

Middle Eastern Pantry

Kitchen

The spices, souring agents and staples across the region.

Broad across Levantine, Persian and Turkish cooking.

Spices

Sumac — tart, lemony

Za'atar blend

Baharat

Cumin, coriander

Cinnamon in savoury dishes

Saffron

Sour and sweet

Pomegranate molasses

Lemon, preserved lemon

Tamarind

Rose water, orange blossom

Staples

Tahini

Bulgur, freekeh, couscous

Chickpeas, lentils

Yoghurt

Olive oil, olives

Tahini seizes and thickens when water is first added, then loosens as you keep adding. Do not stop at the seizing stage.