e. Suraqa) and so the legs of his horse sank into the earth up to its belly. (The subnarrator, Zuhair is not sure whether Abu Bakr said, "(It sank) into solid earth.") Suraqa said, 'I see that you have invoked evil on me. Please invoke good on me, and by Allah, I will cause those who are seeking after you to return.' The Prophet invoked good on him and he was saved. Then, whenever he met somebody on the way, he would say, 'I have looked for him here in vain.' So he caused whomever he met to return. Thus Suraqa fulfilled his promise."

*Sahih Al-Bukhari Hadith 4.812*

*Narrated by Al Bara bin Azib ﷺ*

I saw Allah's Messenger ﷺ drinking milk. He came to my house and I milked a sheep and then mixed the milk with water from the well for Allah's Messenger ﷺ. He took the bowl and drank while on his left there was sitting Abu Bakr ﷺ, and on his right there was a bedouin. He then gave the remaining milk to the bedouin and said, "The right! The right (first)."

*Sahih Al-Bukhari Hadith 7.516*

*Narrated by Anas bin Malik ﷺ*



Allah's Messenger ﷺ drank milk and then rinsed his mouth and said, "It contains fat." The Prophet ﷺ added: -I was raised to the Lote Tree and saw four rivers, two of which were coming out and two going in. Those which were coming out were the Nile and the Euphrates, and those which were going in were two rivers in paradise. Then I was given three bowls, one containing milk, and another containing honey, and a third containing wine. I took the bowl containing milk and drank it. It was said to me, "You and your followers will be on the right path (of Islam)."

*Sahih Al-Bukhari Hadith 7.514*

*Narrated by Ibn Abbas رضي الله عنهما*

I was in the house of Maymunah رضي الله عنها. The Messenger of Allah ﷺ accompanied by Khalid ibn al-Walid ﷺ entered. Two roasted long-tailed lizards (dabb) placed on the sticks were brought to him. The Messenger of Allah ﷺ spat. Khalid ﷺ said: I think that you abominate it, Messenger of Allah. He said: Yes. Then the Messenger of Allah ﷺ was brought milk, and he drank (it). The Messenger of Allah ﷺ then said: When one of you eats food, he should say: O Allah, bless us in it, and give us food (or nourishment) better than it. When he is given milk to drink he should say: O Allah! bless us in it and give us more of it, for no food or drink satisfies like milk.

*Sunan of Abu-Dawood Hadith 3721*

*Narrated by Abdullah ibn Abbas ؓ*

Allah's Messenger ﷺ said, "On the night of my Ascension to Heaven, I saw (the prophet) Moses who was a thin person with lank hair, looking like one of the men of the tribe of Shanua; and I saw Jesus who was of average height with red face as if he had just come out of a bathroom. And I resemble prophet Abraham more than any of his offspring does. Then I was given two cups, one containing milk and the other wine. Gabriel said, 'Drink whichever you like.' I took the milk and drank it. Gabriel said, 'You have accepted what is natural, (True Religion, i.e. Islam) and if you had taken the wine, your followers would have gone astray.'"

*Sahih Al-Bukhari Hadith 4.607*

*Narrated by Abu Huraira ؓ*

On the day of 'Arafat, some people who were with me, differed about the fasting of the Prophet (sallallahu alahi wa sallam) some said that he was fasting while others said that he was not fasting. So I sent a bowl full of milk to him while he was riding his camel, and he drank that milk.

*Sahih Al-Bukhari Hadith 2.723**Narrated by Um Al Fadl bint Al Harith ؓ*

Yahya related to me from Malik from Abu'n Nadr, the mawla of Umar ibn Ubaydullah, from Umayr, the mawla of Abdullah ibn Abbas ؓ, from Umm al-Fadl bint al-Harith رضى الله عنها, that she was present when some people were arguing on the day of Arafah about whether the Messenger of Allah, may Allah bless him and grant him peace, was fasting or not. Some of them said he was fasting, and some of them said he was not. So she sent a bowl of milk to him while his camel was standing still and he drank.

*Al-Muwatta Hadith 20.133*

Ya'ish ibn Tikhfat al-Ghifari said: My father was one of the people in the Suffah. The Messenger of Allah ﷺ said: Come with us to the house of Aisha. So we went and he said: Give us food, Aisha. She brought hashishah and we ate. He then said: Give us food, Aisha. She then brought haysah as small in quantity as a pigeon and we ate. He then said: Give us something to drink, Aisha. So she brought a bowl of milk, and we drank. Again he said: Give us something to drink, Aisha. She then brought a small cup and we drank. He then said: If you wish, you may spend the night (here), or if you wish, you may go to the mosque. He said: While I was lying on my stomach because of pain in the lung, a man began to shake me with his foot and then said: This is a method of lying which Allah hates. I looked and saw that he was the Messenger of Allah ﷺ.

