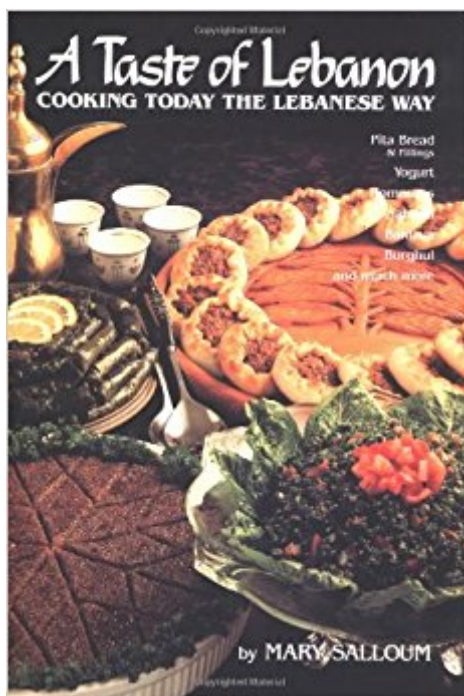


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A Taste Of Lebanon: Cooking Today The Lebanese Way



Synopsis

A Taste of Lebanon Cooking Today The Lebanese Way A cultural as well as a gastronomic delight, this book maintains the authentic flavor of the Middle East while adapting recipes to suit Western lifestyles and kitchens. It is a valuable guide to the incredible diversity of Lebanese cookery. Over 200 recipes include appetizers, sauces, soups, salads, yogurt dishes, main courses, pastries and desserts, plus ingredient information and helpful hints. See, also, A Taste of the Mediterranean. 7" x 10"; 17 color photographs; wire coil bound

Book Information

Paperback: 190 pages

Publisher: Interlink Pub Group; 1st Pbk. Ed edition (October 30, 1992)

Language: English

ISBN-10: 0940793903

ISBN-13: 978-0940793903

Product Dimensions: 6.9 x 0.4 x 10 inches

Shipping Weight: 1 pounds (View shipping rates and policies)

Average Customer Review: 4.5 out of 5 stars 42 customer reviews

Best Sellers Rank: #520,250 in Books (See Top 100 in Books) #115 in [Books > Cookbooks, Food & Wine > Regional & International > Middle Eastern](#)

Customer Reviews

Lebanese-born but a resident of Canada since 1952, Salloum is an enthusiastic proselytizer for her native cuisine. This collection of over 200 recipes includes familiar Middle Eastern favorites hummus, falafil, kibbi and baklava along with more exotic dishes: tongue salad, meat pastries in yogurt soup, Arabic cheese and soup made from kishk (a powdered mixture of crushed wheat and yogurt). In keeping with her emphasis on home cooking that is fresh, healthful and economical, as well as delicious, Salloum identifies the meatless dishes (a minority) with subheadings and includes separate sections for poultry and fish dishes. Readers looking for an in-depth exploration of Lebanese food and culture, however, will not find it here; the book is aimed at cooks new to Middle Eastern food who will appreciate lists of basic ingredients and "helpful hints." Salloum provides a short directory of sources in the U.S. for Middle Eastern ingredients, but makes ample allowance for North American tastes: beef may be substituted for lamb in many recipes, and the fillings for pita bread employ such ingredients as bean sprouts, tuna and peanut butter. Appealing photographs illustrate serving suggestions and garnishes. Copyright 1989 Reed

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Salloum, chef/owner of a Middle Eastern restaurant, provides 200 recipes for traditional Lebanese dishes from appetizers to sweets and beverages. The recipes, generally simple and inexpensive to prepare, are typical of those used by Lebanese home cooks and feature such ingredients as lemons, olive oil, parsley and mint, lamb, and chickpeas. Most American cooks are familiar only with tabbouleh, hummus, and a few other Lebanese specialties; Salloum's book is a good introduction to the cuisine as a whole. Karaoglan also offers traditional recipes, but excludes those made with meat. While she includes somewhat more background and a lengthier "pantry" section than Salloum, her narrower focus makes this an optional purchase for most collections; Salloum's is the one to buy.-- JSCopyright 1989 Reed Business Information, Inc. --This text refers to the Hardcover edition.

Just like Mama used to make.

I tried several recipes from this book. Very easy instructions to follow. Authentic Lebanese and Middle Easter recipes, and yet very simple to make. All ingredients are easily attainable.

The recipes are simple and tasty. Some of them need a little adjusting. For instance I made the falafel which would not hold together and was entirely too salty. Other than that the other things I gave tried have been wonderful. It's not nearly as good as going to the Lebanese and Turkish restaurants in my town, but not bad. The only other thing that is hard to deal with is the book size. It is so small it won't sit on my cook book holder without flipping shut.

Authentic Lebanese recipes in an easy to follow and easy to read recipe book... I love to fix Lebanese dishes as often as I can for my Lebanese family and this makes it easy to know exactly what ingredients I will need and exactly what to do. This is a great cook book and I am very glad that I found it!

I've owned a copy of this for years, until my toddler got a hold of it a tore it to bits. I bought a second copy - I love it that much! Mary Salloum makes cooking Lebanese food a cinch.

I've had this book for years. The way my mother and grand mother cooked for us growing up in

Lebanon. I have giving many copies to friends since I first bought it, even to other Middle Eastern friends that wanted the AUTHENTIC Lebanese recipes.

This little cookbook has become a staple in my kitchen. Everything I've tried has turned out so tasty. The recipes are not complicated, and the ingredients easy to find. (Try your near-east market for the few exotic ingredients, or experiment o your own.)

Love the hummus recipe, very straight forward and interesting recipes to try.

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