



# Classic Vegetarian Cooking from the Middle East and North Africa

*Habeeb Salloum*

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## **Classic Vegetarian Cooking from the Middle East and North Africa** Habeeb Salloum

The vegetarian cuisine of the Middle East and North Africa is a treasure chest of pungent herbs and spices, aromatic stews and soups, chewy falafels and breads, couscous, stuffed grape leaves, greens and vegetables, hummus, pizzas, pies, omelets, pastries and sweets, smooth yogurt drinks, and strong coffees.

Originally the food of peasants too poor for meat, vegetarian cooking in the Middle East developed over thousands of years into a culinary art form influenced both by trade and invasion. It is as rich and varied in its history as it is in flavor—culinary historians estimate the Arab kitchen has over 40,000 dishes! Now noted food writer Habeeb Salloum has culled 330 savory jewels from this never-ending storehouse to create Classic Vegetarian Cooking from the Middle East—a rich, healthful, and economical introduction to flavors and aromas that have stood the test of time.

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