

New Feast Modern Middle Eastern Vegetarian

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Moorish

The compelling life story of Armenian ceramicist David Ohannessian, whose work changed the face of Jerusalem—and a granddaughter's search for his legacy. Along the cobbled streets and golden walls of Jerusalem, brilliantly glazed tiles catch the light and beckon the eye. These colorful wares—known as Armenian ceramics—are

iconic features of the Holy City. Silently, these works of ceramic art—art that also graces homes and museums around the world—represent a riveting story of resilience and survival: In the final years of the Ottoman Empire, as hundreds of thousands of Armenians were forcibly marched to their deaths, one man carried the secrets of this age-old art with him into exile toward the Syrian desert. *Feast of Ashes* tells the story of David Ohannessian, the renowned ceramicist who in 1919 founded the art of Armenian pottery in Jerusalem, where his work and that of his followers is now celebrated as a local treasure. Ohannessian's life encompassed some of the most tumultuous upheavals of the modern Middle East. Born in an isolated Anatolian mountain village, he witnessed the rise of violent nationalism in the waning years of the Ottoman Empire, endured arrest and deportation in the Armenian Genocide, founded a new ceramics tradition in Jerusalem under the British Mandate, and spent his final years, uprooted, in Cairo and Beirut. Ohannessian's life story is revealed by his granddaughter Sato Moughalian, weaving together family narratives with newly unearthed archival findings. Witnessing her personal quest for the man she never met, we come to understand a universal story of migration, survival, and hope.

The Mezze Cookbook

Following on from the success of their award-winning books, *Saha* and *Turquoise*, Greg and Lucy Malouf now explore one of the world's earliest and greatest

empires: Saraban is an unforgettable journey through the culinary landscapes of ancient Persia and modern-day Iran. Persian cooking is one of the oldest and most sophisticated cuisines in the world and its influence has spread across India and the Middle East to North Africa and the Iberian Peninsula and even through Medieval Europe. It's a cuisine that is subtle, elegant and alluring, which rejoices in rice, uses fresh herbs in abundance and combines meat, fish, fruit and vegetables with exotic spices, such as saffron, cardamom and dried limes. In Saraban, Greg and Lucy discover a land where the rich diversity of climate, countryside, architecture and poetry provide a fitting background for an equal variety and richness of cuisine. Join them as they visit bustling bazaars and tiny soup kitchens, pick saffron before dawn and fish, in time-honoured tradition, from wooden dhows in the Persian Gulf. Then discover the joy of Persian cooking for yourself with the mouth-watering recipes that Greg has created for the home kitchen, as he mixes centuries of tradition with modern techniques and flavours for both the home cook and experienced chef.

A Middle Eastern Feast

Israeli-born chef Michael Rantissi and his partner and 'balaboosta' Aussie girl Kristy Frawley drill down to what we all love about the ingredients and flavours of the Middle East - grains and greens, generosity, pungency, sweetness, sharing. This is food that brings everyone to the table, and won't let them leave. Michael puts

ingredients first and foremost, opening the door to our greater understanding and appreciation of the Middle East's hidden treasures --- tahini, baharat, halva, chickpeas, labneh, eggplant, honey, pomegranate, amba, dates, broad beans, pistachios, wild greens, ancient grains. The recipes go from basics like hummus, aioli and falafel, to Persian eggplant risotto, Cauliflower, cranberry and pearl barley salad; and Harissa-braised lamb with okra. To finish are the pastries, breads and syrup-laden cakes - Chocolate and pistachio baklava, Date and dukkah brownies, Persian pavlova. Living in multicultural Sydney, he says, has helped him lighten and brighten traditional recipes, without ever losing sight of their origins and traditions. 'If my mother knew I was serving falafel for breakfast - and people were loving it - she would be amazed'. A much-lauded home cook, Kristy adds those all-important pastries, breads and syrup-laden cakes that turn a meal into a feast, any time of the day or night.

What Did Jesus Look Like?

A celebration of the feasts and flavors of the Middle East, North Africa, Spain and the eastern Mediterranean begins with recipes for spice blends, condiments and preserves before explaining how to transform mundane ingredients into sumptuous meals. By the authors of Arabesque.

Artichoke to Za'atar

The seductive flavors of the Middle East have won over food lovers around the world, but the sweets of the region have remained largely unknown to Western palates—until now. Sweet Middle East, by doyenne of Middle Eastern cooking Anissa Helou, presents 70 classic desserts fragrant with spices, honey, dates, and nuts, and steeped in tradition. One bite of Anissa's authentic cookies, cakes, custards, puddings, and more reveals why these enchanting desserts deserve to be shared beyond their native lands.

