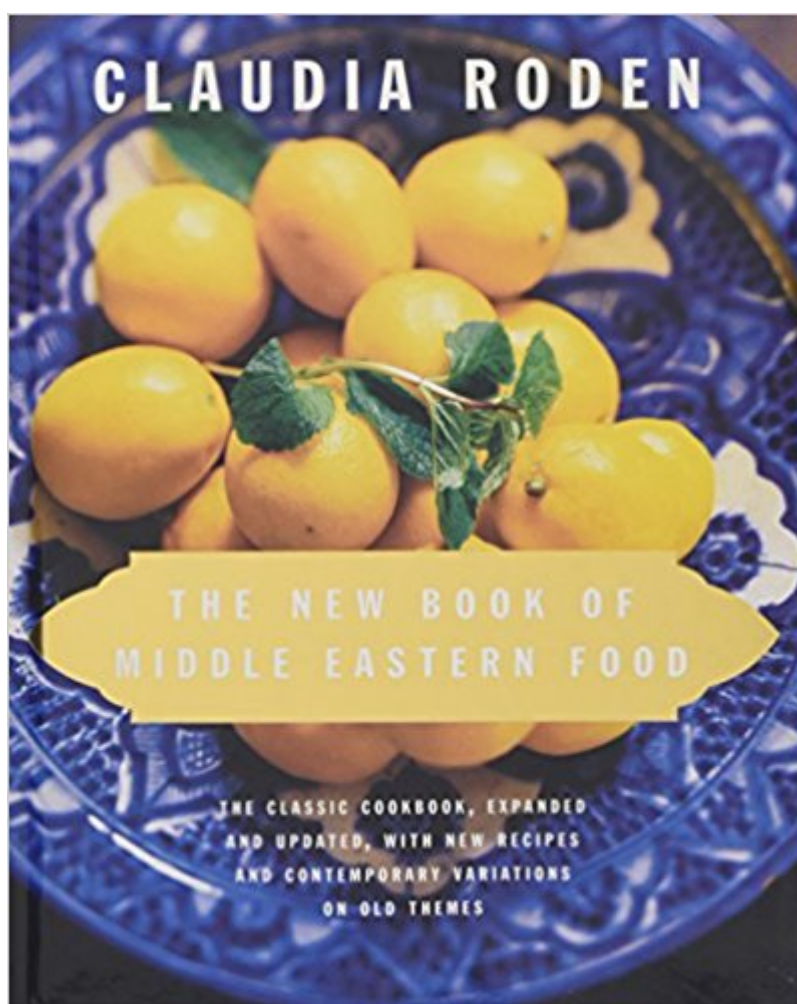


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# The New Book Of Middle Eastern Food: The Classic Cookbook, Expanded And Updated, With New Recipes And Contemporary Variations On Old Themes





## Synopsis

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.

## Book Information

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## Customer Reviews

Claudia Roden has updated and expanded her popular 1968 cookbook for a more savvy and knowledgeable audience. While still filled with old favorites, the third edition acknowledges food processors and other handy kitchen tools, as well as this generation's preference for lower-fat recipes. Not that every recipe is changed; many are not, but Roden does attempt not to rely too much on butter and oils. Begin your meal with mezze, derived from the Arabic t'mazza, meaning "to savor in little bites." Try Cevisli Biber (Roasted Pepper and Walnut Paste) spread on warm pita bread. Serve with Salata Horiatiki (Greek Country Salad) and then move on to a main dish of Roast Fish with Lemon and Honeyed Onions or Lamb Tagine with Artichokes and Fava Beans. The cookbook wouldn't be complete without sections on rice, couscous, and bulgur--try Addis Polow (Rice with Lentils and Dates) or Kesksou Bidaoui bel Khodra (Beber Couscous with Seven Vegetables). Finish with a traditional dessert like Orass bi Loz (Almond Balls). Mixed in with the recipes are Roden's personal experiences as a cook and recipe archivist, and Middle Eastern tales that illustrate the history of a particular recipe or food group. "It was once believed olive oil could cure any illness except the one by which a person was fated to die," Roden writes. "People still believe in its beneficial qualities and sometimes drink it neat when they feel anemic or tired." She also includes a detailed introduction to the terrain, history, politics, and society of the Middle East so her readers can more fully understand why the cuisine has evolved the way it has. "Cooking in the Middle East is deeply traditional and nonintellectual," she says, "an inherited art." It's our good fortune to inherit such a rich tradition. --Dana Van Nest

When Roden published *The Book of Middle Eastern Food* in 1972, the cuisines of Morocco, Turkey, Greece, Egypt and their neighbors were mysteries in this country. Today, their fresh flavors are better known, and much loved, and Roden has expanded and updated her classic to meet modern needs. The new version includes more than 800 recipes, as well as folk tales, tips, anecdotes and just about all the information anyone needs to reproduce foods from that part of the world.

