

The Lebanese Kitchen

Lebanese cuisine cookbook of traditional recipes.

A survey of Lebanese cooking traditions presents a host of authentic recipes, ranging from eggplant lamb stew and lentil soup to falafel sandwiches, rice pilaf, and stuffed zucchini, accompanied by detailed nutritional information, helpful cooking tips, a

Back in print - the definitive book on Lebanese home cooking, featuring 500 authentic and delicious easy-to-make recipes On the shores of the eastern Mediterranean and a gateway to the Middle East, Lebanon has long been regarded as having one of the most refined cuisines in the region, blending textures, and ingredients from a myriad sources. First published as The Lebanese Kitchen and now back in print under its new title, The Lebanese Cookbook, this is the definitve guide, bringing together hundreds of diverse dishes, from light, tempting mezees and salads, to hearty main courses, grilled meats, sumptuous sweets, and refreshing drinks.

A beautiful and detailed journey into the food of the middle east, from the awardwinning cook and traveler, gorgeously photographed throughout

Taste of Beirut

More Than 250 Authentic Recipes From The Most Elegant Middle Eastern Cuisine

A Stunning Collection of Lebanese, Moroccan and Persian Recipes

Cooking Today the Lebanese Way

170 Fresh and Healthy Mediterranean Favorites

The Lebanese Kitchen

A stunning, authentic, and evocative cookbook on the food of Beirut - the heart of Lebanon. Beirut, the capital of Lebanon, is an exhilarating, chaotic city with a tumultuous past yet a thriving, vibrant foodie reputation. Perfectly poised between the Middle East and the Mediterranean, Lebanese cuisine is hugely popular & famed for its varied and flavourful regional dishes that emphasise whole grains, fresh fruits, vegetables, and seafood. Beirut's ever-changing, often turbulent, heritage means that its food has evolved an exciting character of its own. In this book, Hisham Assaad shows you the best the city has to offer, with accessible, delicious recipes, ranging from the classics to more modern fare. He tells the story of a city with energy and diversity, of multiple cultures and traditions, with ever-popular street food, a thriving restaurant and café scene, and traditional family favourites handed down through generations. Learn to create lavish breakfast spreads, traditional Sunday feasts, fresh and vibrant salads, easy and nutritious suppers, or even a delectable afternoon tea with tempting perfumed sweets and delicacies. With stunning food and travel photography, this book will transport you to the cultural melting pot that is Beirut - a city that excels at mouth-watering food.

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 dishes/!from the merely curious to more experienced cooks.

Since she was six years old, Julie Ann Sagerer (nicknamed Julie Taboulie by her close-knit family) has had a passion for cooking the meals of her Lebanese heritage. Just like in her Emmy-nominated cooking show Cooking with Julie Taboulie, each of her recipes comes with hands-on instructions, tips, and tricks for making homemade Middle Eastern dishes using heaps of fresh, seasonal ingredients. Here you'll find dishes that range from classics like falafel, shawarma, and (of course) taboulie, to warming Bazillia's stew of tomato, green pea, and lamb;to honey and rosewater-infused desserts. In these 125 recipes, you'll learn how easy it is to make such Lebanese staples as fresh labneh (strained yogurt) and how to put together your own delicious, multi-purpose spice mixes. In addition to the delicious meat and chicken dishes, Lebanese cuisine offers a wide variety of vegetarian, pescatarian, vegan, and gluten-free dishes, usually with no substitutions whatsoever! Every chapter includes a multitude of dishes for eaters of all kinds and preferences, from meat-lovers to veggie-heads and everything in between.

Kehdy's cookbook is an inspired collection of classics and innovative dishes from a part of the world which, at the moment, is enjoying its overdue place in the sun. Her contribution and original, thoughtful and delicious. Go get it! --Yotam Ottolenghi Bethany Kehdy is renowned for the contemporary Middle Eastern and North African recipes that she publishes on her blog (dirtykitchenscrets.com). A Lebanese-American born in Houston, Texas and brought up in Lebanon, she spent countless hours learning to cook with her perfectionist teta (grandmother), her vivacious dad and her spirited aunts. Her recipes are a harmonious balance of classic and contemporary, as she draws upon her childhood roots while adding her own personal twist to these iconic recipes. The cuisines from the Middle East and North Africa share many diverse influences and gorgeous key ingredients and spices, such as pomegranates, figs, pine nuts, saffron and sumac. Passionate about food and her heritage, this former Miss Lebanon showcases the sheer brilliance of the dishes of the Levant. Try a fragrant Fish Tagine with Preserved Lemons with Moroccan flavours; fiery Lamb Shanks with Butterbeans and Tomatoes from Lebanon; or delicately spiced Chicken, Walnuts and Pomegranate Stew with its Persian influences. Cuisines across the region are covered, including Egyptian, Palestinian, Syrian, Turkish, Iraqi and Jordanian. You'll find yourself drawn into a whole new world and a whole new way of cooking.

