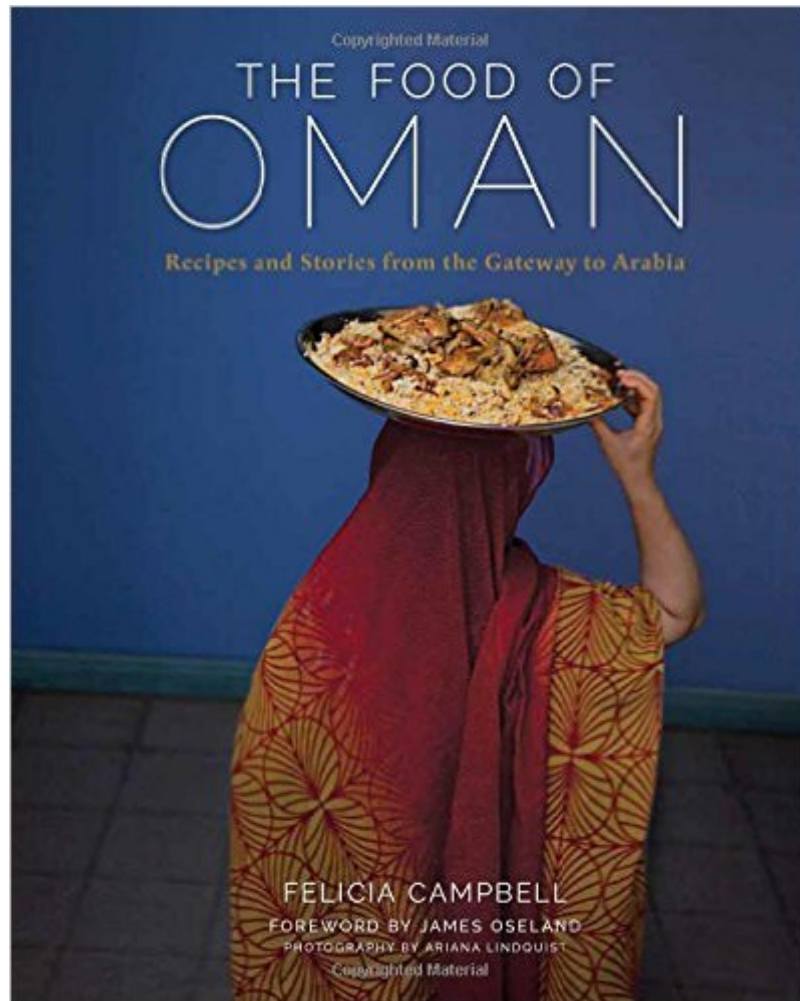


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# The Food Of Oman: Recipes And Stories From The Gateway To Arabia



## Synopsis

Featuring rustic Middle Eastern dishes infused with the flavors of East Africa, India, and Persia, *The Food of Oman* presents the delicious diversity of the tiny Arabian Sultanate through 100 recipes, lush photography, and stories from the people behind the food in an immersive introduction to a fascinating, little-known corner of the world. In the Arabian Gulf, just east of Saudi Arabia and across the sea from Iran, the kitchens of Oman are filled with the enticing, mysterious aroma of a spice bazaar: musky black limes, earthy cloves, warming cinnamon, cumin, and coriander all play against the comforting scent of simmering basmati rice. Beyond these kitchens, the rocky crags of Jabal Akhdar tower, palm trees sway along the coast of Salalah, sand dunes ripple across Sharqiyah, and the calls to prayer echo from minarets throughout urban Muscat. In *The Food of Oman*, American food writer Felicia Campbell invites readers to journey with her into home kitchens, beachside barbeques, royal weddings, and humble teashops. Discover with her the incredible diversity of flavors and cultures in the tiny Sultanate of Oman. Omani cuisine is rooted in a Bedouin culture of hospitalityâ"using whatever is on hand to feed a wandering stranger or a crowd of friends"âand is infused with the rich bounty of interloping seafarers and overland Arabian caravan traders who, over the centuries, brought with them the flavors of East Africa, Persia, Asia, and beyond. In Oman, familiar ingredients mingle in exciting new ways: Zanzibari biryani is scented with rosewater and cloves, seafood soup is enlivened with hot red pepper and turmeric, green bananas are spiked with lime, green chili, and coconut. The recipes in *The Food of Oman* offer cooks a new world of flavors, techniques, and inspiration, while the lush photography and fascinating stories provide an introduction to the culture of a people whose adventurous palates and deep love of feeding and being fed gave rise to this unparalleled cuisine.

## Book Information

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## Customer Reviews

This is a rare find in a cookbook: A new cookbook author, writing about the foods from a tiny country that has not seen much coverage. It's an honest endeavor and a lot of work has gone into it. It is somewhat amazing, actually, and if you are at all interested in Oman, you should consider picking up this book. I can't imagine that you will be disappointed. You can get a great idea of all that this book contains by clicking through the "Look Inside" feature on this product page. The book is written by an American female soldier who had her first glimpse of the Middle East via the first deployment into Iraq when she was in her teens. She fell in love with the area, its people, its ways, its food—it is obvious to see that in this book she has created. There is love and respect here on every page. And, oh wow!, did this girl soldier "blossom" into an articulate, knowledgeable, astute adult! After the military, she got her college education and eventually earned her master's degree in food studies. She specialized in Arab "foodways". Before her first trip into Oman, she worked at Saveur magazine and traveled to the Middle East at every opportunity. So, it comes as no surprise that this book covers quite a lot of ground—you will see that also as you browse through the pages. She eventually made a trip to Oman, and her enthusiasm finally found its foundation. For a tiny country, there is a lot of detail and info in this book—and plenty of intriguing, interesting and beautiful photos. And we get to see it through the eyes of a respectful and reverent expert. The book has a very personal flair to it, the words are written in a personable style that is pleasant and never arrogant.

The Food of Oman shows the rich and exotic flavor in the dishes from the Middle East as well as the beauty of architecture and culture. The author has been in Oman many times and has focused her education toward this area of the world from which a passion developed and she has expressed in this collection of recipes and photos. The recipes show a culture that uses more chicken, lamb and fish for their main dishes with servings of rice and flat breads to accompany. There are some beef dishes, but it doesn't seem to be the favorite. They also use lots of spices but you can find extremes here from recipes that pair cilantro and lime with fish to more spicy combinations. The recipes show the use of fresh herbs over dried which I feel is important to their dish but also shows a glimpse of their daily life in that fresh is more available than what dried may be. The bread recipes in this book are predominately flat breads with an exception of the Sweet Cardamom Zanzibari Fried

Bread. The photos of some of these dishes will have your mouth watering! One section for recipes used for between meals snacking showed a lot of fried option which surprised me because I look at snacks as something light instead of heavily fried. Some of these dishes were Fried Potato-Chile Puffs, fried triangle pastries stuffed with ground chicken, fried chicken and meat dumplings. I would love to try a few of these but I think I will use them as a meal instead of a snack. The dessert section was interesting to me because as Americans we have an awesome sweet tooth and that shows in our decadent desserts. Oman has desserts that are more subdued in comparison. Their sweeteners are dates, sesame seeds, coconut and coconut cream, and surprisingly vermicelli.

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