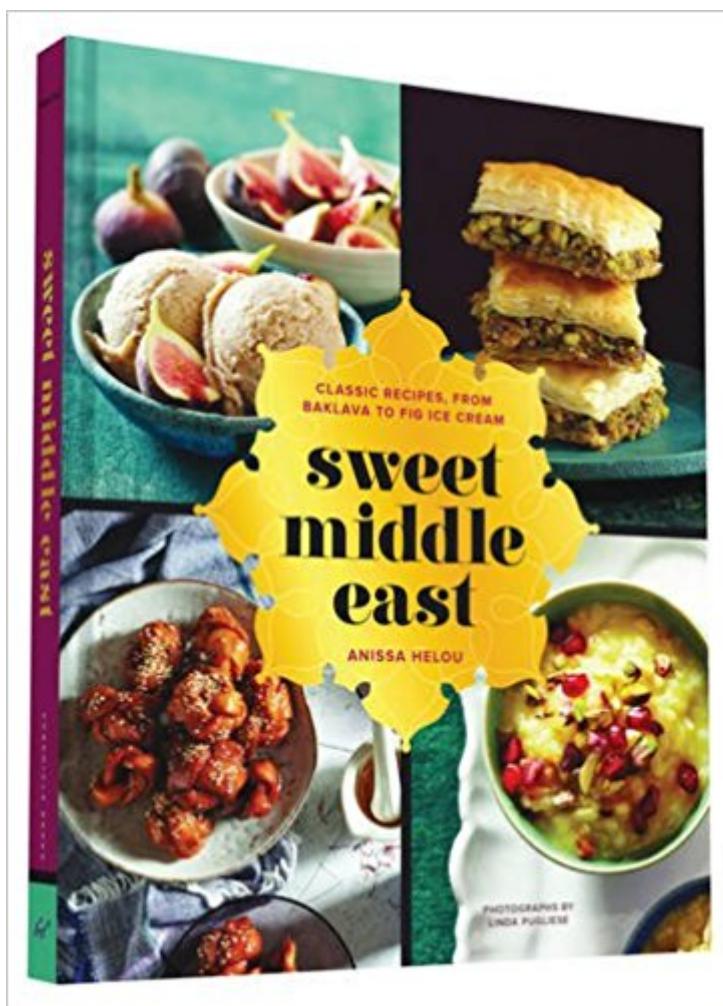


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# Sweet Middle East: Classic Recipes, From Baklava To Fig Ice Cream



## Synopsis

The seductive flavors of the Middle East have won over food lovers around the world, but the sweets of the region have remained largely unknown to Western palates—until now. Sweet Middle East, by doyenne of Middle Eastern cooking Anissa Helou, presents 70 classic desserts fragrant with spices, honey, dates, and nuts, and steeped in tradition. One bite of Anissa's authentic cookies, cakes, custards, puddings, and more reveals why these enchanting desserts deserve to be shared beyond their native lands.

## Book Information

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## Customer Reviews

Anissa Helou is the author of multiple cookbooks, and has been published in *Saveur*, *Food & Wine*, the *New York Times*, and more. She resides in London, England. Linda Pugliese specializes in food, lifestyle, and travel photography. She is based in New York City.

Checking the NYT cooking articles online, some selected recipes sparked my curiosity - and I was not disappointed. Different approaches, without being so alien they could not be understood, well presented. A total delight.

Fabulous! I have met the semolina nut cake, the saffron ice cream and the bread of the seraglio. Here, the instructions are simple and easy to follow. Most recipes require rose water, saffron and semolina. If you have those on hand, you can make most of the recipes. There is something

scrumptious about these desserts, perhaps it is the ingredients that make it slightly more healthy than your average Western dessert. These desserts all turned out perfect and like the pictures. This is also a pretty easy cookbook for a novice chef to use.

Bought this to give as a gift, but I think i'm keeping it. I'm not much for sweets, more for savory, but the simplicity of some of these recipes drew me in...granted, some recipes have ingredients that even I do not have, and I must have a world's supply, but no matter...there are enough others to start with...and as the opening description says of this, the fig ice cream is going to be tested first, no eggs either, and that's good bc of allergies I must be sure to avoid for my granddaughter. My son loves figs, grows some himself, and often I see fresh figs on sale in the market, but I don't buy them bc they ripen too quickly b4 I can think of how to use them all...now I know. Perfect. I will report back as I try more, after my time increases after the holidays! Lots of pictures too, to inspire you.

Bought the book for the ice cream recipes. The recipe for paloodeh or faloodeh only teaches you how to make the noodles but completely skips the sorbet the noodles should be in.

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