

Mouneh Preserving Foods For The Lebanese Pantry

Middle Eastern food is meant for sharing, and in *The Jewelled Table*, Bethany Kehdy departs from the common mezze theme to explore the way locals cook, eat and entertain at home. The book and its chapters are ordered in the style one goes about 'jewelling' a table in the Middle East, whether for everyday meals or for celebratory feasts, always much inspired by the seasons and the ritual of hospitality. Featuring over 100 ancient and modern recipes – including appetisers, drinks, show-stopping mains, fuss-free sweets and more – and menu plans that take the stress out of entertaining, Bethany illustrates that with a few key ingredients, this is the perfect fit for every occasion. With her signature flair for creative and tantalising flavour combinations, Bethany introduces dishes such as Winter's tabbouleh, Orange blossom chicken barida, Charred asparagus & dried lime soup and more. This is Middle Eastern food like you've never seen it. Set against the backdrop of beautiful location shots, and Bethany's charming anecdotes with a lens on history, lineage and etymology, *The Jewelled Table* is an essential cookbook for anyone who loves the flavours of the Middle East.

The 21st century is the age of "neo-liberalism" – a time when the free market is spreading to all areas of economic, political and social life. Yet how is this changing our individual and collective ethics? Is capitalism also becoming our new morality? From the growing popular demand for corporate social responsibility to personal desire for "work-life balance" it would appear that non-market ideals are not only surviving but also thriving. Why then does it seem that capitalism remains as strong as ever? The *Ethics of Neoliberalism* boldly proposes that neoliberalism strategically co-opts traditional ethics to ideologically and structurally strengthen capitalism. It produces "the ethical capitalist subject" who is personally responsible for making their society, workplace and even their lives "more ethical" in the face of an immoral but seemingly permanent free market. Rather than altering our morality, neoliberalism "individualizes" ethics, making us personally responsible for dealing with and resolving its moral failings. In doing so, individuals end up perpetuating the very market system that they morally oppose and feel powerless to ultimately change. This analysis reveals the complex and paradoxical way capitalism is currently shaping us as "ethical subjects". People are increasingly asked to ethically "save" capitalism both collectively and personally. This can range from the "moral responsibility" to politically accept austerity following the financial crisis to the willingness of employees to sacrifice their time and energy to make their neoliberal organizations more "humane" to the efforts by individuals to contribute to their family and communities despite the pressures of a frantic global business environment. Neoliberalism, thus, uses our ethics against us, relying on our "good nature" and sense of personal responsibility to reduce its human cost in practice. Ironically

Award-winning Maltese-Australian chef Shane Delia journeys to both the well-trodden souks and private dining rooms of locals across six countries, in search of the most exciting local flavors to bring back to his kitchen. *East/West* offers 80 recipes, distilled for the home cook.

his new edition of *Bradt's Lebanon* remains the most comprehensive and detailed English-language guide available. In addition to its more in-depth coverage of essential background information such as history, culture and religion the guide has expanded treatment for the business traveller and prospective property buyer. Subjects such as the environment and responsible travel are

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given increased emphasis, and there is plenty of additional information for those interested in volunteering opportunities. The guide also caters for all types of travellers and budgets with extensive listings and reviews for accommodation and restaurants. There is also a new section on travelling with children. With a comprehensive language appendix covering both Arabic and French together with an expanded further reading section for this new edition, Bradt's Lebanon is an indispensable practical companion for use within the country and a useful work of reference for armchair travellers too. Although only half the size of Wales, Lebanon offers extraordinary diversity. Here, some of the oldest human settlements in the world at the Phoenician ports of Tyre, Sidon and Byblos sit alongside modern Beirut, popular for its cuisine, eclectic nightlife and mosaic of peoples. In Lebanon's second city, Tripoli, busy medieval souks are watched over by a vast Crusader castle. Outside the city, snow-capped mountains and the lush Qadisha Valley with its snaking river and waterfalls provide entertainment for skiers and hikers, while the Mediterranean Sea draws sun and watersports enthusiasts. Bradt's Lebanon provides detailed cultural and practical information to this increasingly popular destination. It also provides in-depth historical and religious background enabling visitors to travel with awareness and sensitivity.

