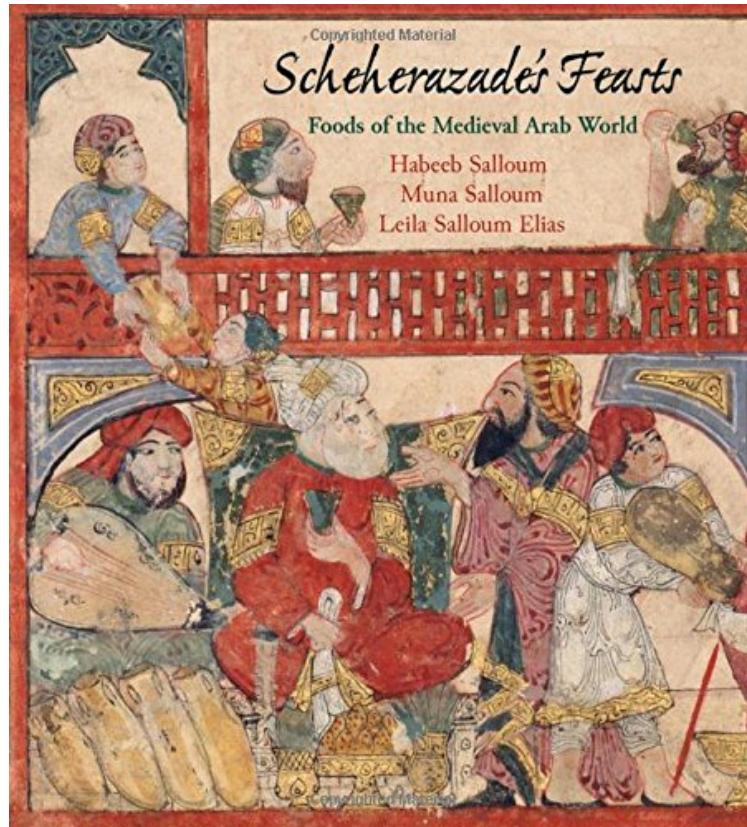


(Download free ebook) Scheherazade's Feasts: Foods of the Medieval Arab World

Scheherazade's Feasts: Foods of the Medieval Arab World

Habeeb Salloum, Muna Salloum, Leila Salloum Elias
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Habeeb Salloum, Muna Salloum, Leila Salloum Elias : Scheherazade's Feasts: Foods of the Medieval Arab World before purchasing it in order to gage whether or not it would be worth my time, and all praised Scheherazade's Feasts: Foods of the Medieval Arab World:

8 of 8 people found the following review helpful. Fun book with an English translation of each original recipeBy MidwesternerFun book with an English translation of each original recipe. I would have liked to see the Arabic as well as the English translation (therefore the 4 instead of a 5). When deviations are made between the original and redaction (modern recipe version) there is usually an explanation why. The recipes each include a story to give some historical context. This is a great book for someone looking to get started in Medieval Middle Eastern cookery.4 of 4 people found the following review helpful. Good book with awesome and interesting contentBy TamoonaGood book with awesome and interesting content, each recipe has a little story of its origins and additional information (benefits and ancient uses of ingredients)0 of 0 people found the following review helpful. Five StarsBy VicksterBeautiful drawings and stories, as well as recipes!

The author of the thirteenth-century Arabic cookbook *Kitb al-ab#299kh* proposed that food was among the foremost pleasures in life. Scheherazade's Feasts invites adventurous cooks to test this hypothesis.From the seventh to the

thirteenth centuries, the influence and power of the medieval Islamic world stretched from the Middle East to the Iberian Peninsula, and this Golden Age gave rise to great innovation in gastronomy no less than in science, philosophy, and literature. The medieval Arab culinary empire was vast and varied: with trade and conquest came riches, abundance, new ingredients, and new ideas. The emergence of a luxurious cuisine in this period inspired an extensive body of literature: poets penned lyrics to the beauty of asparagus or the aroma of crushed almonds; nobles documented the dining customs obliged by etiquette and opulence; manuals prescribed meal plans to deepen the pleasure of eating and curtail digestive distress. Drawn from this wealth of medieval Arabic writing, Scheherazade's Feasts presents more than a hundred recipes for the foods and beverages of a sophisticated and cosmopolitan empire. The recipes are translated from medieval sources and adapted for the modern cook, with replacements suggested for rare ingredients such as the first buds of the date tree or the fat rendered from the tail of a sheep. With the guidance of prolific cookbook writer Habeeb Salloum and his daughters, historians Leila and Muna, these recipes are easy to follow and deliciously appealing. The dishes are framed with verse inspired by them, culinary tips, and tales of the caliphs and kings whose courts demanded their royal preparation. To contextualize these selections, a richly researched introduction details the foodscape of the medieval Islamic world.

"Scheherazade's Feast: Foods of the Medieval Arab World is [a] fascinating glimpse into how medieval Arabians ate, and the recipes are as relevant today as they were in the medieval period. Salloum, Salloum, and Elias have managed to preserve the best of Arabian cuisine for generations to come." Samaya Borom, Parergon "From the tenth to the thirteenth centuries, when Baghdad was the grandest city in the world and Moorish Spain was a beacon of civilization, all cookbooks were written in Arabic. The Salloums have done a wonderful job of bringing this age of splendor and luxury to life and rendering the party dishes of a thousand years ago in all their fragrant glory." Charles Perry, translator of A Baghdad Cookery Book About the Author Habeeb Salloum is author of many books, including Classic Vegetarian Cooking from the Middle East and North Africa and The Arabian Nights Cookbook: From Lamb Kebabs to Baba Ghanouj, Delicious Homestyle Arabian Cooking. Muna Salloum and Leila Salloum Elias are coauthors of The Sweets of Araby: Enchanting Recipes from the Tales of the 1001 Arabian Nights.