The Sourdough School: Sweet Baking

Tal Smith, owner of the popular Sea Point deli, Sababa, is back with new recipes in Feast with Sababa: Middle Eastern and Mediterranean Food. This follows the incredible success of the first Sababa cookbook and the constant request for more recipes. This is a beautiful book full of delectable recipes featuring an array of meze, salads, risottos and meat recipes among others.

SUQAR

Containing more than 800 recipes collected from Morocco, Turkey, Greece, Egypt

and other Middle Eastern countries, this updated edition includes extensive variations and new techniques for preparing these exotic dishes. Delicious recipes come richly infused with Roden's own memories of growing up in Egypt and other stories of her travels. 24 color photos.

New Feast

The vegetarian cuisine of the Middle East and North Africa is a treasure chest of pungent herbs and spices, aromatic stews and soups, chewy falafels and breads, couscous, stuffed grape leaves, greens and vegetables, hummus, pizzas, pies, omelets, pastries and sweets, smooth yogurt drinks, and strong coffees. Originally the food of peasants too poor for meat, vegetarian cooking in the Middle East developed over thousands of years into a culinary art form influenced both by trade and invasion. It is as rich and varied in its history as it is in flavor—culinary historians estimate the Arab kitchen has over 40,000 dishes! Now noted food writer Habeeb Salloum has culled 330 savory jewels from this never-ending storehouse to create *Classic Vegetarian Cooking from the Middle East*—a rich, healthful, and economical introduction to flavors and aromas that have stood the test of time.

Saraban

Jesus Christ is arguably the most famous man who ever lived. His image adorns countless churches, icons, and paintings. He is the subject of millions of statues, sculptures, devotional objects and works of art. Everyone can conjure an image of Jesus: usually as a handsome, white man with flowing locks and pristine linen robes. But what did Jesus really look like? Is our popular image of Jesus overly westernized and untrue to historical reality? This question continues to fascinate. Leading Christian Origins scholar Joan E. Taylor surveys the historical evidence, and the prevalent image of Jesus in art and culture, to suggest an entirely different vision of this most famous of men. He may even have had short hair.

Liturgy, Books and Franciscan Identity in Medieval Umbria

A celebration of authentic Middle Eastern food, Feasts from the Middle East is packed with over 100 deliciously fresh, fragrant and flavourful dishes, inspired by the souks of Lebanon.

Feast in the Middle East

Authentic modern Middle Eastern home cooking – 150 delicious, easy-to-follow recipes inspired by three generations of family tradition. While interest in Middle Eastern cuisines has blossomed, the nuances and subtleties of Palestinian food are

still relatively unexplored. In *The Palestinian Table*, Reem Kassis weaves a tapestry of personal anecdotes, local traditions, and historical context, sharing with home cooks her collection of nearly 150 delicious, easy-to-follow recipes that range from simple breakfasts and quick-to-prepare salads to celebratory dishes fit for a feast - giving rare insight into the heart of the Palestinian family kitchen.

The Culinary Crescent

Winner of The IACP 2019 First Book Award presented by The Julia Child Foundation Like Madhur Jaffrey and Marcella Hazan before her, Naz Deravian will introduce the pleasures and secrets of her mother culture's cooking to a broad audience that has no idea what it's been missing. America will not only fall in love with Persian cooking, it'll fall in love with Naz." - Samin Nosrat, author of *Salt, Fat, Acid, Heat: The Four Elements of Good Cooking* Naz Deravian lays out the multi-hued canvas of a Persian meal, with 100+ recipes adapted to an American home kitchen and interspersed with Naz's celebrated essays exploring the idea of home. At eight years old, Naz Deravian left Iran with her family during the height of the 1979 Iranian Revolution and hostage crisis. Over the following ten years, they emigrated from Iran to Rome to Vancouver, carrying with them books of Persian poetry, tiny jars of saffron threads, and always, the knowledge that home can be found in a simple, perfect pot of rice. As they traverse the world in search of a place to land, Naz's family finds comfort and familiarity in pots of hearty aash, steaming

pomegranate and walnut chicken, and of course, tahdig: the crispy, golden jewels of rice that form a crust at the bottom of the pot. The best part, saved for last. In *Bottom of the Pot*, Naz, now an award-winning writer and passionate home cook based in LA, opens up to us a world of fragrant rose petals and tart dried limes, music and poetry, and the bittersweet twin pulls of assimilation and nostalgia. In over 100 recipes, Naz introduces us to Persian food made from a global perspective, at home in an American kitchen.

