

Food In Lebanon Lebanese Food Lebanese Cuisine

Explore the rich and vibrant food of the Lebanon, with its succulent spiced dishes, in this gorgeous giftbook.

Are you looking for a Lebanese and Greek cookbook for traditional Mediterranean recipes? In this 2 books in 1 edition by Adele Tyler you will learn 150 recipes for traditional food from Lebanon and Greece. In the first book, Lebanese Cookbook, you will find over 77 recipes for traditional Lebanese food. Falafel. Hummus. Baklava. Arak. These short words are the very core of one of the most appreciated cuisines in the world: the Lebanese cuisine. Lebanon is a small country in the middle-eastern area, with shores on the Mediterranean Sea, and its cooking tradition is rooted in the history of human kind. Roman, Greek, Persian, Arab and Byzantine culture heavily influenced the Lebanese food and traditions, making it a melting pot of different flavors and cooking methods. The main ingredients are vegetables and grains, with a wide usage of spices, but a generally low consumption of meat, mostly in form of chicken and lamb. The traditional Lebanese table resembles the Spanish Tapas or Italian Aperitivo, with small dishes, often grilled, baked or lightly cooked in olive oil. Dishes like Hummus - a delicious sauce made with chickpea, tahini sauce and olive oil - and falafel are known worldwide and can be found everywhere from street food trucks to Michelin starred restaurants. In Lebanese Cookbook by Adele Tyler you will learn: History of Lebanese cuisine How to cook 77 traditional Lebanese

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recipes Authentic recipes for Hummus, Falafel, Baklava and more Mediterranean recipes for spicy dishes and amazing flavors If you like complex flavors and enjoy spicy and entertaining meals, this cookbook is for you. In the second book, Greek Cookbook, you will discover over 80 recipes for traditional and modern dishes from Greece. Wheat. Olive oil. Wine. Cheese. Salad and tomatoes. You cannot avoid thinking about the Mediterranean cuisine when these ingredients are mentioned. Fresh, tasteful and healthy cooking is a solid pillar for all the people living on the shore of the Mediterranean Sea. The Greek cuisine is one of the strongest example of how nature and territory can give to millions of people delicious and sustainable food for thousands of years. Typical ingredients of the Greek Cuisine are flavoring used a lot in the Mediterranean cuisine, such as oregano, mint, onion, garlic, basil and fennel. From street food to fancy fish restaurant with breathtaking view in Santorini or Mykonos, the greek cuisine is healthy, tasty and can be easily replicated in your own kitchen. In Greek Cookbook by Adele Tyler you will learn: How to cook greek recipes at home Over 80 recipes for amazing Greek dishes at home History, ingredients and tips and tricks for homemade greek food Healthy food recipes for Mediterranean diet Mediterranean cuisine at its best: gyros, feta, ladotyri, dolmades and moussaka If you want to prepare amazing tasty Greek dishes to impress family and friends, this cookbook is for you! Scroll up, click on buy it now and get your copy today!

Are you looking for some authentic Lebanese recipes to

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cook? Well, I have curated 30 Lebanese reci-[pes](#) for you that will just pump your enjoyment. Lebanon is a small country in western Asia. The majority of the population of Lebanon speaks Arabic. Therefore, you will find many dishes' names in the Arabic language. Just like their names, these reci-[pes](#) are also quite classic to present for a romantic or special dinner. Lebanese food focuses more on whole grains, fruits, herbs, fish, seafood, meat, and animal fats. This cookbook features 30 Lebanese recipes that are authentic, most popular, and often cooked by Leba-[nese](#) people. Lebanese food is well known for its freshness, healthfulness, and variety. This is purely comforting food that will satisfy your inner cravings. Starting from pita chips, noodles, savory dishes, soups to some desserts - a purely Lebanese food dedicated cookbook only for you! Food is an extremely important part of the Lebanon community. It plays a crucial role in their life. Here are collections of traditional Lebanese recipes like kibbeh, falafel, ganoush, fattoush, tabbouleh. Traditional Lebanese food is popular for its deliciousness and aromatic food. They use vegetable oil instead of butter and mostly olive oil in salads. Tahini sauce is the most popular Lebanese sauce made from sesame seeds. It's thick and gives a great taste to dishes. Moreover, Lebanese food also includes lentils for nutritional benefits to the body. Most of the recipes are high in protein, fiber, and vitamins. Mint is also a popular herb in Lebanese cuisine. It provides freshness to the food and is also beneficial to the digestion system. You will find such ingredients most common in Lebanese cuisine because of their old

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tradition of keep-ing health as a priority. Enjoy cooking Lebanese recipes and explore a new side of the world in your kitchen!

