# Middle Eastern Food Recipe 10

**OEZLEM. WARREN** 

Feast in the Middle East Blanche Araj Shaheen, 2020-01-14 Growing up in an Arab American household, rich traditional Arabic dishes were central to Blanche's family's life. However she noticed that previous generations of her family did not document these heirloom recipes on paper, but passed the cooking techniques only by word of mouth. So Blanche began a mission of cultural preservation, taking down the cooking methods and exact ingredients of these hundreds of year old recipes. She launched a popular YouTube cooking show called "Feast in the Middle East" to not only share these recipes with her family, but with the world. Some of these dishes are classical favorites, like smoky Syrian Muhammara dip with walnuts, pomegranate molasses and roasted peppers, "Warak Enab," or rice and lamb rolled into tender grape leaves and cooked in a tomato broth, or Lebanese semolina custard scented with rose water called "Layali Lubnan" or "Lebanese Nights". Other dishes, like Musakhan, come from small and obscure villages like Ein Erik in the Palestinian West Bank. Musakhan is a sumac spiced chicken roasted on bread and smothered with caramelized onions and toasted pine nuts. Ancient recipes like chewy semolina date ring cookies called Ma'moul commemorate both Easter and Ramadan, while an over 1000 year old cinnamon spiced bulgur wheat porridge called Burbarra celebrates the Feast of Santa Barbara in the Arab Levant, Malta, and even Eastern Europe. While many of these dishes used to take hours to make, Blanche modernized these recipes to adapt to today's western palate and busy lifestyles. Readers will be able to recreate street foods like Chicken Shawarma and crispy Felafel in their own kitchens using easy techniques and familiar ingredients. Fusion dishes like Baklava Granola with pistachios and cardamom, Middle Eastern Nachos or "Machos" with pita chips and cucumber yogurt sauce, and a Lemon Cheesecake made with creamy labneh cheese adapt middle eastern spices and ingredients to western tastes. Today the "Feast in the Middle East" YouTube series has brought together a global cooking community in an unexpected and beautiful way. Now viewers are making these recipes in the United States, Canada, India, Australia, Spain, Korea and beyond. AUTHOR BIOGRAPHY: Blanche Araj Shaheen is the YouTube personality and host of the popular cooking show, Feast in the Middle East. Prior to her foray into food, she was a television host and reporter in both entertainment and news. She reported and hosted programs for PBS, G4 Television, and Link Media's "Mosaic World News of the Middle East." She also became the first Arab American entertainment reporter, as a contributor for the ABC live show called "View From the Bay." In 2010 Blanche made the switch to hosting her own YouTube cooking show, sharing heirloom recipes preserved by her mother and grandmother. With her journalism background, she decided to document the recipes in this cookbook, and Feast in the Middle East was born. She gives the historical relevance of many signature dishes, and shares personal stories from her own family traditions and trips to the Middle East. Aside from her ongoing cooking series on YouTube, Blanche's Feast In the Middle East has been featured on Virgin America Airlines AUTHOR HOME: Los Altos, C

Julie Taboulie's Lebanese Kitchen Julie Ann Sageer, Leah Bhabha, 2017-06-06 Features 125 recipes for traditional Lebanese favorites, from mezze, street-food skewers and sandwiches, and staples like Labneh and Ajin (Lebanese yogurt and bread) to fresh seasonal salads, pickles and vegetables, main dishes and sweets, and rich desserts laced with Atar (rose water syrup) --

**Rose Water and Orange Blossoms** Maureen Abood,2015-04-28 Publishers Weekly's Top 10 Cookbooks for Spring 2015 Pomegranates and pistachios. Floral waters and cinnamon. Bulgur wheat, lentils, and succulent lamb. These lush flavors of Maureen Abood's childhood, growing up as a Lebanese-American in Michigan, inspired Maureen to launch her award-winning blog, Rose Water & Orange Blossoms. Here she revisits the recipes she was reared on, exploring her heritage through its most-beloved foods and chronicling her riffs on traditional cuisine. Her colorful culinary guides, from grandparents to parents, cousins, and aunts, come alive in her stories like the heady aromas of the dishes passed from their hands to hers. Taking an ingredient-focused approach that makes the most of every season's bounty, Maureen presents more than 100 irresistible recipes that will delight readers with their evocative flavors: Spiced Lamb Kofta Burgers, Avocado Tabbouleh in Little Gems, and Pomegranate Rose Sorbet. Weaved throughout are the stories of Maureen's Lebanese-American upbringing, the path that led her to culinary school and to launch her blog, and life in Harbor Springs, her lakeside Michigan town.

