
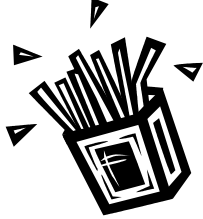
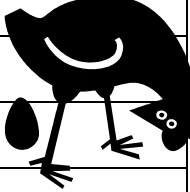



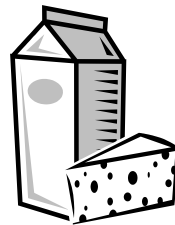
TELFED'S FOOD AND DRINK GLOSSARY.

HAPPY SHOPPING!

VEGETABLES	FRUIT	FRESH HERBS
Artichoke – Artishok	Apple – Tapu'ah Etz	Basil – Rehan (Israeli small leafed type). Bazilikum (Italian Large-Leafed Type)
Asparagus – Same in Hebrew	Apricot – Mishmesh	Chervil – Anis (Hard to find)
Green Beans – Shu'it yeruka	Avocado – same in Hebrew	Chives – Irit
Flat Green Beans – Shu'it Hilda or Su'it Setuha	Banana – Same in Hebrew	Coriander – kuzbara (fresh – Kuzbara tri'a)
Speckled Flat Green Beans – Shu'it Mehuseset	Blueberry – Achmania	Dill – Shamir
Yellow String Beans – Shu'it Mehuseset	Cherry – Duvdevan	Hyssop (form of wild Marjoram) – Za'atar
Beetroot – SeleK	Cherimoya (Custard Apple) – Anona	Lemon Grass – Esev Limon (or sometimes same as English)
Broccoli – same in Hebrew	Chinese Star Fruit – Carambola	Marjoram – Mayaran
Brussel Sprouts – Kruv Nitzanim – (hard to find them fresh)	Date – Tamar	Oregano – same in Hebrew
Green Cabbage – Kruv	Feijoa – same in Hebrew	Parsley – Petrazila
Red Cabbage – Kruv Adom	Fig – Te'ena (Dried Figs – develim)	Peppermint – Menta
Carrot – Gezer	Grapefruit – Eshkolit	Rosemary – Rozmarin
Cauliflower – Kravit	Grape – Anav (Green – Yerukim, Red – Alumim), without pits – Lelo hartzunim)	Sage – Marva
Celeriac – ShoresH Seleri	Guava – same in Hebrew	Sorrel – Hamtziz
Celery – Seleri Alim or Seleri Ameraka'i	Kiwi – Same in Hebrew	Spearmint – Nana
Corn – Tiras	Kumquat – Tapuz Sini	Taragon – Same in Hebrew
Cucumber – Melafefon	Lemon – Limon	Thyme – timin or Koranit
Eggplant – Hatzil	Lime – Same in Hebrew	
Endive – Endeev	Lychee – Same in Hebrew	
Fennel – Shumar	Mango – Same in Hebrew	
Jerusalem Artichokes – Artishok Jerushalmi	Melon – Same In Hebrew	
Cohlrabi – same in Hebrew	Mulberry – Toot Etz	
Leek – Prasa, Krisha	Orange – Tapuz	
Mushrooms (Champignons) – Pitriot shampinyon	Pomegranate – Rimon	
Okra – Bamia	Paawpaw – Papaya	
Onion – Batzal	Passion Fruit – Pri Hate'ava	
Green Onion (scallion) – Batzal Yarok	Peach – Afarsek	
Red Onion – Batzal Adom	Pear – Agas	
Parsnip – ShoresH	Persimmon – Afarsemon	
Peas – Afuna	Plum – Shezif	

Green Pepper – Pilpel Yarok	Prunes – Shezifim Meyubashim	
Red Pepper – Pippel Adom	Strawberry – Tut Sadeh	
Potato – Tapuah Adama	Quince – Havush	
Radish – Tz'non		
Spinach – Tered		
Squash – (Light Green Elongated) – Kishuim		
Squash – (Dark Green Zucchini type) – Zukini		
Butternut Squash – Dalorit		
Sweet Potato – Batata		
Swiss Chard - Mangold or Alei Sele		
Tomato –Agvania		
Cherry Tomato – Agvania Sheri		
Turnip – Lefet		

