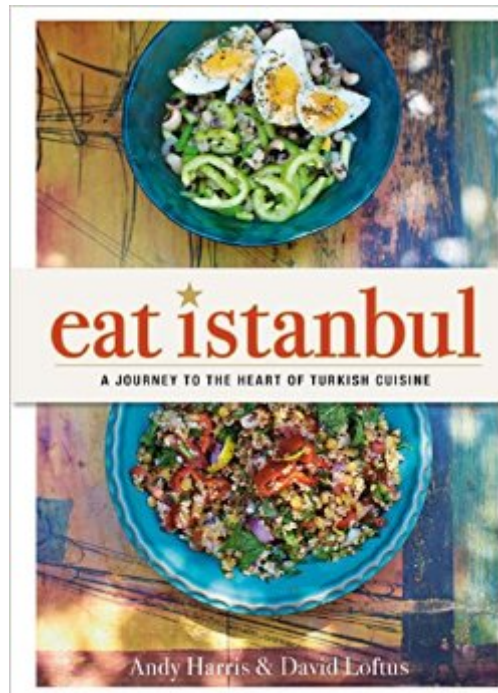


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# Eat Istanbul: A Journey To The Heart Of Turkish Cuisine



## Synopsis

Istanbul is one of the world's most fascinating cities, and this sumptuously illustrated book is a brilliant taster for all those who have visited or plan to visit this meeting point of East and West. Andy Harris and David Loftus ate their way around Istanbul, meeting the characters behind its intriguing food – artisan bakers, traditional chefs, fishermen and street-food vendors – and capturing the vibrant life and bustling streets with stunningly evocative photography. More than 90 inspiring, delicious yet simple recipes – some traditional and other more modern interpretations – combine to form Andy and David's unique guide.

## Book Information

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## Customer Reviews

This book is a wonderful compilation of foods you actually find in Istanbul, one of the best international cities anyone can visit for Middle Eastern and Mediterranean foods. The recipes are easy to follow and totally authentic. I have visited Istanbul many times, and just reading this book made my mouth water. Kudos to the author.

I have recently received this book and can truly say it is an awesome purchase. I have been passionate about Turkish food ever since I lived in Istanbul and have taught myself a whole range of dishes. I have an entire shelf full of Turkish cookery books and it's really difficult now to find recipes which I don't yet have and which are practical. This checks those boxes. The photography is awesome and the recipes are delicious. There are a lot of practical, delicious recipes here which are not found in other Turkish cookery books. One little niggle is that sometimes the featured dish is

shown in conjunction either with another dish, which is not identified, or there are some beautifully-photographed 2-page photos but the dish featured in those doesn't seem to be identified either, but all in all I would say this is an excellent purchase for those who either know a little about Turkish food and are looking for a beautiful book which serves a very practical purpose or the complete beginner who is interested to find out. The photography is really beautiful and definitely serves the purpose of making the food come right off the plate and making you think you just have to make this dish because you want it to turn out exactly as pictured and eat it. Which I suppose is the very purpose of food photography. This book would be a good purchase along with another excellent new title, 'Jerusalem' by Ottolenghi, or the small but incredibly practical 'Turkish Cooking' by Oliphant, which has been in constant use in my kitchen since it's purchase in Istanbul. I thoroughly recommend this book.

This gorgeous ode to Istanbul's timeless cuisine recalls Rebecca Seal's 'Istanbul' in its photo-heavy layout and simple, straightforward mezze that can be assembled at a moment's notice. From the embossed cover to the vibrant street scenes and mouthwatering food, this is a visual delight. Predictably, mezze star prominently, particularly yogurt-based dips and salads, pide, sigara boregi, along with some stellar stuffed vegetables, kebabs, lamb and seafood. Sweets include apricots with clotted cream and walnuts, a pistachio baklava, orange and filo cake, and a Turkish bread and apple pudding. A gorgeous illustrated glossary rounds out the book. The next best thing to a plane ticket to Turkey, the city is as much a star as the food. I loved that every photo and restaurant mentioned also has an address listed, so you could theoretically use this as a guidebook on your next trip to Istanbul!

Rating: 4.5 If you love Turkish cuisine, as we do, this is the book for you. The recipes are very interesting and extensive. There is something for everyone in this book, if you're vegetarian, only eat fish or just love deserts this covers most of your needs. By and large the ingredients for the recipes - for these dishes can be found in most cosmopolitan areas via Turkish grocery stores and the internet. There is good spread of rather sumptuous looking pictorials. You also get a form of gastronomic travelogue with richly textured photographs, which give over to the streets and the "visual theme" that just add an extra dimension to this very well done book. This is one book you keep in the Kitchen and not the bookshelf.

Eat Istanbul is a very nicely produced and presented book stuffed with dozens of authentic Turkish

recipes to tempt the palate. The recipes are divided into half a dozen sections â€” Breakfast, Streetfood and Snacks, Vegetables and Pulses, Meat and Poultry, Fish and Seafood and Desserts. Rather usefully there is also a glossary of ingredients at the end, although few of the ingredients are very obscure or hard to source. The methodology of each recipe is clearly laid out. This varies between the extremely simple such as Tomato Soup to the rather more complex dishes. Some have quite lengthy instructions, but the reader should not be put off by this as it is all quite clear and a detailed step by step guide. I thought the illustrations were particularly good and looked very much like authentic Turkish cuisine. I also liked the little snippets which were a little like a travelogue and brought it all to life. If you like Turkish food then there is plenty here to entertain you and which you will want to try yourself. Ones that caught my eye were the delicious Veal, Tomato and Pepper Stew which, incidentally, was very simple to make, Stuffed Lamb with Apricots, Pistachios and Greens and, frankly, just about all of the desserts which I have a particular weakness for! Overall an attractive and nicely presented and very practical book which will be a very welcome present for anyone who has an interest in Turkish cuisine, or alternatively very worthy of a place in one's own culinary library.

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