**My Halal Kitchen** Yvonne Maffei,2016-07-12 Yvonne Maffei is the founder of the hugely popular cooking blog and Islamic lifestyle website My Halal Kitchen. Her new book, My Halal Kitchen: Global Recipes, Cooking Tips, and Lifestyle Inspiration, celebrates halal cooking and shows readers how easy it can be to prepare halal meals. Her cookbook collects more than 100 recipes from a variety of culinary traditions, proving that halal meals can be full of diverse flavors. Home cooks will learn to make classic American favorites and comfort foods, as well as international dishes that previously may have seemed out of reach: Coq without the Vin, Shrimp Pad Thai, Chicken Tamales, and many more. The book also includes resources that break down the basics of halal cooking and outline common non-halal ingredients, their replacements, and how to purchase (or make) them. As Maffei often says to her million-plus social media followers, halal cooking elegantly dovetails with holistic living and using locally sourced, organic ingredients. In the halal tradition, every part of the farm-to-fork cycle has importance. This book is an ideal resource not only for Muslim home cooks, but also for any home cook looking to find delicious and healthy recipes from around the globe.

**Vegan Recipes from the Middle East** Parvin Razavi,2018-07-13 "Why we love it: Short ingredient lists and easy-to-follow instructions make cooking Iranian, Moroccan, and Lebanese dishes easy for new vegan cooks." —VegNews Enjoyment, hospitality, tradition, creativity, sustainability and joy of life—these starting points were the inspiration for this book. The cooking of vegetables is treated with reverence in the lands that make up the rich and varied tapestry of the Middle East. The people depend on the grains and pulses, nuts, vegetables and fruits of the region for their daily food and Parvin Razavi has taken the fresh and varied cuisines of Iran, Armenia, Syria, Lebanon, Jordan, Egypt, Morocco and Turkey to create a beautiful vegan cookbook. Whether as a main course or for the traditional mezze, this book contains dishes that blend natural culinary delights from the various food cultures and combines them with contemporary approaches. Here are warm and spicy stuffed vegetables, cool and fragrant soups, delicate preserves, pilafs, breads, pickles, relishes and pastries. The varied cuisines of the Middle East provide a wealth of vegan recipes. "Razavi (food blogger and editor of Biorama, a sustainable lifestyle magazine) has created a collection of ecologically sustainable, fuss-free recipes that can be easily incorporated into a menu." —The Caterer "This cookbook gives the middle east some great representation in the vegan world. The whole point is to take traditional dishes and give [them] a vegan upgrade. This cookbook covers soups, breads, and preserves, plus so much more." —Book Riot

**Honey & Co.** Itamar Srulovich, Sarit Packer, 2015-05-05 Named Cookbook of the Year by the Sunday Times (UK) Fortnum & Mason Food & Drink Awards Cookery Book of the Year 2015 The Guild of Food Writer's (UK) Award Winner for Best First Book Honey & Co.'s food--taking its cue from generations of dedicated home cooks--captures everything that is generous, hearty, and delicious in the Middle East.--Yotam Ottolenghi After falling in love through their shared passion for food, Itamar Srulovich and Sarit Packer launched Honey & Co., one of London's hottest new restaurants, in 2012. Since opening the doors, they have created exquisite dishes, delectable menus, and an atmosphere that's as warm, inviting, and exotic as the food they serve. Recipes include spreads and dips, exquisitely balanced salads, one-pan dishes, simple fragrant soups, rich Persian entrees, the tagines of North Africa, the Sofritos of Jerusalem, and the herb-infused stews of Iran. HONEY & CO. brings the flavors of the Middle East to life in a wholly accessible way, certain to entice and satisfy in equal measure.

*Cooking in Iran* Najmieh Batmanglij,2020-04-07 The Grande Dame of Iranian Cooking Esteemed American chef. Award-winning cookbook author. Persian cooking instructor. Iranian immigrant. Storyteller. Mother of two acclaimed sons - Zal, a filmmaker; Rostam, a musician. Born in the middle of the 20th century in Tehran, Iran. Lives in Washington, DC and Los Angeles. Consults with restaurants around the world. Member of Les Dames d'Escoffier.

