

أَعُوذُ بِاللَّهِ مِنَ الشَّيْطَانِ الرَّجِيمِ

بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ

أَلْحَمْدُ لِلَّهِ كَمَا هُوَ أَهْلُهُ وَالصَّلَاةُ وَالسَّلَامُ عَلَى سَيِّدِ وَدِدِ أَدَمَ كَمَا يُحِبُّ وَيَرْضَى بِأَنْ يُصَلَّى عَلَيْهِ

Allah *azza wajal*, in Whose Name we begin, The Most Compassionate,  
The Most Merciful

All Praise is due to Allah *azza wajal*, Countless Peace and Blessings be upon  
His Beloved Messenger *Sallal Laahu 'Alayhi Wasallam*

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# The First Food Cooked on Earth

## by Nabi Nuh

### *Alayhis Salaam*

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As we have said in the past, the 10<sup>th</sup> of Muharram is indeed a very auspicious day.

One of the great events which occurred on this day is that Nabi Nuh *Alayhis Salaam* and the people on his ship were allowed to leave the ship in safety. At that moment, his companions also complained about great hunger. All the food on the ship had been depleted.

Nabi Nuh *Alayhis Salaam* then instructed his companions to bring whatever food was left over and place them together. Some brought wheat, some barley, some brought masoor dhol, etc. In this way, they had brought together seven different grains.

As we have mentioned, this was also the Day of ‘Aashurah. Nabi Nuh *Alayhis Salaam* then recited the “Bismillah” and had this food prepared. Everyone on this boat was able to eat till he had satisfied his hunger.

In Surah Hud (11), verse 48, the Qur’an declares that:

قِيلَ يٰ نُوحُ اهْبِطْ بِسَلَامٍ مِّنَّا وَبَرَكَاتٍ عَلَيْكَ وَعَلَىٰ اُمَمٍ مِّمَّنْ مَّعَكَ ۚ وَاُمَمٌ  
سَنُمَتِّعُهُمْ ثُمَّ يَمَسُّهُمْ مِنَّا عَذَابٌ اَلِيمٌ ﴿٤٨﴾

“It was said, ‘O Nuh; get down from the ark with peace from Us and with blessings on you and on some parties with you. And there are some parties whom We shall allow to enjoy in the world, then a painful torment will reach them.”

This was also the first food prepared on earth after the great flood. People also made this the Sunnah of ‘Aashurah. It is said that those who cook on this great day and feed the poor and orphans, there is immense reward for this act. (Tafseer Ruhul Bayan, pg. 142)