Pomegranates and Saffron

Recipes from a Turkish-Cypriot kitchen

Main Results, June 2000

Scents and Flavors

The Protection of Archaeological Heritage in Times of Economic Crisis

Gender and Tourism

Taste of Beirut

Experience Yotam Ottolenghi's wholly original approach to Middle Eastern-inspired, vegetable-centric cooking with over 280 recipes in an exclusive boxed set of the beloved New York Times bestselling cookbooks, *Plenty More* and *Ottolenghi Simple*, in paperback for the first time. From powerhouse chef and author (with over 4 million book copies sold) Yotam Ottolenghi comes this exclusive collection of two fan favorites in collectible paperback covers. These visually stunning books feature over 280 recipes--spanning every meal, from breakfast to dessert, including snacks and sides--showcasing Yotam's trademark dazzling, boldly flavored, Middle Eastern cooking style. Full of weeknight winners, for vegetarians and omnivores alike, such as Braised Eggs with Leeks and Za'atar, Polenta Chips with Avocado and Yogurt, Lamb and Feta Meatballs, Baked Orzo with Mozzarella and Oregano, and Halvah Ice Cream with Chocolate Sauce and Roasted Peanuts. *Essential Ottolenghi* includes: * *Plenty More*: More than 150 dazzling recipes emphasize spices, seasonality, and bold flavors. Organized by cooking method, from inspired salads to hearty main dishes and luscious desserts. This visually stunning collection will change the way you cook and eat vegetables. * *Ottolenghi Simple*: These 130 streamlined recipes packed with Yotam's famous flavors, are all simple in at least (and often more than) one way: made in thirty minutes or less, with ten or fewer ingredients, in a single pot, using pantry staples, or prepared ahead of time for brilliantly, deliciously simple meals.

The world has failed Syria's 3.8 million refugees and some of the world's wealthiest countries have turned their backs on this humanitarian disaster. The need for food relief is great and growing. Acclaimed chefs and cookbook authors the world over have come together to help food relief efforts to alleviate the suffering of Syrian refugees. Each has contributed a recipe to this

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beautifully photographed cookbook of delicious soups from around the world. All profits from the sales of this cookbook will be donated to help fund food relief efforts through various nonprofit organizations.

'Welcome to the extremely tasty world of modern Turkish-Cypriot food - what a stunning and beautiful book' - Peter Gordon
With influences from the Mediterranean, Southern Europe and the Middle East, Turkish-Cypriot food offers incredible flavour combinations unique to its region. Oklava: The Cookbook celebrates the culinary delights of this area in a way no cookbook has done before. Oklava translates simply as 'rolling pin'. For Selin Kiazim, this word conjures up memories of her Turkish-Cypriot grandmother: a rolling pin was never far from her hands, which meant a delicious treat was imminent. The same can be said for this book. These sensational recipes will take you on a journey from home-cooked meals and summers spent in North Cyprus to an exciting interpretation of modern Turkish-Cypriot cooking in London. Bring the Oklava experience into your home with Turkish delights such as Courgette, Feta & Mint Fritters; Veal Shish & Onion Salad Flatbread with Charred Sivri Biber Relish & Yogurt; Barbecued Sweetcorn with Sumac, Garlic, Lemon Butter & Za'atar; Dark Chocolate & Praline Katmer with Pistachios; and Turkish Bloody Mary. We hope you enjoy this free sampler! Praise for Selin Kiazim: 'This woman can bloody cook' - Grace Dent, Evening Standard 'Keep an eye out for Selin Kiazim, because she is going places, in every conceivable way' - Giles Coren, The Times 'Swoon' - Time Out London

