



## Saha: A Chef's Journey Through Lebanon and Syria [Middle Eastern Cookbook, 150 Recipes]

*By Greg Malouf, Lucy Malouf, Anthony Bourdain, Matt Harvey*

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**\*Winner of the Gold trophy for Best Food Book and Grand Prix award at the Gourmet Voice Food Media awards in Cannes, France\***

In *Saha*, world renowned chef Greg Malouf returns to the land of his ancestors to explore its broad and influential cuisine. Stretching from neighboring Iran throughout the Mediterranean to North Africa, the roots of Greg's culinary history are here in the land of his forbears, and together with writing partner Lucy Malouf, he embarks on a month-long culinary journey.

The cuisine in *Saha* is traditional and inspirational, enticingly spiced and fragrant with flower waters. From hearty peasant dishes to more subtly spiced specialties from ancient palaces, the dishes are complex in flavor yet not too complicated to make at home. Heartwarming stories and recipes from the people Greg and Lucy meet on their journey are teamed with evocative images and Greg's own unique take on history. The rich and exciting cuisine from Lebanon and Syria captures the spirit of the modern and the ancient, the characters, dishes, flavors and colors beautifully portrayed in this highly illustrated and lavishly designed Middle Eastern Cookbook.

### **Authentic recipes include:**

- Spinach, Lentil and Lemon Soup, Bedouin-style
- Aleppo-style Sausage Rolls
- Upside-down Poached Chicken and Eggplant Pilaf
- Arabic Fish Stew with Lemon and Saffron and Hot Pepper Rouille
- Double-cooked Duck with Cinnamon, Honey, Cardamom and Mastic
- Lamb Shawarma
- Sambousek Pastries with Cheese and Leek
- Lebanese Doughnuts with Lemon Syrup
- Raspberry Turkish Delight Truffles
- Turkish Coffee

**From the forward by Anthony Bourdain:**

*There is no doubt that this is a country and a culinary tradition busting with possibilities. All that's needed now, is for someone to explore them and share them with the rest of us. Fortunately, Greg and Lucy Malouf have.*

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#### **Aurelio Ashley:**

A lot of people always spent all their free time to vacation as well as go to the outside with them friends and family or their friend. Were you aware? Many a lot of people spent they will free time just watching TV, or maybe playing video games all day long. If you would like try to find a new activity that's look different you can read a book. It is really fun for yourself. If you enjoy the book you read you can spent all day long to reading a reserve. The book Saha: A Chef's Journey Through Lebanon and Syria [Middle Eastern Cookbook, 150 Recipes] it doesn't matter what good to read. There are a lot of folks that recommended this book. We were holding enjoying reading this book. If you did not have enough space to deliver this book you can buy the e-book. You can m0ore very easily to read this book through your smart phone. The price is not very costly but this book features high quality.

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#### **Vincent Newton:**

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