A New Book of Middle Eastern Food

An astonishing retelling of twentieth-century history from the Ottoman perspective, delivering profound new insights into World War I and the contemporary Middle East Between 1911 and 1922, a series of wars would engulf the Ottoman Empire and its successor states, in which the central conflict, of course, is World War I—a story we think we know well. As Sean McMeekin shows us in this revelatory new history of what he calls the “wars of the Ottoman succession,” we know far less than we think. *The Ottoman Endgame* brings to light the entire strategic narrative that led to an unstable new order in postwar Middle East—much of which is still felt today. *The Ottoman Endgame: War, Revolution, and the Making of the Modern Middle East* draws from McMeekin’s years of groundbreaking research in newly opened Ottoman and Russian archives. With great storytelling flair, McMeekin makes new the epic stories we know from the Ottoman front, from Gallipoli to the

exploits of Lawrence in Arabia, and introduces a vast range of new stories to Western readers. His accounts of the lead-up to World War I and the Ottoman Empire's central role in the war itself offers an entirely new and deeper vision of the conflict. Harnessing not only Ottoman and Russian but also British, German, French, American, and Austro-Hungarian sources, the result is a truly pioneering work of scholarship that gives full justice to a multitiered war involving many belligerents. McMeekin also brilliantly reconceives our inherited Anglo-French understanding of the war's outcome and the collapse of the empire that followed. The book chronicles the emergence of modern Turkey and the carve-up of the rest of the Ottoman Empire as it has never been told before, offering a new perspective on such issues as the ethno-religious bloodletting and forced population transfers which attended the breakup of empire, the Balfour Declaration, the toppling of the caliphate, and the partition of Iraq and Syria—bringing the contemporary consequences into clear focus. Every so often, a work of history completely reshapes our understanding of a subject of enormous historical and contemporary importance. *The Ottoman Endgame* is such a book, an instantly definitive and thrilling example of narrative history as high art.

Holy Feast and Holy Fast

The Middle East - from North Africa and Moorish Spain, through Turkey, Lebanon, Syria and Jordan to Iran and the Arabian Peninsula - has long had a vibrant

tradition of home-style vegetarian cuisine - from their abundant fresh salads, dips and breads to a diverse collection of delicious and hearty main meals. Based on the freshest ingredients and cooked from the heart, Greg and Lucy Malouf's recipes are designed for sharing and enjoying in company. Their approach to vegetarian food comes from their love of traditional Middle Eastern flavour combinations and the importance of colour and texture. The recipes are new interpretations of Middle Eastern Food, inspired by the spirit of generosity and sharing that characterises the region. Think Glazed apple-raisin fritters, zucchini blossom and preserved lemon risotto with ricotta and parmesan or Griddled broccolini with almonds and harissa butter. The Malouf's have you covered with sections dedicated to butters and preserves, cooked vegetable dishes, dips and spreads, pickles and relishes, pastries, pastas, salads, grains and legumes - to name but a few. Full of stunning photography of food and scenery, New Feast offers a rich and diverse compendium of recipes in a beautiful, cloth-bound package.

The Ottoman Endgame

NAMED A MOST ANTICIPATED COOKBOOK OF SPRING 2018 BY BON APPETIT, FOOD & WINE, EPICURIOUS, TASTING TABLE, ESQUIRE, GLOBE & MAIL, and PUBLISHERS WEEKLY "[Helou's] range of knowledge and unparalleled authority make her just the kind of cook you want by your side when baking a Moroccan flatbread,

preparing an Indonesian satay and anything else along the way."— Yotam Ottolenghi A richly colorful and exceptionally varied cookbook of timeless recipes from across the Islamic world In *Feast*, award-winning chef Anissa Helou—an authority on the cooking of North Africa, the Mediterranean, and the Middle East—shares her extraordinary range of beloved, time-tested recipes and stories from cuisines throughout the Muslim world. Helou has lived and traveled widely in this region, from Egypt to Syria, Iran to Indonesia, gathering some of its finest and most flavorful recipes for bread, rice, meats, fish, spices, and sweets. With sweeping knowledge and vision, Helou delves into the enormous variety of dishes associated with Arab, Persian, Mughal (or South Asian), and North African cooking, collecting favorites like biryani or Turkish kebabs along with lesser known specialties such as Zanzibari grilled fish in coconut sauce or Tunisian chickpea soup. Suffused with history, brought to life with stunning photographs, and inflected by Helou's humor, charm, and sophistication, *Feast* is an indispensable addition to the culinary canon featuring some of the world's most inventive cultures and peoples.

