

## Everyday Lebanese Cooking

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~~Lebanese Cooking Basics | Roasted Garlic Hummus, Homemade Tahini Paste, Muhammara, Pickled Veggies~~

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Using only fresh produce and a balanced mix of fresh vegetables, fresh fruit, herbs, fish, poultry and occasionally meat, Lebanese food has the reputation of being amongst the healthiest in the world.

~~Everyday Lebanese Cooking — Kindle edition by Hamadeh ...~~

Everyday Lebanese Cooking [Hamadeh, Mona] on Amazon.com. \*FREE\* shipping on qualifying offers. Everyday Lebanese Cooking

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This book includes a wide variety of dishes from Lebanese cuisine, including the well known and delicious Hummus, Baba Ghanouj and Tabouleh through to the most authentic and traditional recipes from the rural mountains and bustling cities along the Mediterranean coast. An emphasis on vegetables and

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pulses means that many recipes are vegetarian friendly as well as being simple, healthy and affordable.

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Everyday Lebanese Cooking is an essential guide to making all the traditional foods of Lebanon. Starting with Maza, a variety of dishes that are perfect to share with large groups of family or friends, you can also learn to make your own Baba Ghanouj, Hummous and Tabouleh.

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Fattoush is a Lebanese salad, good for hot weather. This recipe uses two unusual ingredients: sumac and purslane. Sumac, usually sold ground, is ground red berries and used in Middle Eastern, particularly Lebanese, cooking. Purslane is succulent with a lemony flavor, and makes a nice salad green. I find them at farmer's markets.

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from Everyday Lebanese Cooking  
Everyday Lebanese Cooking by Mona Hamadeh Categories: Salads; Lebanese Accompaniments: Celebration lamb with rice and nuts (Ouzi) ; Minced lamb kebab (Kafta meshwi) ; Beef with cracked wheat (Kebbeh saneyeh) ; Arabian cardamom chicken (Kabseh) ; Green lentils with caramelised onions (Mjadara) ; Lebanese salad dressing (Salsa salata Lebnaneyeh)

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Lebanese cuisine (Arabic: ?????? ????????) is the culinary traditions and practices originating from Lebanon. It includes an abundance of whole grains, fruits, vegetables, fresh fish and seafood. Poultry is eaten more often than red meat, and when red meat is eaten, it is usually lamb and goat meat. It also includes copious amounts of garlic and olive oil, often seasoned with ...

~~Lebanese cuisine — Wikipedia~~

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Everyday Lebanese cooking Hamadeh , Mona With a wide variety of dishes from Lebanese cuisine, including the well known Hummus, Baba Ghanouj and Tabouleh, through to authentic and traditional recipes from the rural mountains and bustling cities along the Mediterranean coast.

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This book includes a wide variety of dishes from Lebanese cuisine, including the well known and delicious Hummus, Baba Ghanouj and Tabouleh through to the most authentic and traditional recipes from the rural mountains and bustling cities along the Mediterranean coast. An emphasis on vegetables and pulses means that many recipes are vegetarian friendly as well as being simple, healthy and affordable.

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