Little Recipe Book

Whispers from a Lebanese Kitchen

A Celebration of Lebanese Cuisine

175+ Delicious Lebanese Recipes from Classics to Contemporary to Mezees and More

Lebanese Cuisine

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.

In Tayta's Lebanese Kitchen, Sue Dahman has presented a stunning collection of traditional recipes taught to her by the mother when she was a child growing up in northern Lebanon. Tabouli, fattoush, hummus, baba ghanous and garlic paste, which is a must at every Lebanese gathering, are all here beautifully photographed and easy recipes to

Collects some of the best Lebanese recipes, including lamb freekeh, chicken hashweh, pan-fried sardines, broccoti quinoa salad, and pears poached in arak.

'The Lebanese Kitchen' draws on the author's Lebanese heritage, her intimate knowledge of one of the world's great cuisines, her training as a nutritionist, and her time as a mother, to present readers with a selection of delicious recipes.

Preserving Foods for the Lebanese Pantry

The Chef's Lebanese Kitchen

My Lebanese Cookbook

Lebanese Home Cooking

Tayta's Lebanese Kitchen

A Taste of Lebanon

Describes Lebanese cuisine and shares traditional recipes for main and side dishes

New Cookbook from Former 'Miss Lebanon' Explores Modern Middle Eastern Cooking The Middle East cradles an ancient cuisine—one of the oldest in the world. Despite its pedigree, conflict in the region has largely kept it under wraps to a wider audience. Hummus, tabbouleh, and stuffed vine leaves now receive global recognition, but there still exists this vast and distinct culinary heritage that remains unexplored: wholesome stews, exotic casseroles and a range of home cooking which revolves around humble, yet delicious vegetables and grains. It is these that routinely welcome home hungry school children and soothe the appetites of tired workers. They too must be shared with the world. For the past five years, Lebanese-American Bethany Kehdy has sought to demystify Middle Eastern food through her blog DirtyKitchenSecrets.com and her Taste of Lebanon tours. In her debut book, Pomegranates & Pine Nuts, she provides 100+ new recipes that will introduce you to the wonders of the Middle East and change any thought you might have about this hearty cuisine or its complicated and often misunderstood history.

Abla Amad believes that the true joy of cooking comes from the partaking of good food with friends and family. It was with the simple aim of bringing food and people together that Abla opened her restaurant, Abla's, in Melbourne over twenty years ago. Diners return time and time again to experience her traditional homemade Lebanese dishes. Now Abla shares her recipes in this inspiring book, which features the real food of Lebanon - culinary treasures that are centuries old, preserved and adapted for contemporary cooks. Here is the wide variety of small dishes that comprise a mezza table, including kibbee, stuffed vine leaves, tabbouleh, felafel and baba ghanooj with its essential smoky flavour. Abla welcomes you to her table to taste, to eat, to enjoy.

Publishers Weekly's Top 10 Cookbooks for Spring 2015 Pomegranates and pistachios. Floral waters and cinnamon. Bulgur wheat, lentils, and succulent lamb. These lush flavors of Maureen Abood's childhood, growing up as a Lebanese-American in Michigan, inspired Maureen to launch her award-winning blog, Rose Water & Orange Blossoms. Here she revisits the recipes she was reared on, exploring her heritage through its most-beloved foods and chronicling her riffs on traditional cuisine. Her colorful culinary guides, from grandparents to parents, cousins, and aunts, come alive in her stories like the heady aromas of the dishes passed from their hands to hers. Taking an ingredient-focused approach that makes the most of every season's bounty, Maureen presents more than 100 irresistible recipes that will delight readers with their evocative flavors: Spiced Lamb Kofta Burgers, Avocado Tabbouleh in Little Gems, and Pomegranate Rose Sorbet. Weaved throughout are the stories of Maureen's Lebanese-American upbringing, the path that led her to culinary school and to launch her blog, and life in Harbor Springs, her lakeside Michigan town.

Tayra's Lebanese and Mediterranean Kitchen

Lebanese Kitchen

Feast

Julia Taboulie's Lebanese Kitchen

Quick and Healthy Recipes

Lebanese Cuisine

As a young girl, Madelain Farah spent hours watching her mother cook. Capturing her mother's "a pinch of this" technique, she has re-created recipes for everything from Arabic Bread, Lentil Soup, and Eggplant Salad, to Baked Fish with Tahini Sauce, Supreme Lamb Stew with Kibbi, and the classic Cucumber Yogurt Salad.

