
New Feast Modern Middle Eastern Vegetarian

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Questioning Secularism

Levant: Recipes and memories from the Middle East
Edible Mosaic

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BRADY BOONE

The Sultan's Feast University of Alabama Press

The New Testament is filled with stories of Jesus eating with people—from extravagant wedding banquets to simple meals of loaves and fishes. *The Food and Feasts of Jesus* offers a new perspective on life in biblical times by taking readers inside these meals. Food production and distribution impacted all aspects of ancient life, including the teachings of Jesus. From elaborate holiday feasts to a simple farmer's lunch, the book explores the significance of various meals, discusses key ingredients, places food within the socioeconomic conditions of the time, and offers accessible recipes for readers to make their own tastes of the first century. Ideal for individual reading or group study, this book opens a window into the tumultuous world of the first century and invites readers to smell, touch, and taste the era's food.

The New Book of Middle Eastern Food Saqi Books

Praise for the author: "The food transcends some of the traditions in presentation but remains authentic in taste." -- the "New York Times" on Greg Malouf's restaurant, MoMo

Feast Phaidon Press

The Arabic culinary tradition burst onto the scene in the middle of the tenth century, when al-Warrāq compiled a culinary treatise titled *al-Kitab al-Tabikh* (The Book of Dishes) containing over 600 recipes. It would take another three and half centuries for cookery books to be produced in the European continent. Until then, gastronomic writing remained the sole preserve of the Arab-Muslim world, with cooking manuals and recipe books being written from Baghdad, Aleppo and Egypt in the East, to Muslim Spain, Morocco and Tunisia in the West. A total of nine complete cookery books have survived from this time, containing nearly three thousand recipes. First published in the fifteenth century, *The Sultan's Feast* by the Egyptian Ibn Mubārak Shāh features more than 330 recipes, from bread-making and savoury stews, to sweets, pickling and aromatics, as well as tips on a range of topics. This culinary treatise reveals the history of gastronomy in

Arab culture. Available in English for the first time, this critical bilingual volume offers a unique insight into the world of medieval Arabic gastronomic writing.

Vegan Recipes from the Middle East Reaktion Books

In *An Everlasting Meal*, Tamar Adler has written a book that "reads less like a cookbook than like a recipe for a delicious life" (New York magazine). In this meditation on cooking and eating, Tamar Adler weaves philosophy and instruction into approachable lessons on feeding ourselves well. *An Everlasting Meal* demonstrates the implicit frugality in cooking. In essays on forgotten skills such as boiling, suggestions for what to do when cooking seems like a chore, and strategies for preparing, storing, and transforming ingredients for a week's worth of satisfying, delicious meals, Tamar reminds us of the practical pleasures of eating. She explains what cooks in the world's great kitchens know: that the best meals rely on the ends of the meals that came before them. With that in mind, she shows how we often throw away the bones, skins, and peels we need to make our food both more affordable and better. She also reminds readers that almost all kitchen mistakes can be remedied. Summoning respectable meals from the humblest ingredients, Tamar breathes life into the belief that we can start cooking from wherever we are, with whatever we have. An empowering, indispensable work, *An Everlasting Meal* is an elegant testimony to the value of cooking.

The Middle Eastern Vegetarian Cookbook Hardie Grant

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.

The Food and Feasts of Jesus Tuttle Publishing

2017 James Beard Foundation Book Awards Winner: Vegetable Cooking 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.

Malouf: New Middle Eastern Food Princeton University Press

"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

The Witch's Feast Allen & Unwin

More than 500 recipes from the subtle, spicy, varied cuisines of the Middle East, ranging from inexpensive but tasty peasant fare to elaborate banquet dishes.

Feasts Hardie Grant

Anissa Helou's Levant is a collection of mouth-watering recipes inspired by Anissa's family and childhood in Beirut and Syria, and her travels around the exciting regions of the eastern Mediterranean and the Middle East.

Scheherazade's Feasts Ten Speed Press

A soulful tour of Palestinian cooking today from the Ottolenghi restaurants' executive chef and partner—120 recipes shaped by his personal story as well as the history of Palestine. JAMES BEARD AWARD NOMINEE • IACP AWARD WINNER • LONGLISTED FOR THE ART OF EATING PRIZE • ONE OF THE BEST COOKBOOKS OF THE YEAR: Forbes, Bon Appétit, NPR, San Francisco Chronicle, Food Network, Food & Wine, The Guardian, National Geographic, Smithsonian Magazine, Publishers Weekly, Library Journal "Truly, one of the best cookbooks of the year so far."—Bon Appétit The story of Palestine's food is really the story of its people. When the events of 1948 forced residents from all regions of Palestine

together into one compressed land, recipes that were once closely guarded family secrets were shared and passed between different groups in an effort to ensure that they were not lost forever. In Falastin (pronounced "fa-la-steen"), Sami Tamimi retraces the lineage and evolution of his country's cuisine, born of its agriculturally optimal geography, its distinct culinary traditions, and Palestinian cooks' ingenuity and resourcefulness. Tamimi covers the territory between the Mediterranean Sea and the Jordan River—East Jerusalem and the West Bank, up north to the Galilee and the coastal cities of Haifa and Akka, inland to Nazareth, and then south to Hebron and the coastal Gaza Strip—recounting his upbringing with eleven siblings and his decision to leave home at seventeen to cook in West Jerusalem, where he met and first worked with Yotam Ottolenghi. From refugee-camp cooks to the home kitchens of Gaza and the mill of a master tahini maker, Tamimi teases out the vestiges of an ancient culinary tradition as he records the derivations of a dynamic cuisine and people in more than 130 transporting photographs and 120 recipes, including: • Hassan's Easy Eggs with Za'atar and Lemon • Fish Kofta with Yogurt, Sumac, and Chile • Pulled-Lamb Schwarma Sandwich • Labneh Cheesecake with Roasted Apricots, Honey, and Cardamom Named after the Palestinian newspaper that brought together a diverse people, Falastin is a vision of a cuisine, a culture, and a way of life as experienced by one influential chef.