*Sunan of Abu-Dawood Hadith 5022**Narrated by Tikhfat al-Ghifari ؓ*

The Prophet ﷺ and one of his companions entered upon an Ansari man. The Prophet ﷺ and his companion greeted (the man) and he replied, "O Allah's Messenger! Let my father and mother be sacrificed for you! It is hot," while he was watering his garden. The Prophet ﷺ asked him, "If you have water kept overnight in a water skin, (give us), or else we will drink by putting our mouths in the basin." The man was watering the garden. The man said, "O Allah's Messenger! I have water kept overnight in a water-skin." He went to the shade and poured some water into a bowl and milked some milk from a domestic goat in it. The Prophet drank and then gave the bowl to the man who had come along with him to drink.

*Sahih Al-Bukhari Hadith 7.525**Narrated by Jabir bin Abdullah ؓ*

The Prophet ﷺ came from Mecca with Abu Bakr ؓ. Abu

Bakr ﷺ said, "We passed by a shepherd and at that time Allah's Messenger ﷺ was thirsty. I milked a little milk in a bowl and Allah's Messenger ﷺ drank till I was pleased. Suraqa bin Ju'shum came to us riding a horse (chasing us). The Prophet ﷺ invoked evil upon him, whereupon Suraqa requested him not to invoke evil upon him, in which case he would go back. The Prophet ﷺ agreed.

*Sahih Al-Bukhari Hadith 7.512*

*Narrated by Al Bara ﷺ*

A tumbler (full of milk or water) was brought to the Prophet ﷺ who drank from it, while on his right side there was sitting a boy who was the youngest of those who were present and on his left side there were old men. The Prophet ﷺ asked, "O boy, will you allow me to give it (i.e. the rest of the drink) to the old men?" The boy said, "O Allah's Messenger! I will not give preference to anyone over me to drink the rest of it from which you have drunk." So, the Prophet ﷺ gave it to him.

*Sahih Al-Bukhari Hadith 3.541*

*Narrated by Sahl bin Sad ﷺ*

Allah's Messenger ﷺ said, "Three things should not be rejected: cushions, oil (duhn) and milk."

*Al-Tirmidhi Hadith 3029*

*Narrated by Abdullah ibn Umar رضي الله عنهما*

Tirmidhi transmitted it, saying this is a gharib tradition. It is said that by duhn he meant perfume.

Aisha رضي الله عنها said to me, "O my nephew! We used to see the crescent, and then the crescent, and then the crescent; in this way we saw three crescents in two months and no fire (for cooking) used to be made in the houses of Allah's Messenger ﷺ. I said, "O my aunt! Then what used to sustain you?" Aisha رضي الله عنها said, "The two black things: dates and water, our neighbors from Ansar had some Manarh and they used to present Allah's Messenger ﷺ some of their milk and he used to make us drink."

*Sahih Al-Bukhari Hadith 3.741*

*Narrated by Urwa*

When the Prophet ﷺ migrated to Medina, Suraqa bin Malik bin Ju'sham pursued him. The Prophet ﷺ invoked evil on him, therefore the forelegs of his horse sank into the ground. Suraqa said (to the Prophet ﷺ), "Invoke Allah to rescue me, and I will not harm you." The Prophet ﷺ invoked Allah for him. Then Allah's Messenger ﷺ felt thirsty and he passed by a shepherd. Abu Bakr ﷺ said, "I took a bowl and milked a little milk in it and

brought it to the Prophet ﷺ and he drank till I was pleased."

