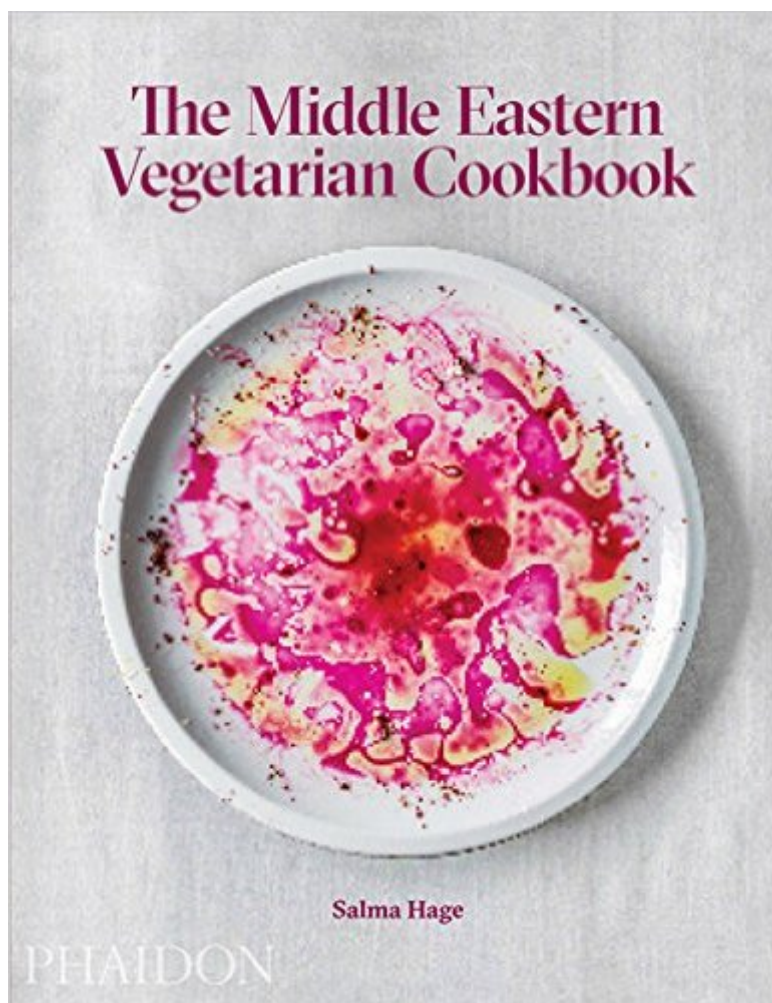


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# The Middle Eastern Vegetarian Cookbook



## Synopsis

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.

## Book Information

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## Customer Reviews

Love, love, love this cookbook, Want to try all of the recipes. Enjoyed the personal stories of her life and learned a lot about MidEastern spices and how they are used. Already tried the Quinoa Tabbouleh and the Falafel which were excellent. She includes pictures so you can see what your dish is supposed to resemble. Learning to combine fruit both dried and fresh into recipes that I

never would have thought of. Yesterday I had the Minted Cucumber salad and added pomegranate seeds and pine nuts--really, really good. I ordered another Middle Eastern Cookbook, The New Persian Kitchen which I would rate just OK. I will probably donate it to the library. This book had lots of meat recipes which are OK and you can substitute legumes, but not enough pictures so it was hard to visualize the dishes. As a newbie to Middle Eastern food I needed more of an explanation with pictures to make me curious to try the food.

Love it! I borrowed it from the local library and was so impressed I have today purchased my own copy. What I have tried so far is lovely and I can't wait to try much more. I also think the recipes are quite healthy and full of good ingredients and I love the flavors. I also love all the pictures (my pet hate is recipe books without pictures). Great book, can't wait for my copy to turn up

Absolutely my best cookbook ever not only in middle eastern category but all category's ...I have made so many recipes from here and still continue ..the pictures are beautiful and the food always turns out the same ...the method is easy to read and love love love this book so Thankyou salma ..looking now for your other book

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