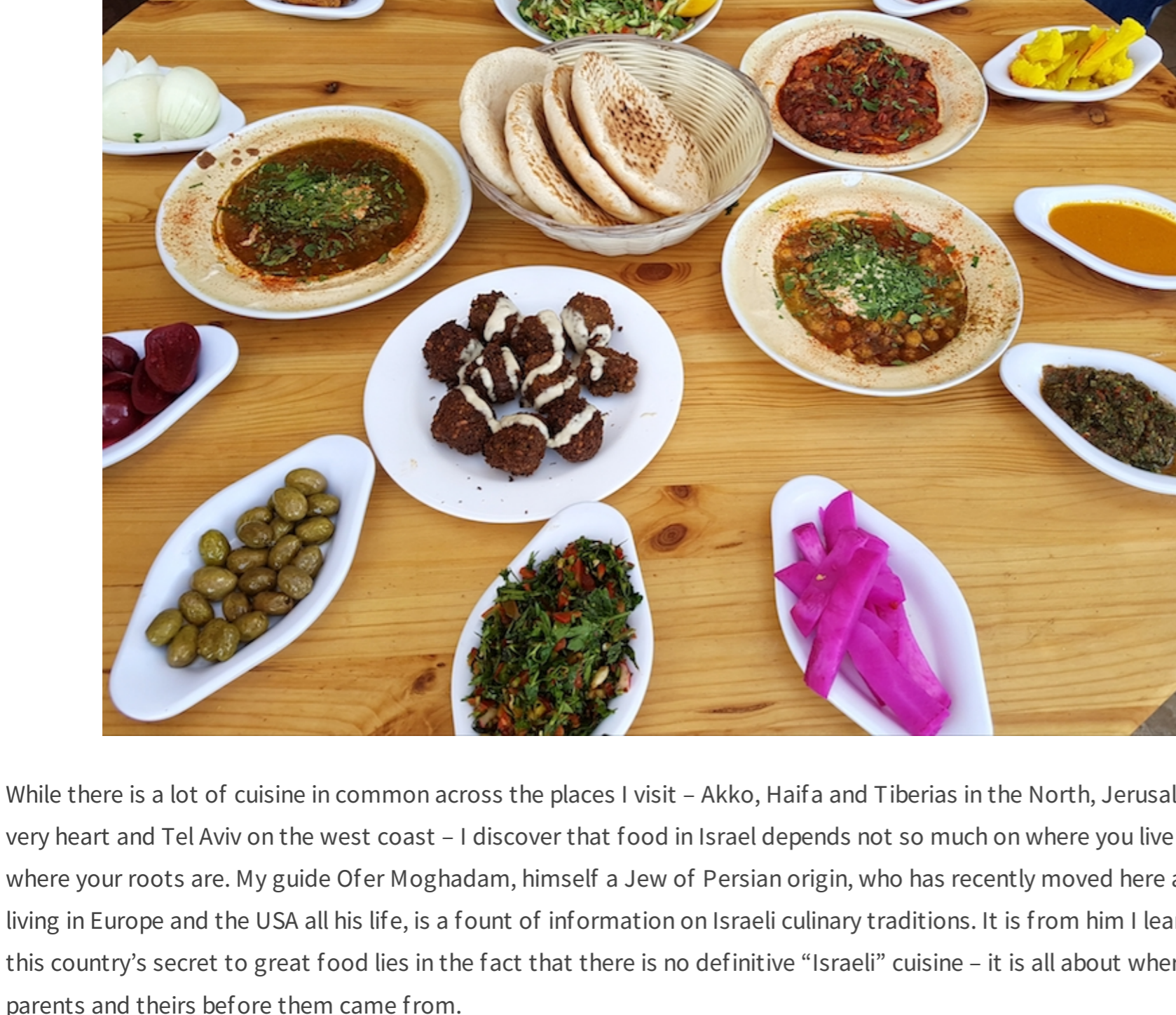


EAT STAY SHOP | ISRAEL | PUBLISHED

A vegetarian food pilgrimage in Israel

by [charukesi](#) · March 13, 2018

Almost two centuries ago, French gourmand Jean Brillat-Savarin wrote, "Tell me what you eat, and I will tell you who you are." In all my travels, nowhere has this been truer than in Israel, as I find out during a recent whirlwind trip.



