

Lesson 6: Mizrahi Cuisine

Appendix B - Flavors of the Middle East

Note to Teacher:

This packet can be divided into two parts.

1) Informational reading titled “**Flavors of the Middle East**”

2) Student Worksheet titled “**Flavor Profile Research: Middle East**”

To prepare for lesson, you may choose to print, staple and collate this document as two separate documents to save paper.

This option also allows the teacher to reuse the information packets for future lessons.

Flavors of the Middle East

FLAVOR PROFILE: MIDDLE EASTERN/INDIAN

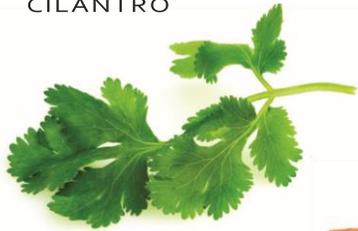
This profile encompasses cuisine from the Middle East, also known as Western Asia (including Iran, Iraq, Yemen, Turkey, Afghanistan, and Pakistan), as well as countries of North Africa and the Eastern Mediterranean. The Indian subcontinent is sometimes included in geographical references as part of Western Asia, and sometimes as part of Southern Asia. Culinarily, India and the Middle East use many of the same herbs and spices, as well as such ingredients as yogurt. This profile includes the following ingredients:

Allspice	Pine nuts
Cardamom	Pomegranates
Chickpeas (garbanzo beans)	Rose water
Cilantro	Sesame oil
Cinnamon	Tamarind
Coriander	Turmeric
Cumin	Yogurt
Fennel	
Garlic	More specific to India:
Ghee (clarified butter)	Curry
Mint	Garam masala
Nutmeg	Kaffir lime leaves
Peppers, chili	Mangoes
Peppers, sweet	

Familiar foods in this profile include falafel, tabbouleh, pita bread, and curried potatoes.

[Source: Flavor profile information was slightly adapted from pages 35–45 in *Cooking with California Foods in K–12 Schools* (2011, Learning in the Real World).]

CILANTRO



CINNAMON



YOGURT



CURRY



PINE NUTS

MANGOES



TAMARIND

POMEGRANATES



CHICKPEAS

FLAVOR PROFILE RESEARCH: Middle East



1. On which continent is Israel located?

Color Israel on the map.

2. From what countries did Jews in the Middle East and North Africa migrate to Israel? Color and list the different countries on the world map.

3. Review the information from the flavor profile reading with the images.

What ingredients and seasonings are commonly used in Middle Eastern food?

Meats: _____

Fruits: _____

Vegetables: _____

Grains: _____

Dairy: _____

Spices: _____

