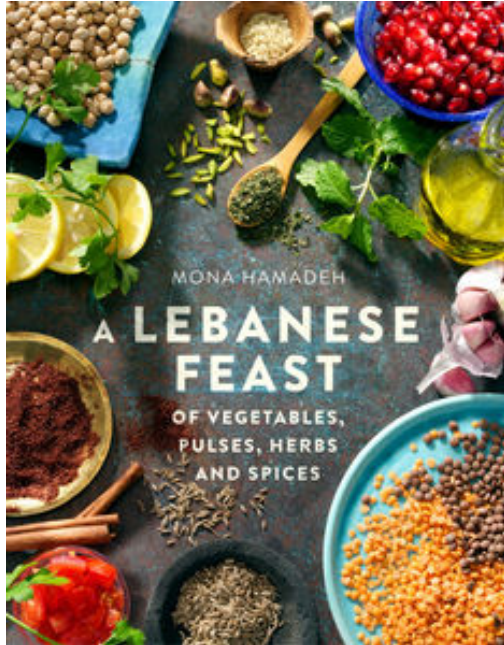


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Vegetable and pulse dishes are what most Lebanese prefer to eat most of the time. This book includes, of course, the famous mezze and speciality sweets and also peasant food from the rural mountains, traditional dishes from the north and south along the Mediterranean coast, and street food including the familiar Falafel wraps. These are affordable recipes that often turn only a few simple ingredients into a delicious meal with a stunning combination of flavours.

The majority of these dishes are suitable for vegans as dairy

and eggs are seldom used in cooking.

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