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A Lebanese Feast Of Vegetables
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Spices ...

Whether you are vegetarian or - like the Lebanese - often enjoy meat free days, you'll find a feast of traditional, authentic vegetable and pulse recipes in this book. These include the famous mezze and speciality sweets, hearty peasant food from the rural mountains, traditional dishes from the Mediterranean coast, and street food including the familiar falafel wraps.

A Lebanese Feast of Vegetables, Pulses, Herbs and Spices ...

Vegetable and pulse dishes are what most Lebanese prefer to eat most of the time. This book includes, of course, the famous mezze and speciality sweets and also peasant food from the rural mountains, traditional dishes from the north and south along the Mediterranean coast, and street food including the familiar Falafel wraps.

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A Lebanese Feast of Vegetables, Pulses, Herbs and Spices by Hamadeh, Mona at AbeBooks.co.uk - ISBN 10: 1845285794 - ISBN 13: 9781845285791 - Robinson - 2015 - Softcover

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A Lebanese Feast of Vegetables, Pulses, Herbs and Spices. Mona Hamadeh. Little, Brown Book Group, Aug 6, 2015 - Cooking - 288 pages. 0 Reviews. This cornucopia of delicious vegetable recipes has been assembled by the author of Everyday Lebanese Cooking. It focuses on those recipes that make Lebanese cuisine one of the healthiest in the world because of the huge variety of vegetarian dishes on which it is based.

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A Lebanese Feast of Vegetables, Pulses, Herbs and Spicesby Mona Hamadeh Categories: Salads; Side

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dish; Lebanese; Vegan; Vegetarian Ingredients: potatoes; red onions; lemons; mint Accompaniments: Dill omelette (Iget shoumar); Courgette omelette (Iget coosa)

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A Lebanese Feast of Vegetables, Pulses, Herbs and Spices. 4.05 (52 ratings by Goodreads) Paperback. English. By (author) Mona Hamadeh. Share. This cornucopia of delicious vegetable recipes has been assembled by the author of Everyday Lebanese Cooking. It focuses on those recipes that make Lebanese cuisine one of the healthiest in the world because of the huge variety of vegetarian dishes on which it is based.

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Lebanese Feast of Vegetables, Pulses, Herbs and Spices, Paperback by Hamadeh, Mona, ISBN 1845285794, ISBN-13 9781845285791, Like New Used, Free shipping in the US A feast of healthy, simple and flavoursome recipes from Lebanon using vegetables and pulses cooked in the traditional way.

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