FISH	CUTS OF MEAT	POULTRY
Carp – Carpion	Blade/Rib Eye – (includes both) – Fileh Medumeh : for pot roasts and stews	Chicken – Off
Golden Grouper – Lokus Hafesh	Brisket – Hazeh : pot roasts, oven roasts, soups, goulash and corned beef)	Whole Chicken – Off Shalem
Red Grouper – Lokus Adom	Entrecote – Vered Hatzela : for steaks and roast beef)	Roast Chicken – Off Tzalui
White Grouper – Lokus Lavan	Flank – Kislayim : for rolled roasts, goulash and mincing)	Chicken Wings - Knafayim
Mackerel – Same in Hebrew	Neck – Tzavar : for goulash, soups and mince	Rounded Skinless Chicken Breast – Schnitzel
Grey Mullet – Buri	Porterhouse – Fileh : for steaks and carpaccio	Chicken Legs - Shokayim
Red Mullet – Barbunia	Rump – Sheizel or Kanuf ha'okerz : for cutlets, steaks, sishkebab and oven roasts	Spring Chicken - Porgit
Sea Bass – Bass	Shoulder Roast – Tzli Katef: for pot roasts and stews	Duck – Barvaz
Sea Bream – Forida	Ribs – Tzu'at: for stews, rack roast, cholent and mincing	Goose – Avaz
Sole (Plaice) – Same in Hebrew	Round (approximation) – weisbraten : Pot Roasts	Liver – Kaved
St. Peter's Fish – Amnon or musht (Red St Peter's Fish – Admonit)	Shank (rear) – Shrir Ahori: goulash, soups and cholent	Foie Gras – Kavad Avaz
Trout – Forel	Shank (front) – Shrir Hazoa - goulash, soups, cholent and osso buco if with bone Short ribs – Shpondra or Kashit: cholent, goulash and soups; Asado and spare ribs if with bone Shoulder – Katef Merkazi : pot roasts, stews, goulash and mincing Sirloin – simta : for roast beef and steaks	

	Sirloin Tip (approximation) – Ozit or Katchka : goulash, pot roasts and mincing Top Round – Kof (approximation) : for steaks, sish kebab and roasts	
BAKING	HEALTH-FOOD PRODUTS	BEVERAGES
Almond Extract – Tamtzit shkeidim (see note for vanilla extract below)	Carob Flour – Kemah Haruvim	Beer - Bira
Baking Soda – Soda Leshtiya	Carob Chocolate – Shokolad Haruvim	Red Wine – Yayin Adom
Baking Powder – Avkat Afia	Carob Syrup – Sirop Haruvim	White Wine – Yayin Lavan
Self-raising flour – Kemah Tofe'ah	Carob Spread – Mimrah Haruvim	Natural Juice – Mitz Tiv'i
Vanilla Extract – Tamzit Vanil (all Israeli-brand vanilla extracts are artificial. The real ones like McCormick are Tamzit Vanil Tiv'i)	Organic – Organi	Herb Tea – Tei Tzmahim
Rose Water – mei shoshanim	Rice Crackers – Prihiot orez	Milk – Halav
Flour – Chem'ah	Soy Sauce – Rotev Soya (only imported Soy Sauce is real soy sauce)	Soy Milk – Halav Soya
	Tofu – Same in Hebrew	Fresh Soy Milk – Halav Soya Tari
	Tofu Spread – Mimrah Soya	
	Miso – Meezo	
	Whole Wheat Flour – kehah lehem (only available in some supermarkets)	
	Rye Flour – Klemah Shipon	
	Buckwheat Flour – Kemah Kosemet	
Millet Flakes – P'titei Dohan		