

# The Middle Eastern Vegetarian Cookbook

BEST COOKBOOK OF THE YEAR - Observer Food Monthly Awards 2014 Persiana: the new must have cookbook. Sabrina Ghayour's debut cookbook Persiana is an instant classic.... The Golden Girl - Observer Food Monthly A celebration of the food and flavours from the regions near the Southern and Eastern shores of the Mediterranean Sea, with over 100 recipes for modern and accessible Middle Eastern dishes, including Lamb & Sour Cherry Meatballs; Chicken, Preserved Lemon & Olive Tagine; Blood Orange & Radicchio Salad; Persian Flatbread; and Spiced Carrot, Pistachio & Coconut Cake with Rosewater Cream.

NEW IN PAPERBACK The vegetarian cuisine of the Middle East and North Africa is a treasure chest of pungent herbs and spices, aromatic stews and soups, chewy falafels and breads, couscous, stuffed grape leaves, greens and vegetables, hummus, pizzas, pies, omelets, pastries and sweets, smooth yogurt drinks, and strong coffees. Originally the food of peasants too poor for meat, vegetarian cooking in the Middle East developed over thousands of years into a culinary art form influenced both by trade and invasion. It is as rich and varied in its history as it is in flavor—culinary historians estimate the Arab kitchen has over 40,000 dishes! Now noted food writer Habeeb Salloum has culled 330 savory jewels from this never-ending storehouse to create Classic Vegetarian Cooking from the Middle East—a rich, healthful, and economical introduction to flavors and aromas that have stood the test of time.

Learn the basics of Middle Eastern cooking with 100 simple, authentic recipes Fresh herbs and spices, creamy yogurt, savory skewered meats, and flaky baklava--Middle Eastern cuisine is famous for its vibrant flavors. Now, you can recreate iconic dishes in your own kitchen with The

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Essential Middle Eastern Cookbook. Packed with 100 classic recipes made simple, this complete Middle East cookbook gives you a true taste of one of the world's most influential culinary regions. Try your hand at delectable dishes like Tabbouleh, Lebanese Chicken Fatteh, Spiced Beef Tagine, and homemade Pita Bread with Hummus. All of the ingredients in this Middle East cookbook are easily found in your neighborhood grocery store, yet they stay true to the authentic flavors and textures of each traditional meal. Let's eat! This well-designed Middle East cookbook includes: Practical pantry staples--This Middle East cookbook includes a helpful list of essentials to have on hand, like bulgur, filo dough, lentils, ghee, and more. Spice of life--In this one-of-a-kind Middle East cookbook, you'll find a thorough guide to stocking your spice rack with key seasonings like allspice, mint, cumin, and sumac--plus recipes for blends like za'atar and baharat. Regional food guide--Explore the diverse culinary regions of the Middle East, including the Levant, North Africa, the Arabian Peninsula, and beyond. Create vibrant, flavorful meals for breakfast, lunch, dinner, and dessert with this beautiful Middle East cookbook.

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

Meatless Vietnamese cooking for vegetarians and omnivores alike. In the years he spent living and cooking in Vietnam, Cameron Stauch learned about a tradition of vegetarian Vietnamese cuisine that is light and full of flavor. Based on recipes devised over centuries by Mahayana Buddhist monks, the dishes in Vegetarian Vi?t Nam make use of the full arsenal of Vietnamese herbs and sauces to make tofu, mushrooms, and vegetables burst with flavor like never before. With a lavishly illustrated glossary that helps you recognize the mushrooms, noodles, fruits,

and vegetables that make up the vegetarian Vietnamese pantry, *Vegetarian Vi?t Nam* will unlock an entire universe of flavor to people who want healthy, tasty, and sustainable food. A soulful tour of Palestinian cooking today from the Ottolenghi restaurants' executive chef and partner—120 recipes shaped by his personal story as well as the history of Palestine. **NAMED ONE OF THE BEST COOKBOOKS OF THE YEAR BY Forbes • Bon Appétit • NPR • San Francisco Chronicle • Food Network • Food & Wine • The Guardian • National Geographic • Smithsonian Magazine • Publishers Weekly • Library Journal** “Truly, one of the best cookbooks of the year so far.”—*Bon Appétit* The story of Palestine's food is really the story of its people. When the events of 1948 forced residents from all regions of Palestine together into one compressed land, recipes that were once closely guarded family secrets were shared and passed between different groups in an effort to ensure that they were not lost forever. In Falastin (pronounced “fa-la-steen”), Sami Tamimi retraces the lineage and evolution of his country's cuisine, born of its agriculturally optimal geography, its distinct culinary traditions, and Palestinian cooks' ingenuity and resourcefulness. Tamimi covers the territory between the Mediterranean Sea and the Jordan River—East Jerusalem and the West Bank, up north to the Galilee and the coastal cities of Haifa and Akka, inland to Nazareth, and then south to Hebron and the coastal Gaza Strip—recounting his upbringing with eleven siblings and his decision to leave home at seventeen to cook in West Jerusalem, where he met and first worked with Yotam Ottolenghi. From refugee-camp cooks to the home kitchens of Gaza and the mill of a master tahini maker, Tamimi teases out the vestiges of an ancient culinary tradition as he records the derivations of a dynamic cuisine and people in more than 130 transporting photographs and 120 recipes, including: • **Hassan's Easy Eggs with Za'atar and Lemon** •

Fish Kofta with Yogurt, Sumac, and Chile • Pulled-Lamb Schwarma Sandwich • Labneh Cheesecake with Roasted Apricots, Honey, and Cardamom Named after the Palestinian newspaper that brought together a diverse people, Falastin is a vision of a cuisine, a culture, and a way of life as experienced by one influential chef.

