

Recipes and Remembrances

from an Eastern Mediterranean Kitchen



Sonia Uvezian

Recipes And Remembrances From An Eastern Mediterranean Kitchen

Julie Chickery



Recipes And Remembrances From An Eastern Mediterranean Kitchen:

Recipes and Remembrances from an Eastern Mediterranean Kitchen Sonia Uvezian, 2001 Located in the very heart of the eastern Mediterranean the area comprising Syria Lebanon and Jordan has provided the world with what is considered by many to be Arab food at its best In this landmark one of a kind volume Sonia Uvezian gives this time honored cuisine the kind of presentation it truly deserves Recipes and Remembrances from an Eastern Mediterranean Kitchen is a revelatory work rich in personal reminiscences insightful quotations anecdotes and proverbs valuable information on ingredients utensils daily meals and traditions and evocative period illustrations Sonia Uvezian s many memories and associations establish a sense of place and emotional pull rarely encountered in Middle Eastern culinary literature The eastern Mediterranean Kitchen in the title is actually that of her family s summer home in the Bekaa Valley Lebanon s fertile agricultural and winemaking region as well as the one in their Beirut apartment It is where the Uvezians prepared the food they grew themselves or bought from nearby farms orchards and markets Written by an expert in the field and over two decades in the making Recipes and Remembrances is a fascinating and highly original book imbued with a keen historical perspective and a deep respect for the region s cultural heritage Few cookbook authors have approached their subjects with the thorough painstaking research reflected in this work A profound understanding of eastern Mediterranean food shines through in its hundreds of superb clearly written recipes which are often preceded by illuminating introductory remarks From the definitive section on pomegranates and pomegranate molasses through the fabulous chapters on desserts and beverages this book provides indispensable reading for anyone interested in the cookery and culture of Syria Lebanon and Jordan Like the author s groundbreaking classics *The Cuisine of Armenia* and *Cooking from the Caucasus* which were among the first to bring Middle Eastern and Caucasian cooking to America it is long on such traditional dishes as tabbouleh and baklava but also includes innovations among them Damascus Style Cheese Dip with Toasted Sesame Seeds and Nigella and Grilled Quail with Sour Cherry Sauce Timeless and timely Recipes and Remembrances from an Eastern Mediterranean Kitchen is a welcome blend of outstanding scholarship and entertaining reading A genuine contribution to culinary literature it has achieved the status of a classic ABOUT THE AUTHOR Sonia Uvezian was born and brought up in Beirut Lebanon A leading authority on Middle Eastern and Caucasian cooking and the winner of a James Beard Award she is the author of six other highly acclaimed cookbooks including *The Cuisine of Armenia* *Cooking from the Caucasus* and *The Book of Yogurt* Several of her books have been selections of Book of the Month Club and published internationally Ms Uvezian has also contributed articles and recipes to *Gourmet* *Bon Appetit* *Vogue* and numerous other publications [The New Mediterranean Diet Cookbook](#) Nancy Harmon Jenkins, 2012-03-27 The eating style proven to reduce the risk of heart attack and stroke Cooking Light named *The New Mediterranean Diet Cookbook* one of the top three healthy cookbooks of the last twenty five years calling it a grand tour through the region Now Nancy Harmon Jenkins s revolutionary approach to healthy eating is available for the first time

as an eBook Spanning the Mediterranean from Spain to France Italy and Greece with side trips to Lebanon Cyprus and North Africa this revised and updated edition of Nancy Harmon Jenkins s acclaimed cookbook offers ninety two mouthwatering new dishes plus the latest information about the nutritional benefits of one of the world s healthiest cuisines But best of all are the recipes bursting with flavor easy to prepare and sure to please everyone at your table whether you re cooking for yourself your family or your friends Known for classic favorites like tabbouleh and ratatouille flatbreads pastas zesty herbs and flavorful oils pressed from succulent olives the Mediterranean diet combines delicious taste with health supportive ingredients as few other cuisines do With an emphasis on fruits and vegetables grains and legumes fish lean meats and heavenly desserts here are recipes for over 250 outstanding dishes created for today s American kitchens You ll also find new cooking techniques and a simplified approach to cooking because simplicity is what the Mediterranean way of eating is all about Experienced and novice cooks alike will be inspired by these delectable seasonally inspired recipes ranging from sweet young Roman style peas for spring to skewered shrimp for summer robust North African Pumpkin Soup when autumn is in the air and warming winter dishes like Lebanese Garlicky Roast Chicken and Cypriote Braised Pork with Wine Cinnamon and Coriander plus a variety of fabulous pizzas and dinner pies hearty salads like Tuscan panzanella and satisfying small dishes known as tapas Also included is a special selection of traditional dishes prepared for Islamic Jewish and Christian holidays that can be enjoyed year round Rich in flavor and healthy nutrients but low in saturated fats and cholesterol here are recipes that will delight your palate nourish body and soul and can be prepared with ease in your home kitchen