This beautiful new book presents a mouthwatering selection of classic regional recipes. There are world-renowned favourites such as falafel, fattoush, and kibbeh, and also less well known, but no less delicious, recipes such as stuffed apricots with rice, baked red cabbage with quince and walnuts, and baked fish with orange and lime. A Lebanese meal is often completed with little sweets, and here you can learn how to prepare stuffed red dates, quince preserve and Lebanese coffee. More than just a collection of recipes, Lebanese Cuisine offers a richly detailed portrait of the crown jewel of Middle Eastern cuisine. Short-listed for the prestigious Andre Simon award in England, it has garnered rave reviews from both sides of the Atlantic.

Lebanon, a tiny country lying in heart of the Middle East, is globally famous for its cuisine, representing the best of cooking in the region. It is home to some of the most iconic Arab food. Hummus anyone? So if you find yourself constantly craving delicious Lebanese food or if the take out containers from your favorite Lebanese restaurants have been piling up, then this is the cookbook for you! From classic dishes like Hummus and Kibbeh, to quick and easy shawarmas, to authentic local Lebanese dishes, this book compiles together some of the best food that Lebanon has to offer. With 30 yummy recipes ranging from quick meals to more elaborate main courses to delicious desserts, you will find everything you need to cook yourself an authentic Lebanese

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Are you looking for a Lebanese and Mexican cookbook for traditional recipes? In this 2 books in 1 edition by Adele Tyler you will learn 150 recipes for traditional food from Lebanon and Mexico! In the first book, Lebanese Cookbook, you will find over 77 recipes for traditional Lebanese food. Falafel. Hummus. Baklava. Arak. This short words are the very core of one of the most appreciated cuisine in the world: the Lebanese cuisine. Lebanon is a small country in the middle-eastern area, with shores on the Mediterranean Sea, and its cooking tradition is rooted in the history of human kind. Roman, Greek, Persian, Arab and Byzantine culture heavily influenced the Lebanese food and traditions, making it a melting pot of different flavors and cooking methods. The main ingredients are vegetables and grains, with a wide usage of spices, but a generally low consumption of meat, mostly in form of chicken and lamb. The traditional Lebanese table resembles the Spanish Tapas or Italian Aperitivo, with small dishes, often grilled, baked or lightly cooked in olive oil. Dishes like Hummus - a delicious sauce made with chickpea, tahini sauce and olive oil - and falafel are known worldwide and can be found everywhere from street food trucks to Michelin starred restaurants. In Lebanese Cookbook by Adele Tyler you will learn: History of Lebanese cuisine How to cook 77 traditional Lebanese recipes Authentic recipes for Hummus, Falafel, Baklava and more Mediterranean recipes for spicy dishes and amazing flavors If you like complex flavors and enjoy spicy and entertaining meals, this cookbook is for you. In the second book, Mexican

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Food, you will meat dishes that instantly evoke strong spicy flavors, richness in taste and mouthwatering aromas. While the basic ingredients for preparing Mexican recipes are easily available at the local grocery store, the contribute in terms of flavors and richness will be beyond your expectations. The story of the Mexican food goes way back in history and after a brief overview, you will learn how the taste and flavors evolved over time and how the well knows recipes of nowadays became so famous and mainstream not only among Mexican people, but worldwide. Mexican style in the kitchen is more than a temporary fashion and it has been approached all over the globe for a long time now. You can find Mexican restaurant, both large chains and small cozy places from New York to London, Milan and Shanghai. In Mexican food for beginners Adele Tyler will teach you: How to prepare Mexican food How to get the right ingredients for amazing Mexican recipes Over 100 recipes cookbook for homemade Mexican food Recipes cookbook for breakfast, lunch, dinner and large parties Vegetarian Mexican meal prep cookbook All the best known recipes such as beef enchiladas, tamales, fish tacos, quesadillas, queso fundito, stuffed jalapeños and gorditas Mexican food is love for eating, for cooking and for sharing delicious meals with fiends and family. Scroll up, click on buy it now and get your copy today!