Fresh, delicious, easy Indian vegetarian dishes from the author of Phaidon's global bestseller, *India: The Cookbook* Vegetables are an integral part of Indian cuisine - and this collection of 150 healthy and approachable vegetarian recipes showcases an array of delicious breakfasts and drinks, salads, vegetables and legumes, grains, and desserts. Drawing inspiration from India's myriad regions and culinary traditions, Pushpesh Pant simplifies this hugely popular cuisine with easily achievable, nourishing, and authentic dishes so tasty and satisfying that they are suitable for vegetarians, meat-eaters, and those simply wishing to reduce the amount of meat in their diet.

VEGGIESTAN or 'land of the vegetables'. There is of course no such word, and no such country. But in this upbeat guide to Middle Eastern vegetarian cookery Sally Butcher proves that the region more than merits the term, and that its constituent nations are simmering, bubbling, bursting with sumptuous vegetarian traditions and recipes. Written in her trademark engaging and knowledgeable style, Sally takes a fresh look at many of the more exciting ingredients available on our high streets today as well as providing a host of delicious recipes made with more familiar fare. From fragrant Persian noodle rice to gingery tamarind aubergines, pink pickled turnips and rose petal jam this book is filled with aromatic herbs and spices, inspiring ideas and all the knowledge needed to cook wonderful vegetarian food. This cookbook is full of authentic recipes that have been handed down through the

generations, developed and enriched over time, and infused with cultures of different eras. Throughout *Lamees Inbrahim* singles out only those ingredients available to a Western reader, and suggests plausible alternatives where necessary.

The Middle Eastern Vegetarian Cookbook Phaidon Press

Over 125 vegetarian ways to savor the Mediterranean Mediterranean mealtime is an event, accompanied by close family and friends, where Western wellness worries are simply managed through healthy eating and living. And while it is a culture filled with fresh, farm-to-table ingredients, many Mediterranean cookbooks' meat-centric meals leave users seeking vegetarian recipe conversions. Let *The Vegetarian Mediterranean Cookbook* be your guide to delectable, all-vegetarian recipes passed down from the countries surrounding the Mediterranean Sea--from Spain to Syria. Whole, simple ingredients and timeless recipes are the effortless secret to the healthy Mediterranean standard of living. From recipes like Moroccan-Style Vegetable and Olive Tagine to Fresh Sauce Pasta, along with standard staples like Hummus and Basil, *The Vegetarian Mediterranean Cookbook* brings the region's famous freshness and flavors into your home. This Mediterranean cookbook includes: Authentically Mediterranean--Learn the meticulous vegetarian take on cooking philosophies of the region like infusing oils and a focus on texture. Live globally, shop locally--This Mediterranean cookbook is filled with recipes sourced at local supermarkets, proving virtually all vegetarian ingredients are easily accessible. Tips and tricks--Bursting with simple shortcuts and ideas to make cooking easier, get the most out of your ingredients, and enhance flavor with this Mediterranean cookbook. *The Vegetarian Mediterranean Cookbook* will take you on a culinary expedition of a wide variety of cultures with distinct cuisines.

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The highly anticipated cookbook from the immensely popular food blog Minimalist Baker, featuring 101 all-new simple, vegan recipes that all require 10 ingredients or less, 1 bowl or 1 pot, or 30 minutes or less to prepare Dana Shultz founded the Minimalist Baker blog in 2012 to share her passion for simple cooking and quickly gained a devoted worldwide following. Now, in this long-awaited debut cookbook, Dana shares 101 vibrant, simple recipes that are entirely plant-based, mostly gluten-free, and 100% delicious. Packed with gorgeous photography, this practical but inspiring cookbook includes:

- Recipes that each require 10 ingredients or less, can be made in one bowl, or require 30 minutes or less to prepare.
- Delicious options for hearty entrées, easy sides, nourishing breakfasts, and decadent desserts—all on the table in a snap
- Essential plant-based pantry and equipment tips
- Easy-to-follow, step-by-step recipes with standard and metric ingredient measurements

Minimalist Baker's Everyday Cooking is a totally no-fuss approach to cooking for anyone who loves delicious food that happens to be healthy too.

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.

