

Tess Mallos

THE COMPLETE MIDDLE EAST COOKBOOK



The Complete Middle East Cookbook

Tess Mallos



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The Complete Middle East Cookbook Tess Mallos, 1979 Offers exotic and unusual recipes from the relatively unknown cuisines of Saudi Arabia Oman Yemen Kuwait Iran and Afghanistan as well as from Greece Turkey Syria Cyprus and Lebanon

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Complete Middle East Cookbook Tess Mallos, 2002-08-27 The cuisine of the Middle East has always had its devotees and eating at Lebanese Syrian Turkish or Greek restaurants has delighted many people in recent years But relatively few have tackled these dishes in their own kitchens Now with The Complete Middle East Cookbook anyone can produce delectable meals from the exotic worlds of Homer Omar Khayyam and the Arabian Nights Author Tess Mallos provides carefully tested recipes set out in easy to follow steps with many of the dishes illustrated in eighty superb color photographs Including regional dishes from Greece Turkey Lebanon Egypt Syria Afghanistan Cyprus and Kuwait to name a few this is the definitive book for anyone interested in Middle Eastern cooking Recipes include Spanakopita Spinach Pie Koupepia Stuffed Grape Vine Leaves Patlicanli Pilav Eggplant Pilaf Samak Mashwi Barbecued Fish With Dates Kibbeh Ground Lamb and Burghul Nane Lavash Wholemeal Flat Bread Baklava Almond and Cardamom Pastry Praise for the hardcover edition Astonishing in its scope Craig Claiborne The New York Times **The Essential Middle Eastern Cookbook** Michelle Anderson, 2020-05-19 Learn the basics of Middle Eastern cooking with 100 simple authentic recipes Fresh herbs and spices creamy yogurt savory skewered meats and flaky baklava Middle Eastern cuisine is famous for its vibrant flavors Now you can recreate iconic dishes in your own kitchen with The Essential Middle Eastern Cookbook Packed with 100 classic recipes made simple this complete Middle East cookbook gives you a true taste of one of the world's most influential culinary regions Try your hand at delectable dishes like Tabbouleh Lebanese Chicken Fattah Spiced Beef Tagine and homemade Pita Bread with Hummus All of the ingredients in this Middle East cookbook are easily found in your neighborhood grocery store yet they stay true to the

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Middle Eastern Home Cooking Tess Mallos,2003-06-01 Illustrated in full colour throughout this latest cooking compendium from the author of *The Greek Cookbook* *The Complete Middle East Cookbook* and *The Complete Mediterranean Cookbook* offers traditional dishes that are not only healthy and delicious but easy to cook and thoroughly accessible and enjoyable for all

The Complete Middle Eastern Vegetarian Habeeb Salloum,2024-01-16 The vegetarian cuisine of the Middle East and North Africa is a treasure chest of pungent herbs and spices Explore 330 delicious vegetarian recipes in this incredible cookbook The vegetarian cuisine of the Middle East and North Africa is a treasure chest of pungent herbs and spices aromatic stews and soups chewy falafels and breads couscous stuffed grape leaves greens and vegetables hummus pizzas pies omelets pastries and sweets smooth yogurt drinks and strong coffees Originally the food of peasants too poor for meat vegetarian cooking in the Middle East developed over thousands of years into a culinary art form influenced both by trade and invasion It is as rich and varied in its history as it is in flavor culinary historians estimate the Arab kitchen has over 40 000 dishes Now noted food writer Habeeb Salloum has culled 330 savory jewels from this never ending storehouse to create *The Complete Middle Eastern Vegetarian* a rich healthful and economical introduction to flavors and aromas that have stood the test of time

Middle Eastern Cooking Tess Mallos,2007-09-15 First published in 2002 as *Middle Eastern home cooking* *The New Book of Middle Eastern Food* Claudia Roden,2000-09-26 The definitive volume on Middle Eastern cooking a modern classic from the award winning bestselling author of *The Book of Jewish Food* and Claudia Roden s *Mediterranean* Originally published in 1972 and hailed by James Beard as a landmark in the field of cookery this new version represents the accumulation of the author s years of extensive travel throughout the ever changing landscape of the Middle East gathering recipes and stories Now featuring more than 800 recipes including the aromatic variations that accent a dish and define the country of origin fried garlic and cumin and coriander from Egypt cinnamon and allspice from Turkey sumac and tamarind from Syria and Lebanon pomegranate syrup from Iran preserved lemon and harissa from North Africa Claudia Roden has worked out simpler approaches to traditional dishes using healthier ingredients and time saving methods without ever sacrificing any of the extraordinary flavor freshness and texture that distinguish the cooking of this part of the world Throughout these pages she draws on all four of the region s major cooking styles The refined haute cuisine of Iran based on rice exquisitely prepared and embellished with a range of meats vegetables fruits and nuts Arab cooking from Syria Lebanon

