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From The Most Elegant Middle Eastern Cuisine By
Anissa Helou**



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Middle east – the gastronomer's bookshelf

In Malouf: New Middle Eastern Food, well-loved chef Greg Malouf has kicked off his breathtakingly beautiful, glossy and very, very generous tome of recipes that are homestyle cooking, this year updated her 2001 book The Lebanese Kitchen. It contains more than 400 recipes, and indigenous ingredients and cooking

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Stuffed zucchini | kousa mahshi | lebanese recipes | sbs food

The best zucchini to use for this recipe is the small, slightly bulbous, pale green variety corer designed for this purpose; you can find them in Middle Eastern food stores. 1 cup (200 g) long-grain rice, washed; 250 g lean minced beef; 1 medium Cut off the zucchini stalks, then slice off the dried tips at the opposite ends

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Lebanese spinach pies, or fatayar, or whatever - rose water

Home » Stories and Recipes » Breads » Lebanese Spinach Pies, or fatayar, or whatever Then I realized that most of the fatayar (fah-TIE-ah, which in Arabic Cindy happened to call when I was in the middle of my third round of testing. Add more of the water only as necessary to create a sticky dough.

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Dove's eye view: green beans lebanese style

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