Best-Selling vegetarian cookbook destined to become a classic. Everyone knows they should eat more vegetables and grains, but that prospect can be intimidating with recipes that are often too complicated for everyday meals or lacking in fresh appeal or flavor. For the first time ever, the test kitchen has devoted its considerable resources to creating a vegetarian cookbook for the way we want to eat today. The Complete Vegetarian Cookbook is a wide-ranging collection of boldly flavorful vegetarian recipes covering hearty vegetable mains, rice and grains, beans and soy as well as soups, appetizers, snacks, and salads. More than 300 recipes are fast (start to finish in 45 minutes or less), 500 are gluten-free, and 250 are vegan and are all highlighted with icons on the pages. The book contains stunning color photography throughout that shows the appeal of these veggie-packed dishes. In addition, almost 500 color photos illustrate vegetable prep and tricky techniques as well as key steps within recipes.

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 definitive guide, bringing together hundreds of diverse dishes, from light, tempting mezzes

and salads, to hearty main courses, grilled meats, sumptuous sweets, and refreshing drinks. The Middle East - from North Africa and Moorish Spain, through Turkey, Lebanon, Syria and Jordan to Iran and the Arabian Peninsula - has long had a vibrant tradition of home-style vegetarian cuisine, from their abundant salads, dips and breads to delicious and hearty main meals. Based on the freshest ingredients and cooked from the heart, Greg and Lucy Malouf's recipes are designed to be mixed and matched for sharing. With its stunning photography, *New Feast* offers modern interpretations of Middle Eastern food with more than 130 recipes inspired by the spirit of generosity that characterises the region. While vegetables are the stars, the recipes have variety with a selection of grains, legumes, couscous and rice, plus breads, butters, dips and preserves, and even an enticing assortment of fruit-focused ice creams, puddings, pastries and cakes. Think Winter tabbouleh; Eggplant pilaf with yoghurt & zhoug; Charred corncobs with almond-saffron butter; Spicy red hummus and Orange baklava cigars. Now available in a compact hardback, *New Feast* - one of eight books in the Maloufs' series of highly acclaimed food and travel books - is a rich and diverse compendium of vegetarian recipes with a Middle Eastern touch.

"Her first cookbook, *Silk Road Vegetarian*, ...is a thoughtful and delicious collection of gluten-free, vegetarian and vegan recipes celebrating the foods of the Silk Road" —The Food Network Discover the secrets of healthy and sustainable eating that have been practiced along the trade routes of Asia for centuries. This unusual cookbook is filled with richly-flavored vegetarian, vegan and gluten-free recipes that will be a welcome change for any vegetarian or vegan to enjoy. Plus, most of these delicious recipes can be made using ingredients from your local Farmer's market or CSA share! Delicious vegetarian and vegan recipes include: Bengali

Potato & Zucchini Curry Afghan Risotto Zucchini with Basil Vinagrette Turkish Baked Eggplant with Mint Curried Lentil Burgers Israeli Chopped Salad Sesame Kale Salad And dozens more... Dishes from the Silk Road have their roots in the ancient village food traditions of Asia, where a few healthy ingredients from local gardens were blended with spices to create meals that are nutritious, varied and flavorful, as well as being ethical and sustainable. Author Dahlia Abraham-Klein is a food educator and nutritionist who draws from her own family heritage to create meals that honor what is most meaningful about cooking and food everywhere in the world—a connectedness to place, history and family. Her book is about developing culinary awareness and celebrating diversity—discovering foods with contrasting tastes and textures that are simple and easy to prepare, yet totally exciting and different. Silk Road Vegetarian delves into the cultural and spiritual traditions of the Silk Road to show how cultural traditions have influenced the cuisine. Each dish has a rich history—linking past to present in a particular place. At the same time, the recipes address pressing contemporary needs by showing us how to eat a healthy, balanced and yet interesting diet with locally-sourced, earth-friendly ingredients. The astonishing array of recipes in this book will inspire every home cook. All dishes are easy and simple to prepare, and codes are applied to identify which ones are: Vegetarian Vegan Gluten-free Try one of these recipes, and you'll agree that peoples living along the Silk Road created a unique culinary tradition that we have much to learn from today. On a trip to Turkey as a young woman, chef Ana Sortun fell in love with the food and learned the traditions of Turkish cooking from local women. Inspired beyond measure, Sortun opened her own restaurant in Cambridge, Massachusetts, the award-winning Oleana, where she creates her own interpretations of dishes incorporating the incredible array of delicious spices

and herbs used in eastern regions of the Mediterranean. In this gorgeously photographed book, Sortun shows readers how to use this philosophy of spice to create wonderful dishes in their own homes. She reveals how the artful use of spices and herbs rather than fat and cream is key to the full, rich flavors of Mediterranean cuisine -- and the way it leaves you feeling satisfied afterward. The book is organized by spice, detailing the ways certain spices complement one another and how they flavor other foods and creating in home cooks a kind of sense-memory that allows for a more intuitive use of spice in their own dishes. The more than one hundred tantalizing spice categories and recipes include: Beef Shish Kabobs with Sumac Onions and Parsley Butter Chickpea and Potato Terrine Stuffed with Pine Nuts, Spinach, Onion, and Tahini Crispy Lemon Chicken with Za'atar Golden Gazpacho with Condiments Fried Haloumi Cheese with Pear and Spiced Dates Absolutely alive with spices and herbs, Ana Sortun's recipes will intrigue and inspire readers everywhere.