Lebanese cuisine is one of the most unique in the Middle East, combing influences from the Egyptians, Persians, ancient Greeks, Ottomans, and most recently the French. This cookbook includes more then 100 authentic recipes in easy step-by-step format and sumptuous colour photographs.

Savor the exquisite side of Mediterranean cuisine with over 150 delicious, healthy and easy to prepare Lebanese specialties.

The Lebanese KitchenPhaidon Press

80+ Family Favorites Made Simple

Exploring the Food of Lebanon, Syria and Jordan

Alice's Kitchen

Cooking with Inspiration

Classic Recipes from Lebanon and Beyond

Classic Lebanese Cuisine

Ralph Nader and his family share recipes inspired by his parents' commitment to the healthy diet of their homeland of Lebanon. "Growing up in Winsted, Conn., Ralph Nader would often help his mother cook--kneading the bread dough, chopping fragrant spices to prepare dishes for the family table from his parents' native Lebanon." --NPR, Weekend Edition Sunday "More than just a collection of recipes, though, this is a window on a culture and a family. Nader's description of his mother convincing 8-year-old Ralph to eat radishes speaks volumes about this persuasive matriarch and the tireless activist she raised." --Washington Post Book Club "The book is both a compilation of Lebanese dishes Nader grew up eating and an homage to his mother Rose, who never let her children eat anything processed or prepackaged, and always cooked from scratch." --The Hartford Courant "Nader's cookbook is many things: It is an homage to his mother and her love of simple cooking that her family enjoyed around the kitchen table; a delightful and colorful examination (filled with recipes) of the Lebanese culinary tradition that immigrants to the United States carried with them to a new land; and an endorsement of good eating, cooking with simple, fresh ingredients that Nader hopes will continue to open many individuals' minds about obesity and the role processed foods play in this national, indeed, global health crises." --Utchfield County Times "One cannot put down this beautifully illustrated book, with a stunning full-page colored photo opposite each recipe. Large print makes it easy to read while you work, and the engaging introduction by Nader relates life as a young boy in Winsted." --The Republican-

American Ralph Nader is best-known for his social critiques and his efforts to increase government and corporate accountability, but what some might not know about him is his lifelong commitment to healthy eating. Born in Connecticut to Lebanese parents, Nader's appreciation of food began at an early age, when his parents, Rose and Natra, owned an eatery, bakery, and delicatessen called the Highland Arms Restaurant. The family eschewed processed foods and ate only a moderate amount of lean red meat. Nowadays, the Mediterranean diet is considered one of the healthiest on the planet, but in the 1930s and '40s of Nader's youth it was considered by many Americans as simply strange. Luckily for Nader and his siblings, this didn't prevent their mother, Rose, from serving the family homemade, healthy meals--dishes from her homeland of Lebanon. Rose didn't simply encourage her children to eat well, she took time to discuss and explain her approach to food; she used the family meals to connect all of her children to the traditions of their ancestors. The Ralph Nader and Family Cookbook shares the cuisine of Nader's upbringing, presenting Lebanese dishes inspired by Rose's recipes that will be both known to many, including hummus and baba ghanoush, as well as others that may be lesser known, such as kibbe, the extremely versatile national dish of Lebanon, and sheikh al-mahshi--"the king of stuffed foods." The cookbook includes an introduction by Nader and anecdotes throughout. The Ralph Nader and Family Cookbook will entice one's taste buds, while sharing a side of Ralph Nader that may not be commonly known, though will not surprise anyone familiar with his decades of activism and involvement in consumer protection advocacy.

*If you have always wanted to make authentic Lebanese cuisine, then this is one cookbook you need to check out for yourself. Throughout the pages of this Lebanese cookbook, not only will you learn how to make authentic Lebanese recipes from scratch, but you will also learn about the Lebanese culture as a whole. You will learn how to make delicious Lebanese recipes such as: * Lemon Zenkoul * Chicken with Chickpeas * Authentic Lamb Shawarma * Traditional Kafta * Collard Greens and Lentil Soup * Lebanese Lamb Chops * Pumpkin Kibbeh * Falafel with Tahini Sauce * and even more! So, why are you hesitating? Grab a copy of this Lebanese cookbook and start cooking as soon as today!*

Tabbouleh, falafels, baklava or hummus, do you love Lebanese cuisine? That's good, I offer you salty and sweet specialties through this book. Discover them without further delay, you will be delighted!If you are satisfied with this book and want more books in this series, please do not hesitate to give us your review and comments. your feedback encourages us a lot to create more cookery learning books.Thank you!If you are satisfied with this book and want more books in this series, please do not hesitate to give us your review and comments. your feedback encourages us a lot to create more cookery learning books.Thank you