Making Levantine Cuisine Anny Gaul,Graham Auman Pitts,Vicki Valosik,2021-12-08 Melding the rural and the urban with the local regional and global Levantine cuisine is a m lrange of ingredients recipes and modes of consumption rooted in the Eastern Mediterranean Making Levantine Cuisine provides much needed scholarly attention to the region s culinary cultures while teasing apart the tangled histories and knotted migrations of food Akin to the region itself the culinary repertoires that constitute Levantine cuisine endure and transform are unified but not uniform This book delves into the production and circulation of sugar olive oil and pistachios examines the social origins of kibbe Adana kebab shakshuka falafel and shawarma and offers a sprinkling of family recipes along the way The histories of these ingredients and dishes now so emblematic of the Levant reveal the processes that codified them as national foods the faulty binaries of Arab or Jewish and traditional or modern and the global nature of foodways Making Levantine Cuisine draws from personal archives and public memory to illustrate the diverse past and persistent cultural unity of a politically divided region

The World Cookbook Jeanne Jacob,Michael Ashkenazi,2014-01-15 This is the only world cookbook in print that explores the foods of every nation state across the globe providing information on special ingredients cooking methods and commonalities that link certain dishes across different geographical areas Increasing globalization modern communication and economic development have impacted every aspect of daily life including the manner by which food is produced and distributed While these trends have

increased the likelihood and expansion of food influences variations of the same popular dishes have been found in regions all over the world long before now This book is an ecological historical and cultural examination of why certain foods are eaten and how these foods are prepared by different social groups within the same and different geographical region The authors cover more than 200 countries and cultural groups featuring each nation s food culture and traditions and providing overviews on foodstuffs typical dishes and styles of eating This revised edition features in excess of 400 new recipes several new countries and additional sidebars with fun facts explaining unique foods and unfamiliar ingredients More than 1 600 recipes for popular appetizers main courses desserts snack foods and celebration dishes are provided allowing readers to construct full menus from every country of the world **Books on Turkey** ,2005 **Austin's First Cookbook** Michael C. Miller,2019-04-15 Get a taste of Texas culinary history with this quirky diverse community cookbook from Austin s nineteenth century residents plus photos and informative essays Tacos and barbecue command appetites today but early Austinites indulged in peppered mangoes roast partridge and cucumber catsup Those are just a few of the fascinating historic recipes in this new edition of the first cookbook published in the city Written by the Cumberland Presbyterian Church in 1891 Our Home Cookbook aimed to cause frowns to dispel and dimple into ripples of laughter with myriad receipts from the early Austin community From dandy pudding to home remedies worth knowing these are hearty helpings featuring local game and diverse heritage including German Czech and Mexican With informative essays and a cookbook bibliography city archivist Mike Miller and the Austin History Center present this curious collection that s sure to raise eyebrows if not cravings

Kitchen Secrets Frances Short,2006-04-01 What s really going on in the kitchen Whilst cookery programmes are broadcast at peak viewing times and chefs regularly claim celebrity status food writers announce the death of cooking Parents experts campaigners and policymakers grow increasingly concerned about the proliferation of pre prepared foods and a growing trend for eating alone and on the run Kitchen Secrets explores the thoughts values and opinions of home cooks their practices and experiences and the skills and knowledge they use to prepare and provide food It offers new and challenging ways of thinking about cooking examining and often contesting commonly held beliefs and theories about the role of practical cookery lessons dinner parties as showcases for culinary flair and the de skilling effect of convenience foods Kitchen Secrets lifts the lid on the modern range to see what s cooking Milk Anne Mendelson,2013-05-01 Part cookbook with more than 120 enticing recipes part culinary history part inquiry into the evolution of an industry Milk is a one of a kind book that will forever change the way we think about dairy products Anne Mendelson author of Stand Facing the Stove first explores the earliest Old World homes of yogurt and kindred fermented products made primarily from sheep s and goats milk and soured as a natural consequence of climate Out of this ancient heritage from lands that include Greece Bosnia Turkey Israel Persia Afghanistan and India she mines a rich source of culinary traditions Mendelson then takes us on a journey through the lands that traditionally only consumed milk fresh from the cow what she calls the Northwestern Cow Belt