The definitive and most comprehensive cookbook of traditional and authentic home cooking vegan dishes from 150 countries around the world."—Vegan Magazine With nearly 500 vegetable-driven recipes, *Vegan: The Cookbook*, inspired by cuisines around the world, brings vegan home cooking to new levels of deliciousness. Featuring dishes from countries ranging from Albania to Zambia, it showcases the culinary diversity of vegan cuisine, highlighting regional fruits and vegetables, traditional cooking techniques, and universally delectable flavours. Home cooks will discover sweet and savoury starters, soups, salads, mains, and desserts for all to enjoy, accompanied by straightforward instructions and gorgeous colour photography.

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region is simply simmering, bubbling, and bursting with sumptuous vegetarian traditions and recipes. Written in her trademark engaging and knowledgeable style, Sally takes a fresh look at many of the more exciting ingredients available today in local grocery stores and supermarkets as well as providing a host of delicious recipes made with more familiar fare. From fragrant Persian noodle rice to gingery tamarind eggplants, pink pickled turnips and rose petal jam, *The New Middle Eastern Vegetarian* is filled with aromatic herbs and spices, inspiring ideas and all the knowledge needed to cook wonderful vegetarian food from the Middle East and beyond.

In this James Beard Award-winning cookbook, Madhur Jaffrey draws on more than four decades of culinary adventures, travels, and experimentation to create a diverse collection of more than 650 vegetarian recipes featuring dishes from five continents. Madhur Jaffrey's *World Vegetarian* exemplifies Madhur's unsurpassed ability to create simple, flavorful homecooking that is well within the reach of every cook. Extensive sections on beans, vegetables, grains, and dairy explore the myriad ways these staples are enjoyed worldwide. Madhur balances appealing, uncomplicated dishes such as sumptuous omelets and rich polentas with less familiar ingredients such as green mangoes, pigeon peas, and spelt. She demystifies the latter with clear-cut explanations so that incorporating new combinations and interesting flavors into everyday cooking becomes second nature. She also offers substantial sections on soups, salads, and drinks, as well as sauces and other flavorings, to help round out a meatless meal and add exciting new flavors to even the most easily prepared dishes. Each section opens with a detailed introduction, where Madhur describes methods for preparation and storage, as well as different cooking techniques and their cultural origins. And a complete glossary of

ingredients and techniques clarifies some of the little-known elements of the world's cuisines so that even the uninitiated can bring the flavors of Asia, the Middle East, the Caribbean, and more to their tables. Throughout this extensive collection, Madhur includes personal anecdotes and historical contexts that bring her recipes to life, whether she's remembering field of leeks she saw in the mountains of northern Greece or describing how corn-based dishes arrived in Indonesia through colonial trade. Committed vegetarians will rejoice at the wide variety of meatless fare Madhur offers, and nonvegetarians will enjoy experimenting with her global flavorings. This highly readable resource promises to be a valuable addition to any cook's library, helping everyone make healthful ethnic foods a part of everyday cooking.

An authentic, indulgent collection of dessert recipes from across the Middle East, from one of the region's most loved home cooks Whether you start your day with something sweet, finish it with something sweet, or make sure sweets are within reach all day long, you'll find serious inspiration in the pages of Salma Hage's latest cookbook for home cooks. The Middle East's wide range of cultures, ingredients, and influences informs the array of dishes she includes - spiced cookies, cream-filled pancakes, aromatic pastries, and delicious cakes - with recipes that are easy to follow and celebrate simple-to-source spices and taste combinations.

Take a Journey With the Best Vegan Recipes the World Has to Offer! Kirsten Kaminski, creator of The Tasty K and vegan travel aficionado, is here to take you on a voyage through incredible plant-based versions of her favorite international recipes, all from the comfort of your own home. And with helpful tips and tricks for traveling as a vegan, you'll never go hungry on any of your future globe-trotting adventures. Whip up a feast for your guests with a mezze platter inspired by Kirsten's memories of many warm nights spent in cozy Greek taverns, or

indulge in a smooth and rich Lentil Moussaka, featuring a homemade béchamel sauce based on a favorite recipe from her time living in Cyprus. Discover the plant-based way to make sabich (complete with a vegan “egg”) through a recipe that mimics the creamy, silken version she came to love while living in Tel Aviv. Fall head over heels for matcha, just as Kirsten did during her travels in Japan, as you luxuriate in totally dairy-free Matcha Ice Cream. And be transported to the sunny streets of Mexico as you bite into the tender, street-style Elotes that call back to her high school years. With this exciting cookbook, you’ll eat your way through the Mediterranean, Middle East, Asia and Latin America, all without compromising flavor or your vegan diet. So take a bite, take a journey and let *The Traveling Vegan Cookbook* be your guide to showstopping deliciousness from around the world.