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the way of living of millions of people either close to the sea or up into the hills. What's magic there? Which are the benefits of the local "diet", that lately has been called "Mediterranean diet?" Originally the Mediterranean diet was not intended as a real diet, but rather a way of cooking and living both ingredients and territory. There are intrinsic benefits linked with using the products of this area, though. It's easy to understand that populations relying on fish, dairy products, fruits, vegetables and olive oil has an overall better "diet" and that's where the inspiration was taken for creating a diet around an healthy behavior. In this book you will lean: Over 100 recipes to prepare Mediterranean dishes Meal prep cookbook for Mediterranean healthy diet History of Mediterranean diet and its benefits How to prepare at home amazing dishes with fish, dairy products and vegetables How to lose weight with Mediterranean recipes With Mediterranean diet for beginners you will learn to cook amazing healthy recipes for yourself, family and friends, embracing a better lifestyle. Scroll up, click on buy it now and get your copy today!

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restaurants are at every corner from San Francisco to Bangkok. Someone might state that the real pizza can be found only in Naples, the real Risotto alla Milanese only in Milan and the most authentic Fiorentina Steak can be tasted only in Florence. Despite it might be true, traditional recipes from all over Italy can be easily cooked at home. The secret of the historic dishes from north to south of Italy relies in the quality of the ingredients and most of them can be found at the local supermarket. In Italian Home Cooking by Adele Tyler you will learn: How to prepare over 80 traditional and modern Italian recipes Italian recipes from Norther, Centre and Southern Italy Mediterranean Diet recipes of healthy eating and lifestyle Spaghetti, Veal, Fiorentina Steak, Risotto, Pizza and more tasty recipes from Italy This Italian Cookbook is the one you are looking for if you want to impress family and friends with traditional, simple and tasty recipes chosen among the italian's most iconic dishes. Scroll up, click on buy it now and get your copy today!

This cornucopia of delicious vegetable recipes has been assembled by the author of Everyday Lebanese Cooking. It focuses on those recipes that make Lebanese cuisine one of the healthiest in the world because of the huge variety of vegetarian dishes on which it is based. Vegetable and pulse dishes are what most Lebanese prefer to eat most of the time. This book includes, of course, the famous mezze and speciality sweets and also peasant food from the rural mountains, traditional dishes from the north and south along the Mediterranean coast, and street food including the

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familiar Falafel wraps. These are affordable recipes that often turn only a few simple ingredients into a delicious meal with a stunning combination of flavours. The majority of these dishes are suitable for vegans as dairy and eggs are seldom used in cooking.

Joumana Accad, creator of the blog TasteOfBeirut.com, is a native Lebanese, a trained pastry chef, and professional caterer. In her debut cookbook, the The Taste of Beirut, she shares her heritage through exquisite food and anecdotes, teaching anyone from newbies to foodies how to master traditional Lebanese cuisine. With over 150 recipes inspired by her Teta (grandmother) in their family's kitchen, Accad captures the fabulous flavors of the Middle East and makes them completely accessible to home cooks. Each recipe features step-by-step instructions, Accad's warm teaching style, and breathtaking color photographs that will make mouths water

Authentic Lebanese Get your copy of the best and most unique Lebanese recipes from BookSumo Press! Come take a journey with us into the delights of easy cooking. The point of this cookbook and all our cookbooks is to exemplify the effortless nature of cooking simply. In this book we focus on Lebanese. The Easy Lebanese Cookbook is a complete set of simple but very unique Lebanese recipes. You will find that even though the recipes are simple, the tastes are quite amazing. So will you join us in an adventure of simple cooking? Here is a Preview of the Lebanese Recipes You Will Learn: Ricy Meatballs Soup Saucy Meat Stew Kefta Casserole BBQ Burgers Lavash Almond Tortillas Sunny Pita Pizza Nutty