While there is a lot of cuisine in common across the places I visit – Akko, Haifa and Tiberias in the North, Jerusalem at its very heart and Tel Aviv on the west coast – I discover that food in Israel depends not so much on where you live but where your roots are. My guide Ofer Moghadam, himself a Jew of Persian origin, who has recently moved here after living in Europe and the USA all his life, is a font of information on Israeli culinary traditions. It is from him I learn that this country's secret to great food lies in the fact that there is no definitive "Israeli" cuisine – it is all about where your parents and theirs before them came from.



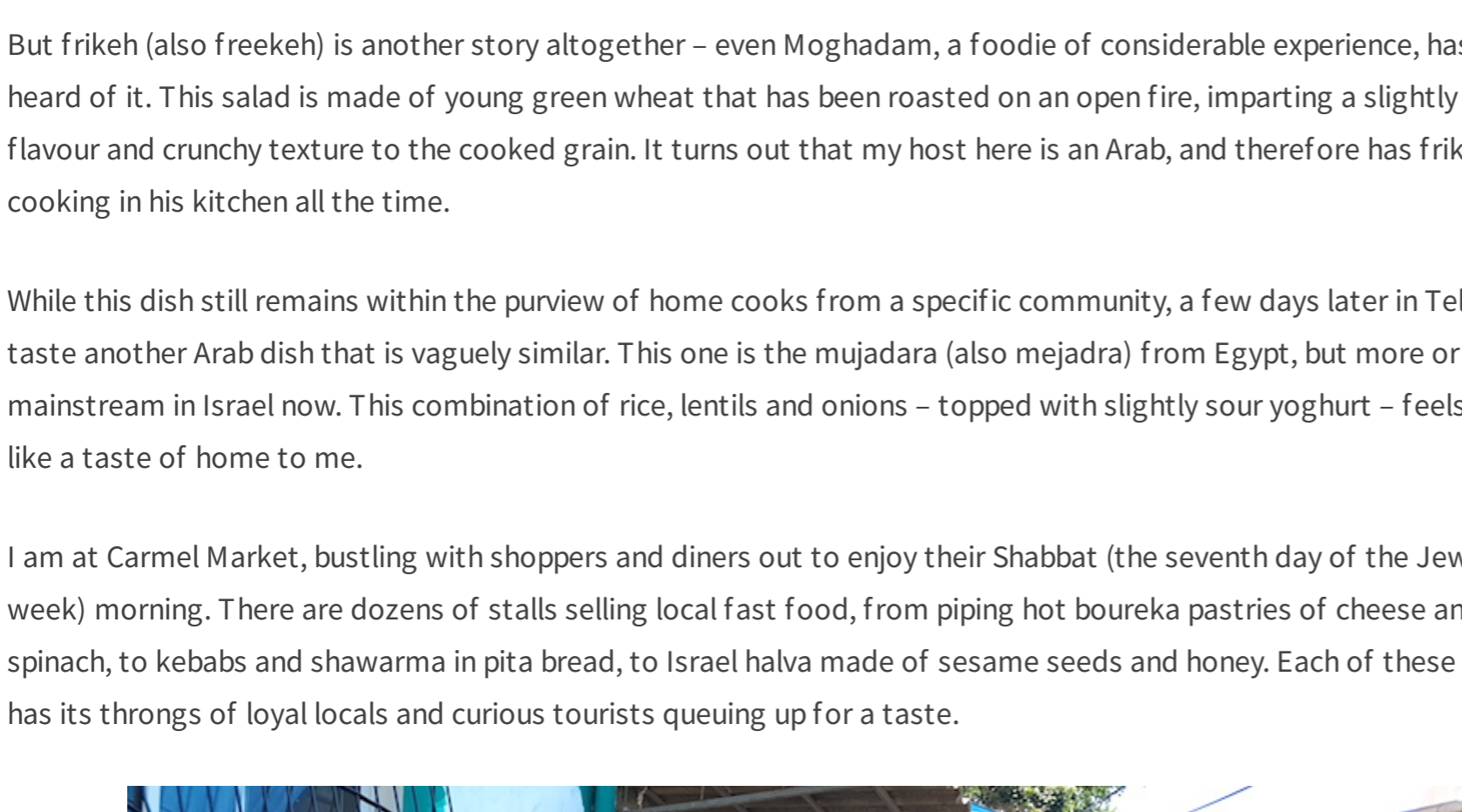
One evening, I am at dinner at a fancy restaurant in the northern city of Tiberias – the usual suspects like crunchy tabouleh, smoked aubergine, moist falafels and creamy hummus have come and gone. For the main course, since I am a vegetarian, my host from the regional tourism board suggests frikeh.



