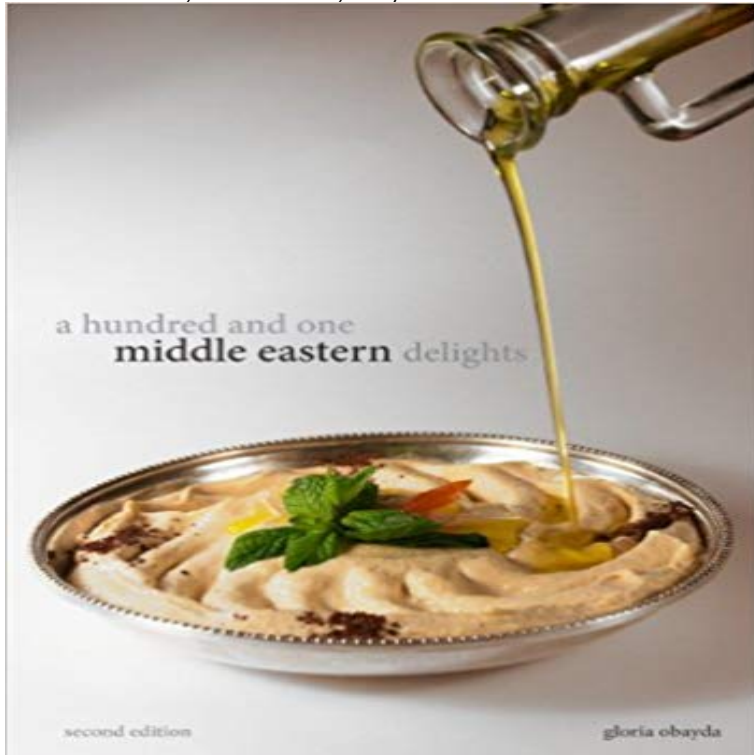


A Hundred And One Middle Eastern Delights: Recipes from Iraq, Lebanon, Jordan, Syria etc.



Illustrations: this book contains 100 photos. Introduction I was encouraged by my family and friends to put down on paper my few recipes which were passed down from family and friends as well as ones I made up myself. In the first edition, I tried to make some of the recipes easier to encourage non Arabs to try them. All or most of the ingredients can be found in a good supermarket. The odd ingredient may not be so accessible, but is available in Middle Eastern shops, located all over the country. In the second edition, I changed a few things, tweaked a few recipes, added new ones as well as many more photos (100 photos). I hope you will enjoy making the food as much as I do, and having fun along the way. The book has proved especially useful for those who have left the Middle East a long time ago and whose children have never been there, like mine. It has also been sought after by people who have tasted and loved Middle Eastern food and want to learn how to prepare it. I had a great deal of help from my family and friends, who have enjoyed my cooking and friends, who have encouraged me with them. Gloria

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