



Targamh
Art Of Translation

English ↔ Arabic ↔ French

Glossary of Arabic Cuisine

إيناس

Arabic Bread (Khubz Arabi, pita): Flat, round bread, which can be easily split to make a sandwich, or broken apart and used as a utensil for scooping food [picture]

Arayess: Deep-fried lamb sandwich

Ataif (gatayef, kataif): Small pancakes stuffed with nuts or cheese and doused with syrup

Baba Ghanoush: Char-grilled eggplant, tahina, olive oil, lemon juice and garlic puree - served as a dip

Baharat (bjar): Arabic mixed spices

Bamia: Baby okra and lamb in tomato stew

Baklawa (baklava): Dessert of layered pastry filled with nuts and steeped in honey-lemon syrup - usually cut into triangular or diamond shapes

Basboosa: Semolina tart soaked with syrup

Bukhari Rice: Lamb and rice stir-fried with onion, lemon, carrot and tomato paste

Burghul (bulghur wheat, bulgar): Parboiled and dried wheat kernels processed into grain, used in tabbouleh and mixed with lamb in kibbeh

Cardamom: Aromatic spice, member of the ginger family, used to flavour

Arabic coffee, yoghurt and stews

Coriander (cilantro): Lacy, green-leaf relative of the parsley family with an extremely pungent flavour akin to a combination of lemon, sage and caraway.

Ejje: Arabic omelette

Falafel: Small deep-fried patties made of highly-spiced ground chick-peas

Fatayer: Pastry pockets filled with spinach, meat or cheese

Fattoush: Salad of toasted croutons, cucumbers, tomatoes and mint

Foul (ful): Slow-cooked mash of brown beans and red lentils, dressed with lemon, olive oil and cumin

Gahwa (kahwa): Coffee

Haleeb: Milk

Halwa (halva): Sesame paste sweet, usually made in a slab and studded with fruit and nuts

Hamour: Red Sea fish of the grouper family

Hommus: Pur=82e of chickpeas, tahina, lemon and garlic - served as a dip with Arabic bread

Jarish: Crushed wheat and yoghurt casserole

Jebne: White cheese

Kabsa: Classic Arabian dish of meat mixed with rice

Kebab: Skewered chunks of meat or fish cooked over charcoal

Kamareddine: Apricot nectar used to break fast during Ramadan

Khuz Marcook: Thin, dome-shaped Arabic bread

Kunafi (kunafah): Shoelace pastry dessert stuffed with sweet white cheese, nuts and syrup

Kibbeh (kibbe): Oval-shaped nuggets of ground lamb and burghul

Kibbeh Naye: Raw kibbeh, eaten like steak tartar

Koshary: Cooked dish of pasta, rice and lentils to which, onions, chillis and tomato paste are added

Kouzi: Whole lamb baked over rice so that rice absorbs the juice of the meat

Kufta (kofta): Fingers, balls or a flat cake of minced meat and spices that can be baked or charcoal-grilled on skewers

Laban: Tangy-tasting sour milk drink widely used in cooking as a substitute for milk

Labenah: Thick creamy cheese, often spiced and used as a dip

Lahma Bi Ajeen: Arabic pizza

Loubia (fassulya): Green beans cooked in tomato sauce

Ma'amul: Date cookies shaped in a wooden mould called a tabi

Makloubeh: Meat or fish with rice, broad beans and cauliflower

Mai: Water

Mantou: Dumplings stuffed with minced lamb

Markok: Lamb and pumpkin stew

Mehshi: Means stuffed - aubergines, courgettes, vine leaves or cabbage

may be stuffed with a mixture of minced meat, rice and onions

Melokhiyyah: Green, spinach-like vegetable

Mezze (mezza, meze, mezzah): The Arabic word for appetiser [picture]

Mish mish: Apricots

Mouhammara: Mixture of ground nuts, olive oil, cumin and chillis, eaten with Arabic bread

Moutabel: Eggplant dip made with tahina, olive oil and lemon juice

Mubassal: Onion pancakes

Muhalabiyah: Silky textured semolina pudding served cold

Musakhan: Chicken casserole with sumac

Mutabak: Sweet or savoury pastry turnovers usually stuffed with cheese, banana or meat

Najil: Saddle-back grouper

Rocca: Aromatic salad green with a peppery mustard flavour, used in salads or mixed with hot yoghurt

Sambusek: Triangular pies filled with meat, cheese or spinach

Sayyadiya: Delicately-spiced fish dish served on a bed of rice

Seleek: Lamb and rice dish where the rice is cooked in milk rather than the juice of the meat

Shai (chai): Tea

Shaour: Red Sea fish from the emperor family

Shawerma: A cone of pressed lamb, chicken or beef roasted on a vertical

spit where the meat is shaved off from the outside as the spit keeps turning. Saudi Arabia's most popular sandwich is Arabic bread filled with shawerma meat, salad, hot sauce and tahina

Sheesha (hubbly bubbly): Pipe for smoking tobacco leaves or dried fruit through a water filter

Shish Taouk: Skewered chicken pieces cooked over charcoal

Shourba: Soup

Snober: Pine nuts

Sukkar: Sugar

Sumac: Ground powder from the cashew family, used as a seasoning

Tabbouleh: Salad of burghul, tomato, mint and parsley

<http://recipes.chef2chef.net/recipe-...0/269472.shtml>