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Levante Küche 60 Kostliche Gerichte Aus Dem Orient

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MARQUISE DIAMOND

Taco Tales Haus Pub

** FREE SAMPLER ** `Cookery to me is about history and connection, but to remain vibrant, a cuisine must also evolve.' Thus author Rawia Bishara explains her approach in this book. She believes one of the greatest assets of Middle Eastern cuisine is its inherent fluidity, its remarkable capacity to adapt and transform over time. In Levant, she offers more than 100 recipes that represent a new modern style. These are the very best of the dishes she has developed over the last twenty years in her New York City restaurant for the contemporary palate. Relying on a traditional pantry (including olive oil, tahini, za'atar, sumac), she updates classic flavour profiles to dazzling effect. The Mediterranean diet has always been a healthy one, with so many of what we now call `superfoods' at its base. But here Rawia takes it a step further by focusing on dishes that are naturally vegetarian or vegan and gluten-free, as well as meat dishes

where vegetables take the leading role. These recipes represent the way more and more people eat and cook today. Among them are Cauliflower `Steak' with Pomegranate Molasses, Roasted Beetroot Hummus, Jerusalem Artichoke and Beef Stew, Peppers with Walnut Stuffing and Freekeh and Butternut Squash Salad. Levant explores the sensational cross-cultural possibilities of culinary exchange; it sets the path for the future of Middle Eastern cooking. www.tanoreen.com @tanoreen

Tel Aviv Penguin

A soulful tour of Palestinian cooking today from the Ottolenghi restaurants' executive chef and partner—120 recipes shaped by his personal story as well as the history of Palestine. IACP AWARD WINNER • LONGLISTED FOR THE ART OF EATING PRIZE • NAMED ONE OF THE BEST COOKBOOKS OF THE YEAR BY Forbes • Bon Appétit • NPR • San Francisco Chronicle • Food Network • Food & Wine • The Guardian • National Geographic • Smithsonian Magazine • Publishers Weekly • Library Journal "Truly, one of the best cookbooks of the year so far."—Bon Appétit The story of Palestine's food is really the story of its people. When the events of 1948 forced residents from all regions of Palestine together into one compressed land, recipes that were once closely

guarded family secrets were shared and passed between different groups in an effort to ensure that they were not lost forever. In *Falastin* (pronounced “fa-la-steen”), Sami Tamimi retraces the lineage and evolution of his country’s cuisine, born of its agriculturally optimal geography, its distinct culinary traditions, and Palestinian cooks’ ingenuity and resourcefulness. Tamimi covers the territory between the Mediterranean Sea and the Jordan River—East Jerusalem and the West Bank, up north to the Galilee and the coastal cities of Haifa and Akka, inland to Nazareth, and then south to Hebron and the coastal Gaza Strip—recounting his upbringing with eleven siblings and his decision to leave home at seventeen to cook in West Jerusalem, where he met and first worked with Yotam Ottolenghi. From refugee-camp cooks to the home kitchens of Gaza and the mill of a master tahini maker, Tamimi teases out the vestiges of an ancient culinary tradition as he records the derivations of a dynamic cuisine and people in more than 130 transporting photographs and 120 recipes, including: • Hassan’s Easy Eggs with Za’atar and Lemon • Fish Kofta with Yogurt, Sumac, and Chile • Pulled-Lamb Schwarma Sandwich • Labneh Cheesecake with Roasted Apricots, Honey, and Cardamom Named after the Palestinian newspaper that brought together a diverse people, *Falastin* is a vision of a cuisine, a culture, and a way of life as experienced by one influential chef.

Damascus W. W. Norton & Company

YOU DESERVE THIS - Healthy, balanced and delicious bowl recipes by fitness icon Pamela Reif. Your body and soul deserve a healthy, natural diet every single day. But this doesn’t mean you need to sacrifice taste. Whether you choose a sweet Apple Pie Smoothie Bowl, hearty Spinach-Chickpea Patties, colourful Buddha Bowls packed with plant-based proteins, or a Brownie Bowl for dessert, you can enjoy guilt-free indulgence. Pamela Reif’s simple, wholesome dishes are based on natural ingredients and can be created in a few easy steps without spending hours in the kitchen. The meals are made and enjoyed straight from the bowl, which captures their delicious, fresh flavours. And most of the recipes are vegan. More than 70 recipes are personally created, prepared and photographed by Pamela Reif. Combined with her nutritional advice, you have the ideal starting point to change your own diet and lifestyle simply and enjoyably - for a well-balanced life. Because: You deserve this!