*Sahih Al-Bukhari Hadith 5.247*

*Narrated by Al Bara ﷺ*

Once while I was in a state of fatigue (because of severe hunger), I met 'Umar bin Al-Khattab ﷺ, so I asked him to recite a verse from Allah's Book to me. He entered his house and interpreted it to me. (Then I went out and) after walking for a short distance, I fell on my face because of fatigue and severe hunger. Suddenly I saw Allah's Messenger ﷺ standing by my head. He said, "O Abu Huraira!" I replied, "Labbaik, O Allah's Messenger, and Sadaik!" Then he held me by the hand, and made me get up. Then he came to know what I was suffering from. He took me to his house, and ordered a big bowl of milk for me. I drank thereof and he said, "Drink more, O Abu Hirr!" So I drank again, whereupon he again said, "Drink more." So I drank more till my belly became full and looked like a bowl. Afterwards I met 'Umar ﷺ and mentioned to him what had happened to me, and said to him, "Somebody, who had more right than you, O 'Umar, took over the case. By Allah, I asked you to recite a Verse to me while I knew it better than you." On that Umar said to me, "By Allah, if I admitted and entertained you, it would have been dearer to me than having nice red camels."

*Sahih Al-Bukhari Hadith 7.287B*

*Narrated by Abu Huraira ﷺ*

The Messenger of Allah ﷺ drank some milk and he did not rinse his mouth nor did he perform ablution, and he offered the prayer.

*Sunan of Abu-Dawood Hadith 197*

*Narrated by Anas ibn Malik ﷺ*

# VINEGAR

Allah's Messenger ﷺ asked his family for condiment. They (the members of his household) said: We have nothing with us but vinegar. He asked for it, he began to eat it, and then said: Vinegar is a good condiment, vinegar is a good condiment.

*Sahih Muslim Hadith 5093*

*Narrated by Jabir ibn Abdullah رضى الله عنه*

The Prophet ﷺ came in to visit me and asked whether I had anything. When I replied that I had nothing but some dry bread and vinegar he said, "Produce it; a house in which there is vinegar is not devoid of condiments."

*Al-Tirmidhi Hadith 4222*

*Narrated by Umm Hani رضى الله عنها*

Tirmidhi transmitted it, saying this is a hasan gharib tradition.

Allah's Messenger ﷺ said: The best of condiments or condiment is vinegar.

*Sahih Muslim Hadith 5091*

*Narrated by Aisha رضى الله عنها*

# HONEY

Allah's Messenger ﷺ used to like sweets and also used to like honey, and whenever he finished the 'Asr prayer, he used to visit his wives and stay with them. Once he visited Hafsa رضى الله عنها and remained with her longer than the period he used to stay, so I enquired about it. It was said to me, "A woman from her tribe gave her a leather skin containing honey as a present, and she gave some of it to Allah's Messenger ﷺ to drink." I said, "By Allah, we will play a trick on him." So I mentioned the story to Sauda رضى الله عنها (the wife of the Prophet ﷺ) and said to her, "When he enters upon you, he will come near to you whereupon you should say to him, 'O Allah's Messenger! Have you eaten Maghafir?' He will say, 'No.' Then you say to him, 'What is this bad smell?' And it would be very hard on Allah's Messenger ﷺ that a bad smell should be found on his body. He will say, 'Hafsa has given me a drink of honey.' Then you should say to him, 'Its bees must have sucked from the Al-'Urfut (a foul smelling flower).' I too, will tell him the same. And you, O Safiya, say the same."

So when the Prophet entered upon Sauda رضى الله عنها (the following happened). Sauda رضى الله عنها said, "By Him except Whom none has the right to be worshipped, I was about to say to him what you had told me to say while he was still at the gate because of fear from you. But when Allah's Messenger came near to me, I said to him, 'O Allah's Messenger! Have you eaten Maghafir?' He replied, 'No.' I said, 'What about this smell?' He said, 'Hafsa has given me a drink of honey.' I said, 'Its bees must have sucked Al-'Urfut.' " When he entered upon me, I told him the same as that, and when he entered upon Safiya رضى الله عنها, she too told him the same. So when he visited Hafsa رضى الله عنها again, she said to him, "O Allah's Messenger! Shall I give you a drink of it (honey)?" He said, "I have no desire for it." Sauda رضى الله عنها said, "Subhan Allah! We have deprived him of it (honey)." I said to her, "Be quiet!"

*Sahih Al-Bukhari Hadith 9:102*

*Narrated by Aisha*

A man came to the Prophet ﷺ and said, "My brother has some abdominal trouble." The Prophet ﷺ said to him "Let him drink honey." The man came for the second time and the Prophet ﷺ said to him, -Let him drink honey." He came for the third time and the Prophet ﷺ said, "Let him drink honey." He returned

again and said, "I have done that." The Prophet ﷺ then said, "Allah has said the truth, but your brother's abdomen has told a lie. Let him drink honey." So he made him drink honey and he was cured.