'With this book, I hope to build a bridge between Syrian culture and the rest of the world, with food as common denominator. But even more, I hope that Sumac will present a positive image of my country, in spite of all of the unfortunate events now taking place in Syria.' - Anas Atassi
Sumac is a deep red spice that adds a vibrant lift to all kinds of food, and is a prized ingredient in both traditional and contemporary Syrian cuisine. This book includes over 80 recipes inspired by Anas Atassi's family recipes and travels, as well as the stories, celebrations and memories of loved ones in Syria that inspired the recipes. It includes the wonderful Friday breakfasts he'd eat in his grandmother's garden, his mother's sfeeha, along with the falafel he now loves to make for his friends, along with many other mezze, salads, meats, vegetables, and desserts. Sumac is an evocative and inspiring food journey that offers a glimpse into Syrian food culture's deep historical roots, which through millennia of cultural traditions and neighbouring influences have been shared and shaped to perfection.

Preserving Foods for the Lebanese Pantry

Oklava

The Jewelled Table

55 Slightly Sinister Stories

175+ Delicious Lebanese Recipes from Classics to Contemporary to Mezzes and More

The Lebanese Cookbook

Authentic Recipes for Fresh and Flavorful Mediterranean Home Cooking

WINNER of the Gourmand Best in the World and four other awards! Imagine a country where East and West are beautifully intertwined in the cuisine and culture and where its treasured cooking secrets are waiting to be discovered. Welcome to Azerbaijan. In Pomegranates and Saffron, Feride Buyuran takes you on a delightful culinary journey through this beautiful land in the Caucasus. Explore over 200 tempting

recipes for appetizers and salads, soups and stews, pasta, meat, vegetable and egg dishes, breads, saffron rice pilafs, aromatic drinks, and desserts, all adapted for preparation in a Western kitchen. Interspersed throughout the text are fascinating glimpses of local culture and traditional proverbs related to food that will make your adventure even more memorable. Featuring hundreds of stunning photographs of food, people, and landscapes throughout, this book lends a rare peek into the fascinating culture of Azerbaijan—colorful, rich, and diverse. Pomegranates and Saffron is also the winner of Gourmand World Cookbook Award, Best Eastern European Cookbook in US; Living Now Book Award, Silver Medal, Ethnic Cookbooks category; National Indie Excellence Award, International Cookbooks category; and is the finalist of Best Book Awards, International Cookbooks category.

The Arabic pizza that is fast becoming the world's most favorite snack. The manoush is the cherished national pie of Lebanon. It has a reserved place on the country's breakfast table and has the unique ability to be worked into every meal of the day due to its simple versatility. This cookbook is dedicated entirely to the art of creating the perfect manoush. With over 70 simple recipes, it offers you a way to enjoy these typical piestraditionally baked in street corner bakeries in the comfort of your own home. Manoush: Inside the Street Corner Lebanese Bakery is a journey to discover Lebanon's favorite snack. One only has to leaf through the pages in order to realize that this typical Lebanese creation can be as simple as an on-the-go breakfast and as intricate as a family meal. Anyone who enjoys the simplicity of good food and appreciates a good story will love this book from cover to cover.

Delectable recipes from the medieval Middle East This popular thirteenth-century Syrian cookbook is an ode to what its anonymous author calls the "greater part of the pleasure of this life," namely the consumption of food and drink, as well as the fragrances that garnish the meals and the diners who enjoy them. Organized like a meal, Scents and Flavors opens with appetizers and juices and proceeds through main courses, side dishes, and desserts. Apricot beverages, stuffed eggplant, pistachio chicken, coriander stew, melon crepes, and almond pudding are seasoned with nutmeg, rose, cloves, saffron, and the occasional rare ingredient such as ambergris to delight and surprise the banqueter. Bookended by chapters on preparatory perfumes, incenses, medicinal oils, antiperspirant powders, and after-meal hand soaps, this comprehensive culinary journey is a feast for all the senses. With the exception of a few extant Babylonian and Roman texts, cookbooks did not appear on the world literary scene until Arabic speakers began compiling their recipe collections in the tenth century, peaking in popularity in the thirteenth century. Scents and Flavors quickly became a bestseller during this golden age of cookbooks and remains today a delectable read for cultural historians and epicures alike.