“[A] ground-breaking collection of wonderful pilafs, soups, stuffed vegetables, relishes and pastries. A treasury of delicious dishes” (*The Foodie*). Every one of the twelve cookbooks Arto der Haroutunian wrote became a classic; his thoughtful, erudite writing helped to explain to Westerners the subtlety, complexity and diversity of Middle Eastern and North African cooking. *Vegetarian Dishes from the Middle East* shows how the cooking of vegetables is treated with reverence in the lands that make up the rich and varied tapestry of the Middle East. The people depend on the grains and pulses, nuts, vegetables and fruits of the region for their daily food. Here are warm and spicy stuffed vegetables, cool and fragrant soups, delicate preserves, pilafs, breads, pickles, relishes, and pastries. “This book will give a real boost to any vegetarian food enthusiast looking for something a little more unusual.” —*The Vegetarian* “One of the classic cookbooks on the subject written by the recognized authority in Middle Eastern cooking.” —*Publishing News* “Learn how to make a variety of feasts from just a few ingredients

with this authentic collection of recipes, including popular dishes such as tabouleh, hummus and falafel, as well as new ones you may not have tried.” —The Green Parent “The recipes . . . glow. They openly embrace the full spectrum of ethical eating, but most importantly, this is a book of delicious, exquisite food; simple to make [yet] exotic enough to tempt jaded palates.” —The Gastronomer’s Bookshelf

In this updated and greatly enlarged edition of her Book of Middle Eastern Food, Claudia Roden re-creates a classic. The book was originally published here in 1972 and was hailed by James Beard as "a landmark in the field of cookery"; this new version represents the accumulation of the author's thirty years of further extensive travel throughout the ever-changing landscape of the Middle East, gathering recipes and stories. Now Ms. Roden gives us more than 800 recipes, including the aromatic variations that accent a dish and define the country of origin: fried garlic and cumin and coriander from Egypt, cinnamon and allspice from Turkey, sumac and tamarind from Syria and Lebanon, pomegranate syrup from Iran, preserved lemon and harissa from North Africa. She has worked out simpler approaches to traditional dishes, using healthier ingredients and time-saving methods without ever sacrificing any of the extraordinary flavor, freshness, and texture that distinguish the cooking of this part of the world. Throughout these pages she draws on all four of the region's major cooking styles: - The refined haute cuisine of Iran, based on rice exquisitely prepared and embellished with a range of meats, vegetables, fruits, and nuts - Arab cooking from

Syria, Lebanon, and Jordan--at its finest today, and a good source for vegetable and bulgur wheat dishes - The legendary Turkish cuisine, with its kebabs, wheat and rice dishes, yogurt salads, savory pies, and syrupy pastries - North African cooking, particularly the splendid fare of Morocco, with its heady mix of hot and sweet, orchestrated to perfection in its couscous dishes and tagines From the tantalizing mezze--those succulent bites of filled fillo crescents and cigars, chopped salads, and stuffed morsels, as well as tahina, chickpeas, and eggplant in their many guises--to the skewered meats and savory stews and hearty grain and vegetable dishes, here is a rich array of the cooking that Americans embrace today. No longer considered exotic--all the essential ingredients are now available in supermarkets, and the more rare can be obtained through mail order sources (readily available on the Internet)--the foods of the Middle East are a boon to the home cook looking for healthy, inexpensive, flavorful, and wonderfully satisfying dishes, both for everyday eating and for special occasions. The part-time vegetarian who was identified in Sally's first book, *Veggiestan*, has become a thing. Great swathes of the population are now eschewing meat for the best part of the week in favour of healthier, vegetable based alternatives. The appetite for new ways to brighten your broccoli, add sparkle to your spinach and titillate your tomatillos has never been greater. Since opening her vegetarian café within her shop Persepolis, Sally has seen an explosion of interest in her Middle Eastern-influenced vegetarian dishes. Inspired by the food Sally serves up daily to her hungry customers,

this sequel to Veggiestan, ventures a little further from the Middle Eastern shores, deserts and mountain ranges to other continents and beyond... The book still mostly draws on Sally's experience in Mediterranean and Middle Eastern cuisine, but once again she looks to all parts of the globe for vegetarian recipes (and stories). Persepolis brings you the most outstanding (and fun) ways of feeding without meat or fish, stopping along the way for a chat with the residents and a bit of sightseeing. 150 new recipes, including more vegan recipes/alternatives, offer a fantastic variety of ideas for the vegetarian cook.

A collection of two hundred and fifty recipes for vegetarian dishes from the Middle East. Intensely flavorful and inherently healthy, Mediterranean food is one of the world's most appealing cuisines. Mediterranean cooks know how to make eating a pleasure. They do it simply—with olive oil and garlic; with herbs and spices; with tomatoes and eggplants, peppers and squash, figs and peaches, and other seasonal produce. And of course there is crusty bread and local cheese, the freshest yogurt and endless wine. In this authoritative and anecdotal cookbook, award-winning author Martha Rose Shulman captures the vibrant flavors of the Mediterranean region in more than 500 delicious vegetarian dishes that will appeal to everyone. The book represents years of meticulous research gleaned from Shulman's travels through France, Spain, Italy, the Balkans, Greece, Turkey, North Africa, and the Middle East. She presents authentic contemporary variations as well. You'll dine with her in Greek olive groves, feast on

