

# Finding Common Foods – Middle East

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

Name in English	Availability
<b>BREADS</b>	
Bread	This is used especially in West Africa and gives food a distinctive taste. This oil is less saturated than the palm oil used in food manufacturing but is still more saturated than readily available vegetable oils. It is not readily available but there are some local importers emerging.
Lebanese Bread	
Turkish Bread	
<b>RICE AND FLOUR</b>	
Cracked Wheat	Also called bulgur wheat, cracked wheat is used in salads and stuffings.
<b>FRUIT</b>	
Apricot and Dried Apricot	Dried fruit is a common feature in the Middle East. It is usually eaten as a snack or after a meal.
Dates	
Prune	
Sultanas	
Fig and dried Fig	
Lime	
Pomegranate	Seasonal. Seeds are used in salads and the juice is used to make sauces.
<b>VEGETABLE</b>	
White Cabbage	
Leek	
Turnip	
Okra	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 <i>gandana</i> in Dari. The Afghan community use these like a vegetable. They are the onion variety not the garlic variety.
<b>DAIRY</b>	
Yoghurt	Plain yoghurt is used extensively
Labneh	Spreadable yoghurt, now sold in most supermarkets

Milk	Many different varieties of milk are used including cow, sheep, goat and camel.
<b>Pulses</b>	
Black eyed Beans	All pulses are used extensively as side dishes, additions to main dishes or as snacks.
Broad Beans (dried)	
Broad Beans	
Cannellini Beans	
Chick Peas	
Haricot Beans	
Lentils	
Mung Beans	
Yellow split peas	
<b>Seeds and Nuts</b>	
Almonds	
Pistachio	
Pumpkin Seed	
Sesame seeds	
Tahini	Paste made from sesame seeds used as a spread or a flavouring
Walnuts	
<b>Meat</b>	
Chicken	
Goat	Often sold as capreto at Italian or speciality butchers
Lamb	

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