northern Europe Great Britain North America She shows us how milk reached such prominence in our diet in the nineteenth century that it led to the current practice of overbreeding cows and overprocessing dairy products Her lucid explanation of the chemical intricacies of milk and the simple home experiments she encourages us to try are a revelation of how pure milk products should really taste The delightfully wide ranging recipes that follow are grouped according to the main dairy ingredient fresh milk and cream yogurt cultured milk and cream butter and true buttermilk fresh cheeses We learn how to make luscious Clotted Cream magical Lemon Curd that beautiful quasi cheese Mascarpone as well as homemade yogurt sour cream true buttermilk and homemade butter She gives us comfort foods such as Milk Toast and Cream of Tomato Soup alongside Panir and Chhenna from India Here too are old favorites like Herring with Sour Cream Sauce Beef Stroganoff a New Englandish Clam Chowder and the elegant Russian Easter dessert Paskha And there are drinks for every season from Turkish Ayran and Indian Lassis to Batidos Latin American milkshakes and an authentic hot chocolate This illuminating book will be an essential part of any food lover's collection and is bound to win converts determined to restore the purity of flavor to our First Food *Fifty Years of Good Reading* University of Texas Press, 2000 50 year since founding the University of Texas they have witnessed major evolutions in the world of publishing [Searching for the Sacred](#) Lois Clymer, 2019-10-04 When they were newlyweds Lois Clymer and her husband Jim had a dream After visiting the gorgeous homestead of a young church couple Lois and Jim decided they wanted to make their very own homestead filled with animals and children In this warm and candid narrative Lois details how life eventually led her and Jim to build a homestead that celebrated the idea of self sufficient living In their homestead they discovered a unique rhythm of life in bringing together family farm animals and gardening Along the way Lois sold shares for her garden learned to use an air hammer while building two tiny houses became involved in politics and gazed in wonder at amazing displays of the northern lights Lois not only details the creation of different homesteads throughout the years but she reveals the challenges she and Jim met along the way This memoir contains the lessons Lois learned and the wisdom she gained as she searched for answers to life's ultimate questions

Whole Grains Every Day, Every Way Lorna Sass, 2013-12-11 Thanks to the low carb movement and the updated USDA food pyramid we all know we should be eating more whole grains the good carbs But what exactly are whole grains And how can we make them not only what we should eat but what we really want to eat In *Whole Grains Every Day Every Way* bestselling cookbook author Lorna Sass demystifies whole grains with a thorough grain by grain primer followed by more than 150 irresistible recipes In this extensive guide to the wide range of fantastic whole grains available many of which are gluten free Sass introduces home cooks to dozens of grains including amaranth barley buckwheat hominy popcorn polenta Job's tears millet oats quinoa brown rice red rice black rice rye triticale sorghum teff farro grano green wheat kamut spelt wheat berries and wild rice She shares tips for buying and storing these grains as well as the best and simplest way to cook them And then there are the boldly flavored contemporary recipes that will truly change the way you cook covering soups

salads main courses and side dishes all the way to quick breads cookies and desserts with a groundbreaking section on whole grain baking outlining tempting healthy options Whole Grains Every Day Every Way will delight carnivores and vegetarians alike with recipes such as Farro Salad with Prosciutto and Asparagus Masa Harina Beef Casserole Posole with Pork and Chipotle Millet with Gingered Beets and Orange and Coconut Black Rice Pudding This is the book America has been asking for the definitive guide that will make it easy and delicious for us to incorporate healthful whole grains into our diets with innovative recipes for every meal of the day **Day of Honey** Annia Ciezadlo,2012-02-14 Originally published in hardcover in 2011