recipes handed down from mother to daughter for generations, and she offers her own tomatoes and fresh sardines in Croatia, savor coffee gelato in the streets of Bologna. At every turn in the road there is a new culinary reward. Whether you are a vegetarian or a dedicated meat eater, Shulman's recipes are substantial enough to satisfy any appetite. Included are such tempting creations as Majorcan Bread and Vegetable Soup, Provençal Chick Pea Salad, Pasta with Ligurian Artichoke Sauce, Greek Cauliflower Gratin with Feta and Olives, Balkan-Style Moussaka, North African Carrot "Compote," and Sweet Dessert Couscous with Citrus and Pomegranate. There is also an entire chapter devoted to the renowned "little foods" of the Mediterranean: tapas from Spain, antipasti and merende from Italy; meze from the eastern and southern Mediterranean, and more. In addition, the book features a glossary of useful cookware and indispensable pantry staples and the best online sources for hard-to-find ingredients. As Martha Rose Shulman herself says, "Mediterranean food enthralles me." Readers of Mediterranean Harvest will be enthralled as well.

Growing up in an Arab American household, rich traditional Arabic dishes were central to Blanche's family's life. However she noticed that previous generations of her family did not document these heirloom recipes on paper, but passed the cooking techniques only by word of mouth. So Blanche began a mission of cultural preservation, taking down the cooking methods and exact ingredients of these hundreds of year old recipes. She launched a popular YouTube cooking show called "Feast in the Middle East" to not

only share these recipes with her family, but with the world. Some of these dishes are classical favorites, like smoky Syrian Muhammara dip with walnuts, pomegranate molasses and roasted peppers, "Warak Enab, " or rice and lamb rolled into tender grape leaves and cooked in a tomato broth, or Lebanese semolina custard scented with rose water called "Layali Lubnan" or "Lebanese Nights". Other dishes, like Musakhan, come from small and obscure villages like Ein Erik in the Palestinian West Bank. Musakhan is a sumac spiced chicken roasted on bread and smothered with caramelized onions and toasted pine nuts. Ancient recipes like chewy semolina date ring cookies called Ma'moul commemorate both Easter and Ramadan, while an over 1000 year old cinnamon spiced bulgur wheat porridge called Burbarra celebrates the Feast of Santa Barbara in the Arab Levant, Malta, and even Eastern Europe. While many of these dishes used to take hours to make, Blanche modernized these recipes to adapt to today's western palate and busy lifestyles. Readers will be able to recreate street foods like Chicken Shawarma and crispy Felafel in their own kitchens using easy techniques and familiar ingredients. Fusion dishes like Baklava Granola with pistachios and cardamom, Middle Eastern Nachos or "Machos" with pita chips and cucumber yogurt sauce, and a Lemon Cheesecake made with creamy labneh cheese adapt middle eastern spices and ingredients to western tastes. Today the "Feast in the Middle East" YouTube series has brought together a global cooking community in an unexpected and beautiful way. Now viewers are making these recipes in the United

States, Canada, India, Australia, Spain, Korea and beyond. AUTHOR BIOGRAPHY: Blanche Araj Shaheen is the YouTube personality and host of the popular cooking show, Feast in the Middle East. Prior to her foray into food, she was a television host and reporter in both entertainment and news. She reported and hosted programs for PBS, G4 Television, and Link Media's "Mosaic World News of the Middle East." She also became the first Arab American entertainment reporter, as a contributor for the ABC live show called "View From the Bay." In 2010 Blanche made the switch to hosting her own YouTube cooking show, sharing heirloom recipes preserved by her mother and grandmother. With her journalism background, she decided to document the recipes in this cookbook, and Feast in the Middle East was born. She gives the historical relevance of many signature dishes, and shares personal stories from her own family traditions and trips to the Middle East. Aside from her ongoing cooking series on YouTube, Blanche's Feast In the Middle East has been featured on Virgin America Airlines AUTHOR HOME: Los Altos, C

A vibrant collection of exciting, exotic, and sharing-plate recipes from across the Middle East More than 135 home-cooking recipes in this book explore the regional diversity of Middle Eastern sharing dishes, from Lebanon and Iran to Turkey and Syria. Divided by style of dish, the book features both meat-based and vegetarian dishes, along with suggested mezze-style menus and a glossary of ingredients. From Roasted Cauliflower with Tahini and Smoked Paprika to Pistachio and Pomegranate Cakes, The Mezze

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Cookbook is packed with both traditional and modern takes on this age-old way to share food. This cookbook is filled with vegetarian, meat-based, and fish recipes for everyone to enjoy. From the author of the acclaimed *The Lebanese Kitchen* and the James Beard Award-winning *The Middle Eastern Vegetarian Cookbook*, also published by Phaidon.

From the author of the successful blog, [mouthwateringvegan.com](http://mouthwateringvegan.com), comes over 130 incredible recipes to showcase how accessible, varied, delicious and nutritious vegan eating can be. In this book you'll find recipes for your favourite comfort foods in all their vegan glory. Here are meat-free, egg-free and dairy-free recipes that combine the idea of eating healthily, with food that is immediately satisfying, tastes great and is easy to prepare. From delicious dips, appetizers and soups; to main courses including curries, pastas, stews, burgers and salads. There are a whole host of recommended juices and smoothies and--at the sweeter end of scale--cookies, cakes and desserts.

