



## Middle Eastern Recipes: The Ultimate Guide

By Amanda Ingelleri, Encore Books

Createspace, United States, 2014. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.Middle Eastern food is a cuisine of refined art that is influenced by many cultures. The spicy dishes indicate that the Middle Eastern region could have been a source or way station for how certain spices arrived into Europe from Asia. The staples of Middle Eastern food include lamb, rice and various legumes such as lentils and chickpeas. There also are lots of salads from fresh seasonable vegetables and pickled or cooked vegetables, as well as various fruits. We have collected the most delicious and best selling recipes from around the world. Enjoy!.

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