Pleasure plays a significant but often neglected role in the creation of consumer wellbeing and the relationship between the food consumption experience and healthy eating. This innovative collection focusses on the experiential and hedonic aspects of food and the sociocultural, economic, ideological, and symbolic factors that influence how pleasure can contribute to consumer health, food education, and individual and societal wellbeing. Food and Experiential Marketing uses a holistic perspective to explore how the experiential side of food pleasure may drive healthy eating behaviors in varied food cultures. It questions: Is food pleasure an ally or an enemy of developing and adopting healthy eating habits? Can we design healthy offline and online food experiences that are pleasurable? What are the features of food consumption experiences, and how do they contribute to consumer wellbeing? Providing an overview of experiential and cultural issues in food marketing,

this book will be invaluable for consumer behavior and food marketing scholars, public policy professionals, and the food industry in understanding the importance of pleasure in promoting healthy eating behaviors.

The Ethics of Neoliberalism

Fresh & Classic Recipes from my Lebanese Kitchen

55 Stories. 55 Words Each. No More. No Less.

My Lebanese Cookbook

The Immigrant Cookbook

A Culinary Journey Through Malta, Lebanon, Iran, Turkey, Morocco, and Andalucia

Lebanon

Much-loved author and James Beard nominee Reem Kassis presents an acclaimed and unique collection of original contemporary recipes tracing the rich history of Arab cuisine.

The world has failed Syria's refugees and some of the world's wealthiest countries have turned their backs on this humanitarian disaster. Syria's neighbours—Lebanon, Jordan, Turkey and Iraq—have together absorbed more than 3.8 million refugees. The need for food relief is great and growing. Acclaimed chefs and cookbook authors from all corners of the world have come together to help food relief efforts to alleviate the suffering of Syrian refugees. Each has contributed a recipe to this beautifully illustrated cookbook of delicious soups. Contributors include: Joe Barza, Mark Bittman, Anthony Bourdain, Sally Butcher, Alexis Couquelet, Aglaia Kremenzi, Carolyn Kumpe, Greg Malouf, Yotam Ottolenghi, Claudia Roden, Ana Sortun, Sami Tamimi, Alice Waters, Paula Wolfert, and many others. Profits from the sale of this cookbook will be donated to help fund food relief efforts to Syrian refugees.

Gender and Tourism: Challenges and Entrepreneurial Opportunities provides a comprehensive collection of new insights for traditional paradigms, approaches and methods, as well as exploring more recent developments in research methodology in the context of gender and tourism studies.

Enlightened Kitchen is a Kodansha International publication.

Fresh Vegetable Dishes from the Temples of Japan

Memories from My Mother's Kitchen

A Memoir of Food, Love, and War

I Speak for Lebanon

Challenges and Entrepreneurial Opportunities

Baladi

The Noma Guide to Fermentation

Porembe approaches the state's history from many angles: the stories of the peoples who have made Michigan home, from Native Americans to French explorers, European immigrants, and African Americans; the rise of the industries; the intricacies of its politics, from the Civil War, to the civil rights movement, to the election of Michigan's first woman governor.