**The New Book of Middle Eastern Food** Claudia Roden,2008-12-24 The definitive volume on Middle Eastern cooking, a modern classic from the award-winning, bestselling author of The Book of Jewish Food and Claudia Roden's Mediterranean Originally published in 1972 and hailed by James Beard as a landmark in the field of cookery, this new version represents the accumulation of the author's years of extensive travel throughout the everchanging landscape of the Middle East, gathering recipes and stories. Now featuring more than 800 recipes, including the aromatic variations that accent a dish and define the country of origin: fried garlic and cumin and coriander from Egypt, cinnamon and allspice from Turkey, sumac and tamarind from Syria and Lebanon, pomegranate syrup from Iran, preserved lemon and harissa from North Africa. Claudia Roden has worked out simpler approaches to traditional dishes, using healthier ingredients and time-saving methods without ever sacrificing any of the extraordinary flavor, freshness, and texture that distinguish the cooking of this part of the world. Throughout these pages she draws on all four of the region's major cooking styles: • The refined haute cuisine of Iran, based on rice exquisitely prepared and embellished with a range of meats, vegetables, fruits, and nuts • Arab cooking from Syria, Lebanon, and Jordan—at its finest today, and a good source for vegetable and bulgur wheat dishes • The legendary Turkish cuisine, with its kebabs, wheat and rice dishes, yogurt salads, savory pies, and syrupy pastries • North African cooking, particularly the splendid fare of Morocco, with its heady mix of hot and sweet, orchestrated to perfection in its couscous dishes and tagines From the tantalizing mezze—succulent bites of filled fillo crescents and cigars, chopped salads, and stuffed morsels, as well as tahina, chickpeas, and eggplant in their many guises—to the skewered meats and savory stews and hearty grain and vegetable dishes, here is a rich array of Middle Eastern cooking.

**Minimalist Baker's Everyday Cooking** Dana Shultz,2016-04-26 The highly anticipated cookbook from the immensely popular food blog Minimalist Baker, featuring 101 all-new simple, vegan recipes that all require 10 ingredients or less, 1 bowl or 1 pot, or 30 minutes or less to prepare Dana Shultz founded the Minimalist Baker blog in 2012 to share her passion for simple cooking and quickly gained a devoted worldwide following. Now, in this long-awaited debut cookbook, Dana shares 101 vibrant, simple recipes that are entirely plant-based, mostly gluten-free, and 100% delicious. Packed with gorgeous photography, this practical but inspiring cookbook includes: • Recipes that each require 10 ingredients or less, can be made in one bowl, or require 30 minutes or less to prepare. • Delicious options for hearty entrées, easy sides, nourishing breakfasts, and decadent desserts—all on the table in a snap • Essential plant-based pantry and equipment tips • Easy-to-follow, step-by-step recipes with standard and metric ingredient measurements Minimalist Baker's Everyday Cooking is a totally no-fuss approach to cooking for anyone who loves delicious food that happens to be healthy too.

**Tahini and Turmeric** Ruth Fox,Vicky Cohen,2018-05-29 Hip, healthy, and flavorful, Tahini & Turmeric delivers vegan haute cuisine in 101 easy-toprepare recipes With gorgeous full-color photos, artful writing, and out-of-the-box recipes, you'll see why this duo's successful and heart-healthy website, MaylHaveThatRecipe.com, has such a dedicated following. Drawing on the ancient traditions of Turkey, Lebanon, and Israel to the trendy palates of Barcelona, Spain, Cohen and Fox showcase delicious vegan dishes with sophisticated flavor profiles and beautiful, crowd-pleasing presentations. From brunch specials such as Chickpea and Pepper Shakshuka and Zucchini Fritters with Yogurt Cucumber Sauce, to rich, intenselyflavored desserts, like Creamy Tahini Cheesecake and Rose Water Pudding Tartelettes with Pomegranate and Pistachios, there's a dish for every meal. Paired with fresh greens, the salads and appetizers can more than hold their own for an easy weeknight supper that is healthy, filling, and beautiful. Entrées such as Harissa meatless meatballs with Aromatic Turmeric Broth and Sweet and Savory Quinoa Stuffed Eggplant do double duty for everyday or holiday. With detailed explanations of Middle Eastern foods, and suggestions on the best way to build up a home pantry of staples, you'll discover a world of flavor. Once you begin cooking from Tahini & Turmeric, you'll find yourself experimenting with pistachios and pomegranate syrup--and, of course, tahini and turmeric.

