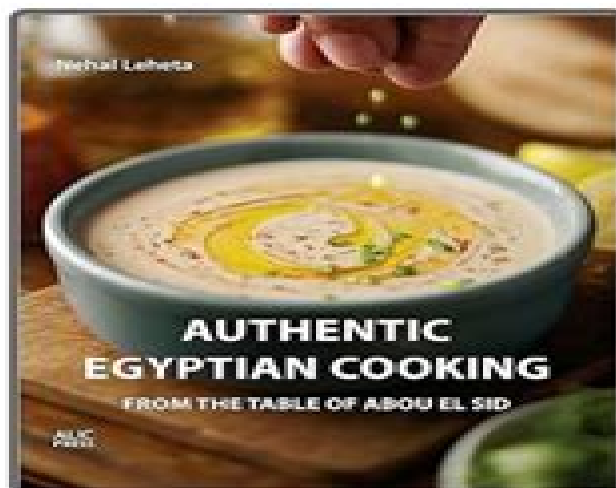


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Treasure Trove of Benefits and Variety at the Table: A Fourteenth-Century Egyptian Cookbook ,2017-11-27 The Kanz al faw id f tanw al maw id a fourteenth century cookbook is unique for its variety and comprehensive coverage of contemporary Egyptian cuisine It includes in addition to instructions for the cook a treasure trove of 830 recipes of dishes digestives refreshing beverages and more It is the only surviving cookbook from a period when Cairo was a flourishing metropolis and a cultural haven for people of diverse ethnicities and nationalities Now available for the first time in English it has been meticulously translated and supplemented with a comprehensive introduction glossary and 117 color illustrations to initiate readers into the world of the Kanz al faw id The twenty two modern adaptations of Kanz recipes will inspire further experimentations It is a valuable resource for scholars of medieval material culture and for all lovers of good food and cookbooks

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meet modern tastes Dive into a collection of classic recipes that highlight the diverse ingredients and techniques that define Egyptian cuisine From the bustling streets of Cairo to the serene banks of the Nile each recipe tells a story of tradition culture and family gatherings Features Authentic Recipes Delight in traditional Egyptian dishes such as Koshari a hearty lentil and rice dish Molokhia a flavorful green stew and Shawarma seasoned meat wraps Each recipe is crafted to bring the authentic taste of Egypt to your kitchen Cultural Insights Gain a deeper understanding of Egyptian food culture with anecdotes and historical context that enrich each recipe Discover the significance of different dishes and how they fit into the Egyptian way of life Step by Step Instructions Easy to follow instructions and tips ensure that even novice cooks can create delicious Egyptian meals Each recipe includes preparation time cooking time and serving suggestions Beautiful Photography Stunning photographs showcase the vibrant colors and textures of Egyptian dishes making each page a feast for the eyes Ingredient Substitutions Detailed guidance on ingredient substitutions helps you recreate Egyptian flavors with locally available ingredients Whether you re a seasoned cook or new to Egyptian cuisine Flavors of Egypt offers a culinary adventure that brings the heart of Egypt into your home Embrace the flavors traditions and stories that make Egyptian cuisine a treasured part of global food heritage

Egyptian Food Made Easy Shama Farag, 2019-12-30 I m Egyptian and I love to cook To be honest I find cooking and baking are excellent getaways to relieve my anxiety I believe that any homemade or handmade makings are natural relievers for human anxiety and a simple getaway from do nothingness So I do encourage you not just to read this cookbook but also to roll up your sleeves and get your hands dirty doing something challenging Egyptian foods in general are time consuming and there is a tremendous variety of recipes In this book I focused on the most popular and most important ones I have tried my best job to work out the kinks and cross the bridges to make it easy for those of you who are interested in the Egyptian foods but find it hard to make I strongly believe in cultural exchange and with the help of my professional photographer brother Ahmed Helmy Omran I listed all the difficult recipes and I included how to make them from scratch The book included recipes for Main dishes like Koshari Mahshi Fetta Roqaq Pasta with Bechamel Dolma Baladi bread Hawawshi Mombar Hamam Also Desserts like Baklava and rice budding Basbosa Kataifi Konafa Kahk There are aslo interesting recipes for dibbing like Baba Ghanouj side items like Samosa Fetir pies and more I made sure to mention all kinds of spices I personally use so you won t be missing out on anything If you are into Middle Eastern foods especially Egyptian food you get to check this book out This book has easy and detailed recipes to make it easy for international cooking pros to conquer a new territory of Egyptian culture and even amateurs to explore Egyptian cultural foods I believe this book will usher you how to make delicious dishes as yummy as Falafel and Dolma and traditional treats like Katyef and Konafa from scratch Also it included Byriani Egyptian Famous Molokheyya and popular lentil soup I wasn t fully accurate about measurements as packs vary and there is a plethora of resources and brands I would say stick with the given amounts and test them and I assure you that you will eventually figure it out on your own Since you are reading this book and made it that

far you probably are adventurous and professional enough to comprehend how to make it successfully with the hidden tips I already provided in this book Believe me I have been cooking for years and no complaints all praise to God so I guarantee you those recipes are safe and correct and will lead you into a new era Have fun cooking **Egyptian Cuisine** Nagwa

El-Fayoumi Khalil,1980 **Eat, Habibi, Eat!** Shahir Massoud,2021-05-04 TASTE CANADA AWARDS GOLD WINNER 100

recipes to celebrate the bold flavors bright colors and fresh tastes of the Middle East In Arabic habibi translates to my darling and it is this loving endearment reserved for the closest friends and family that permeates every recipe that Canadian Egyptian chef and television host Shahir Massoud has to offer Sharing mouthwatering street foods and casual everyday staples as well as new interpretations of traditional dishes Eat Habibi Eat encourages you to explore the rich spices and irresistible dishes of the Middle East at home And Shahir s personal stories all told in his warm and playful voice are just as captivating as his food you ll burst out laughing at his mother s insistence that the Egyptian people would never forgive him if he altered the definitive recipe for ful mudammas Combining his family s heritage meals with his French and Italian chef training Shahir teaches you how to build the ultimate Egyptian pantry using some special food items but mostly ingredients that can be found at your local grocery store From there you ll dive in to the over 100 mouthwatering recipes for every meal and time of day From classic mainstays like Shakshuka Shawarma and Fattoush Salad to modern plates like Chickpea Fries with Harissa Mayo and Coffee and Coriander Beef Ribs with Pomegranate BBQ Sauce Eat Habibi Eat is a feast for the eyes and the taste buds Whether you already love Middle Eastern cuisine or have never heard of sumac before Shahir s sumptuous book will inspire you to try something new in the kitchen and have fun doing it **The Ultimate Egyptian**

Cookbook Slavka Bodic,2021-02-17 Food is the most accessible pleasure It is nourishing and comforting It connects people and makes them feel good Eating is what all of us have in common and we all love to do it well Plus food is the easiest way to explore a different culture Do you like to cook But you are tired of the same old menu Have you been looking for fun recipes for any occasion Are you a fan of an authentic kitchen Then you are in luck This cookbook has it all and more It will upgrade your cooking routine with one hundred eleven delicious and filling meals from Egypt with love You will be happy to cook again Explore new and exciting flavors of authentic Egyptian cuisine You will be delighted with the results Don t worry if you are not a chef This comprehensive cooking guide is good for any level It will help tap into your creative side You will love this cookbook because everyone can appreciate a real homemade meal and newness Surprise yourself your friends or your family It is time to cook something new Be ready for your taste buds to sing Get it now *Egyptian Cooking English Edition* Patrizia Chirichigno,2007

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