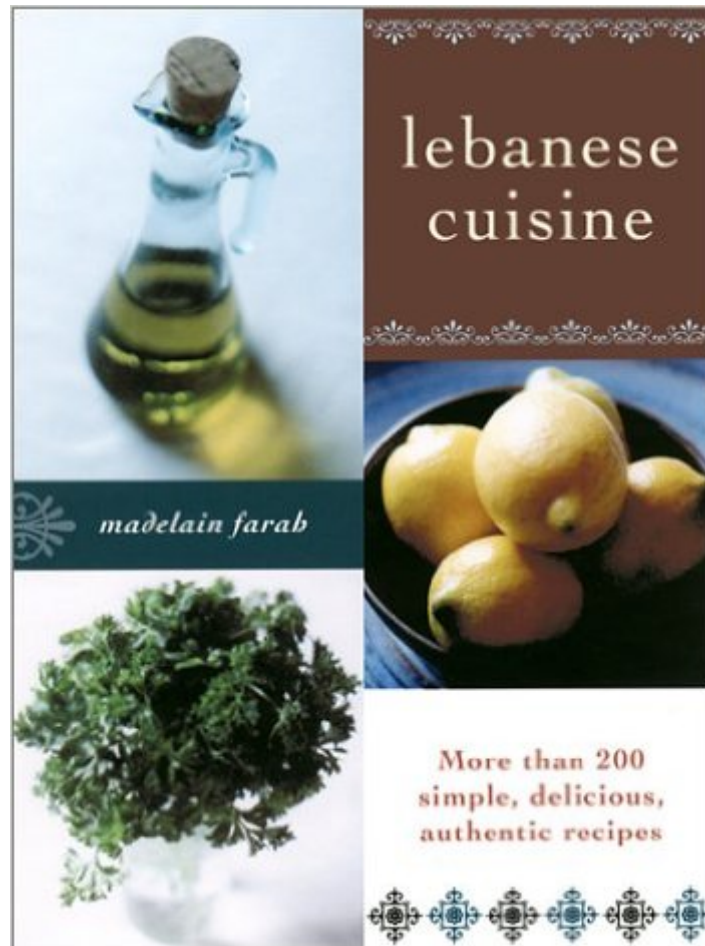


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# Lebanese Cuisine: More Than 200 Simple, Delicious, Authentic Recipes



## Synopsis

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.

## Book Information

Paperback: 256 pages

Publisher: Running Press; 13th edition (April 4, 2001)

Language: English

ISBN-10: 1568581793

ISBN-13: 978-1568581798

Product Dimensions: 6.1 x 0.8 x 8 inches

Shipping Weight: 1.2 pounds (View shipping rates and policies)

Average Customer Review: 4.4 out of 5 starsÂ Â See all reviewsÂ (73 customer reviews)

Best Sellers Rank: #53,326 in Books (See Top 100 in Books) #22 inÂ Books > Cookbooks, Food & Wine > Regional & International > Middle Eastern #1853 inÂ Books > Computers & Technology

## Customer Reviews

I discovered this book about 25 years ago and have been using it and giving it as gifts to children, relatives and friends for so many years. My edition is stained and worn but I have kept a new one wrapped and tucked away for the day on which I will retire the original. I'm delighted that it has been reissued; I can stop saving that wrapped copy. My family is Lebanese; my grandparents emigrated at a young age to the U.S. in the 1890s and although my grandmother and aunts taught me many recipes, we moved to another state before I could learn everything. Dr. Farah's book filled in many of the blank spots as did Rose Dosti's wonderful "Middle Eastern Cooking" and Anissa Helou's "Lebanese Cuisine." I prepare Lebanese food several times a week at home because we like it and it is so healthy (not including desserts). When I became a chef/owner of an upscale catering business some years ago, I used many of Dr. Farah's recipes for my clients who were constantly asking for more. We are fortunate in my area to have a large Middle Eastern grocery where I can find all ingredients specified but many can also be ordered from on-line retailers or found in some health food stores. Sometimes when I make a recipe it reminds me so much of being at Sitti's house that I just want to cry -- the aroma, the taste, the texture -- I can just see us all sitting around the big wooden kitchen table when I was a little girl. This book is not only about the cuisine, it is about

family and wishes that so many of those family members were still alive to enjoy our meals with us.

Originally recommended to me by my (ex-)brother-in-law, who was Lebanese, this book is the best cookbook for Lebanese cuisine. I have given copies of this book to many friends, and now that a new edition is available, I'll buy more copies for myself and others. The recipes for Baked Kibbi (Kibbi bis-Sayniyyi) and Baqlawa are among my favorites (I prefer the rose water approach to Baqlawa to the cinnamon most commonly found in such recipes). The author also presents the recipes with their Arabic names, as well as pronunciation rules, for more authenticity.

This book has the best recipes. They remind me of my mom and grandma's. The preface sounds as if I wrote it myself. My sisters and I have been tiring for years to get the exact measurements of our favorite dishes and cookies. Thank you for writing them down. Even the smallest details are there (use cold water when mixing the kibbi meat. Thanks again, I'm ordering for each of my children and friends.

As a Lebanese American I have tried many different Lebanese Cookbooks. I have not only found Ms. Farah's recipes easy to follow but so close to the tastes of my family's regional cooking. My non-Lebanese friends are "always" so pleased. Be prepared to make little adjustments to suit your personal tastes. The "Daj Mhammar" (baked chicken w/oil lemon and spices) will quickly become a favorite, so quick; easy; and wonderful. If you don't have time to make the dough for required recipes (and who does besides my grandmother) try using frozen unbaked white bread or prepared pizza dough with rising time). I use this book as a gift to Lebanese and Non-Lebanese alike. As we say in Lebanon "Sahtayn": enjoy; fill up on her wonderful recipes; and be happy.

I discovered Madelain Farah's Lebanese Cuisine cookbook almost 20 years ago and use it faithfully. The recipes are so very much like those my beloved Mother and Godmother used. I purchased a copy for each of our three grown children as I consider the book to be a must for anyone who has grown up with authentic Lebanese or Arabic cuisine.

Sundays we always gathered at Situ's (grandmother's) with all nine of my mother's brothers and sisters; their husbands and wives and all of our cousins. How we all fit I can not remember. The aromas, the food, the family. Such wonderful memories. Recipes were not written down. It was a handful of this, soak in this...maybe because my grandmother could not read or write in English.

Now we have the closest thing I have ever found and I bought enough to share with my family. What a wonderful surprise. My mother is 82 and does not cook as often but enjoys reading the recipes for the joy of the memories. Thank you, thank you, thank you.

This is a great choice if you want to cook great tasting Lebanese food. I would suggest this book to anyone who likes to eat. Five stars all the way!

I bought this book as a present. I am middle eastern and my friend loves to cook our food. There were lots of great recipes in there but no pictures! When you click on the "Look inside", it makes it seem that there are pictures in the book that go along with the recipes but that is not the case. There are a few unrelated pictures but unfortunately none that go along with the recipes. That would be fine for me because I know what the food is supposed to look like. However, if you are someone who'd rather see what the food is supposed to look like or wants to cook a food you've tried in a restaurant and need to identify it by picture before making it, this book is not for you.

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