One evening, I am at dinner at a fancy restaurant in the northern city of Tiberias – the usual suspects like crunchy tabouleh, smoked aubergine, moist falafels and creamy hummus have come and gone. For the main course, since I am a vegetarian, my host from the regional tourism board suggests frikeh.



One evening, I am at dinner at a fancy restaurant in the northern city of Tiberias – the usual suspects like crunchy tabouleh, smoked aubergine, moist falafels and creamy hummus have come and gone. For the main course, since I am a vegetarian, my host from the regional tourism board suggests frikeh.



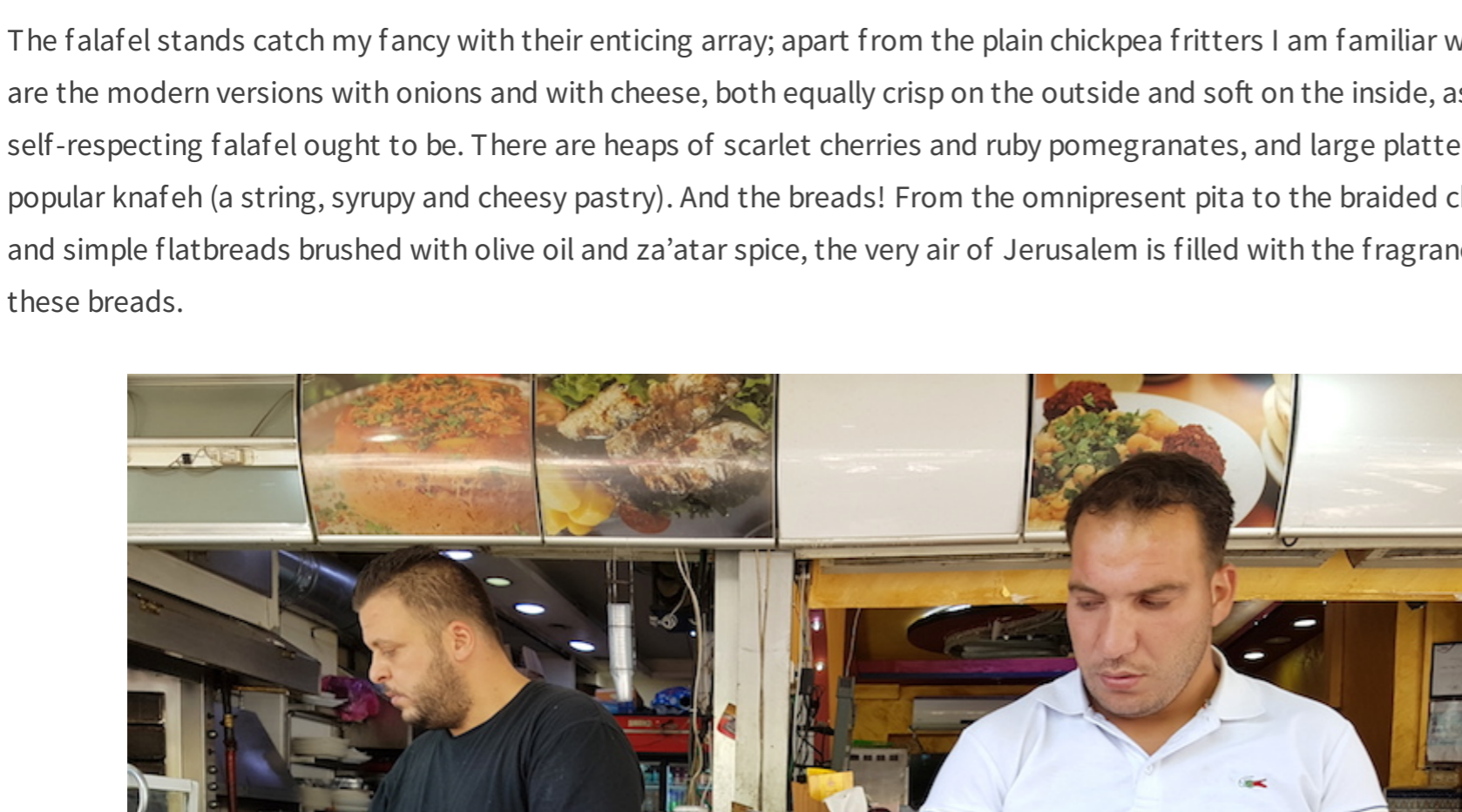
One evening, I am at dinner at a fancy restaurant in the northern city of Tiberias – the usual suspects like crunchy tabouleh, smoked aubergine, moist falafels and creamy hummus have come and gone. For the main course, since I am a vegetarian, my host from the regional tourism board suggests frikeh.



