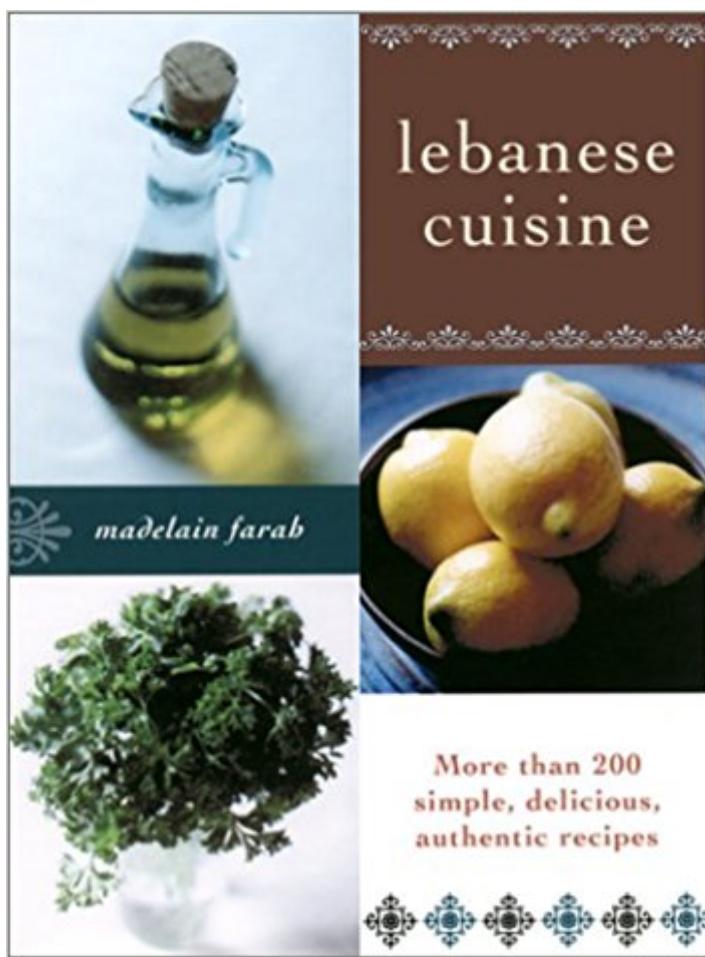


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# Lebanese Cuisine: More Than 200 Simple, Delicious, Authentic Recipes



## **Synopsis**

As a young girl, Madelain Farah spent hours watching her mother cook. Capturing her mother's "a pinch of this" technique, she has re-created recipes for everything from Arabic Bread, Lentil Soup, and Eggplant Salad, to Baked Fish with Tahini Sauce, Supreme Lamb Stew with Kibbi, and the classic Cucumber Yogurt Salad.

## **Book Information**

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## **Customer Reviews**

Other areas of the Middle East have their own distinctive cooking traditions. Lebanese Cuisine offers light foods with strong flavors of cinnamon, allspice, and lemons. The late Farah compiled her list of the best Lebanese recipes and made them easy to reproduce in American kitchens. Tabbuli, here called Arabic salad supreme, with its liberal amounts of fresh parsley and mint, appeals to many tastes. Dishes with names on the order of epiphany sweet and Arabic sausage made from pork recall Lebanon's sizeable Arab Christian community. But pork and beef are still exceptions, lamb predominating in Lebanese dishes from crunchy Kibbi in all its variations to Kafta, broiled ground meat. A lack of pictures may deter those not conversant with Lebanese cooking from trying some recipes since it's not always clear what the finished dish ought to look like. Mark Knoblauch

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I learned how to make Lebanese food from my mother who was one of the best. Her grape leaves, kousa, kibbeh and mine are the best of all others I have tasted even in Lebanon at a five star restaurant. We never had cookbooks but I would buy one on occasion to see how other cooks

prepared their meals. When my mom read this book, she told me the author's recipes were so much like her own. Most of what my mother knew was in her head. I use the book as a guide and have made some slight variations in lemon or spices. I have given this book to several "wanna be good Lebanese cooks." It is the best one out there.

This book has so many delicious recipes. It does not have pictures, but who needs pictures when you have the recipes? I tried a few of the recipes and they turned out delicious! I have never cooked Mediterranean Cuisines or dishes before and my friends thought I was cooking for years after they tasted my food. They seriously could not believe this was my first time at cooking these dishes. This book was definitely worth every penny.

There is some good recipes and simple effective techniques for using spices in Lebanese cooking . Cooking is a demonstration and manifestation of colors and techniques which you won't find in this book! The book is written like a novel! Cheap papers , no pictures. One recipe has an error that I can pinpoint... At some point, I felt the author is not Lebanese but a foreigner who wrote about a loving cuisine that has been writing about in a rush ! ÅfÅ Å Å, Å ÆœÅ Å,

I have been cooking nonstop, feeling amazing. Great for renal diet, highly recommend for that or eating for health. I've never cooked so much with such ease in my life. My boyfriend thinks I have "Lebanese Intuition", what's weird is that the cook times vary but I haven't burnt a thing yet;)

This was a disappointment to me. The green bean stew was 4 stars good but I really wanted a lebanese lentil soup recipe. I eat out at Lebanese restaurants and like the food but since I'm not Lebanese I don't know how to cook it or what is in it and uniformly these restaurants don't enlighten you. I had a great lebanese lentil soup that I dreamed about from a lebanese restaurant and hoped the swiss chard and lentil recipe would approach it. I am swearing off cookbooks. It's better to go online for recipes and read the reviews. First of all this is written for a western audience because the author didn't put the spice in that made it lebanese lentil soup. I made this and it was bland. It was so boring that I could have made this without a recipe. But then I went online and read about sumac. As soon as I put sumac in the soup I knew this was the spice that had haunted me in the soup I used to love. I remember seeing the black dots in the soup I liked and now I know it was sumac but this was not mentioned in this recipe. I think there was butter in that soup too but not in this recipe. Probably for westerners rather than olive oil. I don't eat meat so most of the other

recipes don't help me. Also I had a wonderful drink at a lebanese restaurant and had hoped that was in here but it wasn't. The drink had orange blossom water, probably grenadine and pine nuts in it and was so refreshing on a hot summer day that I craved this for years but could never find a recipe for it and it wasn't in this book either. Found it online.

I made a few recipes out of the book, and they turned out delicious. Thanks!

Earlier editions (with her portrait and some rather rough sketches) have been a cooking handbook for thirty years. Mrs Farah has recorded recipes that are very similar to those of our ancestors (who rarely wrote down their secrets). Middle Eastern Cooking has changed with generational transitions, with old favorites taking on new forms and ingredient choices that are more Western. Mrs Farah preserves the past as handed down from her family.

This is my second copy of this cookbook which contains many excellent recipes that can be found no where else. My original copy which I purchased many years ago needed to be replaced because it contained so many food stains obtained thru use that It was barely readable on some of my favorite recipes.

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