New Feast

A collection of recipes from more than ten middle-east countries includes an array of stuffed vegetables, rice pilafs, soups, stews, and condiments, complemented by an introduction to middle-east flavoring strategies and preparation techniques.

25,000 first printing.

The War on Error

Mapping the Middle East explores the many ways people have visualized the vast area lying between the Atlantic Ocean and the Oxus and Indus River Valleys over the past millennium. By analyzing maps produced from the eleventh century on, Zayde Antrim emphasizes the deep roots of mapping in a region too often considered unexamined and unchanging before the modern period. As Antrim argues, better-known maps from the nineteenth and twentieth centuries—a period coinciding with European colonialism and the rise of the nation-state—not only obscure this rich past, but also constrain visions for the region’s future. Organized chronologically, Mapping the Middle East addresses the medieval “Realm of Islam;” the sixteenth- to eighteenth-century Ottoman Empire; French and British colonialism through World War I; nationalism in modern Turkey, Iran, and Israel/Palestine; and alternative geographies in the twentieth and twenty-first centuries. Vivid color illustrations throughout allow readers to compare the maps themselves with Antrim’s analysis. Much more than a conventional history of cartography, Mapping the Middle East is an incisive critique of the changing relationship between maps and belonging in a dynamic world region over the past thousand years.

Saha

A groundbreaking culinary work of extraordinary depth and scope that spans more than one thousand years of history, *A Mediterranean Feast* tells the sweeping story of the birth of the venerated and diverse cuisines of the Mediterranean. Author Clifford A. Wright weaves together historical and culinary strands from Moorish Spain to North Africa, from coastal France to the Balearic Islands, from Sicily and the kingdoms of Italy to Greece, the Balkan coast, Turkey, and the Near East. The evolution of these cuisines is not simply the story of farming, herding, and fishing; rather, the story encompasses wars and plagues, political intrigue and pirates, the Silk Road and the discovery of the New World, the rise of capitalism and the birth of city-states, the Crusades and the Spanish Inquisition, and the obsession with spices. The ebb and flow of empires, the movement of populations from country to city, and religion have all played a determining role in making each of these cuisines unique. In *A Mediterranean Feast*, Wright also shows how the cuisines of the Mediterranean have been indelibly stamped with the uncompromising geography and climate of the area and a past marked by both unrelenting poverty and outrageous wealth. The book's more than five hundred contemporary recipes (which have been adapted for today's kitchen) are the end point of centuries of evolution and show the full range of culinary ingenuity and indulgence, from the peasant kitchen to the merchant pantry. They also illustrate the migration of local culinary predilections, tastes for food and methods of preparation carried from

home to new lands and back by conquerors, seafarers, soldiers, merchants, and religious pilgrims. A Mediterranean Feast includes fourteen original maps of the contemporary and historical Mediterranean, a guide to the Mediterranean pantry, food products resources, a complete bibliography, and a recipe and general index, in addition to a pronunciation key. An astonishing accomplishment of culinary and historical research and detective work in eight languages, A Mediterranean Feast is required--and intriguing--reading for any cook, armchair or otherwise.

Feast from the Mideast

The author of the thirteenth-century Arabic cookbook Kitāb al-ʿabīkh proposed that food was among the foremost pleasures in life. Scheherazade's Feasts invites adventurous cooks to test this hypothesis. From the seventh to the thirteenth centuries, the influence and power of the medieval Islamic world stretched from the Middle East to the Iberian Peninsula, and this Golden Age gave rise to great innovation in gastronomy no less than in science, philosophy, and literature. The medieval Arab culinary empire was vast and varied: with trade and conquest came luxury, abundance, new ingredients, and new ideas. The emergence of a luxurious cuisine in this period inspired an extensive body of literature: poets penned lyrics to the beauty of asparagus or the aroma of crushed almonds; nobles documented the dining customs obliged by etiquette and opulence; manuals prescribed meal plans to deepen the pleasure of eating and curtail digestive distress. Drawn from

this wealth of medieval Arabic writing, Scheherazade's Feasts presents more than a hundred recipes for the beverages, foods, and sweets of a sophisticated and cosmopolitan empire. The recipes are translated from medieval sources and adapted for the modern cook, with replacements suggested for rare ingredients such as the first buds of the date tree or fat rendered from the tail of a sheep. With the guidance of prolific cookbook writer Habeeb Salloum and his daughters, historians Leila and Muna, these recipes are easy to follow and deliciously appealing. The dishes are framed with verse inspired by them, culinary tips, or tales of the caliphs and kings whose courts demanded their royal preparation. To contextualize these selections, a richly researched introduction details the foodscape of the medieval Islamic world.

