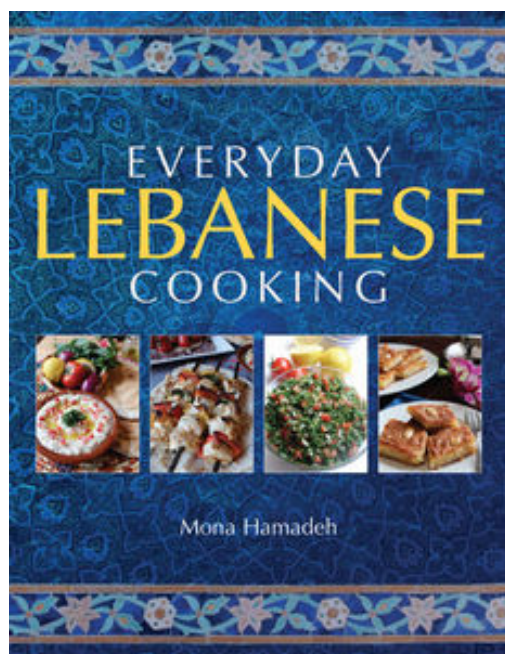


Leggi Ebooks Everyday Lebanese Cooking Mona Hamadeh PDF, EPUB, Mobi



Leggi ebooks Everyday Lebanese Cooking Mona Hamadeh PDF, EPUB, mobi, Using only fresh produce and a balanced mix of fresh vegetables, fresh fruit, herbs, fish, poultry and occasionally meat, Lebanese food has the reputation of being amongst the healthiest in the world.

This book includes a wide variety of dishes from Lebanese cuisine, including the well known and delicious *Hummus*, *Baba Ghanouj* and *Tabouleh* through to the most authentic and traditional recipes from the rural mountains and bustling cities along the Mediterranean coast. An emphasis on vegetables and pulses means that many recipes are vegetarian friendly as well as being simple, healthy and affordable. You will discover how to turn a few ingredients into a very tasty meal.

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