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cooking a modern classic from the award winning bestselling author of The Book of Jewish Food and Claudia Roden s Mediterranean Originally published in 1972 and hailed by James Beard as a landmark in the field of cookery this new version represents the accumulation of the author s years of extensive travel throughout the ever changing landscape of the Middle East gathering recipes and stories Now featuring more than 800 recipes including the aromatic variations that accent a dish and define the country of origin fried garlic and cumin and coriander from Egypt cinnamon and allspice from Turkey sumac and tamarind from Syria and Lebanon pomegranate syrup from Iran preserved lemon and harissa from North Africa Claudia Roden has worked out simpler approaches to traditional dishes using healthier ingredients and time saving methods without ever sacrificing any of the extraordinary flavor freshness and texture that distinguish the cooking of this part of the world Throughout these pages she draws on all four of the region s major cooking styles The refined haute cuisine of Iran based on rice exquisitely prepared and embellished with a range of meats vegetables fruits and nuts Arab cooking from Syria Lebanon and Jordan at its finest today and a good source for vegetable and bulgur wheat dishes The legendary Turkish cuisine with its kebabs wheat and rice dishes yogurt salads savory pies and syrupy pastries North African cooking particularly the splendid fare of Morocco with its heady mix of hot and sweet orchestrated to perfection in its couscous dishes and tagines From the tantalizing mezze succulent bites of filled fillo crescents and cigars chopped salads and stuffed morsels as well as tahina chickpeas and eggplant in their many guises to the skewered meats and savory stews and hearty grain and vegetable dishes here is a rich array of Middle Eastern cooking **The Middle Eastern Cookbook** Maria Khalife,2016-12-01 Middle Eastern

food draws on the exotic taste of various styles of cooking and combines them in a blend of unusual yet simple tastes for mouthwatering dishes Middle Eastern food is easy to prepare wonderful to look at and offers an amazing variety of healthy dishes making it the ideal cooking style for the health conscious In Middle Eastern Cookbook you will discover the rich aromatic flavours of countries where food is an intrinsic part of the culture and the sharing of meals with family and guests is a feature of daily life From Tabouleh and Dolmas to Chicken Salona and Baklava Middle Eastern cooking is a delicious collection of wonderful tastes colours and rich textures Maria Khalife has gathered together a collection of the best of Middle Eastern cooking The recipes are easy to follow use ingredients that are readily available and are accompanied by colourful and succulent photographs

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The World Cookbook Jeanne Jacob,Michael Ashkenazi,2014-01-15 This is the only world cookbook in print that explores the foods of every nation state across the globe providing information on special ingredients cooking methods and commonalities that link certain dishes across different geographical areas Increasing globalization modern communication and economic development have impacted every aspect of daily life including the manner by which food is produced and distributed While these trends have increased the likelihood and expansion of food influences variations of the same popular dishes have been found in regions all over the world long before now This book is an ecological historical and cultural examination of why certain foods are eaten and how these foods are prepared by different social groups within the same and different