**Eating Out Loud** Eden Grinshpan,2020-09-01 Discover a playful new take on Middle Eastern cuisine with more than 100 fresh, flavorful recipes. "Finally! Eden Grinshpan is letting us in on her secrets of her healthful and deliriously delicious cooking. Giant flavors, pops of color everywhere and dishes you'll crave forever. It's the Eden way!"—Bobby Flay NAMED ONE OF THE BEST COOKBOOKS OF THE YEAR BY DELISH AND LIBRARY JOURNAL Eden Grinshpan's accessible cooking is full of bright tastes and textures that reflect her Israeli heritage and laid-back but thoughtful style. In Eating Out Loud, Eden introduces readers to a whirlwind of exciting flavors, mixing and matching simple, traditional ingredients in new ways: roasted whole heads of broccoli topped with herbaceous yogurt and crunchy, spice-infused dukkah; a toasted pita salad full of juicy summer peaches, tomatoes, and a bevy of fresh herbs; and babka that becomes pull-apart morning buns, layered with chocolate and tahini and sticky with a salted sugar glaze, to name a few. For anyone who loves a big, boisterous spirit both on the plate and around the table, Eating Out Loud is the perfect guide to the kind of meal—full of family and friends eating with their hands, double-dipping, and letting loose—that you never want to end.

Recipes from the Herbalist's Kitchen Brittany Wood Nickerson,2017-06-27 Author and herbalist Brittany Wood Nickerson understands that food is our most powerful medicine. In Recipes from the Herbalist's Kitchen she reveals how the kitchen can be a place of true awakening for the senses and spirit, as well as deep nourishment for the body. With in-depth profiles of favorite culinary herbs such as dill, sage, basil, and mint, Nickerson offers fascinating insights into the healing properties of each herb and then shares 110 original recipes for scrumptious snacks, entrées, drinks, and desserts that are specially designed to meet the body's needs for comfort, nourishment, energy, and support through seasonal changes. Foreword INDIES Gold Award Winner IACP Cookbook Awards Finalist

*Mouthwatering Vegan* Miriam Sorrell,2013-06-18 From the author of the successful blog, mouthwateringvegan.com, comes over 130 incredible recipes to showcase how accessible, varied, delicious and nutritious vegan eating can be. In this book you'll find recipes for your favourite comfort foods in all their vegan glory. Here are meat-free, egg-free and dairy-free recipes that combine the idea of eating healthily, with food that is immediately satisfying, tastes great and is easy to prepare. From delicious dips, appetizers and soups; to main courses including curries, pastas, stews, burgers and salads. There are a whole host of recommended juices and smoothies and--at the sweeter end of scale--cookies, cakes and desserts. Mouthwatering Vegan transforms home cooking classics into vegan-accessible, delicious dishes. Miriam challenges herself to replicate dishes that are usually impossible to include in a vegan diet and opens up the scope for what vegan eating can be. Included in the book are recipes for vegan cheese, cream and mayonnaise; Chilli Con 'Carne', Shepherd's Pie, Mince & Ale Pie, Stroganoff Supreme and the Perfect Roast. As well as delicious dishes that celebrate pulses and vegetables, such as Aubergine, Chickpea and Potato Curry; Stuffed Tomatoes and Zucchini Casserole; Red Bean Nut Burgers; Spicy Rice & Quinoa Eggplant Bake; and Super Mushroom & Walnut Loaf. Many of Miriam's recipes are inspired by the Mediterranean and the Far East, and all of them have the health benefits of vegan cooking without sacrificing the taste. Mouthwatering Vegan opens up new possibilities for vegan eating that will make you rethink vegan cuisine.