The Carrot Purple and Other Curious Stories of the Food We Eat Joel S. Denker,2015-10-01 How many otherwise well educated readers know that the familiar orange carrot was once a novelty It is a little more than 400 years old Domesticated in Afghanistan in 900 AD the purple carrot in fact was the dominant variety until Dutch gardeners bred the young upstart in the seventeenth century After surveying paintings from this era in the Louvre and other museums Dutch agronomist Otto Banga discovered this stunning transformation The story of the carrot is just one of the hidden tales this book recounts Through portraits of a wide range of foods we eat and love from artichokes to strawberries The Carrot Purple traces the path of foods from obscurity to familiarity Joel Denker explores how these edible plants were in diverse settings invested with new meaning They acquired not only culinary significance but also ceremonial medicinal and economic importance Foods were variously savored revered and reviled This entertaining history will enhance the reader s appreciation of a wide array of foods we take for granted From the carrot to the cabbage from cinnamon to coffee from the peanut to the pistachio the plants beans nuts and spices we eat have little known stories that are unearthed and served here with relish **Lemon Zest** Lori Longbotham,2002 Lemon Zest also brims with juicy tidbits of lemon lore as well as household hints for making the most of this all natural cleanser throughout the home Complete information on using every part of the lemon along with advice for selecting and storingand even growing them is included too

Jewish Cultural Studies Simon J. Bronner,2021-05-04 Defines the distinctive field of Jewish cultural studies and its basis in folkloristic psychological and ethnological approaches Jewish Cultural Studiescharts the contours and boundaries of Jewish cultural studies and the issues of Jewish culture that make it so intriguing and necessary not only for Jews but also for students of identity ethnicity and diversity generally In addition to framing the distinguishing features of Jewish culture and the ways it has been studied and often misrepresented and maligned Simon J Bronner presents several case studies using ethnography folkloristic interpretation and rhetorical analysis Bronner building on many years of global cultural exploration locates patterns processes frames and themes of events and actions identified as Jewish to discern what makes them appear Jewish and why Jewish Cultural Studiesis divided into three parts Part 1 deals with the conceptualization of how Jews in complex heterogenous societies identify themselves as a cultural group to non Jews and vice versa such as how the Jewish home is socially and materially constructed Part 2 delves into ritualization as a strategic Jewish practice for perpetuating peoplehood

and the values that it suggests for example the rising popularity of naming ceremonies for newborn girls simhat bat or zeved habat in the twenty first century Part 3 explores narration including the global transformation of Jewish joking in online settings and the role of Jews in American political culture Bronner reflects that a reason to separate Jewish cultural studies from the fields of Jewish studies and cultural studies is the distinctiveness of Jewish culture among other ethnic experiences As a diasporic group with religious ties and varying local customs Jews present difficulties of categorization He encourages a multiperspectival approach that considers the Jewish double consciousness as being aware of both insider and outsider perspectives participation in ancient tradition and recent modernization and the great variety and stigmatization of Jewish experience and cultural expression Students and scholars in Jewish studies cultural studies ethnic religious studies folklore sociology psychology and ethnology are the intended audience for this book **Falafel Nation** Yael Raviv,2015-11-01 Revised version of the author s thesis doctoral New York University 2002 [Everyday Life in the Muslim Middle East](#) Donna Lee Bowen,Evelyn A. Early,2002 A revised and updated edition of a popular and widely used text **The Publishers Weekly** ,2001 **The Epic Retirement Bucket List** Julie Chickery,2025-06-17 Make your retirement an unforgettable adventure using this inspiring guide so you ll never run out of creative ways to make your next phase your best phase Welcome to retirement Life beyond the working world is full of opportunity and excitement but figuring out exactly where to go and what to do can be tough Explore the unknown Choose from 150 outside the box ideas and hobbies whether it s swimming with sharks in the Maldives learning the art of cheesemaking in the Swiss Alps or volunteering at a community garden Cover the globe Book your trip pack your bags and travel the world with a list of destination activities on every continent Get trustworthy guidance Come prepared with insider knowledge about what to see at each destination how to enjoy local activities and where to eat while you re there Make your retirement an unforgettable adventure with The Epic Retirement Bucket List [The World Cookbook for Students](#) Jeanne Jacob,Michael Ashkenazi,2007 AVAILABLE ONLINE CLICK ON LINK BELOW

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Recipes And Remembrances From An Eastern Mediterranean Kitchen Introduction

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