Plenty More Hardie Grant Publishing

A vibrant collection of exciting, exotic, and sharing-plate recipes from across the Middle East More than 135 home-cooking recipes in this book explore the regional diversity of Middle Eastern sharing dishes, from Lebanon and Iran to Turkey and Syria. Divided by style of dish, the book features both meat-based and vegetarian dishes, along with suggested mezze-style menus and a glossary of ingredients. From Roasted Cauliflower with Tahini and Smoked Paprika to Pistachio and Pomegranate Cakes, *The Mezze Cookbook* is packed with both traditional and modern takes on this age-old way to share food. This cookbook is filled with vegetarian, meat-based, and fish recipes for everyone to enjoy. From the author of the acclaimed *The Lebanese Kitchen* and the James Beard Award-winning *The Middle Eastern Vegetarian Cookbook*, also published by Phaidon.

Under the Shade of Olive Trees BoD – Books on Demand

WINNER OF THE JOHN AVERY AWARD 2019 at the André Simon Awards Tokyo is rightfully known around the world as one of the most exciting places to eat on the planet. From subterranean department store food halls to luxurious top-floor hotel restaurants, and all the noodle shops, sushi bars, and yakitori shacks in between, there may be no other city so thoroughly saturated with delicious food. *Tokyo Stories* is a journey through the boulevards and backstreets of Tokyo via recipes both iconic

and unexpected. Chef Tim Anderson takes inspiration from the chefs, shopkeepers, and home cooks of Tokyo to showcase both traditional and cutting-edge takes on classic dishes like sushi, ramen, yakitori, and tempura. Also included are dishes that Tokyoites love to eat with origins from abroad, like Japanese interpretations of Korean barbecue, Italian pizza and pasta, American burgers and more. Tim tackles his food tour of Tokyo from the ground up, with chapters broken down into: **LOWER GROUND FLOOR:** Tokyo on the Go (Department Store Basements, Subway Stations, and Convenience Stores); **FIRST FLOOR:** Tokyo Local (food traditional to Tokyo); **SECOND FLOOR:** Tokyo National (food traditional to Japan); **THIRD FLOOR:** Tokyo Global (Japanese food with an international twist) **FOURTH FLOOR:** Tokyo at Home (Japanese home cooking); and, **FIFTH FLOOR:** Tokyo Modern (experimental Japanese food found in high-end hotel bars). With Tim’s easy-to-follow recipes, this is make-at-home Japanese food, authentic yet achievable for the home chef - without cutting corners. The real thrill of eating in Tokyo is in the sense of discovery - of adventurous curiosity rewarded. And that may come in the form of an unexpectedly good convenience store sandwich, an ‘oh my god’ sushi moment, or just the best damn bowl of ramen you’ve ever had. With *Tokyo Stories* you can explore Tokyo and discover its incredible food without leaving your home kitchen. Featuring over 90 recipes, all set to the backdrop of Tokyo location shots, this is essential for the Japanophile in your life.

Everyone Loves Tacos Campus Verlag

Heinrich Anselm von Ziegler und Kliphausen: *Die asiatische Banise* Erstdruck Leipzig (Gleditsch) 1689, der Text folgt hier der Ausgabe von 1707. Vollständige Neuauflage mit einer Biographie des Autors. Herausgegeben von Karl-Maria Guth. Berlin 2014. Textgrundlage ist die Ausgabe: Heinrich Anselm von Ziegler und Kliphausen: *Die Asiatische Banise. Oder das blutig-doch mutige Pegu [...]*, München: Winkler, 1965. [Vollständiger Text nach der Ausgabe von 1707 unter Berücksichtigung des Erstdrucks Leipzig: Gleditsch, 1689]. Die Paginierung obiger Ausgabe wird in dieser Neuauflage als Marginalie zeilengenau mitgeführt. Umschlaggestaltung von Thomas Schultz-Overhage unter Verwendung des Bildes: Wiktor Wassnezow, *Drei Königinnen des unterirdischen Reiches*, 1879. Gesetzt aus Minion Pro, 11 pt.

