

World Cuisine



Embassy of the Kingdom of Bahrain in Japan

Bahrain is an island country in the Gulf. Over 80 islands make up the country, which means there is vast cultural diversity within its 786.5 square kilometers.

Bahrain has been inhabited since ancient times and influenced by Arab, Indian, African, British, and Portuguese cultures, meaning the country's culture is diverse, including its gastronomy. Many Bahraini recipes are familiar, but others are unique to the island.

Bahrain is the third-smallest nation in Asia. Being such a small country means it imports most of its food, but this doesn't mean Bahrain doesn't have a unique culinary identity.

A quick guide to Bahraini cuisine

Rice is Bahrain's staple food and the base for many exciting dishes, from the famous **Machboos**, seasoned rice served with chicken or lamb, to **Quzi**, lamb stuffed with vegetables.

Seafood is also vital in the island country. Shellfish, including shrimp and lobster, are widespread, and local fish always have a place on the table.

Bahrain food also includes vegetarian specialties. In fact, although red meat, chicken and seafood are widely consumed, some of the most popular dishes, especially in the appetizer category, are plant-based, like Kabab, not to be confused with meat kebab, are deep-fried chickpea cakes made with flour, eggs, tomato, onions and spices. These are delightful with sweet and tangy **tamarind sauce**.

Desserts and sweet treats in Bahrain are as enticing as the country's main courses. Bahrain became famous for its confectioneries by being a

pioneer in this industry in the region. The most popular dessert, **Bahraini Halwa** is a thick mixture of sugar flavoured with saffron and nuts is very popular specially during Ramadan and Eid Holidays.


No visit to Bahrain is complete without tasting one of its most unique dishes, the **Muhammar**. This speciality is a sweet rice dish, sweetened with date syrup or sugar. Interestingly, this sweet dish is often served with fish, providing an unusual flavour contrast between sweet and savoury.

Where to eat in Bahrain?

The Arab Island has developed a robust post-oil economy primarily based on tourism. Four million people visit the Bahraini islands yearly for warm weather, shopping malls, museums and food.

Arabic, Indian, International, and even Japanese restaurants, most of them located on Bahrain's main island, are world-class. And if something makes Bahrain different from any other country in the region is its large amounts of bakeries and coffee shops.

Coffee in Bahrain is a deep-rooted tradition. Arabic coffee or **Qahwah** is made with finely ground roasted coffee beans dissolved in hot water and served without straining. This makes for a potent beverage best enjoyed with one of Bahrain's many bakery specialities.

Bahrain might be a small country, but its culinary traditions are rich and varied. Food, along with the famous Bahraini hospitality, is a great reason to visit the west Asian country. Bahrain is a top touristic destination in the area and one worth visiting at least once. 



From left to right: Machboos, Bahraini Halwa and Qahwah (coffee)