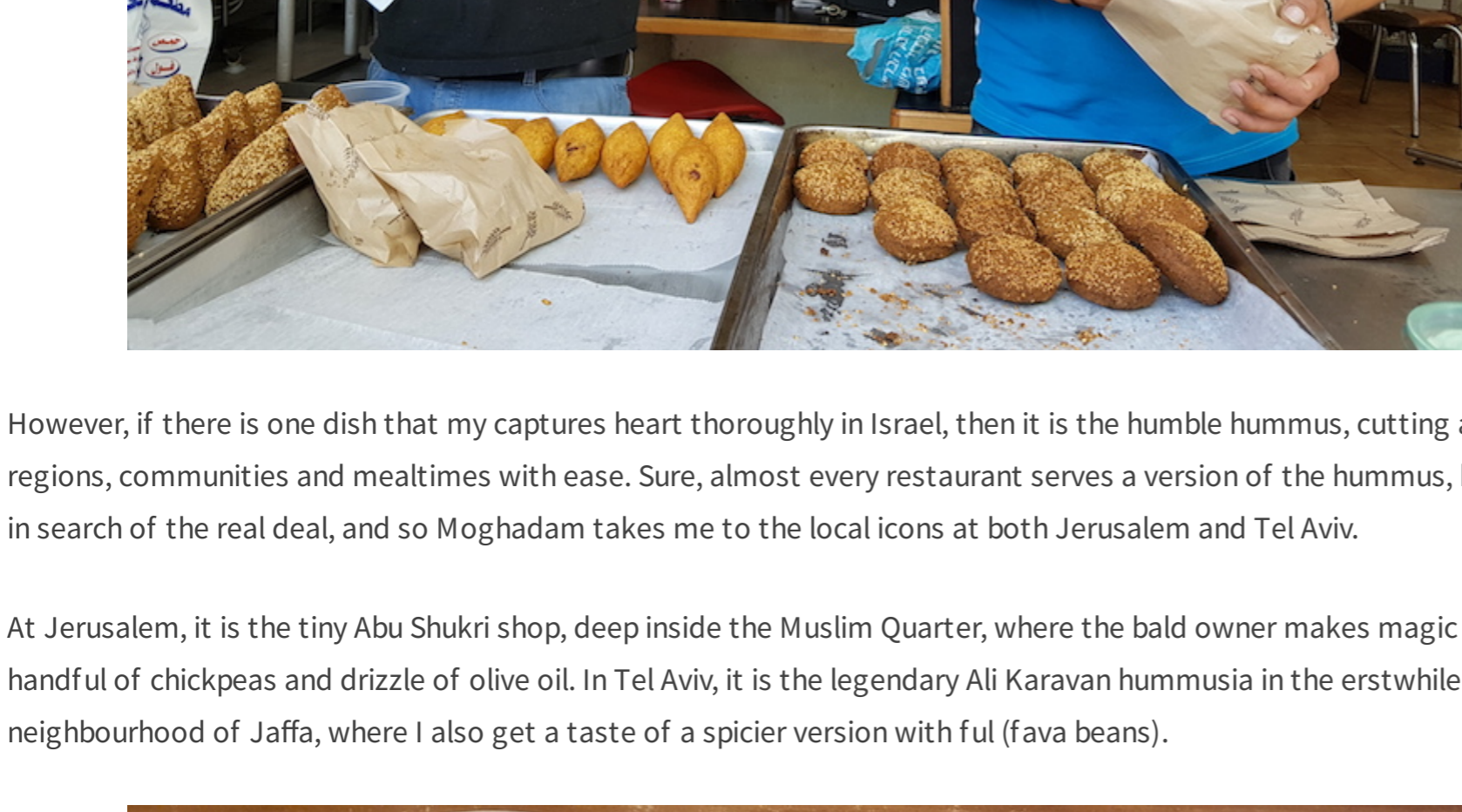
One evening, I am at dinner at a fancy restaurant in the northern city of Tiberias – the usual suspects like crunchy tabouleh, smoked aubergine, moist falafels and creamy hummus have come and gone. For the main course, since I am a vegetarian, my host from the regional tourism board suggests frikeh.