Classic Vegetarian Cooking from the Middle East and North Africa

In *Liturgy, Books and Franciscan Identity in Medieval Umbria*, Anna Welch explores how early Franciscan friars produced the missals essential to their liturgical lives, and reflects on both the construction of ritual communal identity and historiographic trends regarding this process.

Feast

Following on from the success of their award-winning books, Saha, Turquoise and Saraban, Greg and Lucy Malouf now offer a must-have collection of their delicious recipes. Middle Eastern food is one of the oldest and most sophisticated cuisines in the world. It's a cuisine that is subtle, elegant and alluring, using exotic spices such as saffron and cardamom. The book is divided into chapters such as Soups, Dips, Small Plates, Large Plates, Bakery, Sweet and Larder, making it easy to find the recipe you're after. Discover the joy of Middle Eastern cooking for yourself with the mouth-watering recipes that Greg has created for the home kitchen, as he mixes centuries of tradition with modern techniques and flavours for both the home cook and experienced chef. With over 300 recipes included, this comprehensive recipe collection is sure to become a classic.

Falafel For Breakfast

Throughout the history of civilization, food has been more than simple necessity. In countless cultures, it has been livelihood, status symbol, entertainment - and passion. In the GREAT FOOD series, Penguin brings you the finest food writing from the last 400 years, and opens the door to the wonders of every kitchen.

Feast with Sababa

Online Library New Feast Modern Middle Eastern Vegetarian

A vibrant collection of exciting, exotic, and sharing-plate recipes from across the Middle East More than 135 home-cooking recipes in this book explore the regional diversity of Middle Eastern sharing dishes, from Lebanon and Iran to Turkey and Syria. Divided by style of dish, the book features both meat-based and vegetarian dishes, along with suggested mezze-style menus and a glossary of ingredients. From Roasted Cauliflower with Tahini and Smoked Paprika to Pistachio and Pomegranate Cakes, The Mezze Cookbook is packed with both traditional and modern takes on this age-old way to share food. This cookbook is filled with vegetarian, meat-based, and fish recipes for everyone to enjoy. From the author of the acclaimed The Lebanese Kitchen and the James Beard Award-winning The Middle Eastern Vegetarian Cookbook, also published by Phaidon.

Persiana

Winner of the Gold trophy for Best Food Book and Grand Prix award at the Gourmet Voice Food Media awards in Cannes, France In Saha, world-renowned chef Greg Malouf returns to the land of his ancestors to explore its broad and influential cuisine. Stretching from neighboring Iran throughout the Mediterranean to North Africa, the roots of Greg's culinary history are here in the land of his forbears, and together with writing partner Lucy Malouf, he embarks on a month-long culinary journey. The cuisine in Saha is traditional and inspirational, enticingly spiced and fragrant with flower waters. From hearty peasant dishes to more subtly

spiced specialties from ancient palaces, the dishes are complex in flavor yet not too complicated to make at home. Heartwarming stories and recipes from the people Greg and Lucy meet on their journey are teamed with evocative images and Greg's own unique take on history. The rich and exciting cuisine from Lebanon and Syria captures the spirit of the modern and the ancient, the characters, dishes, flavors and colors beautifully portrayed in this highly illustrated and lavishly designed Middle Eastern Cookbook. Authentic recipes include: Spinach, Lentil and Lemon Soup, Bedouin-style Aleppo-style Sausage Rolls Upside-down Poached Chicken and Eggplant Pilaf Arabic Fish Stew with Lemon and Saffron and Hot Pepper Rouille Double-cooked Duck with Cinnamon, Honey, Cardamom and Mastic Lamb Shawarma Sambousek Pastries with Cheese and Leek Lebanese Doughnuts with Lemon Syrup Raspberry Turkish Delight Truffles Turkish Coffee From the forward by Anthony Bourdain: There is no doubt that this is a country and a culinary tradition busting with possibilities. All that's needed now, is for someone to explore them and share them with the rest of us. Fortunately, Greg and Lucy Malouf have.

