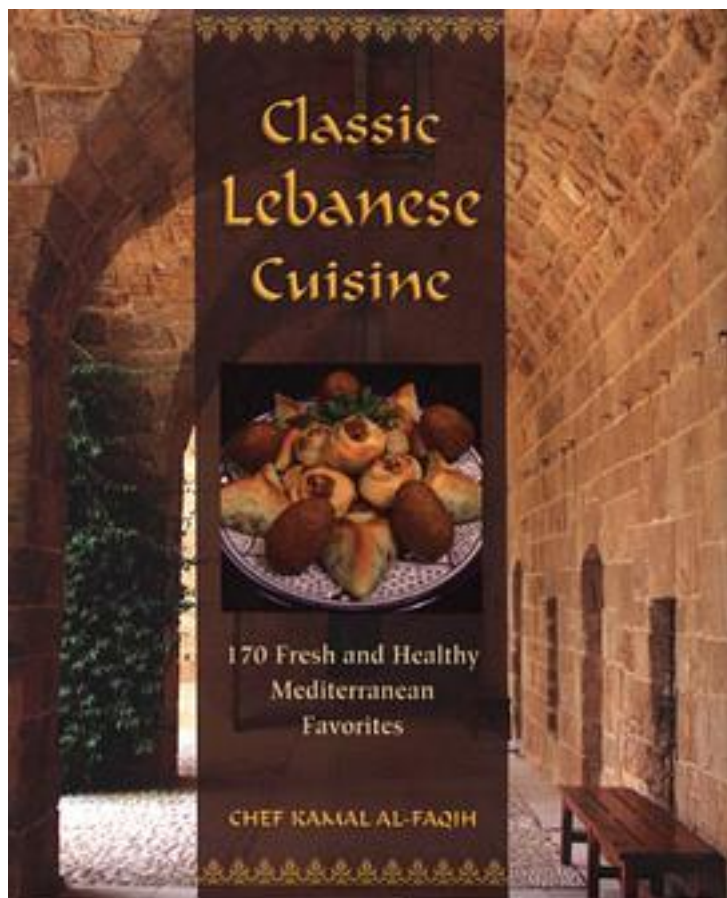


Classic Lebanese Cuisine



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著者:Al-Faqih, Kamal

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Savory, heart-healthy Lebanese recipes from a renowned chef The cuisine of Lebanon epitomizes the best of the Mediterranean diet, which is highly regarded for its positive health benefits. Abounding in vegetables, grains, fresh herbs and spices, poultry, and lamb, it yields meals replete with robust, earthy flavors. In "Classic Lebanese Cuisine,

"Chef Kamal Al-Faqih presents 170 dazzling recipes that reflect the full breadth of authentic Lebanese cuisine. Featuring favorites such as baba ghannouj, tabbouli, and kibbi, this book also presents Al-Faqih's signature classics, like London broil layered with pita and garlic yogurt, and heart-healthy fire-roasted wheat with lamb. With step-by-step instructions accompanied by full-color photographs throughout, this book makes Lebanese cuisine accessible to everyone who seeks to reproduce their favorite flavors and dishes--from the merely curious to more experienced cooks.

作者介绍:

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