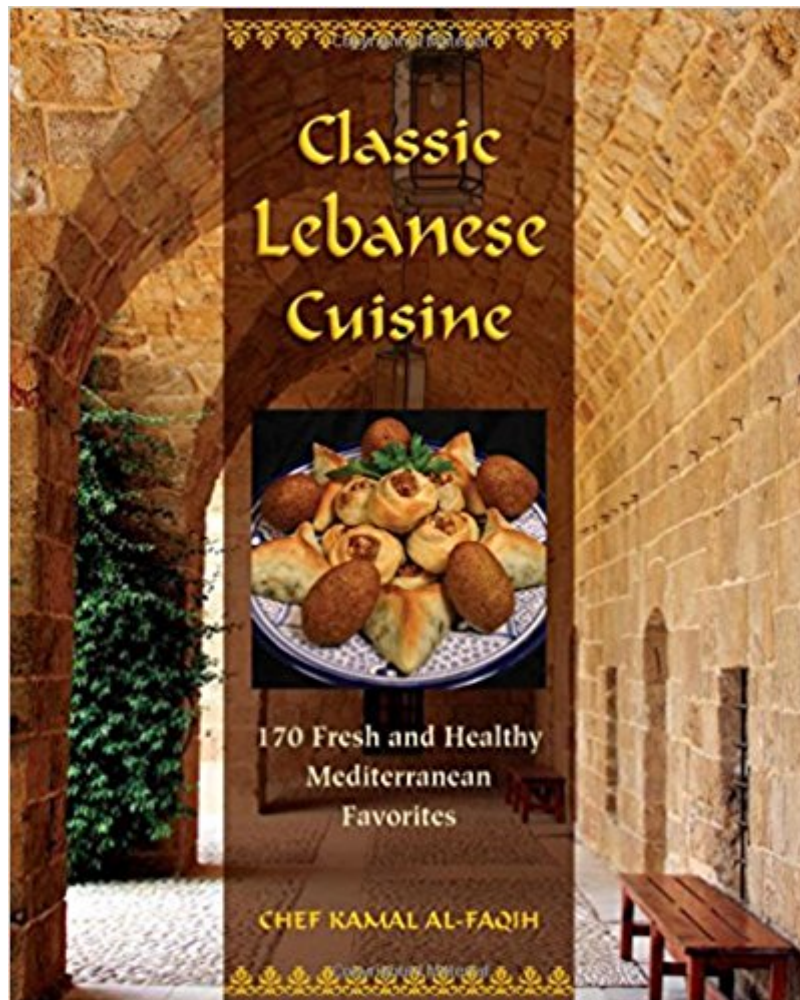




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Classic Lebanese Cuisine: 170 Fresh And Healthy Mediterranean Favorites



Synopsis

Savory, heart-healthy Lebanese recipes from a renowned chef The cuisine of Lebanon epitomizes the best of the Mediterranean diet, which is highly regarded for its positive health benefits. Abounding in vegetables, grains, fresh herbs and spices, poultry, and lamb, it yields meals replete with robust, earthy flavors. In *Classic Lebanese Cuisine*, Chef Kamal Al-Faqih presents 170 dazzling recipes that reflect the full breadth of authentic Lebanese cuisine. Featuring favorites such as baba ghanouj, tabbouli, and kibbi, this book also presents Al-Faqih's signature classics, like London broil layered with pita and garlic yogurt, and heart-healthy fire-roasted wheat with lamb. With step-by-step instructions accompanied by full-color photographs throughout, this book makes Lebanese cuisine accessible to everyone who seeks to reproduce their favorite flavors and dishes— from the merely curious to more experienced cooks.

Book Information

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Customer Reviews

The cuisine of Lebanon epitomizes the best of the Mediterranean diet, which is esteemed for its health benefits. Abounding in a wealth of heart-healthy ingredients—including fresh vegetables, grains, herbs, and spices; poultry; lamb; yogurt; and olive oil—it yields meals replete with robust, earthy flavors. In *Classic Lebanese Cuisine*, a leading chef presents 170 dazzling recipes that reflect the full breadth of authentic Lebanese cuisine. Many recipes include several variations, giving you the option of preparing a vegetarian dish or adding chicken, lamb, or beef. Featuring favorites such as baba ghanouj, tabbouli, and kibbi, and a large variety of Lebanese classics ranging from entrees to hors d'oeuvres, salads, desserts, and side dishes, this

book also presents Chef Kamal Al-Faqih's signature dishes. From London broil layered with garlic yogurt and pita, to heart-healthy fire-roasted wheat with lamb, he developed these singularly sumptuous recipes over two decades as the preeminent Mediterranean caterer in the Washington, D.C., area. Feedback from clients, friends, and family allowed him to focus on each dish individually and refine the ingredients and flavors. And, more recently, he devoted two years to further perfecting these recipes for this book. Accompanied by full-color photographs throughout, and with step-by-step instructions, *Classic Lebanese Cuisine* is linked to the Web site cookingwithkamal.com, where you can find complementary information and makes Lebanese cuisine accessible to everyone who seeks to reproduce their favorite flavors and dishes, from the merely curious to more experienced cooks.

