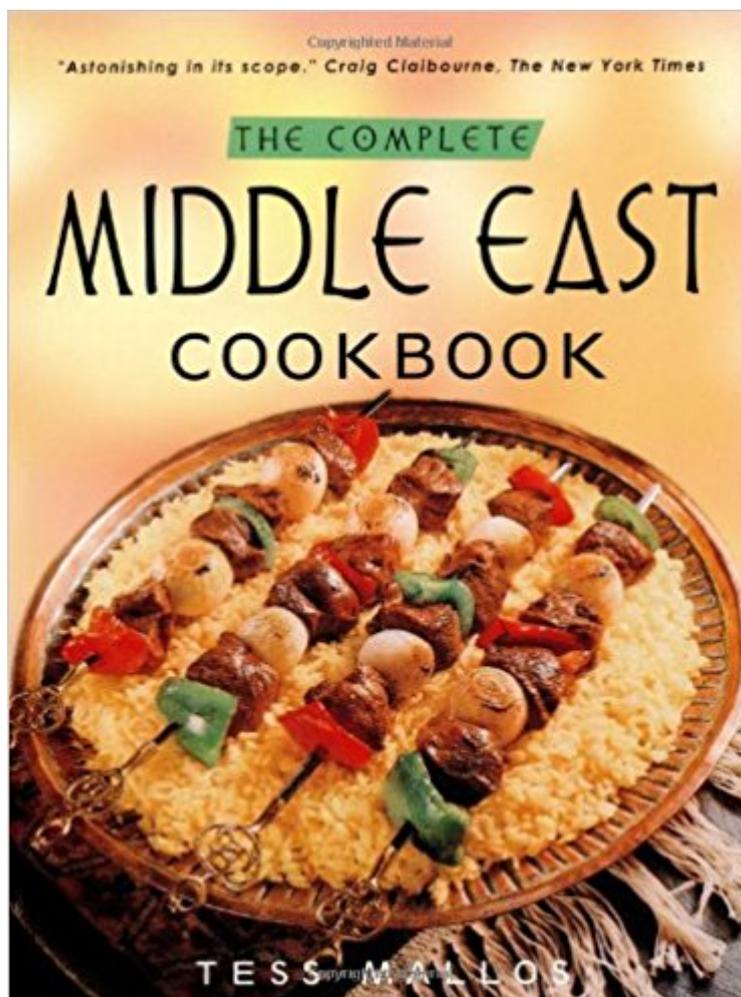


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# The Complete Middle East Cookbook



## Synopsis

The food of the Middle East is known for its diverse flavors and colors. Now you can enjoy all of these titillating meals in the comfort of your own home! Tess Mallos shows us how to produce delectable meals from the fascinating cultures of the Middle East, with recipes carefully tested and set out in easy to follow steps. Many of the dishes are illustrated, in 80 superb photographs. This book provides a brilliant insight into the regional dishes of Greece, Turkey, Lebanon, Egypt and Syria and an invaluable introduction to some of the lesser known cuisines of other countries in the region: Afghanistan, Armenia, Cyprus, Iran, Iraq, Jordan, Saudi Arabia, Bahrain, Kuwait, Oman, Qatar, the United Arab Emirates, and Yemen. The pages in this Middle Eastern Cookbook guide the reader through the vast scope of Middle Eastern food – recipes and photographs show how to use familiar foods in new and exciting ways, while the introduction to each chapter examines the food, lifestyle and cooking methods of each country, to explain exactly how to use the right ingredients in delicious, authentic dishes. The recipes ensure that the traditional essence of each cuisine is preserved, while the instructions are given in the clearest and most accessible way for the modern cook, with guidance wherever necessary for the use of today's appliances. The basics of Middle Eastern cooking are carefully explained, and the glossary gives regional names and descriptions of a host of food and ingredients. The Complete Middle East Cookbook is a joy to read and use in the kitchen. A bestselling classic, it has been revised and enhanced with contemporary photographs, so that it will continue to delight all who seek to know and enjoy the rich and varied cuisines of the Middle East. 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

## Book Information

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## Customer Reviews

YA-A tasteful tour of the Middle East. Each country is introduced with a short history, and descriptions are given of typical cooking methods and ingredients. The food is beautifully photographed, and recipes are easy to follow. However, many include items found only in ethnic food markets and require some degree of expertise to prepare. Copyright 1994 Reed Business Information, Inc. --This text refers to an out of print or unavailable edition of this title.