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New York Times Bestseller A New York Times Best Cookbook of Fall 2018? “An indispensable manual for home cooks and pro chefs.” —Wired At Noma—four times named the world’s best restaurant—every dish includes some form of fermentation, whether it’s a bright hit of vinegar, a deeply savory miso, an electrifying drop of garum, or the sweet intensity of black garlic. Fermentation is one of the foundations behind Noma’s extraordinary flavor profiles. Now René Redzepi, chef and co-owner of Noma, and David Zilber, the chef who runs the restaurant’s acclaimed fermentation lab, share never-before-revealed techniques to creating Noma’s extensive pantry of ferments. And they do so with a book conceived specifically to share their knowledge and techniques with home cooks. With more than 500 step-by-step photographs and illustrations, and with every recipe approachably written and meticulously tested, *The Noma Guide to Fermentation* takes readers far beyond the typical kimchi and sauerkraut to include koji, kombuchas, shoyus, misos, lacto-ferments, vinegars, garums, and black fruits and vegetables. And—perhaps even more important—it shows how to use these game-changing pantry ingredients in more than 100 original recipes. Fermentation is already building as the most significant new direction in food (and health). With *The Noma Guide to Fermentation*, it’s about to be taken to a whole new level.

Pomegranates and pistachios. Floral waters and cinnamon. Bulgur wheat, lentils, and succulent lamb. These lush flavors of Maureen Abood's childhood, growing up as a Lebanese-American in Michigan, inspired Maureen to launch her award-winning blog, *Rose Water & Orange Blossoms*. Here she revisits the recipes she was reared on, exploring her heritage through its most-beloved foods and chronicling her riffs on traditional cuisine. Her colorful culinary guides, from grandparents to parents, cousins, and aunts, come alive in her stories like the heady aromas of the dishes passed from their hands to hers. Taking an ingredient-focused approach that makes the most of every season's bounty, Maureen presents more than 100 irresistible recipes that will delight readers with their evocative flavors: Spiced Lamb Kofta Burgers, Avocado Tabbouleh in Little Gems, and Pomegranate Rose Sorbet. Weaved throughout are the stories of Maureen's Lebanese-American upbringing, the path that led her to culinary school and to launch her blog, and life in Harbor Springs, her lakeside Michigan town.

Kehdy's cookbook is an inspired collection of classics and innovative dishes from a part of the world which, at the moment, is enjoying its overdue place in the sun. Her contribution is original, thoughtful and delicious. Go get it! --Yottam Ottolenghi *The Jewelled Kitchen* takes you on an unforgettable adventure of Middle Eastern and North African cuisines. We are all familiar with a few mezze favourites hummus, falafel, tabbouleh and stuffed vine leaves but Bethany offers up a whole host of other treasures. From Tuna Tartare with Chermoula and Sumac-Scented Chicken Parcels, to Cardamom-Scented Profiteroles and Ma amoul Shortbread Cookies, here are mouth-watering dishes for you to try. Bethany's recipes stem from her childhood, as she mixes traditional country fare with cosmopolitan feasts, and adds contemporary twists. In *The Jewelled Kitchen* she unveils a culinary heritage that is as rich as it is diverse.

The Business of Making Capitalism Moral

Census of Agriculture

Contemporary Recipes from the Arab World

I'll Love You from Afar

Science diplomacy and transboundary water management

The Jewelled Kitchen

Palestine a celebration of food from land and sea

Your Lebanese favorites made easy for the whole family Lebanese cooking is one of the world's healthiest and most vibrant, flavored with richness of spice, the tang of yogurt and citrus, and the brightness of herbs like

mint, cilantro, and parsley. My Lebanese Cookbook shows you how just a few basic ingredients can create deliciously aromatic and zesty dishes your family will love. My Lebanese Cookbook lets you cook your way through the day, from breakfast through dessert, with more than 80 easy-to-follow authentic recipes. Whether making hummus or a selection of mezze to share, grilling kebabs, or baking up homemade pita, you'll find an incredible variety of dishes in this Lebanese cookbook. My Lebanese Cookbook includes: Your Lebanese pantry--Take a tour of the ingredients that define Lebanese cuisine, from garlic and lemon to pomegranate molasses and phyllo dough. Classic recipes--From Hummus and Falafel to Baklava and Ma'moul, you'll find all the flavors you remember and savor. The Lebanese way--This Lebanese cookbook offers four sample menus that show you how to pair dishes for family celebrations and get-togethers with friends. Enjoy a taste of Lebanon with the whole family through the savory and simple to make recipes you'll find in My Lebanese Cookbook.