geographical region The authors cover more than 200 countries and cultural groups featuring each nation's food culture and traditions and providing overviews on foodstuffs typical dishes and styles of eating This revised edition features in excess of 400 new recipes several new countries and additional sidebars with fun facts explaining unique foods and unfamiliar ingredients More than 1 600 recipes for popular appetizers main courses desserts snack foods and celebration dishes are provided allowing readers to construct full menus from every country of the world Lonely Planet Middle East Lonely Planet, Anthony Ham, Paul Clammer, Mark Elliott, Jessica Lee, Virginia Maxwell, Simon Richmond, Daniel Robinson, Anthony Sattin, Dan Savery Raz, Andy Symington, Jenny Walker, Steve Waters, Orlando Crowcroft, Anita Isalska, 2018-09-01 Lonely Planet The world's leading travel guide publisher Lonely Planet's Middle East is your passport to the most relevant up to date advice on what to see and skip and what hidden discoveries await you Wonder at the mighty Pyramids of Giza the last surviving ancient wonder watch the sun set over the honeycombed magic of Petra and explore tree lined boulevards and exquisite blue tiled mosques in Esfahan Iran All with your trusted travel companion Get to the heart of Middle East and begin your journey now Inside Lonely Planet's Middle East Colour maps and images throughout Highlights and itineraries help you tailor your trip to your personal needs and interests Insider tips to save time and money and get around like a local avoiding crowds and trouble spots Essential info at your fingertips hours of operation phone numbers websites transit tips prices Honest reviews for all budgets eating sleeping sightseeing going out shopping hidden gems that most guidebooks miss Cultural insights provide a richer more rewarding travel experience covering history people music landscapes wildlife cuisine politics Covers Egypt Iraq Israel the Palestinian Territories Jordan Lebanon Syria Turkey The Perfect Choice Lonely Planet's Middle East is our most comprehensive guide to the region and is designed to immerse you in the culture and help you discover the best sights and get off the beaten track Looking for more extensive coverage Check out Lonely Planet's Egypt Turkey Iran Jordan and Israel the Palestinian Territories guides for a comprehensive look at all these countries have to offer About Lonely Planet Lonely Planet is a leading travel media company and the world's number one travel guidebook brand providing both inspiring and trustworthy information for every kind of traveller since 1973 Over the past four decades we've printed over 145 million guidebooks and grown a dedicated passionate global community of travellers You'll also find our content online and in mobile apps video 14 languages nine international magazines armchair and lifestyle books ebooks and more Lonely Planet guides are quite simply like no other New York Times Lonely Planet It's on everyone's bookshelves it's in every traveller's hands It's on mobile phones It's on the Internet It's everywhere and it's telling entire generations of people how to travel the world Fairfax Media Australia eBook Features Best viewed on tablet devices and smartphones Downloadable PDF and offline maps prevent roaming and data charges Effortlessly navigate and jump between maps and reviews Add notes to personalise your guidebook experience Seamlessly flip between pages Bookmarks and speedy search capabilities get you to key pages in a flash Embedded links to recommendations websites Zoom in maps and images Inbuilt

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Vegan Recipes from the Middle East Parvin Razavi,2018-07-13 Why we love it Short ingredient lists and easy to follow instructions make cooking Iranian Moroccan and Lebanese dishes easy for new vegan cooks VegNews Enjoyment hospitality tradition creativity sustainability and joy of life these starting points were the inspiration for this book The cooking of vegetables is treated with reverence in the lands that make up the rich and varied tapestry of the Middle East The people depend on the grains and pulses nuts vegetables and fruits of the region for their daily food and Parvin Razavi has taken the fresh and varied cuisines of Iran Armenia Syria Lebanon Jordan Egypt Morocco and Turkey to create a beautiful vegan cookbook Whether as a main course or for the traditional mezze this book contains dishes that blend natural culinary delights from the various food cultures and combines them with contemporary approaches Here are warm and spicy stuffed vegetables cool and fragrant soups delicate preserves pilafs breads pickles relishes and pastries The varied cuisines of the Middle East provide a wealth of vegan recipes Razavi food blogger and editor of Biorama a sustainable lifestyle magazine has created a collection of ecologically sustainable fuss free recipes that can be easily incorporated into a menu The Caterer This cookbook gives the middle east some great representation in the vegan world The whole point is to take traditional dishes and give them a vegan upgrade This cookbook covers soups breads and preserves plus so much more Book Riot

The Rough Guide to Jordan Matthew Teller,Rough Guides,2009-09-01 The Rough Guide to Jordan is the essential guide to the Middle East s most enticing destination Detailed accounts of the best attractions Jordan has to offer along with the clearest Jordan maps and plans lift the lid on this fascinatingly diverse country With expert advice and background explore the world wonder that is Petra an ancient city carved from rose red mountain cliffs roam the sands of Wadi Rum in the footsteps of Lawrence of Arabia and then relax on golden beaches at Aqaba Jordan s beautiful Red Sea resort hideaway You ll find detailed guidance on getting the best out of a visit to Amman the buzzing Jordanian capital as well as Crusader castles and stunningly well preserved Roman cities Float your cares away on the Dead Sea the lowest point on Earth or take in spectacular views over the Dana biosphere reserve At every point the Rough Guide steers you in the right direction to find the best hotels in Jordan recommended Jordan restaurants cafes and shops across every price range giving you clear balanced reviews and honest first hand opinions Explore all corners of Jordan with authoritative background on Jordan s culture and history the clearest maps of any guide and practical language tips Make the most of your holiday with The Rough Guide to Jordan

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