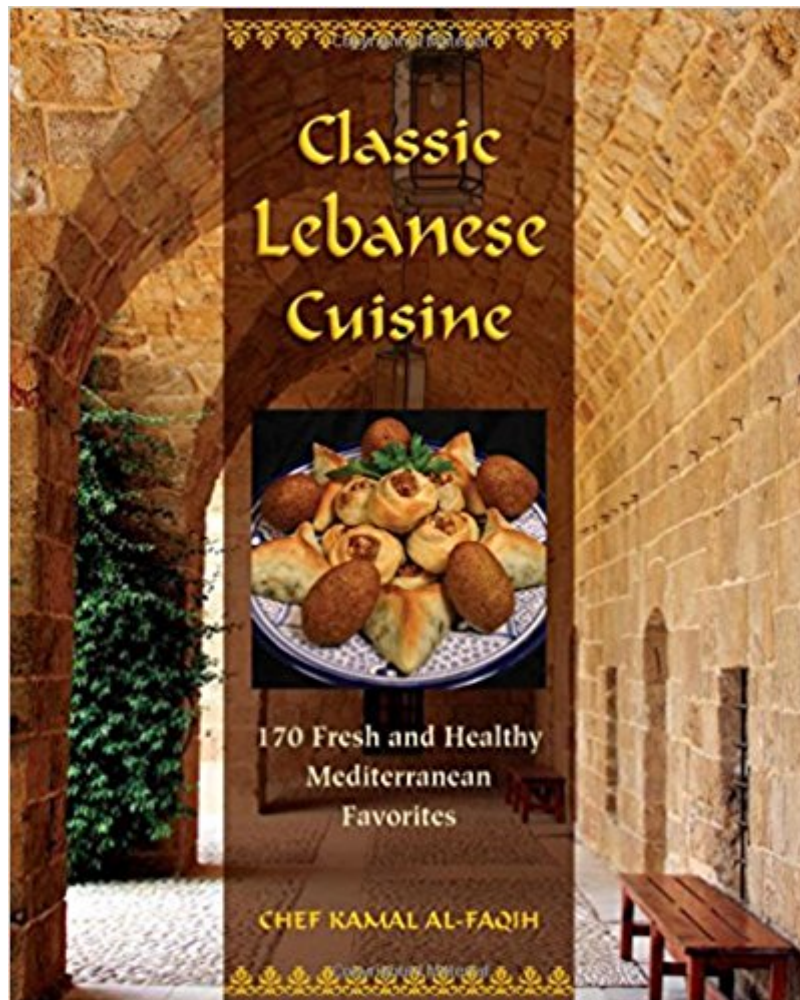




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Classic Lebanese Cuisine: 170 Fresh And Healthy Mediterranean Favorites



Synopsis

Savory, heart-healthy Lebanese recipes from a renowned chef The cuisine of Lebanon epitomizes the best of the Mediterranean diet, which is highly regarded for its positive health benefits. Abounding in vegetables, grains, fresh herbs and spices, poultry, and lamb, it yields meals replete with robust, earthy flavors. In *Classic Lebanese Cuisine*, Chef Kamal Al-Faqih presents 170 dazzling recipes that reflect the full breadth of authentic Lebanese cuisine. Featuring favorites such as baba ghanouj, tabbouli, and kibbi, this book also presents Al-Faqih's signature classics, like London broil layered with pita and garlic yogurt, and heart-healthy fire-roasted wheat with lamb. With step-by-step instructions accompanied by full-color photographs throughout, this book makes Lebanese cuisine accessible to everyone who seeks to reproduce their favorite flavors and dishesâfrom the merely curious to more experienced cooks.

Book Information

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Customer Reviews

I purchased this cookbook a month or so ago. I recently moved to an area where it is impossible to get Lebanese cuisine locally, so I decided to make it on my own. I have tried several recipes from this book, including Toom (garlic puree) and chicken kebabs. Both of the recipes yielded delicious results, and the ingredients were easily obtainable. I felt such a sense of accomplishment after having made restaurant quality Toom. And my chicken kebabs were so moist and exploding with flavor, it was unbelievable. Most of the ingredients for these recipes are easily obtainable, and the author has a website where you can also purchase many of the imported ingredients, spices, and special equipment at very reasonable prices. (I purchased a vegetable corer, rose water, orange

blossom water, and turmeric from his site. Those items arrived quickly and I was very satisfied.)One thing that really sets this Chef Kamal apart from many others is his supplemental material. I will advise you that while the cookbook is cheaper to purchase on than on his website, if you buy it from his site, it includes an instructional DVD. I cannot speak of the DVD, as I purchased the book from . I do, however, recommend you check out Chef Kamal's YouTube channel. He has posted instructional videos there that you can view for free. I would not have been as confident when making the Toom had I not viewed his video beforehand. Watching his videos may also give you a good idea of whether or not you will use this book. He has also included basic instructional recipes for separating a chicken into pieces, making clarified butter, and making simple syrup. After having read his cookbook and watching his videos, I feel like Chef Kamal has become my guide to creating authentic Lebanese food at home.

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