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Semolina Cake Dessert Skillet Chicken Pilaf Buttered Cod with Lemon Sauce Dressed Salad Cham Spice Spicy Breakfast Beans Sweet and Salty Pepper Spread Pearls Soup Rosemary Octopus Salad Orange and Honey Cookies Honey Cake Lemon Collar Soup Greek Style Semolina Cake Much, much more! Again

remember these recipes are unique so be ready to try some new things. Also remember that the style of cooking used in this cookbook is effortless. So even though the recipes will be unique and great tasting, creating them will take minimal effort! Related Searches: Lebanese cookbook, Lebanese recipes, lebanese food, lebanese cooking, lebanese cuisine, mediterranean cookbook, mediterranean recipes

50 easy-to-follow healthy recipes with clear, step-by-step instructions and inspirational images that will have kids cooking with confidence in no time. Children will learn how to chop, mix, and stir their way to kitchen magic and put their skills to good use making a mixture of tasty savory and sweet dishes using few-and easy-to-find-ingredients. From soups to macaroni and cheese to banana bread, *Cooking Step by Step* is packed with 50 mouth-watering recipes that are easy to make, and will get kids into cooking and baking. Plus they will love eating their fresh, healthy, and delicious creations! Junior chefs will also learn tips and shortcuts, and get to grips with cooking terms and kitchen fundamentals-all while having a great time making simple snacks, balanced meals, and sweet treats.

Lebanese cuisine is all about using healthy ingredients in unique and tasty ways. From classic dishes like Hummus

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and Kibbeh to quick and easy shawarmas to authentic local Lebanese dishes, this book compiles together some of the best food that Lebanon has to offer. With 30 yummy recipes ranging from quick meals to more elaborate main courses to delicious desserts, you will find everything you need to cook yourself an authentic Lebanese experience!

Back in print - the definitive book on Lebanese home cooking, featuring 500 authentic and delicious easy-to-make recipes On the shores of the eastern Mediterranean and a gateway to the Middle East, Lebanon has long been regarded as having one of the most refined cuisines in the region, blending textures, and ingredients from a myriad sources. First published as *The Lebanese Kitchen* and now back in print under its new title, *The Lebanese Cookbook*, this is the definitive guide, bringing together hundreds of diverse dishes, from light, tempting mezzes and salads, to hearty main courses, grilled meats, sumptuous sweets, and refreshing drinks.

Are you looking for a Lebanese and Turkish cookbook for traditional middle-eastern recipes? In this 2 books in 1 edition by Adele Tyler you will learn 150 recipes for traditional food from Lebanon and Turkey. In the first book, *Lebanese Cookbook*, you will find over 77 recipes for traditional Lebanese food. Falafel. Hummus. Baklava. Arak. These short words are the very core of one of the most appreciated cuisines in the world: the Lebanese cuisine. Lebanon is a small country in the middle-eastern area, with shores on the Mediterranean Sea, and its cooking tradition is rooted in the history of human kind.

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vegetables, stews and stuffed dolmas. In the Black Sea region instead the fish is prevalent. In the Southeast kebab and mezes, along side dough based desserts, are the key of the local nutrition. Mediterranean influence is strong on the coasts, with wide usage of olives, olive oil, rice, bread and vegetables. Back to kebab, there's a slight difference between "kebab" and "kebab", but it doesn't involve the ingredients, while more the region. If "kebab" is strictly Turkish, "kebab" is a variant that is more easily found in Medina or Damascus. In Turkish Cookbook by Adele Tyler you will find: Over 77 recipes for Turkish traditional food History of traditional Turkish food How to prepare kebab at home Kebab recipes cookbook Even if kebab will hardly become an healthy dish, prepare it at home grants a better dosage of the ingredients and along side dozens of other tasty dishes, you will impress family and friends with original and entertaining recipes. Scroll up, click on buy it now and get your copy today!

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in the Mediterranean Sea area is impressive. The warm winds, the salty sea and the sunny days allows to thousands of vegetables, fruits, spices and more to grow from Spain to Greece without even caring too much about weather and seasonal changes. It's not a mistake if the people living in these areas have a long life expectancy. They follow one of the most balanced and complete diet around. The Mediterranean diet. Rich in vegetables, dairy products, meat and fish there are infinite recipes that can be made with these ingredients. The next level is using an Instant Pot for preparing the most amazing dishes. Dishes that taste like sea. Like Spain. Like Athens. Like Rome. Like summer. In Instant Pot Mediterranean Diet Cookbook you will learn: Brief intro about Mediterranean diet Over 77 recipes for Mediterranean diet Mediterranean Diet cookbook with recipes from Spain, France, Italy and Greece A Greek Italian Spanish and French Cookbook with Instant pot recipes for delicious dishes If you love good food and if you look for a balanced dieting regime, this cookbook is for you! Scroll up, click on buy it now and get your copy today!