Journaat Accad, creator of the blog TasteOfBeirut.com, is a native Lebanese, a trained pastry chef, and professional caterer. In her debut cookbook, the The Taste of Beirut, she shares her heritage through exquisite food and anecdotes, teaching anyone from newbies to foodies how to master traditional Lebanese cuisine. With over 150 recipes inspired by her Teta (grandmother) in their family's kitchen, Accad captures the fabulous flavors of the Middle East and makes them completely accessible to home cooks. Each recipe features step-by-step instructions. Accad's warm teaching style, and breathtaking color photographs that will make mouths water

Recipes from the heart of a Lebanese city kitchen

My Grandmother Dalal & Mother Alice's Traditional Lebanese Cooking

The Ralph Nader and Family Cookbook

Food of the Islamic World

Rose Water and Orange Blossoms

Pomegranates & Pine Nuts

Healthy recipes based on a traditional healthy Mediterranean diet---from the mountains of Lebanon as brought to America by an immigrant family, generously seasoned with sprinklings of memoir. Alice's Kitchen includes recipes for traditional, familliar, and favorite dishes such as hommous and tabbouli to more unusual recipes for making cheese, curing olives, making Lebanese ice cream, and baking Arabic bread. Includes many vegetarian recipes as the had this diet is vegetable and grain based with small amounts of lamb, which is typical of Asian cuisines. Chapters include recipes for appetizers, cheese and yogurt, soups, salads, lamb, chicken, fish, vegetarian entrees, breads and savory pastries, sweet pastries, preserves, herbs, spices & fragrant waters. Includes cultural and historical information, suggested menus, glossary, index, and many b/w illustrations and photos--both historical and illustrative.

Nouha Taouk is a Lebanese-Australian woman from a vibrant family cooking tradition. She tells the stories of her grandmother, family matriarch Citi Leila, through her own eyes and unveils the bond through cooking created between the women in her family.

This is the Arabic-language edition of the acclaimed "Simply Lebanese". Ina'am Atalla introduces us to the exotic flavors and colors of Lebanese cuisine using an abundance of wholesome ingredients, combined with fresh herbs and subtle spices, to make delicious and healthy dishes.

In the Lebanese tradition of cooking, this book presents more than 140 recipes, including popular dishes such as Kibbi, Tabbouleh salad, the dips Houmous b'Tahini and Baba Ghanouj, Felafel and other delicious dishes, including a selection of meat-free and dairy-free meals.

Simple, Delicious, Mostly Vegetarian Recipes from the Founder of Beirut's Souk El Tayeb Market

Abla's Lebanese Kitchen

Lebanese Cookbook

Beirut: The Cookbook

Simply Lebanese

Authentic Lebanese Cookbook and Recipes for Authentic Mediterranean Cooking

One of the glories of Middle Eastern cuisine is that once the basics are mastered, it becomes easy to put together meals for 40 or 50 people. The definitive book on Lebanese regional food, "Lebanese Mountain Cookery" provides an important and beautiful resource for anyone interested in the history and practice of Middle Eastern 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, meze 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, meze 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.

Make food not war. Straight from the eastern shores of the Mediterranean, chef and creator of the first farmers' market in Beirut, Kamal Mouzawak brings you healthy and inspiring dishes, featuring classic Lebanese ingredients. Lebanese Home Cookingis a mouthwatering cookbook that teaches traditional Lebanese home cooking with regional and religious variation. You won't find these authentic recipes in many Middle-Eastern restaurants! With over 50 gorgeous recipes including kebbeh, mehsheh, tabikh, mujadara, and mouaa'janat, you'll have amazing and exciting homecooked meals in no time. "To me, the Souk is the epitome of what it means to 'have guts'. Despite bombings and unrest in their city, the market continues to not just function, but to flourish - celebrating culture, cuisine and agriculture. It's very existence is as an act of resistance against sectarian violence." - Rene Redzepi "Lebanese culture served on a plate." CNN "If I was surprised, it was at what Kamal is doing at Souk el Tayeb, bringing cooks from different social, political and regional sectors." - Chef Anthony Bourdain

