

The Levantine Vegetarian: Recipes from the Middle East

Salma Hage



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ABOUT THE AUTHORS

Salma Hage is the James Beard Award-winning and best-selling author of *The Lebanese Kitchen*, *The Middle Eastern Vegetarian Cookbook*, *The Mezze Cookbook*, and *Middle Eastern Sweets*. Originally from Mazarat Tiffah (Apple Hamlet) in the mountains of the Kadisha Valley in north Lebanon, she has over 50 years of experience of family cooking – learning to cook from her mother, mother-in-law, and sisters-in-law, while helping to raise her eleven siblings.



Vibrant vegetarian home-cooking recipes, capturing the essence of the Middle East, from James Beard Award-winning Salma Hage

Phaidon presents *The Levantine Vegetarian*, a glorious celebration of a bold vegetarian cuisine, featuring 140 easy-to-make, bright, uplifting plantbased recipes from across the Levant—a coastal region situated at the crossroads of Europe, Asia, and Africa.

Salma Hage, author of bestselling *The Lebanese Kitchen*, *Middle Eastern Vegetarian Cookbook*, *The Mezze Cookbook*, and *Middle Eastern Sweets*, is originally from the Kadisha Valley in north Lebanon. In *The Levantine Vegetarian*, she invites us to explore the sumptuous vegetarian cuisine of a diverse region spanning Syria, Lebanon, Jordan, Egypt and Turkey. Together, the book's 140 dishes pay homage to its traditional flavours and fertile lands, featuring aromatic spices, fresh herbs and delicious vegetables.

Chapters focus on Snacks and Small Plates, Salads and Sandwiches, Soups and Stews, Rice and Grains, Vegetables and Breads, Desserts, Drinks and Spice Blends. Hage tells the story of every dish, its origins, and adaptations. Well-known classics, cherished and unchanged for generations, find new life in these pages through innovative ingredient pairings and inventive cooking techniques, such as Pea and Za'atar Falafel

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and Freekeh Tabbouleh. Other dishes have evolved throughout the region: Halloumi Spring Rolls, Parsnip and Cumin Beignets, and Black Lime and Herb Tofu. Each recipe is a fresh and delicious symphony of flavours, textures and aromas. The book uses Phaidon's well-established icons to guide readers to recipes that are vegan, gluten-free, nut-free, dairy-free, 30 minutes or less, and five ingredients or fewer.

Hage's experience and expertise shine through as she navigates the diverse culinary tapestry of the Levant. From generous mezze platters to hearty stews and innovative takes on longstanding dishes, each recipe is a testament to her knowledge of the flavours and textures of the region. Newly commissioned photography by Haarala Hamiton capture the vibrancy and the plentiful, sharing nature of the Middle Eastern dining table.

ABOUT PHAIDON

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