One evening, I am at dinner at a fancy restaurant in the northern city of Tiberias – the usual suspects like crunchy tabouleh, smoked aubergine, moist falafels and creamy hummus have come and gone. For the main course, since I am a vegetarian, my host from the regional tourism board suggests frikeh.



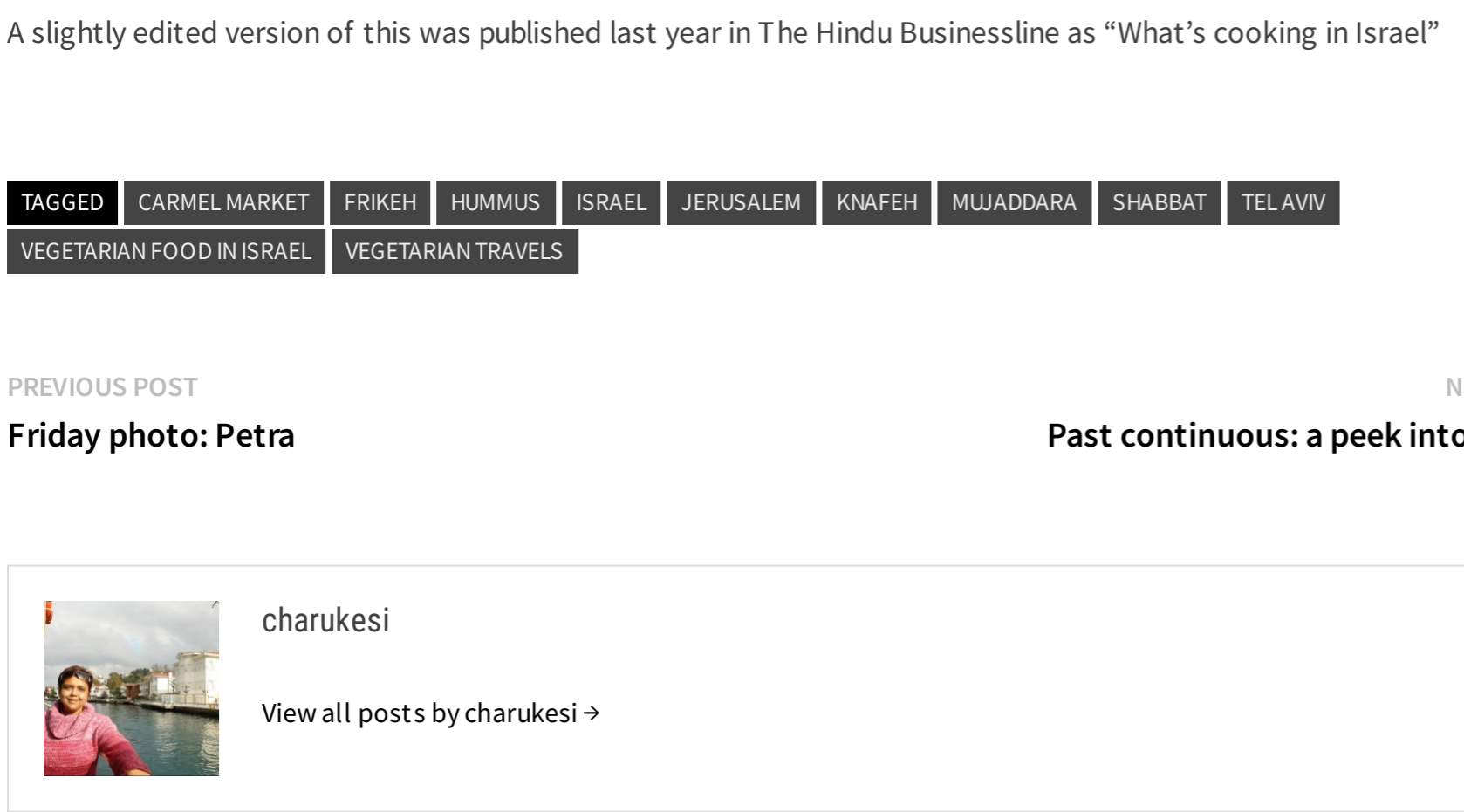
One evening, I am at dinner at a fancy restaurant in the northern city of Tiberias – the usual suspects like crunchy tabouleh, smoked aubergine, moist falafels and creamy hummus have come and gone. For the main course, since I am a vegetarian, my host from the regional tourism board suggests frikeh.



