




















Herb Guide

Herb	Hebrew	Pronounced	Suggested Medical benefits	Picture
Basil	בזיליקום	Bazilikum	Anti-inflammatory, antiviral, antimicrobial, antioxidant	
Bay leaf/ Sweet laurel	עלי דפנה	Alei Dafna	Bay leaf tea promotes sweating and helps reduce a fever. Soak a cloth in the water, place on chest to help relieve respiratory infections, cough, cold and flu. Calms an upset stomach and reduces the symptoms of digestive disorders.	
Chives	עירית	Irit	Improves circulation, lowering blood pressure.	
Coriander/ cilantro	כוסברה	Coosbarah	Combats urinary tract infections, aids digestion, restores a loss of appetite, coriander tea, can help to relieve headaches, particularly those that are caused by a cold or flu.	
Dill	שמיר	Shamir	Effective for the treatment of colic, gas and indigestion. Calms an upset stomach and reduces the symptoms of digestive disorders. Chewing dills seeds can combat bad breath, may cure hiccups, relieve fluid retention. Help treat cystitis and other bladder infections.	
Fenugreek	חילבה	Hilbah	Seeds are a laxative, Good for inflammation, lung disorders, reduces fever and mucus, helps asthma, sinus problems, prevent ulcers and cancer. Used to treat menopause.	
Garlic	שום	Shoom	Helps combat arthritis, asthma, cancer, colds, flu, digestive problems, heart disorders, insomnia, liver disease, sinusitis, ulcers, yeast infections. It's an immune	

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			enhancement, gives detoxification, lowers blood pressure, improves circulation.	
Ginger	ג'ינג'ר	Ginger	Antioxidant, anti-inflammatory, colon cleanser, reduces spasms and cramps, stimulates circulation. Helps with bowel disorders, fever, hot flashes, indigestion, headaches, morning sickness, motion sickness, nausea, and vomiting and nausea due to chemotherapy, reduces the symptoms of digestive disorders.	
Lemon grass	לימון גראס, לימונית, ריחנית, עשב לימון	Asev Limon	Reduces fever and infectious. May improve the quality and quantity of a mother's milk. Used to relieve digestive disorders.	
Lemon Balm	מליסה	Melissa	Relieves stomach spasms and aids digestion, treats flatulence, anti-viral, used to treat herpes.	
Lemon verbena	לואיזה, לימונית	Limonit, Luisa	Relieves digestive disorders, strengthens nervous system, reduces fevers, promotes calmness, used as an expectorant.	
Marjoram	מירון / אזובית	Miyoran	Treats insomnia, stimulates appetite, good for colds and flu can relieve gas, flatulence, cramps.	
Mint	נענע	Nana	Anti-inflammatory, clears respiratory passages, relieves headaches, reduces the symptoms of digestive disorders, helps colds and bad breath.	
Oregano	אורגנו	Oregano	Antioxidant, relieves respiratory and digestive problems, treats yeast infections, insomnia, migraines, helps clear coughs, colds and symptoms of flu.	

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Parsley	פטרוסיליה	Petroziliah	Anti-inflammatory boosts the immune system. Recommended for: bed-wetting, fluid retention, gas, high blood pressure, indigestion, prostate disorders, expelling worms, relieving gas, stimulating digestive system, freshening breath particularly in combating the potency of garlic. Tonic for: bladder, kidney, liver, lung, stomach, and thyroid, prevents the multiplication of tumor cells.	
Rosemary	רוזמרין	Rozmarin	Decongestant, inflammatory, anticancer, antitumor, stomach relaxer. Helps circulation, digestion, menstrual pain, liver toxicity. Fights bacteria. Calms the nervous system, relieves aches and pains. May enhance the memory and improve concentration.	
Sage	מרורה	Marvah	Improves central nervous system, digestion, reduces sweating and salivation, hot flashes, estrogen deficiency, mouth and throat infections, promotes hair growth, antioxidant. Helps alleviate colds, flu, sinus congestion, urinary tract problems and can be used to treat diabetes. Decreases milk production in nursing mothers.	
Tarragon	טרגון	Tarragon	Stimulate the appetite, numb aches and pains, promote calmness.	
Thyme	קורנית/ טימין	Kornit/Timin	Recommended for: croup and other respiratory problems, fever, headache, liver problems, cholesterol. Eliminates gas and reduces mucus, its antibacterial, antioxidant and antifungal.	

