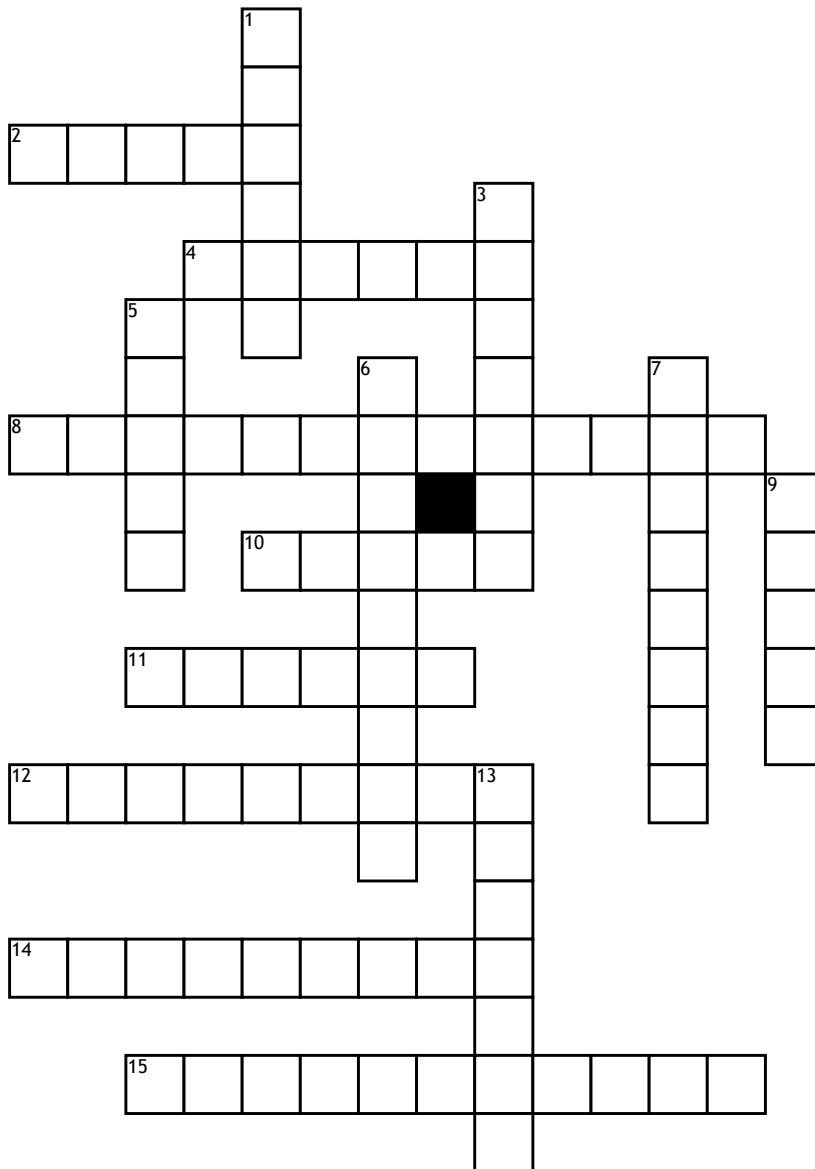


Name: _____

Date: _____

Middle EAsEtern Cuisine



Across

2. a middle eastern spice
 4. a seasoning that is added, can be black or white
 8. a piece of equipment that saves time
 10. this ingredient can be pickled to give it more flavour
 11. what is the name of the paste that is created by sesame seeds

12. This ingredient needs to be soaked over night

14. a healthy option for flour

15. A dairy accompaniment to this dish

Down

1. a method of food preservation that is very convenient
 3. Felafels are a great source of this nutrient, really suitable for vegetarians

5. helps prevent the product from sticking

6. green and leafy and has to be washed and re washed

7. a piece of equipment used to drain the chick peas

9. a healthy oil that can be used for dressings

13. A healthy method of frying