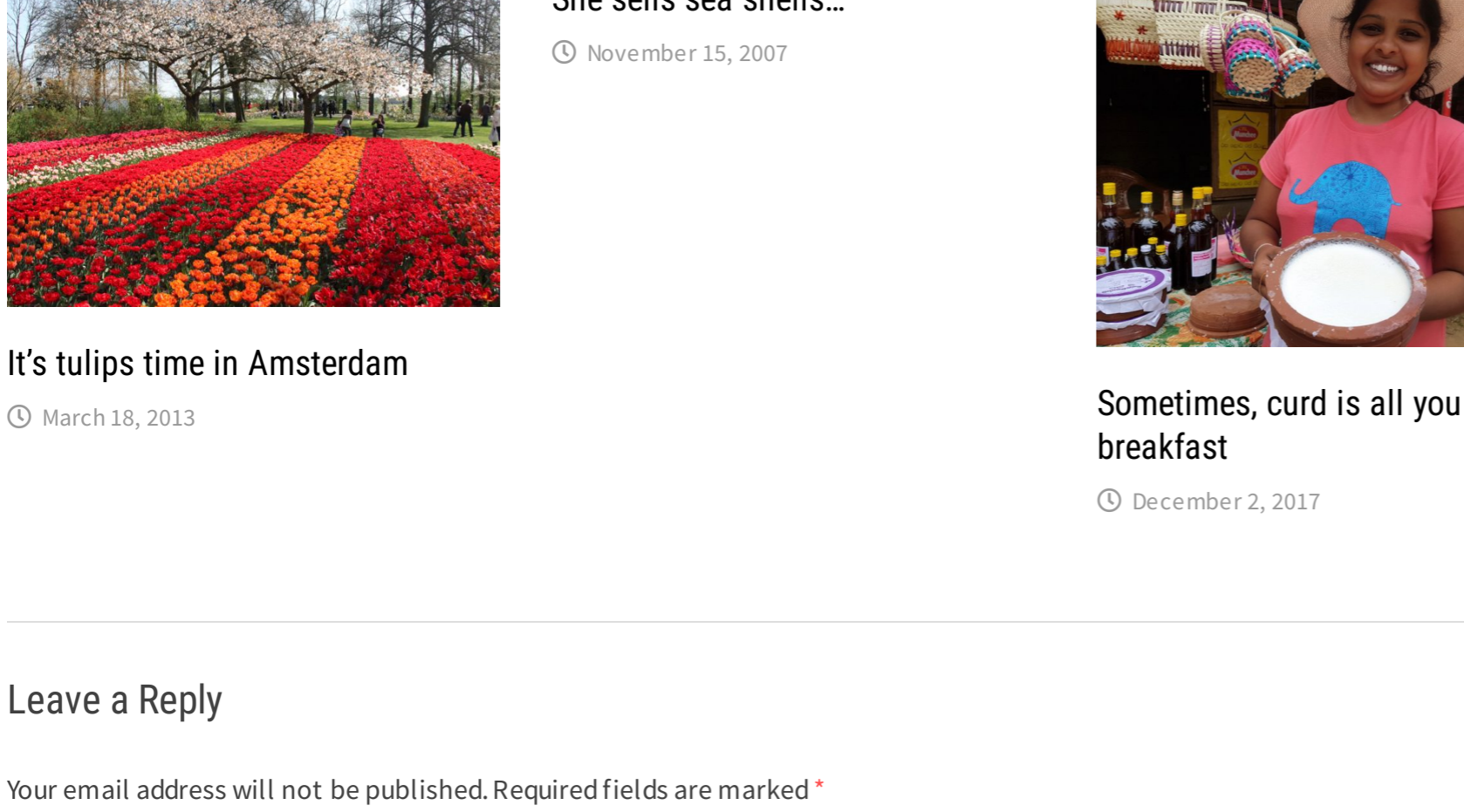
One evening, I am at dinner at a fancy restaurant in the northern city of Tiberias – the usual suspects like crunchy tabouleh, smoked aubergine, moist falafels and creamy hummus have come and gone. For the main course, since I am a vegetarian, my host from the regional tourism board suggests frikeh.