Joumana Accad, creator of the blog TasteOfBeirut.com, is a native Lebanese, a trained pastry chef, and professional caterer. In her debut cookbook, the The Taste of Beirut, she shares her heritage through exquisite food and anecdotes, teaching anyone from newbies to foodies how to master traditional Lebanese cuisine. With over 150 recipes inspired by her Teta (grandmother) in their family's kitchen, Accad captures the fabulous flavors of the Middle East and makes them completely accessible to home cooks. Each recipe features step-by-step instructions, Accad's warm teaching style, and breathtaking color photographs that will make mouths water

The wave of anti-government protests that swept through the Arab world from December 2010 on started to transform politics and society in the Middle East. The protests came as a surprise to many observers-- but not to Rami Zurayk, an veteran Lebanese agronomist and social activist who had been analyzing the collapse of traditional agricultural livelihoods in the Middle East since the late 1980s. In 2007, Zurayk started writing the "Land and People" blog, which charts food-policy and agricultural policy issues throughout the Middle East. Food, Farming, and Freedom presents his choice of the best of the posts in the blog from 2007 through April 2011. It concludes with a chapter tracking the early months of the Arab Spring.

Since she was six years old, Julie Ann Sageer (nicknamed Julie Taboulie by her close-knit family) has had a passion for cooking the meals of her Lebanese heritage. Just like in her Emmy-nominated cooking show Cooking with Julie Taboulie, each of her recipes comes with hands-on instructions, tips, and tricks for making homemade Middle Eastern dishes using heaps of fresh, seasonal ingredients. Here you'll find dishes that range from classics like falafel, shawarma, and (of course) taboulie, to warming Bazilla—a stew of tomato, green pea, and lamb—to honey and rosewater-infused desserts. In these 125 recipes, you'll learn how easy it is to make such Lebanese staples as fresh labneh (strained yogurt) and how to put together your own delicious, multi-purpose spice mixes. In addition to the delicious meat and chicken dishes, Lebanese cuisine offers a wide variety of vegetarian, pescatarian, vegan, and gluten-free dishes, usually with no substitutions

whatsoever! Every chapter includes a multitude of dishes for eaters of all kinds and preferences, from meat-lovers to veggie-heads and everything in between.

A Stunning Collection of Lebanese, Moroccan and Persian Recipes

The Arabesque Table

Julie Taboulie's Lebanese Kitchen

Man'oushé

the Orontes River case

Recipes and stories from Syria

Following on from her bestselling *Palestine on a Plate*, Joudie Kalla introduces readers to even more of the Middle East's best kept secret – Palestinian cuisine. 'Baladi' means 'my home, land and country' in Farsi and Joudie once again pays homage to her homeland of Palestine by showcasing the wide-ranging, vibrant and truly delicious dishes of this country. Baladi features recipes that are broadly categorized according to the part of the country that they primarily hail from, such as the land, the sea and the forest. Experience the wonderful flavours of Palestine through daoud basha (lamb meatballs cooked in a tamarind and tomato sauce served with caramelised onions and vermicelli rice), fatayer sabaneekh (spinach, sumac and onion patties), samak Makli (fried fish selection with courgette mint and yogurt dip), halawet il smeed (buttery semolina and orange blossom dessert), and many more sensational recipes. Dishes are designed to go together and Joudie explains how to approach matching recipes together for a meal, although at the end of the day she takes an entirely flexible approach – choose what you fancy and create your own tasty combinations!

An imaginative girl shares some of the wonderful ways she can still show her love to friends and family far, far away. This moving, hopeful picture book is perfect for fans of *While We Can't Hug and Outside, Inside*. Inspired by the universal feelings of loss and loneliness that came when the pandemic forced people to stay inside and far apart, Racha Mourtada wrote a reassuring poem about connection and the endurance of love that will appeal to readers of all ages. This gorgeous picture book is a tribute to all the hugs and moments we haven't been able to share with each other. In tender and lyrical rhyming text perfect for reading aloud intimately or in a group, the little girl thinks of

creative and wondrous ways to support and reach her loved ones from afar. Positive and encouraging, these ideas will make any reader feel more hopeful about the future. With an adorable cast of kids from all around the world, I'll Love You from Afar is a universal message about how we can express love for one another.

