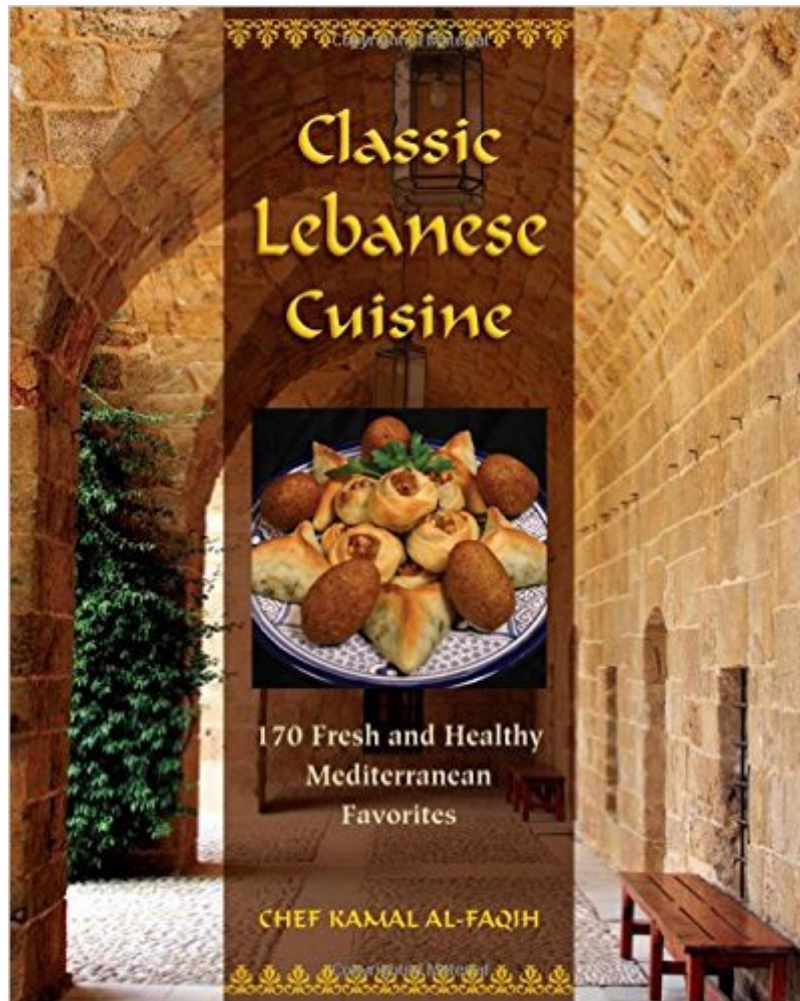


The book was found

# 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

Hardcover: 256 pages

Publisher: Globe Pequot Press; 1 edition (September 1, 2009)

Language: English

ISBN-10: 0762752785

ISBN-13: 978-0762752782

Product Dimensions: 1 x 7.8 x 9.5 inches

Shipping Weight: 2 pounds

Average Customer Review: 4.7 out of 5 stars [See all reviews](#) (114 customer reviews)

Best Sellers Rank: #441,408 in Books (See Top 100 in Books) #133 in [Books > Cookbooks, Food & Wine > Regional & International > Middle Eastern](#) #218 in [Books > Cookbooks, Food & Wine > Regional & International > European > Mediterranean](#)

## 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.

[Download to continue reading...](#)

Classic Lebanese Cuisine: 170 Fresh And Healthy Mediterranean Favorites Mediterranean Diet: 150 Recipes to Lose Weight, Get Healthy and Feel Great (Mediterranean Diet, Mediterranean Diet For Beginners, Mediterranean Diet Cookbook, Mediterranean Diet Recipes) Mediterranean Diet: 365 Days of Easy, Delicious, and Healthy Mediterranean Diet Recipes (Mediterranean Diet Cookbook, Mediterranean Diet for Weight Loss) Top 200 Mediterranean Diet Recipes Bundle: (Mediterranean Cookbook, Mediterranean Diet, Weight Loss, Healthy Recipes, Mediterranean Slow Cooking, Breakfast, Lunch, Snacks and Dinner) Mediterranean Diet: The 4 weeks Challenge (Mediterranean Diet Cookbook, Mediterranean Diet for Beginners, Mediterranean Diet Meal Plan) Mediterranean: Slow Cooker: Paleo: Crockpot: Box Set: The Ultimate Recipes Cookbook Box Set(30+ Free Books Included!) (Mediterranean Diet, Mediterranean ... Beginners Guide, Mediterranean, Cooking) Mediterranean Diet: 30 MINUTE Mediterranean Diet Cookbook with 80 Mediterranean Diet Recipes to Help You Lose Weight, Increase Energy & Prevent Disease ... (Mediterranean Diet & Cookbook Series 2) Peluqueria canina/ Canine Hairdressing: Guia completa para el cuidado, aseo y peinado de 170 razas de perros/ Complete Guide for Care, Grooming and Hairdressing of 170 Dogs Breeds (Spanish Edition) Rose Water and Orange Blossoms: Fresh & Classic Recipes from my Lebanese Kitchen Mediterranean Diet: The Mediterranean Diet for Beginners: 110 Delicious Recipes and The Complete Guide to Going Mediterranean Mediterranean Diet: Revealed! 65 Delicious Mediterranean Diet Cookbook Recipes Sure To Delight and Amaze All While Losing Inches (mediterranean cookbook, ... weight loss motivation, weight loss tips 1) Mediterranean Diet for Weight Loss: Eat Like a Spartan: Leverage Mediterranean Diet To Achieve Spartan-Like Health, Lose Weight, Get Fit, All While Eating ... (Mediterranean diet, Mediterranean

recipes) Mediterranean Diet: Mediterranean Diet For Diabetes-A Beginners Guide On Weight Loss While Lowering Your Blood Sugar To Reverse Type 2 Diabetes(Mediterranean ... blood sugar diet,the blood sugar solution,) Mediterranean Diet For Beginners: Fast and Easy Mediterranean Diet Cookbook and Home Recipes for Weight Loss - PICTURES INCLUDED (Meal Plan, Healthy Eating, Weight Loss Recipes, Healthy Weight Loss) Lebanese Cuisine: More than 200 Simple, Delicious, Authentic Recipes Healthy Recipes: 2 Manuscripts- Instant Pot Cookbook And Mediterranean diet (Instant Pot, pressure cooker, Mediterranean diet) Mediterranean Diet: The Beginners Guide to Authentic Mediterranean CuisineÂ© (Over 100+ Recipes & 1 FULL Month Meal Plan for Healthy Weight Loss, Cookbook Guide) Mediterranean Diet: A Beginners Guide to Help Lose Weight Fast by Incorporating Healthy Eating Into Your Daily Life (Achieve Amazing Health with Delicious ... to Prepare Homemade Mediterranean Recipes) Vegetarian: The Beginners Guide to a Vegetarian LifestyleÂ© with The Top 170+ Healthy Recipes (Includes 8 FULL Weeks FULL Month Meal Plan, Vegetarian Diet Weight Loss Cookbook) Classic Hungarian Goulashes: Deliciously Decadent Hungarian Cuisine(hungarian recipes, hungarian recipe book, hungarian cookbook, hungarian cooking book, hungarian books, hungarian cuisine, hungarian

[Dmca](#)