Sweet Middle East

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

The Middle Eastern Vegetarian Cookbook

'It is impossible to read this book without wanting to scuttle off into the kitchen.'
Nigella Lawson The benefits of sourdough are well known - the slow fermentation

process creates a healthier and lighter dough that is easier to digest - but until now they have been mainly linked to bread. If it rises, however, it can be made with sourdough, and in this ground-breaking new book, Vanessa Kimbell focuses on sweet sourdough bakes that not only nourish the gut but also improve your mood. Using a variety of flours, including chestnut, spelt and einkorn, as well as blends you can make up yourself, the classic recipes and new ideas for flavour combinations cover everything from cakes, tarts and biscuits, to doughnuts, brioche and pretzels, and rely on natural sweetness wherever possible. Recipes include Morello Cherry Shortbread, Chocolate, Tangerine & Pistachio Cakes, Carrot & Walnut Cake, Doughnuts and Mille-feuille as well as vinegars, compotes, cultured creams, butters and ghee. There is even Chocolate, Almond & Hazelnut Spread and Sourdough Vanilla Ice Cream. Vanessa also explains how sourdough helps to maintain the health and diversity of your gut microbiome. From understanding the benefits of having diversity in your diet to the amazing work of enzymes, this book is about understanding the connection between our food, gut microbiome and the potential impact on our mental health. New studies are unveiling links between the microorganisms in our gut and our mood and behaviour, and Vanessa is at the forefront of this research. 'Britain's queen of sourdough.' - Telegraph 'Vanessa Kimbell wants to change the bread we eat, one loaf at a time. She's the real deal: a total inspiration.' - Diana Henry 'Just five years ago if someone said to you that they were writing a book about sourdough bread and mental health you would have thought they needed psychiatric help. Today nobody is laughing as the latest

science tells us that microbes are the key link between food and the health of our mind and bodies.' - Tim Spector, author of *The Diet Myth*

Tahini and Turmeric

The central question of the Arab Spring—what democracies should look like in the deeply religious countries of the Middle East—has developed into a vigorous debate over these nations' secular identities. But what, exactly, is secularism? What has the West's long familiarity with it inevitably obscured? In *Questioning Secularism*, Hussein Ali Agrama tackles these questions. Focusing on the fatwa councils and family law courts of Egypt just prior to the revolution, he delves deeply into the meaning of secularism itself and the ambiguities that lie at its heart. Drawing on a precedent-setting case arising from the family law courts—the last courts in Egypt to use Shari'a law—Agrama shows that secularism is a historical phenomenon that works through a series of paradoxes that it creates. Digging beneath the perceived differences between the West and Middle East, he highlights secularism's dependence on the law and the problems that arise from it: the necessary involvement of state sovereign power in managing the private spiritual lives of citizens and the irreducible set of legal ambiguities such a relationship creates. Navigating a complex landscape between private and public domains, *Questioning Secularism* lays important groundwork for understanding the real meaning of secularism as it affects the real freedoms of a citizenry, an

understanding of the utmost importance for so many countries that are now urgently facing new political possibilities.

Feast of Ashes

The Fertile Crescent region--the swath of land comprising a vast portion of today's Middle East--has long been regarded as pivotal to the rise of civilization. Alongside the story of human development, innovation, and progress, there is a culinary tradition of equal richness and importance. In *The Culinary Crescent: A History of Middle Eastern Cuisine*, Peter Heine combines years of scholarship with a personal passion: his knowledge of the cookery traditions of the Umayyad, Abbasid, Ottoman, Safavid, and Mughal courts is matched only by his love for the tastes and smells produced by the contemporary cooking of these areas today. In addition to offering a fascinating history, Heine presents more than one hundred recipes--from the modest to the extravagant--with dishes ranging from those created by the "celebrity chefs" of the bygone Mughal era, up to gastronomically complex presentations of modern times. Beautifully produced, designed for both reading and cooking, and lavishly illustrated in color throughout, *The Culinary Crescent* is sure to provide a delectable window in the history of food in the Middle East.

The Palestinian Table

Online Library New Feast Modern Middle Eastern Vegetarian

A collection of vegetarian dishes influenced by Middle Eastern flavors from Salma Hage, author of the bestselling classic, *The Lebanese Kitchen*, also published by Phaidon. A definitive, fresh and approachable collection of 150 traditional recipes from an authoritative voice on Middle Eastern home cooking, Salma Hage's new book is in line with the current Western trends of consciously reducing meat, and the ancient Middle Eastern culture of largely vegetarian, mezze style dining. Traditionally, the Middle Eastern diet consisted largely of vegetables, fruits, herbs, spices, pulses, grains and legumes. Salma simplifies this fast becoming popular cuisine with easily achievable recipes, many with vegan and gluten-free options. Drawing inspiration from ancient and prized Phoenician ingredients, from grassy olive oil to fresh figs and rich dates, this book offers an array of delicious breakfasts and drinks, mezze and salads, vegetables and pulses, grains and desserts. Salma shows how to easily make the most of familiar everyday fruits and legumes, as well as more exotic ingredients now widely available outside of the Middle East, with nourishing recipes so flavourful and satisfying they are suitable for vegetarians and meat-eaters alike.