Mouthwatering Vegan transforms home cooking classics into vegan-accessible, delicious dishes. Miriam challenges herself to replicate dishes that are usually impossible to include in a vegan diet and opens up the scope for what vegan eating can be. Included in the book are recipes for vegan cheese, cream and mayonnaise; Chilli Con 'Carne', Shepherd's Pie, Mince & Ale Pie, Stroganoff Supreme and the Perfect Roast. As well as delicious dishes that celebrate pulses and vegetables, such as Aubergine, Chickpea and Potato Curry; Stuffed Tomatoes and Zucchini Casserole; Red

Bean Nut Burgers; Spicy Rice & Quinoa Eggplant Bake; and Super Mushroom & Walnut Loaf. Many of Miriam's recipes are inspired by the Mediterranean and the Far East, and all of them have the health benefits of vegan cooking without sacrificing the taste. Mouthwatering Vegan opens up new possibilities for vegan eating that will make you rethink vegan cuisine.

Western livestock rearing and industrial production of meat is not a model than can continue so moving towards a more vegetable based diet is the only sustainable and healthy way to feed the world. This cookbook presents some of the best non-meat dishes from all over the world presented in a mezze style. From the tempting coconut milk rice dishes of South India to the warming bean and chilli concoctions of South America there are intriguing tastes to tempt every palate and the freedom to combine them in experimental ways.

A delicious collection of accessible and tasty Greek recipes – perfectly matched to the current trend for meat-free eating Fresh vegetables are an integral part of Greek cuisine, and The Greek Vegetarian Cookbook showcases an array of delicious meatless breakfasts, soups, salads, vegetables, grains, and desserts. Drawing inspiration from all over Greece, the book simplifies this hugely popular cuisine with easily achievable, nourishing recipes so satisfying and tasty that they appeal to vegetarians and meat-eaters alike. Introductions to each recipe often

provide additional information on ingredients and serving suggestions and many suggest variations to the dish itself.

A new cookbook about how to make vegan dishes from the Middle East and Mediterranean. For those who want to break out of the old meal routine but are tired of looking for the right dish. In 'Vegan Meets Turkish Kitchen' all of the best recipes have been collected from around the region to spice up your dinner routine. It's finally here!

Enjoyment, hospitality, tradition, creativity, sustainability and joy of life ? these starting points were the inspiration for this book. The cooking of vegetables is treated with reverence in the lands that make up the rich and varied tapestry of the Middle East. The people depend on the grains and pulses, nuts, vegetables and fruits of the region for their daily food and Parvin Razavi has taken the fresh and varied cuisines of Iran, Armenia, Syria, Lebanon, Jordan, Egypt, Morocco and Turkey to create a beautiful vegan cookbook. Whether as a main course or for the traditional mezze, this book contains dishes that blend natural culinary delights from the various food cultures and combines them with contemporary approaches. Here are warm and spicy stuffed vegetables, cool and fragrant soups, delicate preserves, pilafs, breads, pickles, relishes and pastries. The varied cuisines of the Middle East provide a wealth of vegan recipes. PARVIN

RAZAVI was born in Iran and spent her early years at the Caspian Sea and in Tehran until their family emigrated to Europe. She had always been fascinated by her family kitchen and her culinary talent was valued for many years just among her circle of friends, before she made her passion into her profession. From then on, she wrote her own very successful foodblog 'thx4cooking' and began as an editor at Biorama, a magazine for a sustainable lifestyle.

Delectable recipes from the medieval Middle East This popular thirteenth-century Syrian cookbook is an ode to what its anonymous author calls the “greater part of the pleasure of this life,” namely the consumption of food and drink, as well as the fragrances that garnish the meals and the diners who enjoy them. Organized like a meal, Scents and Flavors opens with appetizers and juices and proceeds through main courses, side dishes, and desserts. Apricot beverages, stuffed eggplant, pistachio chicken, coriander stew, melon crepes, and almond pudding are seasoned with nutmeg, rose, cloves, saffron, and the occasional rare ingredient such as ambergris to delight and surprise the banqueter. Bookended by chapters on preparatory perfumes, incenses, medicinal oils, antiperspirant powders, and after-meal hand soaps, this comprehensive culinary journey is a feast for all the senses. With the exception of a few extant Babylonian and Roman texts, cookbooks did not appear on the world literary scene until Arabic

speakers began compiling their recipe collections in the tenth century, peaking in popularity in the thirteenth century. Scents and Flavors quickly became a bestseller during this golden age of cookbooks and remains today a delectable read for cultural historians and epicures alike.

