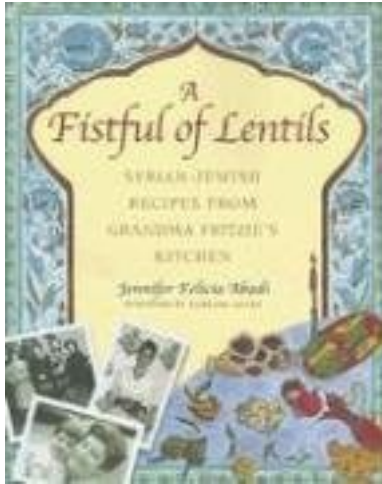


# A Fistful of Lentils



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When Jennifer Felicia Abadi was a child, her mother often pulled down a well-worn homemade black recipe binder from her kitchen shelf and created memorable Syrian-Jewish meals. As an adult, Abadi embarked on a labor of love with her grandmother to record all of her family's rich, mouthwatering Syrian dishes. In *A Fistful of Lentils*, Abadi shares with you more than 125 Syrian-Jewish recipes, as well as an intimate look at Syrian-Jewish culture through warm family anecdotes and little-known stories. Recipes include Meh'shi Sfeehah b'Dja'jeh (Stuffed Baby Eggplants with Roasted Chicken), Rishtah b'Tahineh (Egg Noodles with Lentils and Sesame Butter), Kibbeh m'Kamuneh b'Bandoorah (Meatballs in Tomato-Cumin Sauce), Lah meh Zetoon b'Limoneh (Lamb with Lemon and Olives), Ijeh b'Batatah (Potato Omelets), Leban m'Naa'na (Yogurt-Mint Dressing), Masapan (Almond Candies), and Knaffeh (Shredded Phyllo-Ricotta Pie). It all adds up to the best-kept secret in Middle Eastern cuisine, now yours to enjoy!

作者介绍:

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