

From HealthNewsDigest.com

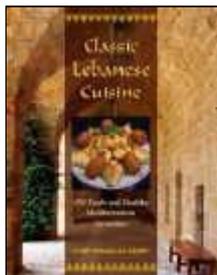
Food and Nutrition

Classic Lebanese Cuisine

By

Sep 22, 2009 - 3:10:39 PM

170 Fresh and Healthy Mediterranean Favorites



(HealthNewsDigest.com) - The cuisine of Lebanon epitomizes the best of the Mediterranean diet, which is highly regarded for its positive health benefits. It includes an abundance of vegetables, grains, fresh herbs and spices, poultry, meats, seafood and stews — creating meals that are full of robust and earthy flavors. Chef Kamal Al-Faqih invites readers to join him on a trip to his ancestral homeland and to taste the healthy flavorful foods of Lebanon.

CLASSIC LEBANESE CUISINE (Three Forks, September 2009, \$24.95) features a dazzling collection of 170 recipes from appetizers and salads to side dishes, entrees and desserts.

Readers will discover new flavors as Chef Kamal introduces these time-honored recipes steeped in the authenticity and ethos of the dishes he grew up with. Accompanied by easy to follow step-by-step instructions, CLASSIC LEBANESE CUISINE makes Lebanese cooking accessible to everyone who seeks to prepare it for the first time or reproduce their favorite flavors and dishes. Chef Kamal 's expert narrative and mouthwatering recipes will pave the way for the journey.

Inside, readers will find recipes including:

- Pomegranate-Beef Crescents (Sambousik bi Lahmi)
- Smoked Eggplant Dip (Baba Ghannouj)
- Eggplant Salad (Salata Batanjan)
- Cod Baked in Citrus Tahini (Tajen)
- Jute Mallow and Garlic-Cilantro Stew with Lamb (Mloukhiyeh)
- Lentil Soup with Ruby Swiss Chard and Lemon (Adas bi Hamood)
- Semolina Pistachio Cookies (Mamoul bi Fistouk)

More than just recipes, the book features striking full-color photographs, and a section describing techniques such as rinsing and storing produce, handling filo dough, the recommended procedure for measuring flour, and more. The “pantry” section describes and defines ingredients, sauces, flavorings, oils, and spices. There is a section of suggested menus, which recommends combinations of recipes that you may want to consider when planning a cocktail party, brunch, afternoon luncheon, or dinner. Readers will also find information on how to prepare for a Lebanese feast before the guests arrive.

CLASSIC LEBANESE CUISINE is linked to Chef Kamal's website, www.cookingwithkamal.com, where additional cooking techniques and demonstration videos aide readers in the preparation of these delicious dishes. In addition, his recently-launched e-commerce site, shopkamal.com, provides easy access to specialty ingredients for the pantry.

About the Author

Born in the United States as the son of a diplomat, Chef Kamal Al-Faqih was quickly introduced to Lebanese cuisine at his parent's home in Washington D.C. where he would assist his mother in the kitchen as they prepared time-honored family recipes. His background and upbringing instilled in him a natural authenticity and palate for Lebanese and Mediterranean cuisine. In 1986, the chef made his debut as the owner and head chef of the first exclusively Mediterranean catering company in the Washington D.C. metropolitan area (Med Catering). He has cooked for major American celebrities and foreign dignitaries alike, including Francis Ford Coppola, Angelica Houston, the Jordanian Royal family, and the White House. In addition to his professional catering business, from the early 1990s to the present, Chef Kamal has led a variety of cooking demonstrations across North America. From Georgetown University and the Middle East Institute in Washington D.C. to dozens of private homes on the West Coast, Chef Kamal's charm and natural skills in the kitchen has introduced hundreds of individuals to heart-healthy Mediterranean foods for both formal entertaining and casual dining.

CLASSIC LEBANESE CUISINE

by Kamal Al-Faqih

Three Forks

September 2009

Hardcover Original/\$24.95

ISBN: 978-0762752782

Subscribe to our FREE Ezine and be eligible for Health News, discounted products/services and coupons related to your Health. We publish 24/7.

HealthNewsDigest.com

We also create, produce and distribute tv/cable public service campaigns: HealthyTelevisionProductions

© Copyright by HealthNewsDigest.com