



Fact Sheet 13

Middle East: List of Common Foods

This is a list of foods that are either not common in an Australian context or are used in different ways in the area known as the Middle East. It is not an exhaustive list. Many people from this part of the world are Muslim and may require access to Halal foods.

Name in English	Name in Arabic	Availability
Bread	Khoboz wa Samoon	
Bread	Samoon	Many different varieties of bread are used. Some are leavened breads and others are flat breads. In Afghanistan there is a variety which is called naan which is similar to what is called Turkish bread in Australia.
Lebanese Bread	Khoboz Lubnani	
Turkish Bread	Samoon turky	

Rice and Flour	Rooz wa Taheen	
Cracked Wheat	Borgol	Also called bulgur wheat, cracked wheat is used in salads and stuffings.

Fruit	Fakiha	
Apricot and Dried apricot	Mishmish wa mishmish mojefef	Dried fruit is a common feature in the Middle East. It is usually eaten as a snack or after a meal.
Dates	Temor	
Prune	Injas	
Sultanas	Kishmish	
Fig and dried Fig	Teen wa teen mojefef	
Lime	Nomi Hamoth	
Pomegranate	Romman	Seasonal. Seeds are used in salads and the juice is used to make sauces.

Name in English	Name in Arabic	Availability
Vegetable	Khothrewat	
White Cabbage	Lehana	
Leek	Korath	
Turnip	Shelgum	
Okra	Bamya	Available fresh from Asian food markets. Also available frozen or canned. Okra is cooked quickly to retain its crispness or for longer to draw on its mucilaginous properties.
Chives		Also called gandana in Dari. The Afghan community use these like a vegetable. They are the onion variety not the garlic.

Dairy	Alban	
Yoghurt	Leben	Plain yoghurt is used extensively.
Labneh	Leben Mokethef	Spreadable yoghurt, now sold in most supermarkets
Milk	Haleeb	Many different varieties of milk are used including cow, sheep, goat and camel

Pulses	Bokool	
Black-eyed Beans	Lobya Yabsa (Beatha)	All pulses are used extensively as side dishes, additions to main dishes or as snacks.
Broad Beans (dried)	Bagilla Yabsa	
Broad Beans	Bagilla khethra	
Cannellini Beans	Fasolya Yabsa (Beatha)	
Chick Peas	Hommos	
Haricot Beans	Lobya khethra	
Lentils	Adass	
Mung Beans	Mash	
Yellow split peas	Hommos Majroosh	

Seeds And Nuts	Al Mukeserat	
Almonds	Loz	
Pistachio	Fostok	
Pumpkin Seed	Hab Abyath	
Sesame seeds	Simsim	
Tahini	Rashi	Paste made from sesame seeds used as a spread or a flavouring

Name in English	Name in Arabic	Availability
Walnuts	Joz	

Herbs and Spices	Beharat	
Basil	Rayhan	
Cardamom	Hail	
Cinnamon	Darseen	
Cloves	Krenfil	
Coriander	Kezbera	
Cumin	Kemon	
Dill	Shbinit	
Garlic	Thoom	
Mint	Nianaa	
Pepper	Filfil Aswed	
Sumac	Somac	At speciality stores as a dried spice. Has a slight sour taste.
Tamarind	Tamorhind	At most Asian supermarkets. Available, dried in a paste "cake", pureed or fresh. Used as a flavouring. Has a sour taste. Fresh tamarind is also available and this is the sweet variety
Turmeric	Korkom	

Meat	Lehem	
Chicken	Dejaj	
Goat	Lehem Maez	Often sold as capreto at Italian or speciality butchers
Lamb	Lehem Igel	