Falastin Ten Speed Press

Tacos are the beating heart of Mexico’s food scene. Take your pick from over 65 authentic recipes for these little pocket rocket wraps, brought to you by Felipe Fuentes Cruz and Ben Fordham of Benito’s Hat, Burritos and Margaritas. From simple supermarket kits to high-end restaurant revamps, a whole spectrum of taco offerings now exists for your pleasure. These small but mighty Mexican staples are finally getting the credit they deserve on the worldwide culinary stage. Their spiritual home is the streetfood scene. With this book, you can bring the buzzing atmosphere and high-quality eating experience of street food tacos into the comfort of your own kitchen. Explained simply, a taco consists of a tortilla, filling, salsa and garnish. The salsa is an equally key component to the filling - fresh, zingy flavours are carefully selected to complement the other elements perfectly. The clever guys behind authentic Mexican kitchen Benito’s Hat bring you delicious recipes simple enough to cook up a fiesta in your own kitchen. First there is a chapter of Little Cravings (antojitos), perfect as a pre-cursor or accompaniment to a taco feast. This is followed by a delicious selection of Breakfast Tacos. Next up is a mouth watering selection of Chicken, Pork and Beef Tacos such as Pork Al Pastor with tropical pineapple salsa. Following these are Fish and Seafood Tacos such as Salmon with Spicy Black Bean. Inventive Vegetarian Tacos such

as Deep-fried Avocado or Turmeric and Potato really hit the spot, then discover the bliss of a Sweet Taco with recipes such as Chocolate Ice Cream with Agave. A chapter on Salsas, Relishes and Sides, such as the classic Pico De Gallo, lets you mix and match.

Tiffin Penguin UK

Bright, clean, and hip recipes to enchant vegans, vegetarians, and omnivores alike, from plant-based haven Café Gratitude. Before it was a fixture on the L.A. dining scene and a magnet for celebrity diners, Café Gratitude was founded in the Bay Area with the simple ethos that joy derives from loving and being grateful for food, health, and good company. The dishes are named to double as affirmations of self. "I Am Fearless," "I Am Humble," and "I Am Open-Hearted" nod to the restaurant's core belief that food is just as much about spirit as it is about appetite. Since then, the café has evolved quite a bit. It's changed locations, expanded, and been the backdrop for more paparazzi shots than one can count. But the founding principles have remained the same, and the food continues to celebrate the flavors of plants with organic, from-scratch, and healthful ingredients free of animal products, processed soy, and, in almost all cases, refined sweeteners. Now, with *Love is Served*, Seizan Dreux Ellis, executive chef at Café Gratitude, brings Gratitude-quality meals to your table and the soul and mission of the restaurant to your home. Indulge in café favorites "I Am Awakening" (Raw Key Lime Pie) and "I Am Passionate" (Black Lava Cake) while cooking up hearty, nourishing dishes like Grilled Polenta with Mushroom Ragout ("I Am Warm-Hearted") and Radicchio, Roasted Butternut Squash, and Sundried Tomato Pesto Grain Salad ("I Am Gracious"). With unfussy methods and easy-to-access ingredients, this cookbook makes the wholesome satisfaction of the restaurant as accessible as ever for the home cook as it charms and inspires readers to change the way they look at food.

Fire Islands Hachette UK

110 vegetarian spring and summer recipes that provide nourishing and simple plant-based suppers while paying homage to the warm seasons—from the beloved author of *Tender*. *Greenfeast: Spring, Summer* is an eclectic and comprehensive collection of recipes, perfect for people who want to eat less meat, but don't want to compromise on flavor and ease of cooking. With Nigel Slater's famous one-line recipe introductions, the recipes are quick and easy and inspire you to dip into your pantry for ingredients. Inventive recipes showcase the creative ingredients used such as Asparagus, Broad Beans & Eggs; Ricotta, Orange Blossom & Cherries; and Halloumi, Melon & Chile and provide a plant-based guide for those who wish to eat with the seasons.

