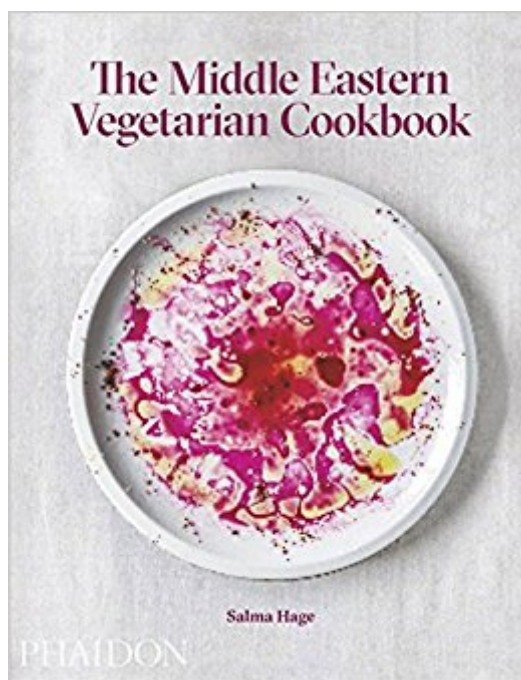


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# The Middle Eastern Vegetarian Cookbook



## Synopsis

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.

## Book Information

Hardcover: 272 pages

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Average Customer Review: 4.6 out of 5 stars 20 customer reviews

Best Sellers Rank: #31,773 in Books (See Top 100 in Books) #12 in *Books > Cookbooks, Food & Wine > Regional & International > Middle Eastern* #23 in *Books > Cookbooks, Food & Wine > Regional & International > European > Mediterranean* #64 in *Books > Cookbooks, Food & Wine > Special Diet > Vegetarian & Vegan > Non-Vegan Vegetarian*

## Customer Reviews

"Vibrant... Proves just how exciting veggie food can be. Heavenly."

•Independent.co.uk"Another absolutely gorgeous cookbook from Hage (author of *The Lebanese Kitchen*) and the folks at Phaidon."  
•SFGate"A definitive, fresh and approachable

collection of 150 traditional recipes from an authoritative voice on Middle Eastern cooking."

•The Jewish Vegetarian"Authentic fair with some delicious flair."

•Guest of a Guest"At last! A compendium of Middle Eastern dishes written especially for vegetarian cooks."

•Vegetarian Times"A vegetarian take on the exciting flavours of the Middle East."

•The Sunday Times"Recipes that are simple but zing with enticing, exotic flavours... Perfect light dishes for summer dining... Plenty to tempt even the most entrenched meat-eater."

•The Lady"A viable contender for the fun-yet-sensible, go-to encyclopedia for anytime you want to get your mezze on. It's comprehensive enough to feel like the only cookbook you should own, but it's bright, glossy, open and quite easy to browse."

•The Age"Utterly delicious aromatic salads."

•Veggie"Puts Middle Eastern vegetarian fare on the map."

•The National"What is remarkable is that this book is full of ideas that are very now... Could it be that a woman in her seventies [...] has written this years most on trend cookery book."

•Waitrose Weekend"The recipes have an ease and the ingredients are mainly familiar ones, but then comes a technique or a pairing that adds seductive allure or ingenuity."

•The Nashua Telegraph"Authoritative but approachable."

•Vegetarian Living

Salma Hage, a Lebanese housewife from Mazarat Tiffah (Apple Hamlet) in the mountains of the Kadisha Valley in north Lebanon, has over 50 years experience of family cooking. She learnt to cook from her mother, mother-in-law and sisters-in-law, and, having helped bring up her nine brothers and two sisters, would often cook for the whole family. She has also spent many years working as a cook and currently shares her time between London and Lebanon.

AMAZING! I am buying 3 more to use as Christmas gifts because everyone is asking where my delicious recipes are coming from.

Beautiful book! Have made several dishes and loved them all. Makes vegetarian delicious!

I have made 3 recipes so far and all have been great. Easy to follow recipes and not a ton of ingredients in each dish. Very flavorful and delicious! I highly recommend.

great recipes!

got this for my kid who decided she is vegan now- a lot of recipes in it are vegan and gluten free-

tasty results! :-)

Love the different sections and new recipes. Simple to follow. New flavors. Great photos

A nice foray into healthy variety. Clean photography and doable recipes make this book a fun addition to my culinary library.

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.

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