Miraculously, Roden manages to be this thorough while never sacrificing her personal tone. This is a book that is both encyclopedic and intimate. Much of Middle Eastern food is light tasting and vegetable-based, and the recipes reflect these qualities without neglecting more complex and unusual preparations. A chapter on appetizers and salads includes a Moroccan Lettuce and Orange Salad, Tabbouleh, Lemony Chicken Jelly and even a Brain Salad. While Roden is no stickler for starting from scratch, she always provides plenty of options for those who wish to do so. In a section on yogurt, a key ingredient in many recipes, such as Tagliatelle with Yogurt and Fried Onions, and Chickpeas with Yogurt and Soaked Bread, she gives both guidelines for buying yogurt and instructions for making your own. A sub-section on Persian sauces for rice is outstanding, as is another on stuffed eggplants. Desserts include Egyptian "Bread-and-Butter" Pudding and Arab Pancakes with various fillings. Roden won a James Beard award for *The Book of Jewish Food* in 1997. She will certainly be in the running once more with this impressive work. 24 pages of color photos. (Oct.) Copyright 2000 Reed Business Information, Inc.

Expects you to make a lot of judgement calls. Meals are delicious if you make some adjustments. Such as, recipe told me to add water "to cover" but did not specify how much water or how completely to cover the ingredients. I ended up starting low and added more water down the line. Meal also took about 2x as long to cook as estimated.

I'm returning this cookbook because of major mechanical problems, as if the text was prepared by optical character recognition software applied after the hard copy was scanned. Ingredients run together on many recipes I looked at, instead of one ingredient per line. Words that look like typos, recipe names appearing randomly in the middle of a recipe as if they're from the running footer appearing within the text... Here's just one random example: One of the recipe variations says- Add 3 medium-sized cooked potatoes, cut- into nprpc- Fry 2 sliced zucchini ...Huh? If these mechanical problems ever get fixed, let me know.

The book is magnificent. A true gem. The only reason for 4 stars is that the Kindle version is

absolute s\*\*t. The formatting is completely messed up. DO NOT BUY KINDLE BOOK.

Great recipes. Easy to follow. Love to learn about the country as well as the food.

Not as good as her original book of Middle Eastern food which I purchased back in the '80s and which had a number of medieval recipes. This edition has been updated and modernised somewhat. Still a great book on Middle Eastern food but lacking something compared with the original.

The Best Middle Easter cookbook ever! The food tastes right, and you get small anekdotes with the recipes. This is the sixth time I buy this book, as I buy it for everybody who shows just the sligthest interest in middle eastern food

I lived in L.A. in the 1990's and was a Zankou Chicken addict. I can still remember the garlic sauce to this day. I now live in a very rural area with a very limited restaurant selection, and have food alllergies as well. I wanted to find a good middle eastern cookbook so I could make some of these foods at home. I just ordered this book and I am so glad I did. It has every recipe I wanted plus many more that sound delicious. Nothing in here looks intimidating and most of the ingredients I will be able to purchase here. The author also includes much history and fascinating tidbits about the cuisine. Very well done. I am thrilled with this book!!

We love this cookbook. Since ordering it my husband has been surprising us with numerous easy to prepare, delicious dishes from within. It takes a something as simple as rice and turns it into something you long for and crave (ie: Our favorite simple dish- pg. 339 Rice with Chickpeas). Likewise, our 2 and 4 year old American daughters love the recipes from this book. This is a great alternative to pasta and chicken nuggets. Our kids get a healthy meal-- that we can actually get them to eat- and mom and dad really enjoy their wonderfully flavorful meal as well. Likewise, there are even little stories included about where the dish came form and its history.

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