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Melbourne is at the forefront of Australia's cultural dining revolution. The cosmopolitan streets are bursting with restaurants housing flavors from all over the world. However, out of all these exotic new delicacies, Middle Eastern cuisine is the style really putting its stamp on the taste buds of the city. Extremely popular with stylish young professionals, Middle Eastern restaurants and bars are considered contemporary, exotic and fashionable – they are the new places to be. Socialize with colleagues or friends after work and enjoy a delicious meze platter and a few drinks.

What Is Middle Eastern Cuisine?

Middle Eastern cuisine is rich in vegetables, pulses and spices, and is one of the most creative and enduring cuisines on the planet. Common delicacies include olives, Turkish bread and dips, while sesame seeds, honey, chickpeas and mint are all staples within the dishes. Lamb and kofta, a type of meatball, are the most common meats used during cooking, and you may also find seafood such as calamari on the menu.

Cultural Ties

In many ways, Mediterranean food has been part of Australian and more specifically Melbourne food culture for a long time. With its abundant Greek population, Melbourne has had a long standing tradition when it comes to sumptuous and sensational Mediterranean cuisine. But the real boom for this fantastic food has really only just begun.

Why Has It Become So Popular?

Middle Eastern cuisine began to increase in popularity in the 1990s, when the benefits of the heart-healthy Mediterranean diet were endorsed. Young Australians wanting to taste new flavors and challenge their existing palate jumped aboard the new tastes. Preparation of Middle Eastern cuisine uses next to no fat and instead only small quantities of olive oil. Very few dishes are fried, the food commonly grilled or baked to keep its natural goodness. Middle Eastern cuisine is also a vegetarian's haven with all the fresh vegetables, salads and spices offering many meat-free options.

Plus, let's not forget the growing popularity of fine food amongst people of all ages. Thanks to shows such as Master Chef, people from all walks of life are beginning to seek out new and different food experiences. Why settle for the same old thing when there is a world of flavor waiting for you at your local meze Mecca?

Arabesque has established itself as one of the Middle Eastern restaurants of choice in Melbourne, offering quality food with a twist of Turkish, Moroccan and Mediterranean. Meze platters are a common feature at the restaurant, presenting a number of small dishes that are ideal for sharing with a group. Plus with their weekly live music and great atmosphere, there really is no place quite like it. Treat yourself to some great new flavors and enjoy Middle Eastern Cuisine with a Twist.

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[Arabe Sque](#) - About Author:

The author is associated with Arabesque. Arabesque is a dining and a [bar in Melbourne](#) and is one of the finest Middle Eastern a [restaurants in Melbourne](#). It offers exotic & highly delicious Middle Eastern and Turkish cuisine and a vibrant cultural atmosphere to the people looking for an ideal a [romantic restaurant in Melbourne](#) CBD area.

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