In these times of troubling anti-immigrant rhetoric, The Immigrant Cookbook offers a culinary celebration of the many ethnic groups that contribute to a vibrant food culture. This beautifully photographed cookbook features starters, soups, salads, mains, desserts, and side dishes – some familiar favourites, some likely to be new encounters – by immigrant chefs from Africa, Asia, Latin America, the Caribbean, the Middle East, Europe, and Australia.

The author discusses her marriage to a man from Beirut, the bond she forged with her Lebanese in-laws, and how she found love, good food, and a meaningful life, despite dividing her time between wartorn Iraq and Lebanon.

Day of Honey

Vegan Recipes from the Middle East

Essential Ottolenghi [Special Edition, Two-Book Boxed Set]

80+ Family Favorites Made Simple

Sumac

Plenty More and Ottolenghi Simple

Mouneh

This volume brings together the proceedings of the conference “ From past experience to new approaches and synergies: The future of protection management for archaeological heritage in times of economic crisis ” , held in the new Acropolis Museum in Athens in 2012. The conference was organised by the Hellenic National Committee of the International Scientific Council on Monuments and Sites (ICOMOS) and the International Scientific Committee on Archaeological Heritage Management (ICAHM) ,with the participation of United Nations Educational, Scientific and Cultural Organization (UNESCO), the International Centre for the Study of the Preservation and Restoration of Cultural Property (ICCROM), the International Council of Museums (ICOM) and the International Committee on Risk Preparedness (ICORP). Special interest at the conference was directed to the Mediterranean region, as the area currently faces a variety of serious man-made and natural disasters. This book offers a collection of papers presented at the conference which examine existing experiences in various parts of the world, in order to offer solutions and new ways

of managing the protection of cultural heritage, as well as sustaining the preservation of archaeological remains in times of economic crisis, which represents a major threat facing archaeological heritage worldwide. The current economic crisis has had a significant impact on various sectors of archaeological heritage management, and has affected the majority of tangible and intangible cultural assets. In this framework, some of the main themes that are addressed in this volume include: environmental harmonization; management and best practices in sustainability; management action plans; risk mitigation and confrontation; research in conservation; preservation and technologies; shelter protection; restoration, coordination and site use; illicit excavations and trafficking; protection of collections and movable finds; preservation of intangible heritage at sites and monuments; and heritage and the economy. The book offers useful documentation for maintaining high standards in the field of archaeological heritage, while searching for new ground for synergies and fresh initiatives, in order to confront the new challenges archaeology is currently facing, such as the economic crisis, a factor which is closely connected to the development of society and the sustainability of cultural property.

Cuban cuisine is a fascinating mixture of cultures and ingredients drawn from the island's complex history and its wide-ranging natural resources. "A Taste of Cuba" takes readers on a gastronomic tour of the Caribbean's biggest island, offering recipes for appetizers, soups, main dishes, side dishes, and desserts.

Back in print - the definitive book on Lebanese home cooking, featuring 500 authentic and delicious easy-to-make recipes On the shores of the eastern Mediterranean and a gateway to the Middle East, Lebanon has long been regarded as having one of the most refined cuisines in the region, blending textures, and ingredients from a myriad sources. First published as The Lebanese Kitchen and now back in print under its new title, The Lebanese Cookbook, this is the definitive guide, bringing together hundreds of diverse dishes, from light, tempting mezzes and salads, to hearty main courses, grilled meats, sumptuous sweets, and refreshing drinks.

