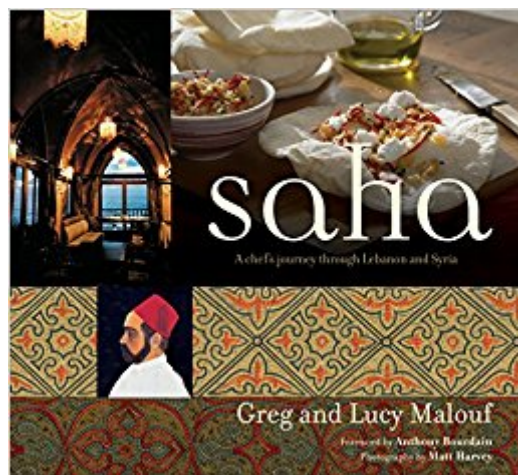




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# Saha: A Chef's Journey Through Lebanon And Syria [Middle Eastern Cookbook, 150 Recipes]



## Synopsis

\*Winner of the Gold trophy for Best Food Book and Grand Prix award at the Gourmet Voice Food Media awards in Cannes, France\* In Saha, world renowned chef Greg Malouf returns to the land of his ancestors to explore its broad and influential cuisine. Stretching from neighboring Iran throughout the Mediterranean to North Africa, the roots of Greg's culinary history are here in the land of his forbears, and together with writing partner Lucy Malouf, he embarks on a month-long culinary journey. The cuisine in Saha is traditional and inspirational, enticingly spiced and fragrant with flower waters. From hearty peasant dishes to more subtly spiced specialties from ancient palaces, the dishes are complex in flavor yet not too complicated to make at home. Heartwarming stories and recipes from the people Greg and Lucy meet on their journey are teamed with evocative images and Greg's own unique take on history. The rich and exciting cuisine from Lebanon and Syria captures the spirit of the modern and the ancient, the characters, dishes, flavors and colors beautifully portrayed in this highly illustrated and lavishly designed Middle Eastern Cookbook. Authentic recipes include: Spinach, Lentil and Lemon Soup, Bedouin-style Aleppo-style Sausage Rolls Upside-down Poached Chicken and Eggplant Pilaf Arabic Fish Stew with Lemon and Saffron and Hot Pepper Rouille Double-cooked Duck with Cinnamon, Honey, Cardamom and Mastic Lamb Shawarma Sambousek Pastries with Cheese and Leek Lebanese Doughnuts with Lemon Syrup Raspberry Turkish Delight Truffles Turkish Coffee

From the forward by Anthony Bourdain: There is no doubt that this is a country and a culinary tradition busting with possibilities. All that's needed now, is for someone to explore them and share them with the rest of us. Fortunately, Greg and Lucy Malouf have.

## Book Information

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## Customer Reviews

Lebanese and Syrian cuisine gets an Australian accent in this half-cookbook, half-travelogue by the formerly married Maloufs. Greg, the chef, infuses the piquant classical flavors and age-old methods with new styling (Parmesan-Crumbed Quail), and sometimes vice-versa (Caesar salad with air-dried beef, Swiss Chard Risotto with Lobster), but he also presents many classics straight up, from Bedouin spinach and Lentil Soup to Lamb Shawarma and Crunchy Sesame Pistachio Cookies. Lucy's narrative of the pair's month-long sojourn in the Middle East provides a skeleton for the book, as her descriptions of their visits to dairies, butchers, bakers and preserve-makers precede recipes that incorporate yogurt and cheese, meats, assorted breads and condiments like the powerful red pepper paste or bitter orange marmalade. Her accounts of restaurants and sightseeing at times sound overly steeped in the tone of breathless articles from high-end travel magazines, but she also includes a good deal of historical information. Harvey's splendid photography of people and landscapes in addition to food give the book an authentic and lively flair. The recipe instructions frequently lack specificity, but experienced cooks intrigued by the rich traditions of cooking and culture (and not dissuaded by the price) will find a solid guide in this book. (Nov.) Copyright © Reed Business Information, a division of Reed Elsevier Inc. All rights reserved.

"Harvey's splendid photography of people and landscapes in addition to food give the book an authentic and lively flair. Experienced cooks intrigued by the rich traditions of cooking and culture will find a solid guide in this book." —Publishers Weekly  
"I'm sold on him. I don't know of any other chef that can match Greg Malouf's versatility and talent who is working in the medium like his swing back and forth between old and new and his sensitivity with spices is brilliant." —I say this because I cooked through his latest book. He is a brilliant chef. I like the way his food plays with my head." —Paula Wolfert  
"There is no doubt that this is a country and a culinary tradition bursting with possibilities. All that's needed now, is for someone to explore them and share them with the rest of us. Fortunately, Greg and Lucy Malouf have." —Foreword by Anthony Bourdain  
"Gorgeous photography makes this a coffee-table candidate, but the tour of these Middle Eastern countries, with the personal touch of this chef/writer team, will find you absorbing their words and recipes as well. You might even take this into the kitchen!" —Chicago Tribune  
"No chef has exerted such a singular, widespread and identifiable culinary influence." —The Australian

It was a gift for my son in law and he loved it

I haven't cooked my way through this cookbook, but some of the recipes have been real winners! For instance, the Manoushi bread recipe is amazing! We've made it quite a few times. It puffs up so well and tastes great. I've used it as a pita for chickpea sandwiches and to dip it in hummus. I've made this recipe with all-purpose flour and with half whole wheat half all-purpose flour. That was great, too. We also enjoyed the pull-apart cheese bread dinner rolls and we're looking forward to making the manoushi bread pizzas. I haven't really read much of the cookbook except the recipes, so I don't know about that part of the book, but I've enjoyed all the recipes we've made so far.

A friend of mine was recently in Lebanon and upon her return she recommended this beautiful book. As someone from Lebanese descent I bought it and have started making the recipes! They are wonderful and top of that I have a beautiful picture book that I keep on my coffee table! It's fun for me to make Lebanese recipes that are a little finer than what I am used to making. I can't wait to prepare them all!

I love this book! My husband was just in Lebanon and brought me back tons of spices! According to him these recipes are the real deal! I'm cooking up a storm! The recipes are really easy to follow and very few of them are time consuming. I've looked at the bookstore for other books on Lebanon food and there are only three that I could find. Two by this author and one by someone else who doesn't even use any Lebanon spices. If you want a real feel for the country buy this book.

I've ordered the book for a Christmas present. I received it in no time and in excellent condition. The book met my expectations after reading the reviews on . It's a beautiful book to keep or to give as a special present for people who like to travel and like food.

Buy this book for your reference library if you are at all interested in a book with beautiful pictures, fantastic stories but most importantly yummy recipes. There is something for everyone here. Your tastebuds will come alive. Personal favourites are the Goats salad, Tangy Lamb chops and chickpeas (so easy and tasty) and the spicy lamb. I am not a real sweet eater but have even made a few from this book as well. Enjoy!

She was verbally wishing I enjoy her meals.. an amazing book - Amazing cultural notes, wonderfully delicious recipes just beg to be cooked

I like. To recommend this book to whoever ask me about middle eastern food recipes. Showed the book to friends, they want to order it now.

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