Meat Guide

Prices are approximate and for fresh meat

Number & price	Hebrew name	Pronounced	Known as	Good for	Suitable cooking method	Additional notes
1 80 NIS	ורד הצלע, סטייק עין, אנטריקוט	entrecote, steak Ayin, vered hatzela	rib	steaks and roast beef	roasting and grilling	Tender, does not need marinating
2 46 NIS	צלעות, ריפנו	rifaan, tzlaot	chuck or blade	pot roast, cholent goulash	slow cooking at low temp	Flavorsome and economical
3 35 NIS	חזר ברוסט, בריסקט	brust, chazeh, brisket	skirt, short plate, steak roll	pot roast, oven roast, soup, goulash & pickled e.g salt/corned beef	Slow roast, picked	Very lean
4 60 NIS	כתף מרכזי כתף	katef, katef mercazi.	rib or back rib shoulder	pot roast, cooking in a sauce, goulash, mince	slow cooking at low temp	Similar to 5 and 6
5 70 NIS	צלי כתף, צלי	tzli, tzli katef	cross rib	pot roast, cooking in sauce	slow cooking at low temp	Similar to 4 and 6
6 80 NIS	פילה מדומה, פאלש	falshe, fillet medumeh	shoulder	pot roast and cooking in sauce	slow cooking at low temp	Similar to 4 and 5
7	מכסה הצלע	mechse hazavah	chuck cover	pot roast	slow cooking at low temp	
8 39 NIS	שריר הזרוע, אוסובוקו, פולו	shrir hazroa, shrir, osso bucco,polo	shin	goulash, soup, cholent,osso bucco	slow cooking at low temp	
9 50 NIS	קשתית, שפונדרה	shpundra, kashtit,	top rib, cube roll, flank, poitrine, short plate	cholent, goulash, soup, spare ribs, mince	soup or boiling	
10	צוואר	tzavar	neck	goulash, soup	slow cooking at low temp	
11 90 NIS	סינתה, מותן	sinta, moten	sirloin or porterhouse	roast beef and steaks.	roasting and grilling	tender and expensive
12 90 NIS	פילה	filley	Fillet, tenderloin, loin	steaks and carpaccio	roasting and grilling	tender and expensive
13	שייטל, כנף	shaitel, kanaf	loin, sirloin	schnitzel, steak,	roasting	

Number & price	Hebrew name	Pronounced	Known as	Good for	Suitable cooking method	Additional notes
	העוקץ	haoketz		skewering, roasting	and grilling	
14	קאצ'קע, אוזית	katchke, ozit	tip	goulash, pot roast, mince	braising	Similar to 15 and 16
15	צ'אק, ירכה	yarcha	chuck, round	pot roast	braising	Similar to 14 and 16
16	כף	kaf	chuck, round, rump	steak, schnitzel and roast	braising	Similar to 14 and 15
17	פלדה, כסליים	plada, kislayim	flank	goulash	braising	
18 40 NIS	פולי, שריר אחורי	poli, shrir achori	round	goulash, soup and cholent	braising	
19	ויסבראטן, ראש ירכה	weisbraten, rosh yarcha	round	pot roast	braising	

Fish Guide

Prices are approximate

Price in NIS	English name	Hebrew name	Pronounced	Availability* Fresh/frozen	Flavor and texture
50	Barramundi	ברמונדי	Barramundi	Fresh	Sweet mild flavor, white flakey texture
60	Bass	בס	Bass	Fresh/frozen	Tender white sweet flesh, mild yet delicious flavor
25	Carp	קרפיון	Carpion	Fresh/frozen	Firm flesh mild tasting, good with strong flavors
40-50	Cod	בקלה, קוד	Cod/Bakalah	Frozen	Firm flakey flesh, delicate flavor
50	Drum fish	מוסר	Musar	Fresh/frozen	Tender white flesh, mild flavor
65	European Sea Bass (small)	לברק	Levrak	Fresh/Frozen	Tender white flesh, mild flavor
40	Grey Mullet	בורי	Buri	Fresh/frozen	Strong flavored flesh,
90	Grouper	קוס	locus	Fresh	Soft white flesh
45	Haddock	חמור-ים	Chamor Yam	Frozen	Mild flavor, moderate to firm texture flesh
45	Hake	זאב-הים	Ze'ev Yam	Frozen	Soft white flesh
45	Halibut	פוטית	Putit	Frozen	Lean, Firm white, slightly dry flesh
Various	Herring	דג מלוח הרינג	– Dag Maluach or Herring	Marinated	Rich strong flavor and soft fine texture
Various	Mackerel	מקרל	Mackerel	Marinated/ smoked	Oily fish Good with a tart sauce
30 - 50 frozen	Nile Perch	נסיכת הנילוס	Nisichot HaNilus	Frozen	Mild flavor and firm texture – very few

Price in NIS	English name	Hebrew name	Pronounced	Availability* Fresh/frozen	Flavor and texture
					bones
40	Plaice	דג-משה- רבנו	Dag Moshe Rabeinu	Frozen	Lean, off white flesh, fine textured and mild in flavor
60	Rainbow Trout and trout	פול	Forel	Fresh/frozen	Rich, full flavored, firm yet creamy texture
70	Red Mullet	ברבוניה, דג סולטן, מולית אדומ	Barbuniah Dag Sultan Mulit Aduma	Fresh/frozen	Mild flavor, firm white flesh
70	Red Snapper	פרידה	Farida	Fresh/frozen	Firm white, slightly dry flesh. Good with a strong sauce
80-90 Steak/ fillet	Salmon	סלמון	Salamon	Fresh/frozen	Fatty, Pink rich pronounced delicious flavor
70-80	Salmon whole	סלמון שלם	Salamon shalem	Fresh/frozen	Heads make good stock
15 shekels per 100g	Smoked salmon	סלמון מושן	Salamon meushan	Smoked	
Various	Sardine	סרדין	Sardine	Marinated	Rich flavored dark colored flesh
70	Sea Bream	צ'יפורה/ דניס	Denise, Chipura	Fresh/frozen	Benefits from strong flavors
25-30	Sole	סול	Sole	Frozen	Lean white flesh, fine textured and mild in flavor
35	Red Tilapia	אדמונית	Admonit	Fresh/frozen	Firm sweet, mild in flavor
30	Tilapia/ St. Peter's	מושט	Mushut/Amnon	Fresh/frozen	Firm and full flavored fish
30-50	Tuna	טונה	Tuna	Frozen	Dense firm and full flavored flakey flesh