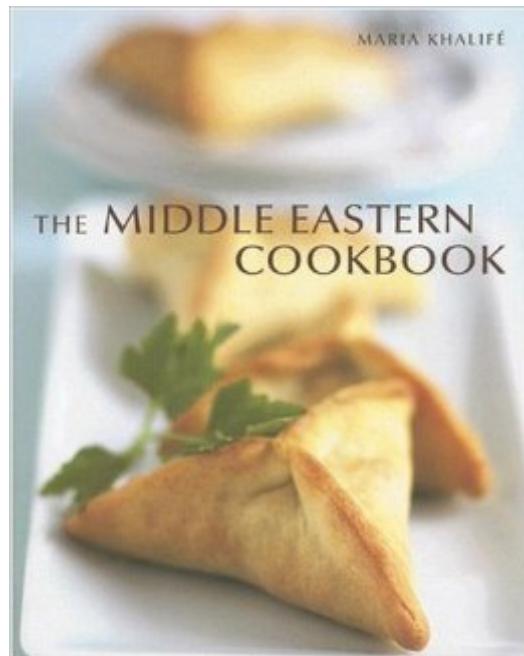


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# Middle Eastern Cookbook



## Synopsis

A fabulous selection of recipes from Bahrain, Egypt, Iran, Iraq, Jordan, Kuwait, Lebanon, Saudi Arabia, Syria, the United Arab Emirates, and Yemen Middle Eastern food draws on the exotic tastes of various styles of cooking and combines them in a blend of unusual yet simple tastes for mouthwatering dishes. It 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 The Middle Eastern Cookbook, you will discover the rich, aromatic flavors 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 Tabbouleh and Dolmas to Chicken Salona and Baklava, Middle Eastern cooking is a delicious collection of wonderful tastes, colors, and rich textures. Renowned food authority Maria Khalif&#x8E; 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 colorful and succulent photographs. -Over 120 traditional Middle Eastern dishes to suit all tastes -Detailed, easy-to-follow recipes with useful tips and variations -Healthy, wholesome, and tasty food your friends and family will really love

## Book Information

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## Customer Reviews

This is a cookbook that I ordered after eating a meal with my family in a Middle Eastern restaurant that serves homemade, delicious foods. I'd never tasted falafel, fatoush, and many of the other foods they had to offer. I was so impressed with it all that I wanted to try to make some of these foods myself and so I ordered The Middle Eastern Cookbook. It has a good variety of some of the most popular foods of the area and each recipe is notated with the country of origin and has a

picture of the flag of that country by the recipe. Many of the recipes are shown in beautiful color photographs. These are not extremely difficult things to make. Some of the ingredients might be harder to find if you cannot find a specialty store, but substitutes are usually given if the original can't be found. Maria Khalife gives a good introduction to each section, such as Chicken, and tells about some of the foods made with chicken. Appetizers, Beef, Chicken, Lamb, Vegetable dishes, Desserts are the main categories of foods. The only complaint about this book is the index. As a former retrospective indexer, the index in a book is very important to me. I was looking for a couple of things to make and couldn't find them in the index. I started going through the book page-by-page and found the recipes that way. If you're interested in trying some Middle Eastern cooking, this is a good cookbook to start with.

The cuisine of the Middle East reflects centuries of infusions from a multitude of cultures that make up this ancient part of the world, including those culinary influences of the Greeks, the Romans, the Asians, and others who at one time or another impacted upon the nations and cultures of the Middle East. In "The Middle Eastern Cookbook", Maria Khalife (a celebrity chef in the Arab world and founder of the Soufra Daimeh Food Network -- the first Arab food television channel) has compiled more than 120 traditional recipes drawn from the entire Middle East including the countries and cultures of Bahrain, Egypt, Iran, Iraq, Jordan, Kuwait, Lebanon, Saudi Arabia, Syria, the United Arab Emirates, and Yemen. All of these showcased recipes have been adapted to western kitchens and use readily available ingredients for American cooks. From Aish bel lahm (Bread with Meat) from Saudi Arabia; to Warak inab bil zeit (Stuffed Vine Leaves) from Lebanon; to Dajaj salona (Chicken with Vegetables) from Bahrain; to Kebab al rubyani (Shrimp Balls) from Kuwait, "The Middle Eastern Cookbook" is a profusely illustrated and enthusiastically recommended addition to personal, professional, and community library international cookbook collections!

A must have cook book for all cooks. The book includes foods of the Middle East including the flag and countries these recipes that country is best known for. The Author, Maria Khalife did a superb job bringing foods of the Middle we all know and love to our table, recipes I grew up with and more. It is a culinary journey of foods of the Middle Eastern world all in one book. Page after page the book was well thought out, easy to understand and filled with mouth watering photos. Included is a glossary with descriptions of ingredients used in the Middle East. I am planning to purchase more copies of this book for each of my three daughters, I am keeping this one. Norma

This was a birthday gift for my sister who's been trying to cook middle eastern dishes for her palestinian husband and turns out it was a great gift for BOTH of them. The instructions were easy to understand; big colorful photos and she was able to follow many of the recipes easily and learned new twists on some dishes she's already used to preparing.

I purchased this book for my daughter, who is in college and discovering new cuisines that she enjoys. When she asked for a Middle Eastern cookbook for Christmas, I found this one on and based on the reviews thought it would be a good purchase. My daughter loves the book. She flipped through it with me after receiving it and pointed out several recipes she looks forward to trying. She said the ingredient lists are simple enough (although at IU, she has access to several international markets and can purchase special ingredients if necessary) and the directions are easy to follow. The photos in the book are appetizing, as are the descriptions of the various recipes. I know she is looking forward to trying many of the recipes--she is very excited about having this book at her disposal. I would recommend this book to anyone who has curiosity about Middle Eastern foods and cooking.

Wow, now this is a cookbook! Maria Khalife has put together a fantastic guide to Middle Eastern cuisine. As a Notre Dame educator and TV chef, her well designed cookbook offers exciting recipes with extensive photos of Middle Eastern dishes you will actually serve at home. A cookbook you'll be pleased to own -- highly recommended.

You don't have to be from the Middle East to want to own & use this book. The current trend encourages us to reach beyond regular American cooking to try a variety of tasty, appetizing foods rich with cinnamon, cloves, and other Middle Eastern spices. Ingredients are mostly obtainable in any grocery store, the recipes run from time consuming to relatively simple off-your-shelf supplies, and all are revealed with mouth-watering color photographs. So many dishes are vegetarian, so they are economically advantageous for the thrifty buyer; beans of all sorts, rice, onion and tomato rich ingredients make up for any lack of "animal flesh" in many recipes.

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