55 stories. 55 words each. No more. No less. Enjoy this collection of flash fiction with a sinister twist. Size does matter in these delightfully tiny tales populated with narcoleptic drivers, bickering backers, suspicious spouses, and other memorable characters. Full of dark humor, intrigue, and absurdity, this collection of slightly sinister (and occasionally sweet) stories delivers a bite-size reading experience to satisfy any literary craving.

On Photography in Lebanon

The Enlightened Kitchen

East/West

Pleasure, Wellbeing and Consumption

Recipes to Celebrate Our Shared Humanity

Rose Water and Orange Blossoms

Sowing the Arab Spring

Enjoyment, hospitality, tradition, creativity, sustainability and joy of life – these starting points were the inspiration for this book. The cooking of vegetables is treated with reverence in the lands that make up the rich and varied tapestry of the Middle East. The people depend on the grains and pulses, nuts, vegetables and fruits of the region for their daily food and Parvin Razavi has taken the fresh and varied cuisines of Iran, Armenia, Syria, Lebanon, Jordan, Egypt, Morocco and Turkey to create a beautiful vegan cookbook. Whether as a main course or for the traditional mezze, this book contains dishes that blend natural culinary delights from the various food cultures and combines them with contemporary approaches. Here are warm and spicy stuffed vegetables, cool and fragrant soups, delicate preserves, pilafs, breads, pickles, relishes and pastries. The varied cuisines of the Middle East provide a wealth of vegan recipes. PARVIN RAZAVI was born in Iran and spent her early years at the Caspian Sea and in Tehran until their family emigrated to Europe. She had always been fascinated by her family kitchen and her culinary talent was valued for many years just among her circle of friends, before she made her passion into her profession. From then on, she wrote her own very successful foodblog 'thx4cooking' and began as an editor at Biorama, a magazine for a sustainable lifestyle.

PRESERVING FOOD AND CULTURE THE LEBANESE WAY -- The very best memories connecting us to time and place are often stimulated by the tastes and smells of our childhood. Freshly-baked bread, hot from the oven, sweet homemade jam dribbling down our chins, or the burst of flavor in each dried grape?these memories bring a smile to our faces even as they call to mind the people who made them possible. Do you remember working alongside your grandmother as she lovingly preserved garden-fresh foods to set back for the winter? You watched Jiddo (grandfather) patiently prepare his arak, but could you reproduce his efforts from memory? Are you lucky enough that they kept written records of recipes gleaned from family history and years of experience? If so, count yourself among the very fortunate minority. The reality for many of us is that we no longer enjoy such a strong connection to our culinary roots. As much as we might wish the contrary, the beauty and simplicity of home-preserved pantry items, the mouneh, taken for granted during our childhood, often seems a lifetime away. In Barbara Abdeni Massaad's book, Mouneh: Preserving Foods for the Lebanese Pantry, we've been thrown a lifeline to a piece of our cultural and culinary identity. So many things we would love to recreate for our own families become possible within these pages, thanks to the author's diligent research, stunning photography, simply presented instructions and delightful stories.

Winner 'Best Arab Cuisine Book' - Gourmand World Cookbook Awards 2016. Palestinian food is not just found on the streets with the ka'ak (sesame bread) sellers and stalls selling za'atar chicken and mana'eesh (za'atar sesame bread), but in the home too; in the kitchens all across the country, where families cook and eat together every day, in a way that

generations before them have always done. Palestine on a Plate is a tribute to family, cooking and home, made with the ingredients that Joudie's mother and grandmother use, and their grandmothers used before them. - old recipes created with love that bring people together in appreciation of the beauty of this rich heritage. Immerse yourself in the stories and culture and experience the wonderful flavours of Palestine through the food in this book.

A Taste of Cuba

A Culinary Journey to Azerbaijan

Food, Farming, and Freedom

Modern Caribbean Cuisine

Including koji, kombuchas, shoyus, misos, vinegars, garums, lacto-ferments, and black fruits and vegetables

Soup for Syria

Cooking, Eating and Entertaining the Middle Eastern Way