Eat Better Not Less Ten Speed Press

100 recipes of modern German favorites from Michelin-starred chef Frank Rosin. In *Modern German Cookbook*, the only German television chef with two Michelin stars, Frank Rosin, shares his secrets and puts a modern twist on 100 classic German recipes. Rosin's eye for detail, finesse and refined simplicity in the kitchen make the dishes effortless for even the most novice of cooks. From soups and starters, all the way through to desserts, Rosin covers all the German favorites: asparagus soup, schnitzel, baked apple, and even the Rosin family's own sauerbraten recipe! But that's not the only secret he shares. Throughout *Modern German Cookbook*, he reveals valuable culinary knowledge and techniques, including how a sour flavor can improve the taste of a dish, how a reduction can be utilized for seasoning, and more. With *Modern German Cookbook*, you can host a German feast of your own and learn professional techniques that will soon have you on your way to becoming the next Frank Rosin!

Food for Thought Abrams

Rafik Schami lived in Damascus for twenty-five years before going into exile and becoming a prize-winning novelist. But he never forgot Damascus, the Pearl of the Orient, the city he loves most in the world. This beautifully written journey around the city is alive with its colors and smells and tells of the yearning of exile.

Levant Gingko Press

In recent decades, many Russian-speaking Jewish immigrants from the former Soviet Union have settled in Germany and Israel. In *Food for Thought*, Julia Bernstein conducts a widely interdisciplinary investigation into the ways in which such immigrants manage their multiple, overlapping identities—as Jews, Russians, and citizens of their newly adopted nations. Focusing in particular on the packaging, sale, and consumption of food, which offers surprising insights into the self-definitions of these immigrants, the book delivers one of our most detailed looks yet at complicated and important aspects of immigration and national identities.

Easy Vegan Baking Ryland Peters & Small

Want tasty vegan, vegetarian, eggless, or dairy-free bakes? This book is packed with vegan baking recipes that are quick, simple, and delicious. Packed with savory and sweet ideas for vegan desserts, breads, and even mains such as dairy-free pizza and eggless quiche, every recipe uses straightforward techniques and easy-to-source ingredients, and has a beautiful photograph to tempt your taste-buds. Authors Jérôme Eckmeier and Daniela Lais are longtime vegans with a passion for cooking, teaching you to bake irresistibly good treats such as gooey vegan brownies, light and fluffy vegan pancakes and eggless cakes, or a smooth and creamy vegan "cheesecake." Use their clever tips to avoid disappointing, dry, or unrisen results, and follow their instructions to make your own everyday vegan substitutions for mainstream baking ingredients such as cream cheese and buttermilk. With Jérôme and Daniela's reassuring guidance, even beginning bakers will triumph in the kitchen. So whether you're thinking about going vegan, are a longtime vegan or vegetarian, are egg- or dairy-free because of food allergies, or are simply looking for healthier alternatives to your favorite treats—look no further than *Easy Vegan Baking*.

Buddha Bowls Ten Speed Press

OBSERVER RISING STAR IN FOOD 2018 'a book that is infused with the flavours of Morocco and is as accessible as it is inspiring' - Nigella Lawson 'It practically sings with aromatic spices and ingredients' - Delicious. 'Breathes new life into Moroccan food' - BBC Good Food Morocco is one of the top destinations in the world. This beautiful North African country lies on the border of Europe and the rest of the Arab world, drawing people in with its colourful souks, vibrant landscapes, cheerful hospitality and, most importantly, the food. *Casablanca* is the exciting debut from Moroccan chef Nargisse Benkabbou. This book features recipes for simple and satisfying dishes such as Artichoke, baby potato & preserved lemon tagine, Sticky ras el hanout & peach short ribs and Buttermilk chicken kebabs. Also featured are tasty western classics with a unique Moroccan twist: try your hand at Orange blossom, beetroot & goats' cheese galette, Roasted almond & rainbow couscous stuffed poussin and Moroccan mint tea infused chocolate pots. Nargisse breathes new life into Moroccan cuisine, blending that authentic Moroccan spirit and the contemporary to create accessible recipes for the everyday.