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Are you looking for an Easy Pescatarian and Lebanese Cookbook? In this 2 books in 1 edition by

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Adele Tyler, you will learn over 150 recipes for cooking fish seafood and amazing traditional Lebanese recipes. In the first book, Easy Pescatarian Cookbook, you will find quick and easy recipes for fish and seafood. Many people in these days are approaching a pescatarian diet. It means they do accept to eat meat, but rely on fish and seafood, cutting completely out red meat and poultry. There are several reasons to sustain this choice, from ethical and environmental points of view, but, mostly, health concerns linked to red meat consumption. Fish and seafood, with vegetables, grains and legumes, are the strong foundation of the Mediterranean diet. Every country on the shores of the Mediterranean Sea has an healthy cuisine based on fresh ingredients and diversity due to the favorable climate. What comes hard when approaching a pescatarian diet is cooking at home easy recipes. Fish and seafood are often hard to prepare properly. For this reason, you will need an easy cookbook with short, clear recipes. In Easy Pescatarian Cookbook by Adele Tyler you will learn: 77 easy recipes to prepare fish at home 77 recipes for pescatarian diet Fish and seafood recipes for healthy mediterranean dishes If you are looking for an healthy way of eating and quick and easy mediterranean recipes, this cookbook is for you! In the second book, Lebanese Cookbook, you will find over 77 recipes for traditional Lebanese food.

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Simple, Delicious, Mostly Vegetarian Recipes from

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the Founder of Beirut's Souk El Tayeb Market
For over a decade Tony Kitous has been Britain's most passionate provider of contemporary Lebanese and North African food. His restaurants were the first in London to merge traditional Arabic cooking with easy contemporary eating. There are now seven Comptoir Libanais restaurants in London with more planned in the next 18 months. The success of Comptoir Libanais restaurants centres on an easy, relaxed cafe-style of food: light Arabic home cooking mixed with familiar bistro flavours and techniques. Tony Kitous' recipes combine fresh vibrant vegetable dishes with simple grills, flat breads, grains, herb salads and dips. Pastries are richly flavoured and delicate, made with syrups and spices. Absolutely the menu for today and adaptable for the home cook. Containing eighty recipes, each one with a full-page photograph, Comptoir Libanais makes achieving a great result easy at home. Tony Kitous' approach and shortcuts inspire new ways to prepare readily-available ingredients: big on spices, fresh herbs and bright citrus flavours drawn from traditional Arabic cooking. The book is strong on vegetarian and vegan dishes, alongside simple grilled or poached meats, fish and beautiful sauces that are quick to prepare or make in advance. If you want a quick snack for yourself, or an extraordinary celebration feast, all the how-to you'll need is here. Bringing together the passion of owner Tony Kitous,

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the extraordinary designs of award-winning graphic artist Rana Salam, and bestselling author and photographer Dan Lepard, the Comptoir Libanais cookbook blends a vibrant culinary tradition with modern flavours and cooking methods

The author discusses her marriage to a man from Beirut, the bond she forged with her Lebanese in-laws, and how she found love, good food, and a meaningful life, despite dividing her time between wartorn Iraq and Lebanon.

Flavors of Lebanon is a collection of recipes from the northern part of Lebanon and an expansion of the previously published first edition Flavors of Lebanon by the same authors. I was born in the beautiful town of Amioun in North Lebanon. Like many homes in our village, families and friends frequently get together to talk, drink, and enjoy great Lebanese food. My mother, Vera Shammass, known for her authentic Lebanese cooking, was known as a master cook and was quite often the cooking resource for the neighborhood ladies. Her recipes have been handed down to her from her mother and grandmother. She has expanded them with her cooking mastery, and they have become popular in our town among our family and friends. These recipes are truly a treasure that I have cherished all my life. As she comes often to visit me in the United States after I have immigrated to Iowa over twenty-four years ago, her recipes have remained the same

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and have always brought the best memories of my childhood. These delicious meals have been cooked with pride and reflected the richness of a culture existing in a small world that has been a crossroad for many civilizations and a mosaic of different customs and flavors. I was fortunate to see my wife, Gail, taking a deep interest in the North Lebanese cuisine. With a nursing background and a love for healthy food, Gail spent countless hours with my mom, Vera, in learning her recipes and writing them in ways that can be duplicated using western measures. Flavors of Lebanon is a collection of these recipes that Vera Shammas and Gail Shammas share with us with passion and pride. These are the same authentic recipes that I grew up feasting on when I was a kid in Amioun, and now they are yours too to enjoy!

