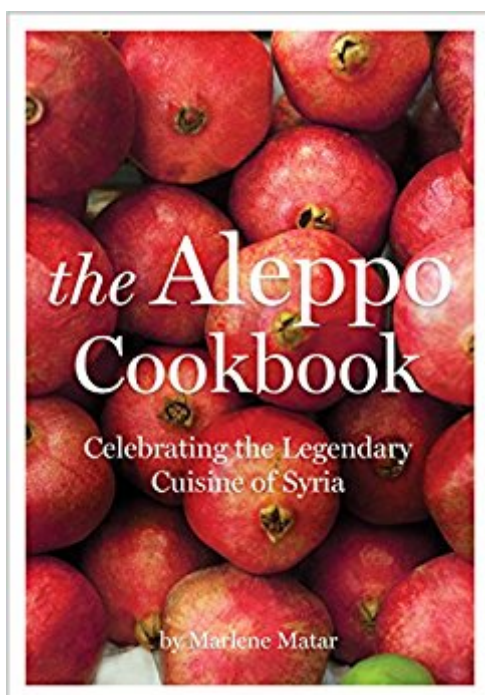


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# The Aleppo Cookbook: Celebrating The Legendary Cuisine Of Syria



## Synopsis

AN INSPIRING COLLECTION OF RECIPES FROM ONE OF THE WORLD'S OLDEST CITIES It is hardly surprising that Aleppo, one of the world's oldest continuously inhabited cities, is also home to one of the world's most distinguished and vibrant cuisines. Surrounded by fertile lands and located at the end of the Silk Road, which passed through Central Asia and Mesopotamia, Aleppo was a food capital long before Paris, Rome, or New York. Its diverse communities of Arabs, Kurds, Armenians, Circassians, and others contributed to its culinary traditions and produced a vast selection of different types of dishes - and no less than 20 kinds of kibbeh recipes. Here, one of the Arab world's most renowned chefs unlocks the secrets to this distinctive cuisine in this comprehensive cookbook filled with practical guidance on Middle Eastern cooking techniques as well as step-by-step explanations of over 200 irresistible recipes, such as Chili and Garlic Kebab, Syrian Fishcakes, Lamb Stuffed Eggplants, Semolina and Butter pudding, and the queen of the mezze table, Red Pepper and Walnut Spread. Divided into 15 chapters (Basic Recipes; Appetizers and Mezze; Soups; Salads and Accompaniments; Grains; Fish; Poultry; Meat; Kibbeh; Stuffed Dishes; Vegetables; Stews; Bread; Desserts and Sweets; Pickles and Preserves; and Beverages), traditional cooking and preservation methods go hand-in-hand with modern combinations of flavors and today's desire for healthful and natural meals. Wonderful full-color photography of the food, people, and markets of Aleppo make this a stunning cookbook, a great gift for food lovers, and a fitting tribute to a beautiful city and the suffering its people have endured.

## Book Information

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## Customer Reviews

Editorial Reviews WASHINGTON POST BEST COOKBOOK 2016WINNER OF THE INTERNATIONAL ACADEMY OF GASTRONOMY AWARD 2016PUBLISHERS WEEKLY BEST BOOKS OF 2016LIBRARY JOURNAL EDITOR'S PICK 2016BOOKLIST STARRED REVIEW Syria's venerable cuisine draws together diverse strains of Middle Eastern traditions to form a rich amalgam. As the nation's largest city, positioned close to Turkey and Lebanon, Aleppo is home to Arabs, Kurds, Turks, Jews, and other ethnic communities, each of which has contributed to its culinary traditions. Moreover, Aleppo was the western terminus of the ancient Silk Road, so even Chinese influences are detectable in its cooking. Professional chef and cooking instructor Matar offers detailed instructions for preparing multiple versions of kibbeh, the Middle East's renowned ground-meat dish. Other recipes offer tasty ways to cook vegetables for serving both hot and cold. Rich, sweet desserts conclude the book. Recipes are easy to follow and rarely demand hard-to-find ingredients. It's hard to imagine a cookbook that can make a reader weep, but poring over the book's richly colored photographs of Syrians crowding souks amid a sumptuous array of foods and utensils, one can only mourn their probable ruin in Syria's current civil war. Booklist, starred review The rich culinary heritage of Aleppo comes to life in this tribute to the Syrian city at the ancient Mediterranean crossroads. While acknowledging that war, migration, and climate change challenge modern-day Aleppo, Marlene Matar, Lebanese chef of television and cooking school fame, offers delicious ways to celebrate the diverse historical roots of Middle Eastern cooking in over 200 recipes for foundation dishes and fancier meals. Chapters include appetizers, grains, and stuffed dishes; stews, soups, and sauce-based recipes; flatbread, pickles, and preserves; and drinks and desserts. Nearly 30 variations of kibbeh are featured, including quince in a pomegranate meat stock. Numerous vegetable main dishes are included, such as a stew of lentils, bulgar, and caramelized onions, and a traditional Aleppian dish with the delightful name of Hidden Love that consists of stuffed zucchini cooked with green beans in a tomato sauce. Desserts include lemony milk pudding infused with rosewater and orange blossoms. Ingredients are regional but accessible to home cooks, and there's a glossary. This introduction to Middle Eastern cooking techniques will equally satisfy beginners or experienced fans of the regional fare. Cityscape photos and colorful prepared dishes captivate as Matar brings Aleppo's aromas, marketplace, and table to life. --- Publishers Weekly, Best Books of 2016

