

Cooking the Middle Eastern Way: Culturally Authentic Foods Including Low-Fat and Vegetarian Recipes, Lerner Publications, 2005, 9780822512387, Alison Behnke, Vartkes Ehramjian, 2005, 72 pages

Cooking The Middle Eastern Way: Culturally Authentic Foods Including Low-Fat And Vegetarian Recipes. Added by CvP. Create date Feb 17, 2010.Â Cooking The Middle Eastern Way: Culturally Authentic Foods Including Low-Fat And Vegetarian Recipes (Easy Menu Ethnic Cookbooks). Reading Level. Ages 9-12.Â Taste of the Middle East: The Food And Cooking Of A Rich Cultural Heritage. Bringing together the traditional cooking styles and classic foodstuffs Lebanese Cooking (In Arabic). More from CvP. All Under Heaven: Recipes from the 35 Cuisines of China. A comprehensive, contemporary portrait of China's culinary landscape Cooking The Middle Eastern Way: Culturally Authentic Foods Including Low-Fat And Vegetarian Recipes (Easy Menu Ethnic Cookbooks) [Behnke, Alison, Ehramjian, Vartkes] on Amazon.com. *FREE* shipping on qualifying offers. Cooking The Middle Eastern Way: Culturally Authentic Foods Including Low-Fat And Vegetarian Recipes (Easy Menu Ethnic Cookbooks).Â Cooking The Middle Eastern Way: Culturally Authentic Foods Including Low-Fat And Vegetarian Recipes (Easy Menu Ethnic Cookbooks) Library Binding â€ January 1, 2005. by. Alison Behnke (Author). â€ Visit Amazon's Alison Behnke Page.Â I really like this book. The pictures are beautiful, the recipes easy to follow and it is an entertaining book. I learned quite a bit from this book. Read more. Cooking the Middle Eastern Way: Culturally Authentic Foods Including Low-Fat and Vegetarian Recipes.Â Middle Eastern cooks are skilled at making the best use of their finest local produce. Not surprisingly, the similarities and differences in locally grown crops across the Middle East have deeply influenced regional cuisine. Beans, rice, dates, and nuts show up again and again in typical dishes.Â Before You Begin Middle Eastern cooking makes use of some ingredients that you may not know. Sometimes special cookware is used, too, although the recipes in this book can easily be prepared with ordinary utensils and pans. The most important thing you need to know before you start is how to be a careful cook. See what's new with book lending at the Internet Archive. Cooking the Mediterranean way : culturally authentic foods including low-fat and vegetarian recipes. Item Preview. remove-circle.Â Cooking the Mediterranean way : culturally authentic foods including low-fat and vegetarian recipes. by. Behnke, Alison.