Describes Lebanese cuisine and shares traditional recipes for main and side dishes

Taste of Beirut 175+ Delicious Lebanese Recipes from Classics to Contemporary to Mezzes and More Health Communications, Inc.

Collects some of the best Lebanese recipes, including lamb freekeh, chicken hashweh, pan-fried sardines, broccoli quinoa salad, and pears poached in arak.

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Lebanese Cookbook, you will find over 77 recipes for traditional Lebanese food. Falafel. Hummus. Baklava. Arak. This short words are the very core of one of the most appreciated cuisine in the world: the Lebanese cuisine. Lebanon is a small country in the middle-eastern area, with shores on the Mediterranean Sea, and its cooking tradition is rooted in the history of human kind. Roman, Greek, Persian, Arab and Byzantine culture heavily influenced the Lebanese food and traditions, making it a melting pot of different flavors and cooking methods. The main ingredients are vegetables and grains, with a wide usage of spices, but a generally low consumption of meat, mostly in form of chicken and lamb. The traditional Lebanese table resembles the Spanish Tapas or Italian Aperitivo, with small dishes, often grilled, baked or lightly cooked in olive oil. Dishes like Hummus - a delicious sauce made with chickpea, tahini sauce and olive oil - and falafel are known worldwide and can be found everywhere from street food trucks to Michelin starred restaurants. In Lebanese Cookbook by Adele Tyler you will learn: History of Lebanese cuisine How to cook 77 traditional Lebanese recipes Authentic recipes for Hummus, Falafel, Baklava and more Mediterranean recipes for spicy dishes and amazing flavors If you like complex flavors and enjoy spicy and entertaining meals, this cookbook is for you. In the second book, Nordic Cookbook, you will discover amazing Scandinavian recipes easy to prepare at home. Sweden. Denmark. Iceland. Norway. These countries strongly remind ice cold weather, breathtaking landscapes and northern lights. Visiting the biggest cities

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and the smallest town in the fjords is a once in a lifetime experience, but you can get more out from the trip, for instance taking back home amazing recipes from one of the oldest cuisine tradition in the world. Have you ever wished to eat like a viking? To cook like a true nordic warrior and taste amazing dishes, from meat to vegetables, with flavors closer to the nature and the old way of cooking? It's not by mistake that there's a high concentration of Michelin Starred restaurants in the area, with excellences in Copenhagen and Stockholm. In this Nordic Cookbook about Scandinavian cuisine you will: Discover 20 truly Swedish recipes, including the most amazing and traditional Fika. Explore 20 Danish recipes, from breakfast to dinner, for heating your body and soul Enjoy 20 ancient recipes from Vikings cookbooks, eating like a warrior, tasting the real flavors of nature Learn how to cook 20 recipes from Iceland and Norway for a complete culture about Nordic cuisine If you like strong flavors, but you also enjoy delicate broths and vegetables, if you like pheasant, partridge, venison but also tasty sweet pastry and fika, this cookbook is for you! Scroll up, click on buy it now and get your copy today! Savory, heart-healthy Lebanese recipes from a renowned chef The cuisine of Lebanon epitomizes the best of the Mediterranean diet, which is highly regarded for its positive health benefits. Abounding in vegetables, grains, fresh herbs and spices, poultry, and lamb, it yields meals replete with robust, earthy flavors. In Classic Lebanese Cuisine, Chef Kamal Al-Faqih presents 170 dazzling recipes that reflect the full breadth of authentic Lebanese cuisine. Featuring favorites such

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as baba ghannouj, tabbouli, and kibbi, this book also presents Al-Faqih's signature classics, like London broil layered with pita and garlic yogurt, and heart-healthy fire-roasted wheat with lamb. With step-by-step instructions accompanied by full-color photographs throughout, this book makes Lebanese cuisine accessible to everyone who seeks to reproduce their favorite flavors and dishes—from the merely curious to more experienced cooks.

