



## Food Glossary of Common Foods Consumed by South Asians

FOOD	DESCRIPTION
Balushahi	Sugar donut
Barfi	Bite-sized sweets made with milk, sugar and nuts
Chai	Spiced tea with milk and sugar
Chapati	Unleavened baked wheat or whole wheat bread flatter than roti
Cholay	Side dish of chickpeas cooked in spicy tomato-based sauce
Dhokla	Soft, steamed gram flour snack often served with chutney
Falooda	Milk with vermicelli, tapioca seeds and rose syrup
Ghee	Clarified butter
Gulab jamun	Fried dumplings made with milk, soaked in rose-flavored sugar syrup
Haleem	Beaten wheat with chicken, beef or lamb and lentils, spices and fried onions, cooked with ghee, butter or oil
Halva	Dessert made with semolina, carrots, dried, fruit, nuts, sugar and ghee
Jalebi	Orange-colored, sweet fried curls made with maida flour, ghee, sugar, saffron
Kheer	Rice pudding with cardamom, nuts and ghee
Kitcheri	Lentils with rice or bulgur and spices
Kulfi	Ice cream flavored with cardamom and pistachios or mango
Lassis	Buttermilk or yogurt drink made with spices and salt or sweetened with sugar and fruit
Naan	White or whole wheat yeast-leavened flatbread made with yogurt and egg and baked in oven
Pakorras	Batter-fried vegetables
Paneer	Homemade cheese
Papadum	Fried wafer eaten with dips or chutney
Paratha	Fried flatbread served with butter, sometimes stuffed with vegetables, cheese or eggs
Poori	Deep-fried flatbread
Rasgulla	Sweet cheese balls made with ricotta and flour soaked in a sugary syrup
Rasmalai	Sweet cheese balls made with ricotta, sugar and cream or half and half
Roti	Unleavened baked wheat or whole wheat bread
Samosas	Fried pastry with spiced meat or vegetables; sweet samosas may include coconut, sugar, nuts, raisins and milk
Sheer korma	Festive pudding made with vermicelli noodles fried in butter and cooked with milk, sugar and dates, specially made for Eid



## Food Glossary of Common Foods Consumed by Arabs

FOOD	DESCRIPTION
Arabic coffee	Coffee flavored with cardamom or other spices such as ginger or saffron and sugar
Aryan	Yogurt drink made with plain yogurt and salt
Baba ghanoush	Blend of roasted mashed eggplant, tahini, lemon juice and oil served as a dip
Baklava	Layered phyllo dough filled with crushed nuts and sweetened with sugar syrup
Basboosa	Dessert made from semolina and soaked in sugar syrup
Burek	Fried pastry with cheese, meat or vegetables
Fatayer	Dough stuffed with ground meat, spinach or cheese and baked; phyllo dough with melted butter may be used instead of white flour
Fattoush salad	Salad made with chopped vegetables and toasted or fried pieces of pita
Falafel	Fried chickpea or fava bean balls, often served with pita bread
Foul	Cooked brown fava beans, often mixed with lemon juice, olive oil, and cumin; vegetables such as cucumbers and tomatoes may be cooked in the mixture
Halawet al-jibneh	Dessert made with semolina, sweet cheese, sugar and rose water, topped with ground pistachios or syrup; may be stuffed with custard
Halva or halawa	Dessert in block form made with sesame paste (tahini) and sugar, often eaten with pita bread for breakfast or late-night meals or made into cookies for dessert
Harees	Beaten wheat with lamb or chicken, cooked in stock with butter or oil and mixed until smooth
Hummus	Spread made from cooked and mashed chickpeas, tahini, lemon juice, olive oil, garlic
Jibneh	Middle Eastern cheese with mild taste
Kahk	Plain cookie made with flour, lots of butter, powdered sugar; some varieties are filled with nuts or dates
Katayef	Fried pancake-like pastries filled with chopped nuts or cheese and dipped in syrup and folded over into a half-moon shape
Kebab	Chunks of marinated lamb (shish kebab), beef, fish or vegetables on skewer
Khoshaf	Mixed dried fruit and nut compote such as dates, apricots, raisins, prunes, almonds and pine nuts in sugar syrup
Kibbeh	Dough made from bulgur and ground meat stuffed with more ground meat and spices, shaped into nuggets or patties and fried



## Food Glossary of Common Foods Consumed by Arabs (continued)

FOOD	DESCRIPTION
Kofta	Spiced ground lamb or beef with onions and parsley usually made into long strips on flat skewers and grilled, often served in pita, without skewers
Kousa	Summer squash or zucchini, often sautéed or included in the baked béchamel dish kousa bil béchamel (béchamel sauce is made with milk, butter and flour) or in kousa mahshy
Kunafeh	Cheese topped with thin strands of dough, baked and drizzled with syrup
Kushari	Egyptian dish of rice, lentils and pasta, topped with spicy tomato sauce and fried onions; chickpeas may also be included in the dish
Lebneh	Yogurt cheese
Mahshy	Stuffed vegetables, such as grape leaves, cabbage, tomatoes, green peppers, eggplant, zucchini, stuffed with rice, sautéed onions, tomatoes, parsley and sometimes ground meat
Mansaf	Lamb mixed with tangy aged yogurt and rice, served on top of flatbread
Maqlooba	Rice casserole with cauliflower, eggplant and beef, lamb or chicken
Molokhia	Green leafy vegetable (Jew's mallow) simmered in chicken broth with sautéed garlic; may be served as a soup
Mujadara	Rice or bulgur mixed with lentils
Qamar-ul-deen	Dried apricot sheets, can be used to make apricot desserts. Qamar-ul-deen juice, also called sharbat qamar-ul-deen, is a drink made with sweetened dried apricot paste
Ruz bil-laban	Rice pudding sometimes topped with coconut, raisins or nuts
Sambousek	Small triangle-shaped meat pie filled with ground beef, ground lamb or cheese; served as an appetizer or snack
Shish tawook	Chicken pieces marinated with lemon juice, olive oil and spices, skewered and grilled
Shawarma	Seasoned chicken, lamb or beef cooked on a spit, sliced and served in pita
Shurbat ads	Blended lentil soup with carrots, tomatoes and other vegetables
Tabbouli	Salad made with bulgur, parsley, tomatoes and olive oil
Tahini	Sesame paste used as a spread and in hummus
Tharid or taghrib	Flatbread or pita topped with lamb and vegetables such as chickpeas, potatoes and onions, cooked in red sauce
Um Ali	Sweet pastry pudding made with raisins, nuts, coconut, whole milk and cream
Warak enab or warak dawali	Grape leaves stuffed with rice, tomatoes, onions, herbs and sometimes ground meat
Zalabia or balah al-Sham	Fritters dipped in sugar syrup