



# The Art of Syrian Cookery: A Culinary Trip to the Land of Bible History-Syria and Lebanon

*Helen Corey*

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Helen Corey's new exciting updated edition of Food from Biblical Lands, Syria and Lebanon, which is a take-off of her original best seller The Art of Syrian Cookery, carries a health pyramid that stresses healthy eating. People from these countries eat a healthful diet rich in grain foods - breads, pasta, rice, bulgur, couscous, lentils, legumes, fruits and vegetables. These are complex carbohydrate foods needed for energy.

These foods are also rich in valuable vitamins, minerals and fiber. Most of the fat in this diet comes from olive oil, which is monounsaturated and better for your heart. Adapted for the American kitchen, this succulent cuisine is profusely illustrated with foods that take you on a culinary trip to the lands of Bible History with an expansion of the background of the foods. From Kibby, Rice Dressing, Baked Eggplant, Roast Lamb, Stuffed Chicken, to Pocket and Cheese Breads along with health-foods recommended by nutritionists throughout the world: cracked wheat, lentils, soups, barley, appetizers, homas, vegetarian foods, stuffed grape leaves, squash and seafood recipes, easy to make yogurt in the microwave, couscous falafel, spinokopeta, balawa, ricotta and more pastries and party foods. The book covers a letter of recommendation from the titular head of the Antiochian Orthodox Church as the only book of its kind that faithfully portrays the religious and cultural significance of foods eaten since the dawn of time.

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