Make Your Own Rules Cookbook Reise Know-How Verlag Peter Rump

JAMES BEARD AWARD FINALIST • The New York Times bestselling collection of 130 easy, flavor-forward recipes from beloved chef Yotam Ottolenghi. In *Ottolenghi Simple*, powerhouse author and chef Yotam Ottolenghi presents 130 streamlined recipes packed

with his signature Middle Eastern-inspired flavors, all simple in at least (and often more than) one way: made in 30 minutes or less, with 10 or fewer ingredients, in a single pot, using pantry staples, or prepared ahead of time for brilliantly, deliciously simple meals. Brunch gets a make-over with Braised Eggs with Leeks and Za'atar; Cauliflower, Pomegranate, and Pistachio Salad refreshes the side-dish rotation; Lamb and Feta Meatballs bring ease to the weeknight table; and every sweet tooth is sure to be satisfied by the spectacular Fig and Thyme Clafoutis. With more than 130 photographs, this is elemental Ottolenghi for everyone.

Vegan Intermittent Fasting Dk Pub

This complete vegan guide to 16:8 fasting offers tried and true strategies to living healthier—and longer Intermittent fasting is one of the easiest ways to achieve better health—period. But for those of us who follow a vegan diet, finding the balance between plant-based eating and intermittent fasting can prove challenging. In *Vegan Intermittent Fasting*, groundbreaking doctor Petra Bracht and recipe developer Mira Flatt share their completely plant-based program. You'll unlock all the benefits of fasting while still eating the foods you love (without feeling hungry). Evidence-based 16:8 method: Eat 2 or 3 times over 8 hours (say, 11:00 am to 7:00 pm), then fast for 16 hours (including time spent asleep, of course). A complete guide to the first 14 days: Delicious recipes for every meal, plus a comprehensive shopping list, make it easy to adapt your lifestyle. Guided exercises: You'll boost your fasting plan's effectiveness while building endurance, power, muscle control, and flexibility. Vegan intermittent fasting is an easy and sustainable way to improve your whole-body well-being.

The Food of Morocco BRILL

Harumi Kurihara, Japan's most popular cooking expert, earned raves from critics and home cooks around the world for her award-winning English-language debut, *Harumi's Japanese Cooking*. Now she returns with a second- and more intimate-collection written specifically with the Western palate in mind. *Harumi's Japanese Home Cooking* presents seventy new recipes that exemplify her irresistible, down-to-earth style and simplicity—from Clear Soup with Pork, Spinach Dumplings, and Prawns in

Chili Sauce to Potato Salad Japanese Style and Harumi's Baked Cheesecake. In addition, the book presents authentic preparation techniques and serving suggestions

The Little Swedish Kitchen Black Dog & Leventhal

THE SUNDAY TIMES BESTSELLER Transport your loved ones to Bombay this Christmas with the gift of *Dishoom* 'A love letter to Bombay told through food and stories, including their legendary black daal' Yotam Ottolenghi At long last, *Dishoom* share the secrets to their much sought-after Bombay comfort food: the Bacon Naan Roll, Black Daal, Okra Fries, Jackfruit Biryani, Chicken Ruby and Lamb Raan, along with Masala Chai, coolers and cocktails. As you learn to cook the *Dishoom* menu, you will also be taken on a day-long tour of south Bombay, peppered with much eating and drinking. You'll discover the simple joy of early chai and omelette at Kyani and Co., of dawdling in Horniman Circle on a lazy morning, of eating your fill on Mohammed Ali Road, of strolling on the sands at Chowpatty at sunset or taking the air at Nariman Point at night. This beautiful cookery book and its equally beautiful photography will transport you to *Dishoom*'s most treasured corners of an eccentric and charming Bombay. Read it, and you will find yourself replete with recipes and stories to share with all who come to your table. 'This book is a total delight. The photography, the recipes and above all, the stories. I've never read a book that has made me look so longingly at my suitcase' Nigel Slater

Modern German Cookbook BASTEI LÜBBE

Retelling of the a story of three princes from Serendip and their journeys.

Love is Served Hay House Incorporated

Tel Aviv is colourful, cosmopolitan and modern; a city full of contrasts, fragrances, stories and flavours. It is a vibrant melting pot of cultures, religions and delicious culinary traditions. Haya Molcho and her four sons take us on a journey to meet Tel Aviv's local chefs and story-tellers - from the epicures and the urban forager, to the magician and the survivor - capturing the special spirit of the city's many cuisines and inhabitants. Haya revisits the recipes of her home town, re-creating the flavours of her childhood: knafeh, green shakshuka, sarma, Israeli paella, pickled lemons and much more.