



Complete Middle Eastern Cookbook

By Tess Mallos

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Complete Middle Eastern Cookbook By Tess Mallos

This is a completely revised and updated edition of Tess Mallos' influential and iconic The Complete Middle Eastern Cookbook. Instantly heralded as a classic when it was first published in 1977, The Complete Middle Eastern Cookbook covers more than 500 classic and contemporary dishes from eighteen countries (Greece, Cyprus, Turkey, Armenia, Syria, Lebanon, Jordan, Iraq, Bahrain, Kuwait, Saudi Arabia, UAE, Qatar, Oman, Yemen, Egypt, Iran & Afghanistan). Written with the home cook in mind, Tess's recipes are straightforward, simple to follow and work every time. Recipe and chapter introductions give valuable information about how local dishes are prepared and served, while the comprehensive glossary explains unfamiliar ingredients (which are steadily more commonplace in supermarkets today). The Complete Middle Eastern Cookbook is a book that belongs in the kitchens of every household.

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Editorial Review

From [Booklist](#)

In many ways Middle Eastern cooking stands as the source of all Western cuisine, and modern nutritional opinion holds it up as a nearly ideal diet, an eastern extension of the Mediterranean Basin. Mallos begins her exploration of those lands in decidedly European Greece and illustrates through recipes Aegean cooking's multicultural sources. She proceeds east through Turkey into Armenia and closes with some wonderfully unusual dishes from Afghanistan. Meat and vegetable "pies" seem ubiquitous in every one of these disparate lands, whether wrapped in crisp, delicate filo sheets or more substantial pastry doughs or breads. Mallos makes these recipes accessible for American kitchens, playing down ingredients too unobtainable. Although the rest of the eastern Mediterranean countries are represented, from Syria and Lebanon into Jordan and even African Egypt, Mallos fails even to mention Israel, an odd omission for so thoughtful and otherwise comprehensive a work. --Mark Knoblauch

Review

"The definitive guide to Middle Eastern cooking...A lot of cookbooks come across our desks every week. Some are very good, while others don't really stand out from what's already out there. So it's fairly rare that we say this, but the revised version of Tess Mallos' *The Complete Middle Eastern Cookbook* is a truly impressive work. Her book remains a relevant and authoritative guide to anyone seeking to explore the fascinating world of Middle Eastern cooking." ~*The Daily Meal*

"...a comprehensive course on Middle Eastern cooking and flavors, divided by region. It is big and beautiful and packed with all the information and delicious recipes you need to master Middle Eastern cooking in your own home." ~*livinginthekitchenwithpuppies.blogspot.com*

"In this all-new edition, stunning photographs and a contemporary design breathe new life into classics from Greece, Turkey, Iraq, Yemen, Egypt and other countries. Highly recommended." ~*Library Journal of Books*

About the Author

Tess Mallos was involved in the food industry for more than half her life, working as a consultant to food enterprises, conducting cooking programs, and writing many successful books.

Users Review

From reader reviews:

Thomas Stewart:

Reading a guide can be one of a lot of task that everyone in the world really likes. Do you like reading book therefore. There are a lot of reasons why people fantastic. First reading a publication will give you a lot of new facts. When you read a book you will get new information due to the fact book is one of various ways to share the information or even their idea. Second, reading a book will make you more imaginative. When you looking at a book especially tale fantasy book the author will bring one to imagine the story how the characters do it anything. Third, you could share your knowledge to others. When you read this Complete Middle Eastern Cookbook, you are able to tells your family, friends as well as soon about yours e-book. Your knowledge can inspire average, make them reading a e-book.

Ilene Bixler:

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Macie Austin:

Reading can called thoughts hangout, why? Because if you are reading a book particularly book entitled Complete Middle Eastern Cookbook your head will drift away trough every dimension, wandering in most aspect that maybe mysterious for but surely can be your mind friends. Imaging each word written in a publication then become one type conclusion and explanation which maybe you never get before. The Complete Middle Eastern Cookbook giving you a different experience more than blown away your thoughts but also giving you useful data for your better life in this particular era. So now let us explain to you the relaxing pattern here is your body and mind will probably be pleased when you are finished reading through it, like winning a casino game. Do you want to try this extraordinary investing spare time activity?

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