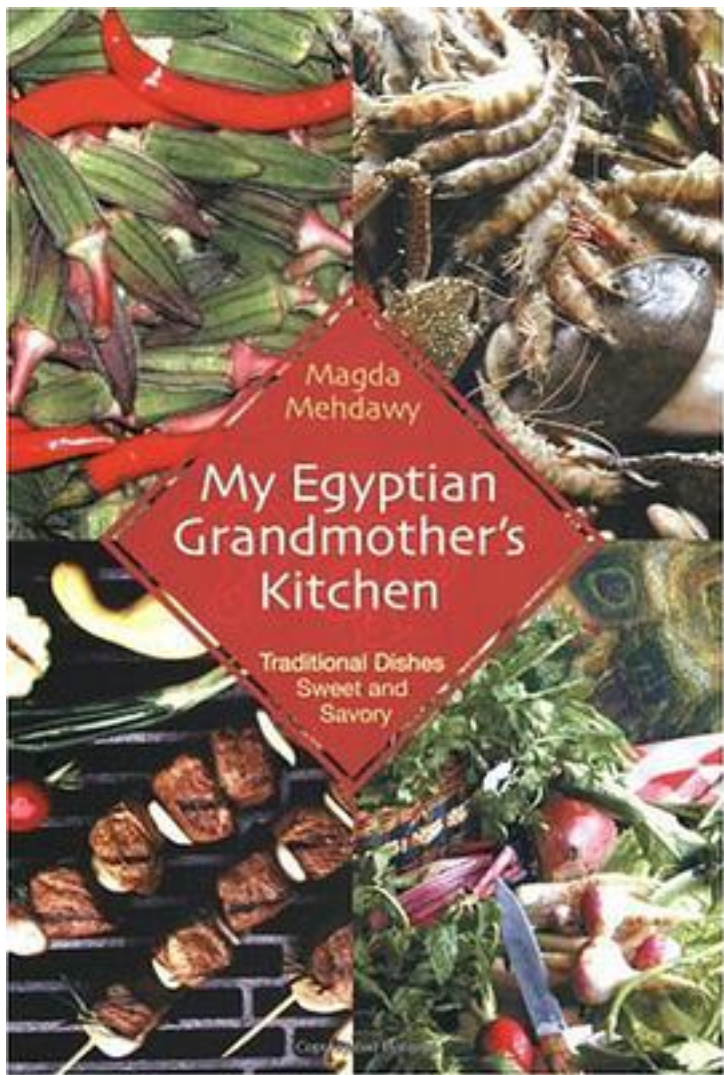


My Egyptian Grandmother's Kitchen



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出版者:Amer Univ in Cairo Pr

出版时间:2005-11

装帧:Pap

isbn:9789774249273

In this beautifully illustrated volume, Magda Mehdawy has gathered in one book the most complete collection of Egyptian recipes ever assembled. Drawing on the traditional recipes she learned from her grandmother and other members of her generation, Mehdawy offers a surprising range of sumptuous recipes and unusual flavors that are part of Egypt's millennia-long cultural heritage. She also reveals the historical depth of the national cuisine, beginning with a section on food and wine-making techniques used by the ancient Egyptians. For readers interested in more recent traditions, Mehdawy provides lists of typical menus served on Islamic holidays and feasts, and a fascinating overview of traditional beliefs regarding vegetables and spices. While covering regional dishes from all over Egypt, Mehdawy emphasizes the cuisine of her native Mediterranean city of Alexandria, providing a wide selection of seafood dishes, such as baked sardines and shrimp kofta with rice. Grouped by food categories - including Broths and Soups, Stuffed Vegetables, Poultry, Pickles, Jams, and Desserts - the book helpfully lists detailed health information as well as practical advice on shopping for the best-quality ingredients, and where to find them. Even chefs already familiar with Egyptian cuisine will find new dishes here. With copious illustrations in full color throughout, this compendium is a great introduction to the rich flavor and variety of the traditional Egyptian kitchen.

作者介绍:

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