An inspiring collection of recipes from one of the world's oldest cities. It is hardly surprising that Aleppo, one of the world's oldest continuously inhabited cities, is also home to one of the world's most distinguished and vibrant cuisines. Surrounded by fertile lands and located at the end of the

Silk Road, Aleppo was a food capital long before Paris, Rome, or New York. Here, one of the Arab world's most renowned chefs unlocks the secrets to this distinctive cuisine in this comprehensive cookbook filled with practical guidance on Middle Eastern cooking techniques as well as step-by-step explanations of over 200 irresistible recipes, such as Chili and Garlic Kebab, Syrian Fishcakes, Lamb Stuffed Eggplants, Semolina and Butter pudding, and the queen of the mezze table, Red Pepper and Walnut Spread. Divided into 15 chapters (Basic Recipes, Appetizers and Mezze, Soups, Salads and Accompaniments, Grains, Fish, Poultry, Meat, Kibbeh, Stuffed Dishes, Vegetables, Stews, Bread, Desserts and Sweets, Pickles and Preserves, and Beverages), traditional cooking and preservation methods go hand-in-hand with modern combinations of flavors and today's desire for healthful and natural meals. Wonderful full-color photography of the food, people, and markets of Aleppo make this a stunning cookbook, a great gift for food lovers, and a fitting tribute to a beautiful city and the suffering its people have endured.

This book is a wonderful tribute to the food heritage of Syria, which needs to be documented and preserved in these times of crisis... In addition to more commonly known items like kebabs and baba ghanouj, there are more novel and exotic (to me) recipes like Istanbul artichokes, purslane soup, and milk pudding. There is also an extensive section of variations on Kibbeh (a bulgur-based dish). Marlene Matar begins the book with a short feature on ingredients that feature strongly in Syrian cuisine, such as freekeh, mint, quince, daqqa spice mix, and pomegranate molasses. Many of the recipes include short anecdotes about their origin, such as Hidden Love, which is not only a way of preparing green beans with zucchini, but also a charming Allepian folk story. Many of the recipes feature only ingredients readily available at most US supermarkets, and with a small investment in a few key ingredients like Aleppo seven spice powder (available online or from many Middle Eastern specialty shops) and pomegranate molasses, you will be able to make nearly any recipe in the book. I can see why THE ALEPPO COOKBOOK was picked as a Publishers Weekly top cookbook of the year, because Matar's knowledgeable guidance through this cuisine is a beautiful tribute to the Syrian people and culture that is so endangered today. We can only hope that in the future, Aleppo will be restored to the thriving destination for food and culture that it once was. This book helps to document that legacy, and would be a valuable addition to any collection of international cuisine.

The cookbook gives us a glimpse of the glory that was Aleppo from a culinary stance: and I bought it to preserve and honor their culture.

A beautiful book with wonderful recipes. A great tribute to Aleppo's people, food, legacy and heritage - now more than ever. A must buy!

Marvelous book, try the rice stuffed peppers, oh my word, so delicious. Excellent recipes from a troubled region.

Beautiful. Anx to try it.

I came here to buy this cookbook which I'm pretty sure I'll like because I like Middle Eastern food but I don't buy cookbooks on without being able to look inside. So to whoever is in charge of such things please fix it so we can look at a the table of contents and a couple of recipes like you do with just about every other major cookbook on the site.

The recipes in this book are unique and full of flavor. The spices needed are readily available at Penzies. The book is well organized into chapters for meats, vegetables, salads, etc. The index could be improved. There are multiple instances where recipes are not noted in the index under the main ingredient. A lot of the recipes call for ground lamb, but one can substitute any ground meat with good results. As one enjoys the wonderful food of Aleppo, it is sad to know that the city lies in ruins.

A great book with interesting information and wonderful illustrations. Many items unfamiliar to most people, such as stuffed black carrots. A pleasure to add to the home cookbook collection.

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