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Lebanese Home Cooking: Simple, Delicious, Mostly Vegetarian Recipes From The Founder Of Beirut's Souk El Tayeb Market



Synopsis

Straight from the eastern shores of the Mediterranean, chef and creator of the first farmers' market in Beirut, Kamal Mouzawak brings you healthy and inspiring dishes, featuring classic Lebanese ingredients. From one of the region's most rich and diverse cultures, learn to make food, not war. Lebanese Home Cooking is a mouthwatering cookbook that teaches traditional Lebanese home cooking with regional and religious variation. You won't find these authentic recipes in many Middle-Eastern restaurants! With over 50 gorgeous recipes including kebbeh, mehsheh, tabikh, mujadara, and mouaa'janat, you'll have amazing and exciting homecooked meals in no time. "To me, the Souk is the epitome of what it means to 'have guts'. Despite bombings and unrest in their city, the market continues to not just function, but to flourish - celebrating culture, cuisine and agriculture. It's very existence is as an act of resistance against sectarian violence." - Rene Redzepi "Lebanese culture served on a plate." CNN "If I was surprised, it was at what Kamal is doing at Souk el Tayeb, bringing cooks from different social, political and regional sectors." - Chef Anthony Bourdain

Book Information

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Customer Reviews

View larger View larger Delicious, mostly vegetarian recipes Eggplant Dip (moutabal) Moutabal, otherwise known as baba ghanouj, or France's caviar d'aubergine (eggplant caviar), must definitely figure in the top 10 of the best foods in the world! A perfect balance of taste between nutty tahini, smoky eggplant, and a hint of lemon, moutabal is the other;

hummus. .. just like tabouleh and fattoush, there is hummus and moutabal! We always hesitate about which one to serve, but the solution is very simple~just choose both! Yield: Four servings Two large eggplants (about 2 ~ pounds, or 1 kilogram, each) ~ cup (60 gram) tahini Juice of two lemons 1 garlic clove Salt Olive oil Pierce the eggplants with a fork on two sides. Put them on a medium gas fire (you can put the eggplants directly on a stovetop burner if you have a gas oven, or you can place the eggplants directly on top of a fire in an outdoor grill). The eggplants will blacken on the outside, and the insides will cook in their own moisture to become soft and smoky. Leave the eggplants on the fire until they char on one side (less than 10 minutes) and then turn to the other side to char it. Pierce the eggplants with a fork or a knife to be sure they are soft. Take the eggplants off the fire and let cool for a minute or two (not long, as the charred skin will tint the flesh dark) and then peel off the skin, taking care not to leave small bits of black charred skin. Wash the eggplants well under running water and let drain in a colander. Squeeze the eggplants well to remove excess water and place in a bowl. Add the tahini and lemon juice and mash all the ingredients together to obtain a puree. Crush the garlic and add to the mixture. Season to taste with salt and store in the fridge for the dip to set. Serve with a generous drizzle of olive oil and the accompaniments of your choice.

"Nothing symbolizes the city's gastro-political awakening like the market. Founded in 2004 (Souk El Tayeb) reconciles Lebanon's warring factions through their common love of their food." - The New York Times

Kamal Mouzawak is a writer and creator of the first farmers' market in Beirut, Souk el-Tayeb, which preserves food traditions and the culture of sustainable agriculture in Lebanon. Souk el-Tayeb's community minded projects are about a shared culture of food -- "make food not war"-- and finding common ground among people in conflict. In 2009 he opened Tawlet, which was recently named the 8th best restaurant in the world by The Monocle Restaurant Awards. In 2016, Mouzawak was awarded the Prince Claus Award in the Netherlands for his work as a food activist.

Poorly presented!

Great cookbook. I made the mujadara and it turned out great!

Nice book .. mostly vegetarian though

The association with the Souk el Tayeb Market makes this book an especially well suited gift for anyone who to celebrate the coming together of people!

genuine surprise and happiness when I gave my Lebanese friend this book :)

Very intressting, simple and easy recepies.Just love it!!!

fun book

Well written with excellent illustrations.

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