Your Lebanese favorites made easy for the whole family Lebanese cooking is one of the world's healthiest and most vibrant, flavored with richness of spice, the tang of yogurt and citrus, and the brightness of herbs like mint, cilantro, and parsley. My Lebanese Cookbook shows you how just a few basic ingredients can create deliciously aromatic and zesty dishes your family will love. My Lebanese Cookbook lets you cook your way through the day, from breakfast through dessert, with more than 80 easy-to-follow authentic recipes. Whether making hummus or a selection of mezze to share, grilling kebabs, or baking up homemade pita, you'll find an incredible variety of dishes in this Lebanese cookbook. My Lebanese Cookbook includes: Your Lebanese pantry--Take a tour of the ingredients that define Lebanese cuisine, from garlic and lemon to pomegranate molasses and phyllo dough. Classic recipes--From Hummus and Falafel to Baklava and Ma'moul, you'll find all the flavors you remember and savor. The Lebanese way--This Lebanese cookbook offers four sample menus that show you how to pair dishes for family celebrations and get-togethers with friends. Enjoy a taste of Lebanon with the whole family through the savory and simple to make recipes you'll find in My Lebanese Cookbook.

The Jewelled Kitchen

A Family's Treasured Recipes

Authentic Recipes for Fresh and Flavorful Mediterranean Home Cooking

The Lebanese Cookbook

Culinary Secrets from a Lebanese Kitchen

Over Two Hundred Authentic Recipes Designed for the Gourmet, the Vegetarian, the Healthfood Enthusiast

Lebanese and Mediterranean Cook Book

The Little Recipe Book: Culinary Secrets from a Lebanese Kitchen is designed for food lovers seeking both decadent taste and wholesome goodness in their food. The forty recipes featured here are Ikbal Joseph's most popular, drawn from her fifty years of cooking for family, friends, and restaurant patrons. As a youth in Lebanon, widely regarded as the food capital of the Middle East, Ikbal learned to create bold, stimulating flavors that remain the hallmarks of her cooking. Perfected over a lifetime, each recipe comes with secret tips and straightforward, step-by-step instructions that beginners and more experienced cooks alike can follow. Discover a broad range of Lebanese fare, from meze to stews and stuffed vegetables to classic mains. Indulge your taste buds with Ikbal's favorite fusion recipes, pairing ingredients from different kitchens to create vibrant flavors. Satisfy your sweet tooth with aromatic rice pudding (meghli) and the legendary Middle Eastern pastry knafeh, made with melted cheese and drizzled with a scented rose water syrup. Open up the Little Recipe Book and get ready to experience the savory tastes and aromas of Middle Eastern cooking.

WINNER OF THE JAMES BEARD FOUNDATION INTERNATIONAL COOKBOOK AWARD NAMED A MOST ANTICIPATED COOKBOOK OF SPRING 2018 BY BON APPETIT, FOOD & WINE, EPICURIUS, 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 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.

In this inspired collection of recipes, acclaimed cook and restaurateur Abla Amad shares the secrets of Lebanese cooking. Go behind the scenes at the famous Abla's Lebanese Restaurant in Carlton, Melbourne and join Abla's extended family as they share the traditions and pleasures of the table. Beautifully photographed and complete with a glossary, menus and stories, Abla's Lebanese Kitchen is your invitation into the warm and welcoming world of one of Australia's most respected Lebanese cooks.

More than 200 Simple, Delicious, Authentic Recipes

The Middle Eastern Vegetarian Cookbook

Traditional Recipes That Will Take You To Lebanon

Fresh & Classic Recipes from my Lebanese Kitchen

Quick & Healthy Recipes

Lebanese Mountain Cookery

PRESERVING FOOD AND CULTURE THE LEBANESE WAY -- The very best memories connecting us to time and place are often stimulated by the tastes and smells of our childhood. Freshly-baked bread, hot from the oven, sweet homemade jam dribbling down our chins, or the burst of flavor in each dried grape?these memories bring a smile to our faces even as they call to mind the people who made them possible. Do you remember working alongside your grandmother as she lovingly preserved garden-fresh foods to set back for the winter? You watched Jiddo (grandfather) patiently prepare his arak, but could you reproduce his efforts from memory? Are you lucky enough that they kept written records of recipes gleaned from family history and years of experience? If so, count yourself among the very fortunate minority. The reality for many of us is that we no longer enjoy such a strong connection to our culinary roots. As much as we might wish the contrary, the beauty and simplicity of home-preserved pantry items, the mouneh, taken for granted during our childhood, often seems a lifetime away. In Barbara Abdeni Massad's book, Mouneh: Preserving Foods for the Lebanese Pantry, we've been thrown a lifeline to a piece of our cultural and culinary identity. So many things we would love to recreate for our own families become possible within these pages, thanks to the author's diligent research, stunning photography, simply presented instructions and delightful stories.

The Ease in Modern Lebanese Cooking

Mouneh