

A tradition of fresh Lebanese ingredients

At Pita Gourmet we will delight the gourmet, for it is produced by people who love good food, and satisfy the health enthusiast, because much use is made of the grain, cheese, yoghurt, and fresh vegetables. Here some of the ingredients that are at the base of our dishes.



Bulgur Wheat

Bulgur is a cereal food made from several different wheat species, most often from durum wheat. Compared to unenriched white rice, bulgur has more fiber and protein, a lower glycemic index, and higher levels of most vitamins and minerals.



Lebanese Bread

Pita is a slightly leavened wheat bread, flat, either round or oval, and variable in size. All baked in a brick oven. The "pocket" in pita bread is created by steam, which puffs up the dough. As the bread cools and flattens, a pocket is left in the middle.



Sumac

Sumacs are shrubs and small trees that can reach a height of 1–10 metres. The fruits (drupes) of the genus Rhus are ground into a deep-red or purple powder used as a spice to add a lemony taste to salads or meat.



Pine Nuts

Pine nuts are the edible seeds of pines. They are frequently added to meat, fish, salads and vegetable dishes or baked into bread. Pine nuts contain thiamine, vitamin B1 and protein and they are also a source of dietary fiber.



Zaatar

Zaatar is a Middle Eastern condiment made from the dried herbs, mixed together with sesame seeds, dried sumac, and often salt. Recipes for such spice mixtures were often kept secret, and not even shared with daughters and relatives.



Pomegranate Molasses

Pomegranate molasses is made by boiling down the pomegranate juice of a tart variety. It forms a thick, dark brown liquid that is used in salad and other dishes.



Orange Blossom

orange blossom water, is a clear, perfumed distillation of fresh bitter-orange blossoms, used to flavor dessert dishes or cocktails.