"Astonishing in its scope."   
•Craig Claibourne, the New York Times "A tasteful tour of the Middle East. Each country is introduced with a short history, and descriptions are given of typical cooking methods and ingredients. The food is beautifully photographed, and recipes are easy to follow."   
•School Library Journal "This book divides the Middle East by countries and regions that have similar foods. It has eleven chapters of regions with recipes as well as other chapters (cooking supplies and introductory, etc.)."   
•Crafty Moms Share blog

This handsome, thorough, and practical guide featuring many full-color photos offers a panoramic view of the region's food traditions. The recipes are easy to follow and range from earthy to exotic. The author's clear, detailed instructions and her sense of humor are most welcome. I have owned this cookbook for some time and refer to it often. I have also given several copies as gifts to friends who like to cook, and they have been truly pleased. Another cookbook that belongs in every serious food lover's library is "Recipes and Remembrances from an Eastern Mediterranean Kitchen: A Culinary Journey through Syria, Lebanon, and Jordan," by Sonia Uvezian. This remarkable, richly illustrated volume captures the soul of the region's cookery in a fascinating blend of exceptionally informative text and hundreds of magnificent recipes.

I found this cookbook at a small middle eastern store in the Dominican Republic and immediately knew that I had to buy it. It's a great cookbook, with a wide diversity of recipes, and also provides cultural context for each cuisine represented. Each country is given its own chapter, with a brief historical overview, cultural information, including eating style, followed by recipes. Although a few

recipies aren't for the faint of heart (lamb's brains being a key ingredient), the majority are delicious and range from the easy to prepare to requiring a fair degree of skill. However, all recipies are clearly laid out and well explained. There could be more photos, but those that exist are beautifully laid out and capture the composition of the dishes. I'd highly recommend this book for almost any level of cook. It would also be a lovely addition if you just enjoy learning about other cultures.

I find the Index a little confusing in that it is difficult to find exactly what you are looking for but well worth the effort once you serve up your latest exotic creation. I would like to see more photos of the finished dishes. The Introduction to each country is interesting and helpful in producing authentic results. I originally borrowed this book from my local library and liked it so much I just had to have it.

An encyclopaedic book for those interested in experiencing other cuisines and cultures and understanding how the connection between culture and cuisine affects the reality and perception of a country. Iranian refugee friends have been grateful I have been able to use this book to understand their cuisine and replicate many aspects of it for them in distant Australia.

I bought this years ago. This book was in the condition as described, used but good condition. I use recipes from it and there's descriptions about the minor regional differences between recipes. Love the book and I still have it, no regrets buying it!

I love this cook book. A must for anyone that loves Mediterranean food!

My knowledge of Middle East food is limited to the occasional Greek restaurant and a few falafel stands. Nevertheless, I found the flavors to be authentic and totally different from my usual Western, American, European, haute cuisine, Christian flavors. I really liked the flavors and recipes in this book. I enjoy making recipes from this cookbook; it is educational, and always good food. It has many interesting recipes, such as: curing fresh olives, raw lamb tartare, baba ghannouj, rose water syrup, and how to bake a whole lamb. All of the recipes that use rice, suspiciously, use the same cooking method regardless of country, something I am sure is not correct. Due to ethnic and religious reasons, there are no recipes for beef or pork, but plenty that use poultry, seafood, and especially lamb. The author often lists in recipes that rightfully use lamb that beef is an acceptable substitute, but I am rather suspicious of this advice. The recipes are simple, honest cooking of the street vendors and the home. There are no complicated procedures or sophisticated techniques that

are born out of European haute cuisine. Too many ethnic cookbooks these days are by famous authors; the author spends a few days with the European-trained executive chef of an American hotel chain in the capitol city of the foreign country, and goes home to write a cookbook. The result usually has nothing to do with the country, but largely reflects the culinary prejudices of the usually English speaking executive chef. Not here: the author has clearly invaded the home kitchens and food stalls of each respective country. The recipes are easy to do and, in most cases, do not have weird ingredients, strange cooking utensils, or unusual cooking techniques. You should be able to do most of the recipes without much trouble. This alone makes it unique among ethnic cookbooks, and for this reason, deserves some sort of award. It has: Greece, Cyprus, Turkey, Armenia, (Syria, Lebanon, Jordan), Iraq, Gulf States (Bahrain, Kuwait, Saudi Arabia, UAE, Qatar, Oman), Yemen, Egypt, Iran, Afghanistan. Sadly, the author usually does a lousy job of describing to the Westerner what distinguishes the food of each country. A few homey, personal anecdotes are not a substitute for solid, culinary exposition.

I love this cookbook and am so glad we have Middle Eastern groceries where I can get the ingredients. Arranged by country and region, this book provides wonderful authentic recipes. If you like Middle Eastern cooking, you can also find good recipes online through Aramco World magazine.

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