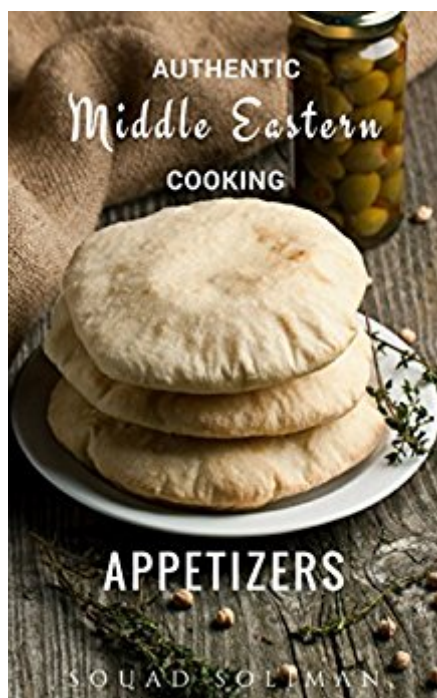


The book was found

Appetizers (Mezza) (Authentic Middle Eastern Cooking)



Synopsis

Similar to the tapas of Spain, mezeluri of Romania and aperitivo of Italy, mezza (Middle Eastern appetizers) is an array of small dishes placed before the guests creating an array of colors, flavors, textures and aromas. While rich in Middle Eastern flavor and taste, Mediterranean cuisines are known to be some of the healthiest in the world. The recipes contained in Authentic Middle Eastern Cooking are delicious yet healthy; many dishes are vegetarian, low-carb, or gluten free -- or can easily be modified and adapted to your specific diet and needs. Many of the recipes are simple, and most of the ingredients you will likely find already in your kitchen pantry and shelves. Souad Soliman's Middle Eastern 'Appetizers' contains 22 easy-to-follow recipes, and serves as a perfect go-to companion for quick and easy everyday cooking.

Book Information

File Size: 7046 KB

Print Length: 54 pages

Publication Date: June 6, 2017

Sold by: Amazon Digital Services LLC

Language: English

ASIN: B071JQS8TZ

Text-to-Speech: Enabled

X-Ray: Not Enabled

Word Wise: Enabled

Lending: Enabled

Screen Reader: Supported

Enhanced Typesetting: Enabled

Best Sellers Rank: #356,348 Paid in Kindle Store (See Top 100 Paid in Kindle Store) #32

in Kindle Store > Kindle eBooks > Cookbooks, Food & Wine > Regional & International > Middle Eastern #89 in Kindle Store > Kindle eBooks > Cookbooks, Food & Wine > Regional & International > European > Mediterranean #124 in Kindle Store > Books > Cookbooks, Food & Wine > Regional & International > Middle Eastern

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