

<<烹饪发现之旅>>

图书基本信息

书名：<<烹饪发现之旅>>

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内容概要

Mezze are the delicious snacks and appetizers of North Africa, the eastern Mediterranean, and the Middle East. This book provides you with the recipes to make the best dishes, allowing you to create almost unlimited combinations of different foods when you are entertaining friends or simply when you just wish to give your family a real treat. From universally popular delights such as hummus, shish kabobs, and peppers stuffed with feta, to new discoveries, including Tunisian stuffed pastries and Egyptian brown beans. Mezze contains a selection of recipes that represents the diverse, delicious flavors of the different countries. Mezze is part of a series of books designed to let you discover the wonderfully diverse cuisines of the world. Each title features classic and contemporary recipes that can be made with ingredients that are readily available, offering you the chance to bring to your table tastes and culinary traditions enjoyed around the globe.

书籍目录

Introduction Mezze culture Planning your mezze meal Sun-kissed flavors  
Dips and Snacks Chickpea dip Broiled eggplant and sesame seed dip Sesame sauce Yogurt and cucumber dip Garlic sauce Nut and bell pepper spread Falafel Spinach and feta Cheese pastries pastry triangles Olives with lemon Peppers with feta Tunisian stuffed pastries with egg  
Meat and Poultry Stuffed lamb and bulgur meatballs Deep-fried lamb meatballs Shish kabobs Beef and lamb koftas Stuffed bell peppers Albanian liver Sesame chicken wings  
Vegetables and Salads Egyptian brown beans Chickpea salad Tossed potatoes Pan fried cheese with red bell pepper salad Spinach omelet Eggplants with yogurt Herb and cracked wheat salad Mixed vegetable salad Bread salad Carrot salad Pickled turnips Beet salad  
Fish and Seafood Deep-fried squid rings Chile shrimp Batter-fried mussels Swordfish kabobs Tuna pastry rolls Pan-fried fish with walnut and garlic sauce Broiled sardines with chermoula Index

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