In Washington, no dinner party I gave was complete without Chef Kamal Al-Faqih's personal and professional contributions as a friend and caterer. He shared some tricks and helped me heal the deprivations of exile, as I treated my guests to nostalgic flights into the magical evenings at home I wished had never been interrupted. Kamal's perfected and time-tested techniques steeped in the authenticity and ethos of the dishes he grew up with make that unique culinary voyage possible anywhere. . . . Let me invite you to . . . Kamal's chest of Mediterranean treasures of the palate, lovingly and artfully presented in this gem of a book.

from the foreword by Washington Post columnist Nora Boustany

Savory, Heart-Healthy Lebanese Recipes from a Renowned Chef Among the 170 recipes in *Classic Lebanese Cuisine*

APPETIZERS Pomegranate-Beef Crescents
 Hummus with Minced Lamb and Pine Nuts
 Pumpkin Kibbi Balls

SALADS Dandelion Salad with Yogurt
 Farmer's Salad with Tahini Dressing
 Parsley and Bulgur Wheat Salad

MAIN DISHES Cardamom Chicken, Lamb, or Beef with Rice
 Red Snapper with Caramelized Cumin Rice
 Jute Mallow and Garlic-Cilantro Stew with Lamb (or Beef)
 Stuffed Squash and Grape Leaves

SIDE DISHES Basmati Rice with Cumin, Lentils, and Onion
 Eggplant Moussaka
 Roasted Onion-Cumin Potato Spears
 Stewed Okra and Cilantro in Olive Oil

SOUPS Lentil Soup with Ruby Swiss Chard and Lemon
 Miniature Meatball Soup

DESSERTS Baklava
 Glazed Anise Fingers
 Sweet Semolina Yogurt Cakes

I was motivated to buy this book after our recent to Southern Spain, where there is an abundance of Middle Eastern cuisine. I looked at the reviews of the different books here on and settled with this one. The book is hardcover, 238 pages. There is a brief Foreword and Introduction, but the main focus is on the recipes. There are 5 chapters of recipes, as well as the sections, "Suggested

Menus," and "The Pantry," which highlights common ingredients in Lebanese cooking in both their common name (e.g. Olive Oil) and its Middle Eastern translation (zeyt zeytoon). Each chapter lists all of the recipes by name right at the beginning. Sample recipes include: * Hummus with minced lamb and pine nuts * Smoked eggplant dip * Lamb stuffed grape leaves * Eggplant salad * Lemon-garlic potato salad * Cardomom chicken with rice * Raisin couscous with vegetable stew * Roast leg of lamb * Basmati rice with toasted noodles * Lebanese pancakes with cream. With few exceptions, there is a photo of each dish, as well as photos of preparation techniques for some of the more complicated recipes. In most instances, the author points out which steps can be prepared in advance, as well as modifications that can be made in case you don't have certain ingredients or cooking materials. While some here have criticized the quality of the photos, I think they're fine. In addition to the recipes, the author includes tid bits, such as how to select good eggplant or other vegetables, how to grind Turkish coffee, and how to make variations of some of the recipes. I've tried three recipes thus far. They are easy to follow and the dishes turned out well. Overall, this is a very good cookbook. There are a range of options included, from appetizers to desserts. I highly recommend it.

Before visiting friends in Lebanon in 2015, I purchased this cookbook to familiarize myself with the cuisine and try a few dishes beforehand. I instantly fell in love with the cookbook for its expertly written recipes, clear instructions, and beautiful photographs. The recipes I made were 100% successful. While visiting Lebanon (definitely one of my favorite trips ever), I recognized many of the dishes and could tell that Chef Kamal's recipes were both authentic and well-adapted to the American kitchen. I'm looking forward to trying many more dishes!

This one of the best lebanese cuisine books in the market today. I have been cooking lebanese food and check books on the subject since I got married 35 years ago to a Lebanese. My mother in law (Hammete Nadia) gave me all her utensils for preparing lebanese food since she move to a retirement home two years ago. The only problem here is that the chef Kamal offers a free DVD if you buy the book directly from his web site, and not through . I have been trying to get the DVD for myself. That is the reason I gave him 4 stars but sincerely it deserved 5 stars.

Sometimes, you can judge a book by it's cover. This one is as beautiful inside as it is on the outside. Kamal introduces Lebanese cuisine with beautiful photographs and easy to read recipes. Included are many tips that go beyond the basic recipe to ensure successful results in your kitchen. Mouth

watering recipe after recipe await my "have to try this" bucket list. A well written cookbook. I'm glad I purchased it!

Great book for people who want to cook some basic Mediterranean dishes. We decided to have a Mediterranean menu for Christmas this year. This book does a great job of describing exactly how to prepare the dishes, as well as the "special ingredients" and special cooking tools you will need. I can't wait to start cooking these recipes, it is going to be awesome.

I found this book on display in the best Lebanese restaurant on Arab St in Singapore and ordered it years later. It has all the classics and is easy to follow.

Great cookbook, gave it as a gift - but had to return it because the printing was bad. There were different pages printed on top of one another and some of the pages had printing that was not aligned. Didn't notice it until after I had given the gift. Now I have to buy another and have it delivered. :(

I have looked at quite a few recipes in other books and this is closest to the traditional Lebanese food that I have come to love. I am trying to learn how to cook Lebanese food for a soon to be mother in law (that cooks Lebanese food all day everyday and even gets orders for her food) and this book has been most helpful in my success to impress! Keeping up is more like it but this book has been a great help.

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