Questioning Secularism

The Middle East has long had a vibrant tradition of home-style vegetarian cuisine – from their abundant fresh salads, dips and breads to their delicious and hearty main meals. Based on the freshest ingredients and cooked from the heart, Greg

and Lucy Malouf's approach to vegetarian food comes from their love of traditional Middle Eastern flavor combinations. The recipes in *New Feast* are new interpretations of Middle Eastern food, inspired by the spirit of generosity and sharing that characterizes the region. Think glazed apple-raisin fritters, zucchini blossom and preserved lemon risotto with ricotta and parmesan or griddled broccolini with almonds and harissa butter. With sections dedicated to butters and preserves, cooked vegetable dishes, dips and spreads, pickles and relishes, pastries, pastas, salads, grains and legumes – this is a beautiful cookbook for anyone wanting to take vegetarian cuisine to new, flavorsome heights.

Scheherazade's Feasts

In the year 1000, the economy of the Middle East was at least as advanced as that of Europe. But by 1800, the region had fallen dramatically behind--in living standards, technology, and economic institutions. In short, the Middle East had failed to modernize economically as the West surged ahead. What caused this long divergence? And why does the Middle East remain drastically underdeveloped compared to the West? In *The Long Divergence*, one of the world's leading experts on Islamic economic institutions and the economy of the Middle East provides a new answer to these long-debated questions. Timur Kuran argues that what slowed the economic development of the Middle East was not colonialism or geography, still less Muslim attitudes or some incompatibility between Islam and capitalism.

Rather, starting around the tenth century, Islamic legal institutions, which had benefitted the Middle Eastern economy in the early centuries of Islam, began to act as a drag on development by slowing or blocking the emergence of central features of modern economic life--including private capital accumulation, corporations, large-scale production, and impersonal exchange. By the nineteenth century, modern economic institutions began to be transplanted to the Middle East, but its economy has not caught up. And there is no quick fix today. Low trust, rampant corruption, and weak civil societies--all characteristic of the region's economies today and all legacies of its economic history--will take generations to overcome. The Long Divergence opens up a frank and honest debate on a crucial issue that even some of the most ardent secularists in the Muslim world have hesitated to discuss.

A Mediterranean Feast

2019 James Beard Award Nominee SUQAR (which means 'sugar' in Arabic) shares the secrets of more than 100 sweet treats inspired by Middle Eastern flavors – ranging from puddings and pastries, to ice creams, cookies, cakes, confectionary, fruity desserts and drinks. The traditional time to eat sweets in the Middle East is not after meals (when fruit is served) but at breakfast, with coffee in between meals or on religious holidays and special occasions. The repertoire of these dishes is vast and varied. In SUQAR, acclaimed chef Greg Malouf and writing partner Lucy

Malouf share the best and most delectable sweet treats from the region (alongside some personal favorites and tried-and-tested creations from Greg's restaurant kitchens). The recipes merge the spices, flavors and scents of Greg's childhood with the influence of Greg's training in the West to create dishes in Greg's signature Modern Middle Eastern style. The book's ten chapters cover: Fruit; Dairy; Frozen; Cakes; Cookies; Pastries; Doughnuts, Fritters & Pancakes; Halvas & Confectionery; Preserves; and Drinks. Accompanied by beautiful photography and illustrations, SUQAR is a journey through the sweets of the Middle East.

Feasts From the Middle East

The Middle East - from North Africa and Moorish Spain, through Turkey, Lebanon, Syria and Jordan to Iran and the Arabian Peninsula - has long had a vibrant tradition of home-style vegetarian cuisine, from their abundant salads, dips and breads to delicious and hearty main meals. Based on the freshest ingredients and cooked from the heart, Greg and Lucy Malouf's recipes are designed to be mixed and matched for sharing. With its stunning photography, New Feast offers modern interpretations of Middle Eastern food with more than 130 recipes inspired by the spirit of generosity that characterises the region. While vegetables are the stars, the recipes have variety with a selection of grains, legumes, couscous and rice, plus breads, butters, dips and preserves, and even an enticing assortment of fruit-focused ice creams, puddings, pastries and cakes. Think Winter tabbouleh;

Eggplant pilaf with yoghurt & zhoug; Charred corncoobs with almond-saffron butter; Spicy red hummus and Orange baklava cigars. Now available in a compact hardback, New Feast - one of eight books in the Maloufs' series of highly acclaimed food and travel books - is a rich and diverse compendium of vegetarian recipes with a Middle Eastern touch.