Are you looking for a complete Polish And Lebanese cookbook? In this 2 books in 1 by Adele Tyler you will learn how to prepare over 150 recipes with traditional dishes from Poland and Lebanon. In the first book, Polish Cookbook, you will discover 77 recipes for traditional Polish food. Located in between the Central Europe and the Nordic Countries, Poland is land rich of history that lived in depth every major turnaround in the European scene across the centuries. As it happens for every country with such history - another notable example would be Italy - also the culinary landscape is rich of contamination and in many Polish dishes is clear the touch given by one cuisine or another. The Polish cuisine is rich and high in calories, similar to Nordic Countries and Russia, given the extreme temperature that can be reached during winter. Summer, though, is warm enough in a perfect Central European style, allowing to add into the menu several fresh dishes, vegetables and cucumbers. The most famous dish is surely Pierogi, the Polish dumplings well known worldwide, but from chicken soups to cabbage rolls, pancakes and delicious cookies, the traditional recipes

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from Poland will not disappoint you. In Polish Cookbook by Adele Tyler Blanc you will learn: 70 recipes for preparing at home tradition Polish recipes 70 recipes easy to make with ingredients that can be found in the local supermarkets History and traditions of polish cuisine If you want to explore a new way of cooking coming directly from Europe, this cookbook is for you. In the second book, Lebanese Cookbook, you will find over 77 recipes for traditional Lebanese food. Falafel. Hummus. Baklava. Arak. This short words are the very core of one of the most appreciated cuisine in the world: the Lebanese cuisine. Lebanon is a small country in the middle-eastern area, with shores on the Mediterranean Sea, and its cooking tradition is rooted in the history of human kind. Roman, Greek, Persian, Arab and Byzantine culture heavily influenced the Lebanese food and traditions, making it a melting pot of different flavors and cooking methods. The main ingredients are vegetables and grains, with a wide usage of spices, but a generally low consumption of meat, mostly in form of chicken and lamb. The traditional Lebanese table resembles the Spanish Tapas or Italian Aperitivo, with small dishes, often grilled, baked or lightly cooked in olive oil. Dishes like Hummus - a delicious sauce made with chickpea, tahini sauce and olive oil - and falafel are known worldwide and can be found everywhere from street food trucks to Michelin starred restaurants. In Lebanese Cookbook by Adele Tyler you will learn: History of Lebanese cuisine How to cook 77 traditional Lebanese recipes Authentic recipes for Hummus, Falafel, Baklava and more Mediterranean recipes for

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spicy dishes and amazing flavors If you like complex flavors and enjoy spicy and entertaining meals, this cookbook is for you. Scroll up, click on buy it now and get your copy today!

A beautiful and detailed journey into the food of the middle east, from the awardwinning cook and traveler, gorgeously photographed throughout

The three countries that make up the Fertile Crescent, Lebanon, Syria and Jordan, share many culinary traditions and are justifiably famous for their exquisite and complex cuisines. Once all part of the Ottoman Empire, the countries are bound by a common language and ancient cultural heritage, but they also have distinct regional dishes influenced by the vibrant tapestry of ethnic groups and the amazing array of local ingredients, spices and flavourings. Located in the eastern Mediterranean, this region has benefited from the wonderful natural resources of land and sea. The culture is ancient, absorbing many influences throughout its history of invasion and foreign rule, all of which have contributed to a cuisine rich in variety and taste. This beautiful book presents a mouth-watering selection of classic regional recipes. The world-renowned favourites are all present, with tempting mezze dishes and richly roasted meats and baked fish, as well as spiced couscous and rice dishes. There are also less known, but equally delicious recipes to discover such as Armenian Jewelled Bulgur, White Bean Puree with Feta and Olives, Grilled Fish with dates, and Braised Rabbit with Aubergines. A meal from these countries is often completed with little sweets, and here you can learn how

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to prepare Stuffed Red Date Preserve, Sweet Pancakes with Scented Syrup, Little Walnut Cakes and Lebanese Coffee with Cardamom. An evocative introduction looks at the impact of history, geography, climate, religion and festivities on the foods and how these influences have created such different dishes across the region. With more than 600 sumptuous specially commissioned photographs, this inspiring book captures the essence of Lebanese, Syrian and Jordanese cooking, and offers you the chance to explore a rich and varied cuisine in your own kitchen.

