

Arabic foods- every foodies delight essay examples

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Arabic foods encompass foods from the entire Arab world right from the Middle East to Morocco and the Arabian Gulf. It is a combination of the cuisines existing in the Mediterranean, India and the Middle East. To a great extent this cuisine is also influenced by southern European foods owing to the geographical proximity of the region. To put it succinctly, Arabian food is wholesome in that includes a bit of every food group. It is also very fragrant given the bevy of rich spices used and delectable for the choice of ingredients incorporated. Arabic food is essentially every foodie's delight. Although Arabic food comprises of regional variations, there are certain features of this cuisine that are common between the regions. Some of the common ingredients used in Arabic cookery include breads, dairy, meat, fruits, grains, pulses, olive oil, vegetables and several spices.

Bread, pita or flat, is an integral part of Arabic food. They are incorporated either on the side or included in some dishes like 'fatteh'. Among the dairy products, the Arabs are fond of yoghurt made from cow's or goat's milk. This is consumed either as a thick condiment or in diluted form as a drink. Meat, mainly lamb or chicken is central to the Arabic cuisine. Sometimes fish, other poultry, beef, camel and goat meat are also used; but pork is prohibited for religious reasons. While fruits such as figs, olives, pomegranates and dates are eaten as a snack between meals, vegetables such as cucumbers, eggplant, okra, spinach and zucchini are included in the diet as raw salads, in the cooked form or as pickles.

Of the grains, while rice is a staple, wheat is essential for making breads. Arabic food also uses lots of pulses such as fava beans, peanuts and chickpeas which are either eaten whole in salads or in a mashed form as in '

falafel' or ' hummus'. A variety of spices are included in Arabic food preparations that contribute immensely to the fragrance and vibrant colors of the food items. Some typical spices and herbs used are saffron, garlic, turmeric, cinnamon, sesame and sumac. A spice mixture called as ' baharat' is an indispensable part of this cuisine.

A typical Arabic meal commences with delicious starters or ' mezze'. Usually, the appetizers consist of tasty pastries, a selection of colorful salads, mouth-watering dips like hummus, meat that is fried or made into meatballs and rissoles made of cracked wheat. Following the starters is the main course that cannot do without meat. Alongside there will be a curry made of vegetables with the right mix of aromatic spices and the staples, rice and/or bread. Sometimes vegetable or meat stew that is served with soft flattened breads also constitutes the main course. Salads are simple, with no heavy dressings and often are drizzled with olive oil, lemon juice and a mix of herbs such as parsley and mint.

The sweetest part of every Arabic meal is the dessert, the recipes of which are almost always rich in nuts, dairy, dry fruits and sugar. As far as the beverages during meals are concerned, tea is ubiquitous, although coffee is also popular. ' Shineena' or ' laban' i. e. lightly salted yoghurt is also consumed as are fruit-based juices.

Among the bevy of Arabic food items, the ones that the world has heard of and enjoyed thoroughly include ' pilaf'- a scented and spicy rice, vegetable and/or meat dish, ' biryani'- another similar rice dish, ' kebab'- an attractive red and tender meat item, ' musakhan' that comprises of soft bread topped with spices and finely chopped onions, ' shawarama'- a wheat wrap stuffed

with a mixture of tomatoes, pickles, fries and garlic sauce, ' halwa'- a pleasant jelly-like sweet preparation and ' baklava'- another appealing sweet dish.

When it comes to hosting, the Arabs are a generous lot who love to prepare and share food with one and all. While some of the Arab food dishes are simple to make, a few others require plenty of time for preparation - an aspect of the cuisine that reflects the great care Arabs take in treating their guests. Well-balanced, colorful, flavorful and delightful that the Arabic foods are, they promise to set mouths watering from afar! Tafathalo! It is time to satiate the cravings of the taste buds with some luscious Arabic foods.