*Sahih Al-Bukhari Hadith 7.588*

*Narrated by Abu Said Al Khudri رضى الله عنه*

I heard 'Aisha رضى الله عنها saying, "The Prophet ﷺ used to stay for a long while with Zainab bint Jahsh رضى الله عنها and drink honey at her house. So Hafsa رضى الله عنها and I decided that if the Prophet ﷺ came to anyone of us, she should say to him, "I detect the smell of Maghafir (a nasty smelling gum) in you. Have you eaten Maghafir?" " So the Prophet ﷺ visited one of them and she said to him similarly. The Prophet ﷺ said, "Never mind, I have taken some honey at the house of Zainab bint Jahsh رضى الله عنها, but I shall never drink of it anymore." So there was revealed: "O Prophet! Why do you ban (for you) that which Allah has made lawful for you...If you two (wives of Prophet) turn in repentance to Allah," (66.1-4) addressing 'Aisha and Hafsa رضى الله عنهما. "When the Prophet disclosed a matter in confidence to some of his wives," (66.3) namely his saying: But I have taken some honey."

*Sahih Al-Bukhari Hadith 7.192*

*Narrated by Ubaid bin Umar*

A man came to the prophet ﷺ and said, -My brother has got loose motions. The Prophet said, Let him drink honey." The man again (came) and said, "I made him drink (honey) but that made him worse." The Prophet said, "Allah has said the Truth, and the abdomen of your brother has told a lie." (See Hadith No. 88)

*Sahih Al-Bukhari Hadith 7.614*

*Narrated by Abu Said*

Allah's Messenger ﷺ said, "If anyone licks honey three mornings every month, he will not be afflicted with any serious trouble."

*Al-Tirmidhi Hadith 4570*

*Narrated by Abu Hurayrah رضى الله عنه*

*Ibn Majah and Bayhaqi, in Shu'ab al-Iman, transmitted it.*

The Prophet ﷺ used to like sweet edible things (syrup, etc.) and honey.

*Sahih Al-Bukhari Hadith 7.518*

*Narrated by Aisha رضى الله عنها*

The Prophet ﷺ said, "Healing is in three things: cupping, a gulp of honey or cauterization, (branding with fire) but I forbid my followers to use cauterization (branding with fire)."

*Sahih Al-Bukhari Hadith 7.585*

*Narrated by Ibn Abbas رضى الله عنهما*

Allah's Messenger ﷺ said, "Make use of the two remedies: honey and the Qur'an."

Ibn Majah and Bayhaqi, in *Shu'ab al-Iman*, transmitted it, Bayhaqi saying the correct view is that it goes no farther back than Ibn Mas'ud رضي الله عنه.

*Al-Tirmidhi Hadith 4571*

*Narrated by Abdullah ibn Mas'ud رضي الله عنه*



# NABIDH

Bakr ibn Abdullah al-Muzani said: While I was sitting with Ibn Abbas رضى الله عنهم near the Ka'bah, a bedouin came to him and said: Why is it that I-see that the progeny of your uncle supply honey and milk (as drink to the travellers), whereas you supply an-Nabidh (water sweetened with dates)? Is it due to your poverty or due to your close-fistedness? Thereupon Ibn Abbas رضى الله عنهم said: Allah be praised, it is neither due to poverty nor due to close-fistedness (but due to the fact) that Allah's Messenger ﷺ came here riding his she-camel, and Usamah ؓ was sitting behind him. He asked for water so we gave him a cup full of nabidh and he drank it, giving the remainder to Usamah ؓ. He (the Holy Prophet ﷺ) said: You have done good, you have done well. So continue in the same way. So we do not like to change what Allah's Messenger ﷺ has commanded us to do.

*Sahih Muslim Hadith 3018*

*Narrated by Abdullah ibn Abbas رضى الله عنهم*

Abu Usaid As-Sa'di invited Allah's Messenger to his wedding party and his wife who was the bride, served them on that day. Do you know what drink she gave Allah's Messenger? She had soaked some dates for him (in water) overnight, and when he had finished his meal she gave him that drink (of soaked dates).

*Sahih al Bukhari Hadith 7.105*

*Narrated by Sahl Bin Sad ؓ*

Thumamah (i.e. Ibn Hazn al-Qushayri) reported: I met Aisha رضى الله عنها and asked her about Nabidh (that was served to the Prophet ﷺ). Aisha رضى الله عنها called an Abyssinian maid (servant) and said: Ask her (about it) for it was she who prepared the Nabidh for the Messenger of Allah ﷺ. The Abyssinian (maid servant) said: I prepared Nabidh for him in a waterskin in the night and tied its mouth and then suspended it; and when it was morning he (the Prophet) drank from it.