PRESERVING FOOD AND CULTURE THE LEBANESE WAY -- The very best memories connecting us to time and place are often stimulated by the tastes and smells of our childhood. Freshly-baked bread, hot from the oven, sweet homemade jam dribbling down our chins, or the burst of flavor in each dried grape?these memories bring a smile to our faces even as they call to mind the people who made them possible. Do you remember working alongside your grandmother as she lovingly preserved garden-fresh foods to set back for the winter? You watched Jiddo (grandfather) patiently prepare his arak, but could you reproduce his efforts from memory? Are you lucky enough that they kept written records of recipes gleaned from family history and years of experience? If so, count yourself among the very fortunate minority. The reality for many of us is that we no longer enjoy such a strong connection to our culinary roots. As much as we might wish the contrary, the beauty and simplicity of home-preserved pantry items, the mouneh, taken for granted during our childhood,

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often seems a lifetime away. In Barbara Abdeni Massaad's book, *Mouneh: Preserving Foods for the Lebanese Pantry*, we've been thrown a lifeline to a piece of our cultural and culinary identity. So many things we would love to recreate for our own families become possible within these pages, thanks to the author's diligent research, stunning photography, simply presented instructions and delightful stories.

Are you looking for a Lebanese and Pescatarian cookbook for traditional Mediterranean recipes? In this 2 books in 1 edition by Adele Tyler you will learn 150 recipes for traditional food from Lebanon and Mediterranean Sea. In the first book, *Lebanese Cookbook*, you will find over 77 recipes for traditional Lebanese food. Falafel. Hummus. Baklava. Arak. These short words are the very core of one of the most appreciated cuisines in the world: the Lebanese cuisine. Lebanon is a small country in the middle-eastern area, with shores on the Mediterranean Sea, and its cooking tradition is rooted in the history of human kind. Roman, Greek, Persian, Arab and Byzantine culture heavily influenced the Lebanese food and traditions, making it a melting pot of different flavors and cooking methods. The main ingredients are vegetables and grains, with a wide usage of spices, but a generally low consumption of meat, mostly in form of chicken and lamb. The traditional Lebanese table resembles the Spanish Tapas or Italian Aperitivo, with small dishes, often

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healthy diet both for your body and your mind, don't pass on this occasion. Scroll up, click on buy it now and get your copy today!

This book presents a cutting-edge, in-depth investigation into new methods of health promotion. It is one of the first books to focus on the role of omega-3 polyunsaturated fatty acids in unhealthy diets. The book also contains reviews of the economic benefits of novel health promotion and disease prevention methods. Leading experts present recent examples and clinical trials.

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bar and pubs, serving small food not enough to spoil the dinner but strong enough to support beer, wine or drinks. Ingredients vary from fish and seafood to vegetables, to jamon - Spanish traditional ham - to anchovies and sardines. They can be easily prepared in your own kitchen because ingredients can be found at the local supermarket, while preparations tend to be quick. In Tapas Cookbook by Adele Tyler you will learn: How to prepare tapas at home Over 80 recipes for fish, meat and vegetarian tapas Traditional Spanish recipes cookbook History of tapas and Spanish food If you want to try something different and impress family and friends, this cookbook is for you! Scroll up, click on buy it now and get your copy today!

SIMPLY LEBANESE is a collection of 30 simple and easy-to-follow traditional Lebanese recipes. From savory dishes containing an exotic blend of Middle-Eastern spices and fresh herbs to desserts infused with floral waters, this book provides an authentic glimpse into Lebanese home cooking.

Using only fresh produce and a balanced mix of fresh vegetables, fresh fruit, herbs, fish, poultry and occasionally meat, Lebanese food has the reputation of being amongst the healthiest in the world. This book includes a wide variety of dishes from Lebanese cuisine, including the well known and delicious Hummus, Baba Ghanouj and Tabouleh through to the most authentic and traditional recipes

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from the rural mountains and bustling cities along the Mediterranean coast. An emphasis on vegetables and pulses means that many recipes are vegetarian friendly as well as being simple, healthy and affordable. You will discover how to turn a few ingredients into a very tasty meal.

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