

[Login](#) | [Register](#) | [e-Newsletters](#) | [Contests](#) | [Coupons](#) | [Place an Ad](#) | [Subscriber Services](#)  **JSOnline**

WEATHER WATCH: Milwaukee, WI **51°**  **high 51°** | **low 42°** | [Detailed Forecast](#) | [7 Day](#) | [Doppler Radar](#) | [Alerts](#) |



[Home](#) | [News](#) | [Watchdog](#) | [Opinion](#) | [Sports](#) | [Business](#) | [Food & Dining](#) | [Entertainment](#) | [Features](#) | [Photo/Video](#) | [Class](#)

[Browse Jobs](#) | [Career Tools](#)

 **Food and Cooking**

[Home](#) » [Features](#) » [Food and Cooking](#)

Tool

Food Chain, Oct. 7

Posted: Oct. 6, 2009

ON THE SHELVES

Classic Lebanese Cuisine: 170 Fresh and Healthy Mediterranean Favorites

By Kamal Al-Faqih

Globe Pequot Press, \$24.95

A handsome collection of Lebanese food, from pita-based snacks to grilled kebabs to rice pudding decorated with apricots, it features plenty of color photos and the names of each dish in English and Lebanese (with a helpful pronunciation guide).

Some of the pictures are a bit too small to show details, but with many of the small pictures, such as Roast Leg of Lamb, the size doesn't matter.

There are one or two pictures in which the food looks a little creepy, if not downright unappetizing.

Case in point: Tilapia with Jalapeño and Pine Nut Sauce. The fish has been "reconstructed" on the plate, encased in bright green and pine-nut "scales," with cucumber slices for gills, a piece of radish for an eye and carrot darts to suggest fins. Hmm.

That aside, Al-Faqih is a conscientious teacher and offers many food-buying and cooking tips throughout the book.

And many Lebanese dishes are one-pot meals, which gain in flavor if they are prepared the night before and sit in the fridge overnight.

This makes them convenient dinner choices, similar to crock-pot cooking.

ON TV

"What Would Brian Boitano Make?" on Food Network

He's traded in his glittering skating tights for chef whites and, boy, can this guy glide through the kitchen.

This show has the surreal in spades.

f
e

TOP :

Do
ref
be
Se

Pla
alt
raç

Clæ
on
ev

Sh
se:
los

Off
co:
er

MOR

Big
Sw

Re
off

BP
ris:
dy:
sa:

On
ph

It isn't just that Boitano cooks - and cooks pretty well - he entertains some of the strangest collections of eaters in San Francisco, which isn't exactly the Capital of Normal to begin with.

The first episode, called "Derby Girls," had Boitano inviting an entire roller derby team back to his house for a full-course meal starring the girls' favorite ingredient: bacon.

In "Handyman Special," Boitano cooks up a French-inspired Italian meal (hey, would I lie about a thing like that?) for his handyman, with the hope that said handyman will invite Boitano to join his exclusive supper club.

Is that a 10.0 idea for a show or what?

ON THE WEB

pumpkinnook.com

Includes recipes and other pumpkin-related information.

- *Mary-Liz Shaw*



E-mail Newsletter

Food and Dining includes reviews, recipes and more. Friday mornings.

[Sign Up Now!](#)

Enter your e-mail address above and click "Sign Up Now!" to begin receiving your e-mail newsletter

[Login](#) or [Register](#) to manage all your newsletter preferences.

ARCHIVES

- [Food Chain, Nov. 11](#)
- [Food Chain, Nov. 4](#)
- [Food Chain, Oct. 28](#)
- [Food Chain, Oct. 21](#)
- [Food Chain, Oct. 14](#)
- [Food Chain, Sept. 30](#)
- [Food Chain, Sept. 23](#)
- [Food Chain, Sept. 16](#)
- [Food Chain, Sept. 9](#)
- [Food Chain, Sept. 2](#)
- [Food Chain, Aug. 26](#)
- [Food Chain, Aug. 19](#)
- [Food Chain, Aug. 12](#)
- [Food Chain, July 31](#)
- [Food Chain, July 22](#)
- [Food Chain, July 15](#)
- [Food Chain, July 8](#)
- [Food Chain, July 1](#)
- [Food Chain, June 24](#)
- [Food Chain, June 17](#)

Au
Sw
Stu
adv
str
wo
Se:
noi
arc
Ha

Mo:

mc
E
F
C
E
F



Elsewhere on JSOnline

Prep Football



Complete coverage of the playoffs

Readers' Picks



Best suburban restaurants

House & Homes



Browse local community profiles

Dining Guide



Our critic's reviews on a Google map

War S



The Gre
Generat
rememb

advertisement

[JSOnline](#) | [MyCommunityNOW](#) | [Living Lake Country](#) | [SportsBubbler](#) | [MilwaukeeMoms](#) | [Today's TMJ4](#) |

PRIVACY POLICY/YOUR CALIFORNIA PRIVACY RIGHTS

| [Terms of Use](#) | [Contact Us](#) | [Jobs at Journal Sentinel](#) | [Subscription Services](#) | [Place an Ad](#)

© 2009, Journal Sentinel Inc. All rights reserved.

Powered by Clickability.

Produced and Managed by Journal Interactive.