Mapping the Middle East

The dazzling, essential cookbook bringing Mediterranean cuisine to your own kitchen, by one of London's top restaurateurs

Lebanese Cuisine

BEST COOKBOOK OF THE YEAR - Observer Food Monthly Awards 2014 Persiana: the new must have cookbook. Sabrina Ghayour's debut cookbook Persiana is an instant classic. The Golden Girl - Observer Food Monthly A celebration of the food and flavours from the regions near the Southern and Eastern shores of the Mediterranean Sea, with over 100 recipes for modern and accessible Middle Eastern dishes, including Lamb & Sour Cherry Meatballs; Chicken, Preserved Lemon & Olive Tagine; Blood Orange & Radicchio Salad; Persian Flatbread; and Spiced Carrot, Pistachio & Coconut Cake with Rosewater Cream.

Malouf

In *The War on Error*, historian and political analyst Martin Kramer presents a series of case studies, some based on pathfinding research and others on provocative analysis, that correct misinformation clouding the public's understanding of the Middle East. He also offers a forensic exploration of how misinformation arises and becomes "fact." The book is divided into five themes: Orientalism and Middle Eastern studies, a prime casualty of the culture wars; Islamism, massively misrepresented by apologists; Arab politics, a generator of disappointing surprises; Israeli history, manipulated by reckless revisionists; and American Jews and Israel, the subject of irrational fantasies. Kramer shows how error permeates the debate over each of these themes, creating distorted images that cause policy failures. Kramer approaches questions in the spirit of a relentless fact-checker. Did Israeli troops massacre Palestinian Arabs in Lydda in July 1948? Was the bestseller *Exodus* hatched by an advertising executive? Did Martin Luther King, Jr., describe anti-Zionism as antisemitism? Did a major post-9/11 documentary film deliberately distort the history of Islam? Did Israel push the United States into the Iraq War? Kramer also questions paradigms—the "Arab Spring," the map of the Middle East, and linkage. Along the way, he amasses new evidence, exposes carelessness, and provides definitive answers.

New Feast

Hip, healthy, and flavorful, Tahini & Turmeric delivers vegan haute cuisine in 101 easy-to-prepare 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, MayIHaveThatRecipe.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, intensely-flavored 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.

The Long Divergence

More than just a collection of recipes, Lebanese Cuisine offers a richly detailed portrait of the crown jewel of Middle Eastern cuisine. Short-listed for the prestigious Andre Simon award in England, it has garnered rave reviews from both sides of the Atlantic.

Feast of Lebanese-Style Home Cooking

In the period between 1200 and 1500 in western Europe, a number of religious women gained widespread veneration and even canonization as saints for their extraordinary devotion to the Christian eucharist, supernatural multiplications of food and drink, and miracles of bodily manipulation, including stigmata and inedia (living without eating). The occurrence of such phenomena sheds much light on the nature of medieval society and medieval religion. It also forms a chapter in the history of women. Previous scholars have occasionally noted the various phenomena in isolation from each other and have sometimes applied modern medical or psychological theories to them. Using materials based on saints' lives and the religious and mystical writings of medieval women and men, Caroline Walker Bynum uncovers the pattern lying behind these aspects of women's religiosity and behind the fascination men and women felt for such miracles and

devotional practices. She argues that food lies at the heart of much of women's piety. Women renounced ordinary food through fasting in order to prepare for receiving extraordinary food in the eucharist. They also offered themselves as food in miracles of feeding and bodily manipulation. Providing both functionalist and phenomenological explanations, Bynum explores the ways in which food practices enabled women to exert control within the family and to define their religious vocations. She also describes what women meant by seeing their own bodies and God's body as food and what men meant when they too associated women with food and flesh. The author's interpretation of women's piety offers a new view of the nature of medieval asceticism and, drawing upon both anthropology and feminist theory, she illuminates the distinctive features of women's use of symbols. Rejecting presentist interpretations of women as exploited or masochistic, she shows the power and creativity of women's writing and women's lives.

Bottom of the Pot

Written by award-winning chef Greg Malouf and his writing partner, this richly illustrated book offers a comprehensive collection of 170 recipes, organized alphabetically according to ingredients widely used in Middle Eastern cooking.

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