

Production of traditional yoghurts in Saudi preserves heritage and boosts income

06 May 2024 | News

Some families have also turned it into an additional source of income by producing jameed and khathir for their households



Some families have also turned it into an additional source of income by producing jameed and khathir for their households

In Saudi Arabia, the production of jameed and khathir, two traditional dairy products made from fermented and dried yoghurt and sour yoghurt, respectively, has been a long-standing industry practised for centuries using milk from livestock. Jameed is known by various regional names, such as iqatt and mudayir, while khathir is also referred to as roob or zabadi.

In the Northern Borders Region, many families continue this tradition, ensuring its preservation for future generations. Some families have also turned it into an additional source of income by producing jameed and khathir for their households.

Arar, a city in the Northern Borders Region, is thriving with traditional dairy production, according to the Saudi Press Agency (SPA).

Jameed is made by separating butter from yoghurt using a leather bag and boiling down the leftover buttermilk until it becomes thick. Finally, the thickened product is salted, shaped, and sun-dried for long-term storage without refrigeration.

On the other hand, khathir is made using a simple process. Milk is boiled until a layer forms on top. After cooling, a small amount of pre-prepared khathir is added as a starter culture. The mixture is kept warm for a few hours to ferment and thicken into khathir. The finished product is stored in a cool, dry place.

Furthermore, families working in the cottage industry and craftswomen are eager to participate in activities and events organized by government and civil entities. They present traditional products, old handicrafts, popular dishes, and their preparation methods, which opens up new opportunities to boost their income.