Palestine on a Plate Joudie Kalla, 2019-09-17 Winner 'Best Arab Cuisine Book' - Gourmand World Cookbook Awards 2016. Palestinian food is not just found on the streets with the ka'ak (sesame bread) sellers and stalls selling za'atar chicken and mana'eesh (za'atar sesame bread), but in the home too; in the kitchens all across the country, where families cook and eat together every day, in a way that generations before them have always done. Palestine on a Plate is a tribute to family, cooking and home, made with the ingredients that Joudie's mother and grandmother use, and their grandmothers used before them. - old recipes created with love that bring people together in appreciation of the beauty of this rich heritage. Immerse yourself in the stories and culture and experience the wonderful flavours of Palestine through the food in this book. The New Middle Eastern Vegetarian Sally Butcher, 2023-07-18 In this upbeat guide to Middle Eastern vegetarian cooking, Sally Butcher proves that the region is simply simmering, bubbling, and bursting with sumptuous vegetarian traditions and recipes. SHORTLISTED FOR THE GUILD OF FOOD WRITERS' COOKBOOK OF THE YEAR AWARD Written in her trademark engaging and knowledgeable style, Sally takes a fresh look at many of the more exciting ingredients available today in local grocery stores and supermarkets as well as providing a host of delicious recipes made with more familiar fare. From fragrant Persian noodle rice to gingery tamarind eggplants, pink pickled turnips and rose petal jam, The New Middle Eastern Vegetarian is filled with aromatic herbs and spices, inspiring ideas and all the knowledge needed to cook wonderful vegetarian food from the Middle East and beyond. Secrets of Healthy Middle Eastern Cuisine Sanaa Abourezk, 2003 It is a well-known fact that the cuisine of the Mediterranean, rich in olives and pulses, fresh fruit and vegetables and fish plucked straight from the sea, is one of the healthiest diets known to man. Meat is used sparingly and butter is replaced by aromatic olive oil. This does not mean that the food lacks flavour; on the contrary, their absence allows the subtle flavours of herbs and spices to emerge. The cuisine of the Levant - Lebanon, Jordan, Palestine and Syria - is full of colourful, fresh and delicious dishes that are low in cholesterol and high in flavour. planned with good health in mind. Each dish, from tempting appetizers such as falafel and stuffed vine leaves to exotic desserts like walnut pancakes, has a nutritional breakdown listing the amount of calories, fat, cholesterol and sodium contained in the food, so that you can plan your diet without depriving yourself of delicious flavours.

Honey & Co. at Home Itamar Srulovich, Sarit Packer, 2019-07-02 Brought to you by the award-winning chefs behind the Honey & Co. empire, this

book presents simple and delicious Middle Eastern dishes that are easy to make, and a pleasure to serve. Just the sort of food I want to eat: welcoming, abundant, and with as much heart as flavor. -- Nigella Lawson From breads to bakes, salads to sweets, there is something for everyone in this celebration of Middle Eastern cooking. Wholesome, fresh, and seasonal ingredients are organized into chapters For Us Two, For Friends, For the Weekend, For a Crowd, and For the Kitchen. Enjoy authentic recipes like Jerusalem sesame bread filled with harissa and lemon chicken, tuck into a crisp salad with saffron-poached pears with walnut tahini, or delight in a fish pastille, among many more. The mouthwatering recipes are quick and simple to make. Whip them up for lunch or a weekend meal without forward planning, special ingredients, or fancy equipment--these will quickly become staple recipes that you will revisit again, and again. Packed full of stylish photography, this book takes Sarit and Itamar out of the restaurant kitchen and into their home. The recipes and surrounding stories are written from the heart with affection for the food they love.

Ozlem's Turkish Table OEZLEM. WARREN, 2019-06-13

**Sifratna** Amjaad Al-Hussain,2018-10-31 A collection of authentic Yemeni recipes, twists on classic favorites, and Yemeni interpretations of Middle Eastern cuisine. If we are to preserve culture we must continue to create it - Johan HuizingaMy style of Yemeni cooking is a reflection of most immigrant and refugee families around the world. Although I have never been to Yemen, a big part of my identity is Yemeni. I speak Yemeni at home with my family, cook and eat Yemeni food, and maintain Yemeni traditions. Although I am neither a professional chef nor food expert, I believe that documenting our Yemeni-influenced home cooking is critical to preserving our culture. In college, I started writing down my favorite recipes that I've perfected over the years. My mom would laminate those recipes for me and keep them in the kitchen for easy access. I fantasized about making a cook book for years but the pressure to make it absolutely perfect turned me off. Eight years later, in 2018, I decided I would just go for it. And here we are - bringing Yemeni inspiration to your sifra (dining table). As with all cuisines, we have classics, but cooking methods change as cultures mix, new ingredients become available, and people develop different palates. There are basics you picked up from your mom that you just don't mess with. Then there are influences from other countries in your region, which you incorporate into your recipes, cooking with a (insert your country or culture) twist. The haters will say: but, that's not traditional blah blah. And finally there are dishes you make when you are craving something delicious from a restaurant you've tried. Sifratna includes all of the above - and no, I don't use the word fusion.

<u>Middle Eastern Sweets</u> Salma Hage,2021-08-05 An authentic, indulgent collection of dessert recipes from across the Middle East, from one of the region's most loved home cooks Whether you start your day with something sweet, finish it with something sweet, or make sure sweets are within reach all day long, you'll find serious inspiration in the pages of Salma Hage's latest cookbook for home cooks. The Middle East's wide range of cultures, ingredients, and influences informs the array of dishes she includes - spiced cookies, cream-filled pancakes, aromatic pastries, and delicious cakes - with recipes that are easy to follow and celebrate simple-to-source spices and taste combinations.

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