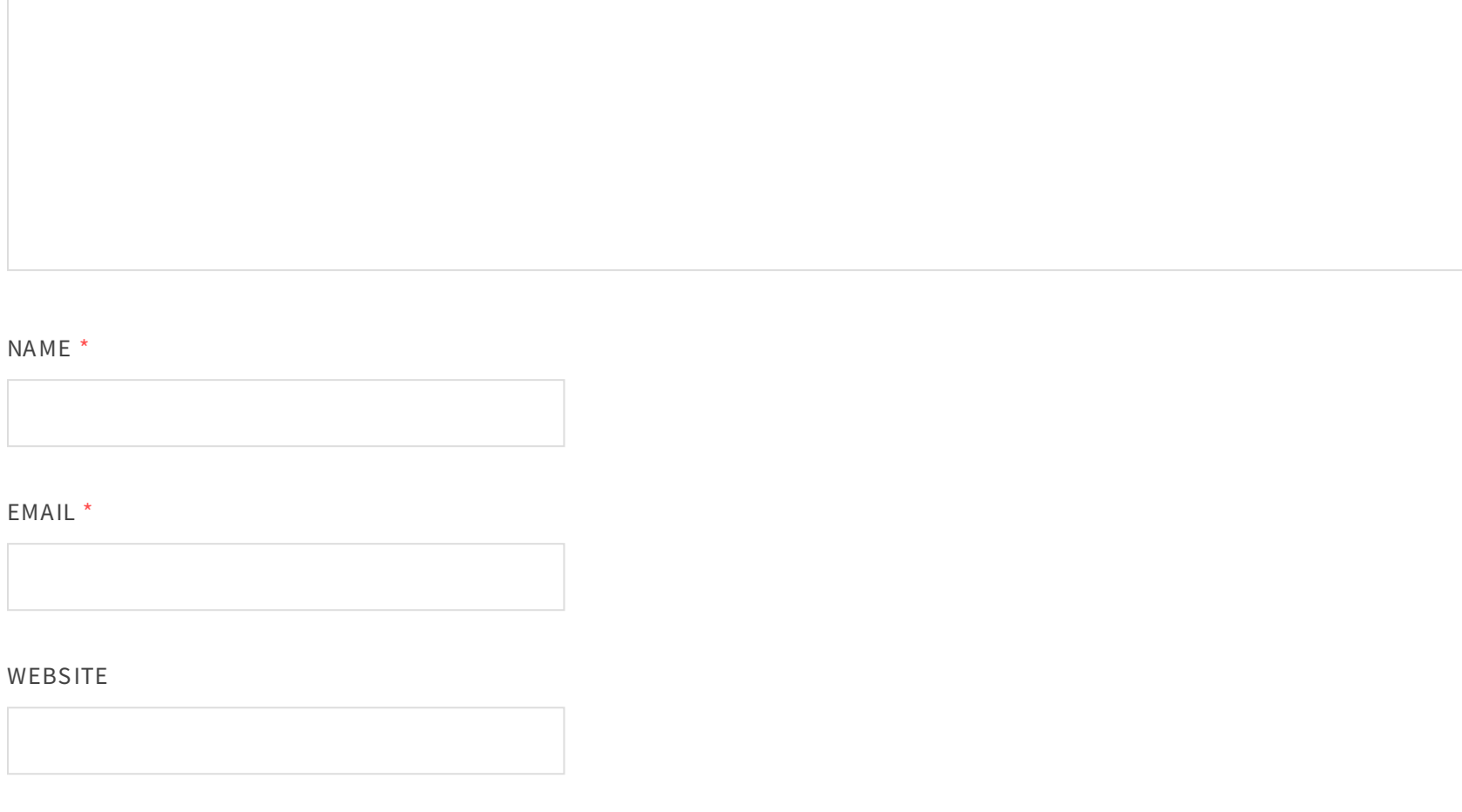
One evening, I am at dinner at a fancy restaurant in the northern city of Tiberias – the usual suspects like crunchy tabouleh, smoked aubergine, moist falafels and creamy hummus have come and gone. For the main course, since I am a vegetarian, my host from the regional tourism board suggests frikeh.



One evening, I am at dinner at a fancy restaurant in the northern city of Tiberias – the usual suspects like crunchy tabouleh, smoked aubergine, moist falafels and creamy hummus have come and gone. For the main course, since I am a vegetarian, my host from the regional tourism board suggests frikeh.



One evening, I am at dinner at a fancy restaurant in the northern city of Tiberias – the usual suspects like crunchy tabouleh, smoked aubergine, moist falafels and creamy hummus have come and gone. For the main course, since I am a vegetarian, my host from the regional tourism board suggests frikeh.



One evening, I am at dinner at a fancy restaurant in the northern city of Tiberias – the usual suspects like crunchy tabouleh, smoked aubergine, moist falafels and creamy hummus have come and gone. For the main course, since I am a vegetarian, my host from the regional tourism board suggests frikeh.

VISIT: CHARUKESI.COM

18 years of travel blogging, 22 Indian states, 6 continents, 55 countries.

Over 500 travel stories published across the world, in Conde Nast Traveller, BBC Travel, South China Morning Post, Singapore Airlines, National Geographic Traveller, Lonely Planet...

freelance writer, travel photographer, compulsive blogger, footloose wanderer, filter coffee drinker, facebook addict, occasional tweeter, Bangalore resident, crossword lover, drama queen, Wodehouse devotee...

CATEGORIES

Select Category

FOLLOW ME ON INSTAGRAM

[Follow on Instagram](#)

COPYRIGHT © 2019

Charukesi Ramadurai
ALL RIGHTS RESERVED