Hip, healthy, and flavorful, Tahini & Turmeric delivers vegan haute cuisine in 101 easy-to-prepare recipes With gorgeous full-color photos, artful writing, and out-of-the-box recipes, you'll see why this duo's successful and heart-healthy website, [MayIHaveThatRecipe.com](http://MayIHaveThatRecipe.com), has such a dedicated following. Drawing on the ancient traditions of Turkey, Lebanon, and Israel to the trendy palates of Barcelona, Spain, Cohen and Fox showcase delicious vegan dishes with sophisticated flavor profiles and beautiful, crowd-pleasing presentations. From brunch specials such as Chickpea and Pepper Shakshuka and Zucchini Fritters with Yogurt Cucumber Sauce, to rich, intensely-flavored desserts, like Creamy Tahini Cheesecake and Rose Water Pudding Tartelettes with Pomegranate and Pistachios, there's a dish for every meal. Paired with fresh greens, the salads and appetizers can more than hold their own for an easy weeknight supper that is healthy, filling, and beautiful. Entrées such as Harissa meatless meatballs with Aromatic Turmeric Broth and Sweet and Savory Quinoa Stuffed Eggplant do double duty for everyday or holiday. With detailed explanations of Middle Eastern

foods, and suggestions on the best way to build up a home pantry of staples, you'll discover a world of flavor. Once you begin cooking from Tahini & Turmeric, you'll find yourself experimenting with pistachios and pomegranate syrup--and, of course, tahini and turmeric.

This edition has been adapted for the US market. It was originally published in the UK. \* Named one of the best cookbooks of the year by The New York Times, the Boston Globe, and Delish \* “Enticing, inviting and delicious. Vegan and vegetarian dishes that are hard to resist (and why should you?).” —Yotam Ottolenghi “Sodha, who writes a vegan cooking column for The Guardian, has widened her scope in this exceptional volume, drawing on ingredients and techniques from throughout Asia to inspire a mix of mostly speedy, weeknight-friendly dishes... a glimpse of Ms. Sodha at her best.” —Melissa Clark, The New York Times “With verve and charm, Meera Sodha persuades all cooks to make her luscious plant-based food. Her honesty and wit shine bright in this accessible collection of recipes tailored for omnivores and busy people. Every page bursts with exciting ideas you’ll want to cook up!” —Andrea Nguyen, author of Vietnamese Food Any Day and The Pho Cookbook Modern, vibrant, fuss-free food made from easy-to-find ingredients, East is a must-have whether you're vegan, vegetarian, or simply want to eat more delicious meat-free food. Meera

Sodha's stunning new collection features brand-new recipes from a wide range of Asian cuisines. This cookbook is a collaboration between Sodha and the East Asian and South East Asian home cooks and gourmet chefs who inspired her along the way. There are noodles, curries, rice dishes, tofu, salads, sides, and sweets, all easy to make and bursting with exciting flavors. Taking you from India to Indonesia, Singapore, and Japan, by way of China, Thailand, and Vietnam, East will show you how to whip up a root vegetable laksa and a chard, potato, and coconut curry; how to make kimchi pancakes, delicious dairy-free black dal and chili tofu. There are sweet potato momos for snacks and unexpected desserts like salted miso brownies and a no-churn Vietnamese coffee ice cream. Offers Indian and Asian-style recipes for preparing vegetables, beans, rice, eggs, milk products, breads, noodles, appetizers, and desserts

Anyone not adequately acquainted with the South's true culinary terrain might struggle with the idea of a Southern vegetarian. Because isn't the South one big feast of meaty indulgence? Don't vegetables play a supporting role to fried chicken and bacon on a Southern table? Justin Fox Burks and Amy Lawrence turn that notion on its head by recasting garden bounty as the headlining act on a plate. In a region distinguished by ideal growing conditions and generations of skilled farmers, Southern-style vegetarian cooking is not only possible, it's a

pursuit brimming with vine-ripened possibility. Grab a chair in Burks and Lawrence's kitchen and discover modern recipes that evoke the flavors of traditional Southern cooking, with techniques and ingredients loved so dearly throughout the region: Lemon Zest and Thyme Pimento Cheese Grilled Watermelon and Tomato Salad with Honey Lime Vinaigrette Okra Fritters with Creole Mustard Sauce Vegetarian Red Beans and Rice with Andouille Eggplant Roast Beet Salad with Sea Salt Granola and Honey Tarragon Dressing Grilled Peach Ice Cream Whether you're a devoted plant-eater or a steadfast omnivore, The Southern Vegetarian Cookbook will help you shift vegetables from the outskirts of your plate into main course position. Eating your vegetables has never been more delicious. "True Southern food will always adapt to its surroundings. It is not the stubborn lout that many think it is, rather it's a nimble cheerleader of its region. It revels in vegetables and cherishes seasons. Burks and Lawrence are adding healthy substance to the definition of our Southern food. The Southern Vegetarian is a great addition to any culinary library." —Hugh Acheson, author of *A New Turn in the South* "Come eat with The Chubby Vegetarian. Justin and Amy are the only people I have ever met who can take the hock out of greens and not remove the soul from the pot." —Kelly English, Food & Wine Best New Chef 2009, Chef/Owner of Restaurant Iris "What you have in

your hands is a gift. It is a fresh, fun, slightly irreverent and joyful new look at Southern vegetarian dishes...a look that needed to be taken.” —John Currence, James Beard Foundation award for Best Chef South, Chef/Owner, City Grocery Restaurant Group

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