*Sahih Muslim Hadith 4976*

*Narrated by Aisha رضى الله عنها*

Nabidh was prepared for Allah's Messenger ﷺ in the beginning of the night and he would drink it in the morning and the following night and the following day and the night after that up to the afternoon. If anything was left out of that he gave it to his servant, or gave orders for it to be poured out.

*Sahih Muslim Hadith 4971*

*Narrated by Abdullah ibn Abbas رضى الله عنهم*

I served drink to Allah's Messenger ﷺ in this cup of mine; honey, Nabidh, water and milk.

*Sahih Muslim Hadith 4982*

*Narrated by Anas ibn Malik ؓ*

Bakr ibn Abdullah al-Muzani said: While I was sitting with Ibn Abbas ؓ near the Ka'bah, a bedouin came to him and said: Why is it that I see that the progeny of your uncle supply honey and milk (as drink to the travellers), whereas you supply an-Nabidh (water sweetened with dates)? Is it due to your poverty or due to your close-fistedness? Thereupon Ibn Abbas ؓ said: Allah be praised, it is neither due to poverty nor due to close-fistedness (but due to the fact) that Allah's Messenger ﷺ came here riding his she-camel, and Usamah was sitting behind him. He asked for water so we gave him a cup full of nabidh and he drank it, giving the remainder to Usamah. He (the Holy Prophet) said: You have done good, you have done well. So continue in the same way. So we do not like to change what Allah's Messenger ﷺ has commanded us to do.

*Sahih Muslim Hadith 3018*

*Narrated by Abdullah ibn Abbas ؓ*

Amrah said on the authority of Aisha رضى الله عنها that she would steep dates for the Messenger of Allah ﷺ in the morning. When the evening came, he took his dinner and drank it after his dinner. If anything remained, she poured it out. She then would steep for him at night. When the morning came, he took his morning meal and drank it after his morning meal. She said: The skin vessel was washed in the morning and in the evening. My father (Hayyan) said to her: Twice a day? She said: Yes.

*Sunan Abu Dawood Hadith 3703*

*Narrated by Aisha رضى الله عنها*

Abu Usaid As Sa'idi ؓ invited the Prophet ﷺ to his wedding banquet. At that time his wife was serving them and she was the bride. She said, "Do you know what (kind of syrup) I soaked (made) for Allah's Messenger? I soaked some dates in water in a Tur (bowl) overnight."

*Sahih al Bukhari Hadith 7.502*

*Narrated by Sahl bin Saad ؓ*

## ZAM ZAM

Allah's Messenger ﷺ came to the drinking place and asked for water. Al-Abbas ؓ said, "O Fadl! Go to your mother and bring water from her for Allah's Messenger." Allah's Messenger ﷺ said, "Give me water to drink." Al-Abbas ؓ said, "O Allah's Messenger! The people put their hands in it." Allah's Messenger ﷺ again said, "Give me water to drink." So, he drank from that water and then went to the Zam-zam (well) and there the people were offering water to the others and working at it (drawing water from the well). The Prophet ﷺ then said to them, "Carry on! You are doing a good deed." Then he said, "Were I not afraid that other people would compete with you (in drawing water from Zam-zam), I would certainly take the rope and put it over this (i.e. his shoulder) (to draw water)." On saying that the Prophet ﷺ pointed to his shoulder.

*Sahih Al-Bukhari Hadith 2.700*

*Narrated by Ibn Abbas رضى الله عنهما*

I used to sit with Ibn 'Abbas رضى الله عنهما in Mecca. Once I had a fever and he said (to me), "Cool your fever with Zam-zam water, for Allah's Messenger ﷺ said: 'It (the fever) is from the heat of the (Hell) Fire; so, cool it with water (or Zam-zam water).'"

*Sahih Al-Bukhari Hadith 4.483*

*Narrated by Abu Jamra Ad Dabi*

I gave Zam-zam water to Allah's Messenger ﷺ and he drank it while standing. 'Asia (a sub-narrator) said that 'Ikrima ؓ took the oath that on that day the Prophet ﷺ had not been standing but riding a camel.

*Sahih Al-Bukhari Hadith 2.701*

*Narrated by Ibn Abbas ؓ*

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