

# Finding Common Foods - Nepal

Food item	Nepali name	Availability to purchase and/or grow
<b>Fruit and vegetables</b>	Common vegetables include potato, cauliflower, green leafy vegetables	
Amaranth	Latte saag and lude saag	
Bael fruit	Bel	
Bamboo shoots	Nigalo tusaa, taamaa bans	Can be purchased canned in supermarkets
Bitter gourd	Tite karela	
Chayote	Iskus,Iskul	
Custard apple	Sariphaa or Sitaphal	
Daikon Radish	Mula	
Eggplant or Aubergine	Bhanta	
Fava or broadbean, including green	Bakula and Bakula simi	Can be grown in Tasmania and purchased in green grocers.
Guava	Amba/belauti or ambak	
Indian gooseberry	Amalaa	
Jackfruit	Rukh katahar	
Jimbu		Dried aromatic grass from the Himalayan regions. Can be substituted with the roots of bulb garlic but this does not duplicate the distinctive flavour
Kohlrabi	Gyanth Gobi	Available in some green grocers.
Kusum fruit		
Lovage or Ommum	Jwanu	Can be grown – plants available from nurseries
Muskmelon	Kharbujaa	
Mustard greens	Rayo ko Saag	
Okra or Lady's finger	Ramtoriya	
Papaya	Mewaa or papita	
Permission	Haluwaabed	
Pomegranate	Aanaar or darim	

Pummelo	Bhogate	
Scallions		
Stinging nettle		Some nettles gathered from the roadside may have been sprayed.
Tamarind		Acidic pulp from the seed pods of the tamarind tree. Available in concentrated prepared form as well as whole seed pods. Available in Asian grocery stores and some supermarkets.
Taro or Eddos	Pindalu	
Fresh turmeric	Besar	Available in some green grocers and Asian grocery stores.
Turnip	Salgam	
Vegetable leaves (assorted)	Buckwheat, colocasia, fenugreek, garlic, mustard, pea, radish and rape leaves	
Watercress	Sim rayo, khole saag	
Winged Bean	Paate simi	
Yam	Tarul	
<b>Pulses and Beans</b>		
Black eyed peas	Bodi/Sukeko	Available in wholefood stores and some Asian grocery stores
Black lentils	Maas or Urad	
Dal (Chana, Moong, Toor, Mussoor and Urad)		Available in wholefoods stores and some Asian grocery stores.
Other legumes and beans		Readily available dried or tinned in supermarkets and Asian grocery stores.
<b>Breads, Grains and Cereals</b>		
Buckwheat	Phapar	
Chickpea or Gram flour	Besan	
Millet	Kodo	
Roti and Naan		Available frozen in Asian grocery store and on the shelf in the supermarket
Rice – Beaten	Chiura	
Semolina	Sooji	Available in wholefoods stores and some supermarkets
<b>Herbs and Spices</b>	A number of other spices	Asian grocery stores and

	commonly found in supermarkets are also used in Nepali cooking such as garlic, ginger, cumin and aniseed.	wholefoods have a good range of bulk spices. Supermarkets have prepackaged spices which may be more expensive.
Asafetida		
Black cumin	Mungrelo	
Cardamom – Black Cardamom – Green	Alaichi and Sukumel	
Cilantro, Chinese Parsley or green coriander	Hario Dhaniya	Can be grown - seasonal
Mace	Jaipatri	
Saffron	Kesar	
Szechwan pepper or Chinese peppercorn		
<b>Fats and Oils</b>	Common oils used for cooking.	
Corn oil		
Ghee (Ghiu or Ghee)		
Mustard oil		
Soybean oil		
<b>Other ingredients</b>		
Molasses	Khudo	
Rosewater	Gulab Jal	
Yoghurt	Dahi, Curd	

*NOTE:* This is a list of foods that are either not common in an Australian context or are used in different ways in Nepal. They may be available in green grocers and speciality stores in Australia and some of the fruits and vegetables may be grown at home.

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