Souk Interlink Publishing

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.

Falastin HarperCollins UK

Discover the seductive art and ritual of magical cooking with this decadent recipe collection drawing on herbalism, kitchen witchcraft, and the occult The feast is a meeting place between family and friends, between humans and gods This enchanting collection of witchy dishes from Melissa Jayne Madara—witch, herbalist, chef and co-owner of Brooklyn's popular occult bookstore Catland Books—is an indispensable companion to kitchen witchcraft. With this kitchen grimoire, explore 5 facets of the occult through food: traditional recipes, the wheel of the zodiac, devotional meals to the planets, seasonal feasts to celebrate solstices and equinoxes, and practical spell work. • Recreate a pagan feast of lamb roasted with milk and honey, with cheesecake baked in fig leaves for dessert • Celebrate a Gemini birthday with herbed fondue, followed by lemongrass pavlova • Align with the poetic pleasures of Venus with edible flower dumplings, or commune with Saturn over blackberry pulled pork sandwiches • Enjoy the vibrancy of the spring equinox with herb and allium quiche with a potato crust, radish salad with cherry blossom vinaigrette and jasmine tea shortbread • Share an evening of storytelling over mugwort and catnip divination tea, or

embody an otherworldly spirit with ritual bread masks Packed with ancient knowledge, practical advice and witchcraft expertise, this book will help you develop your craft through culinary creativity and the divine indulgence of the senses and the soul.
New Feast Rizzoli Publications

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, confectionery, 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.

The Palestinian Table Univ of California Press

In this collection of fifteen essays, archaeologists and ethnographers explore the material record of food and its consumption as social practice.

The Long Divergence Phaidon Press

What, exactly, is secularism? What has the West's long familiarity with it inevitably obscured? In this work, 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.

SUQAR Mitchell Beazley

NEW IN PAPERBACK 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.

A Middle Eastern Feast Harper Collins

If you're looking for a quick, tasty meal after work but feel like you've lost your cooking mojo, or fancy hosting dinner but don't know where to start, *Fast Feasts* is just the book for you. John Gregory-Smith shares over 60 recipes that are big on taste yet simple to whip up, all featuring his signature Middle Eastern twist. Cooking should be fun, and sharing a meal with friends or family is one of life's simple pleasures. In *Fast Feasts*, you'll discover that the secret to effortless culinary magic is a few punchy store-cupboard staples – a teaspoon of smoked paprika here, a drizzle of tahini there, and suddenly your Tuesday night traybake is transformed into a wicked meal. If you're tired of toast, have a vibrant hummus bowl the next time you're working from home. Or try John's insanely good lamb and halloumi burgers, perfect for Friday night dinner with friends. John also includes cheats on how to make simple meals sing, including ideas for jazzed-up mayos, quick salad dressings and zingy spice mixes, as well as menu plans that make entertaining a cinch. *Fast Feasts* is a fresh and unintimidating take on Middle Eastern food, featuring ingredients that can be found at your local store, and recipes that are as easy to prepare as a meal subscription box. So, whether you're after killer comfort food, a banging brunch or dinner in front of the TV, look no further. Amazon #1 bestseller and featured on *This Morning* and *Sunday Brunch*.

Saha Hardie Grant Publishing

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, CA
Classic Vegetarian Cooking from the Middle East and North Africa
Ten Speed Press

An entertaining, multifaceted, and delicious way to explore Arab culture *Arab Fairy Tale Feasts* is the latest title in the highly-praised Fairy Tale Feasts Collection, a creative series that folds enchanting folk tales into cookbooks of kid-friendly recipes. Award-winning writer and storyteller, Karim Alrawi, draws on his deep knowledge of Arab culture to create original stories that are

a feast for young imaginations. Told with intriguing details, the tales take young readers on a delicious cultural journey and invite them to consider an Arab perspective. Each tale symbolically incorporates food and concludes with a traditional recipe, lovingly flavored with colorful folkloric illustrations, making this a literary banquet to savor with family and friends across generations time and again. This charming, whimsical, and beautifully illustrated book will capture children's fancy and will be enjoyed by the whole family.

Eat Cool Tuttle Publishing

This luscious and contemporary take on the alluring cuisine of Iran featuring 75 recipes for both traditional Persian dishes and modern reinterpretations using Middle Eastern ingredients. In *The New Persian Kitchen*, acclaimed chef and Lucid Food blogger

Louisa Shafia explores her Iranian heritage by reimagining classic Persian recipes from a fresh, vegetable-focused perspective. These vibrant recipes demystify Persian ingredients like rose petals, dried limes, tamarind, and sumac, while offering surprising preparations for familiar foods such as beets, carrots, mint, and yogurt for the busy, health-conscious cook. The nearly eighty recipes—such as Turmeric Chicken with Sumac and Lime, Pomegranate Soup, and ice cream sandwiches made with Saffron Frozen Yogurt and Cardamom Pizzelles—range from starters to stews to sweets, and employ streamlined kitchen techniques and smart preparation tips. A luscious, contemporary take on a time-honored cuisine, *The New Persian Kitchen* makes the exotic and beautiful tradition of seasonal Persian cooking both accessible and inspiring.