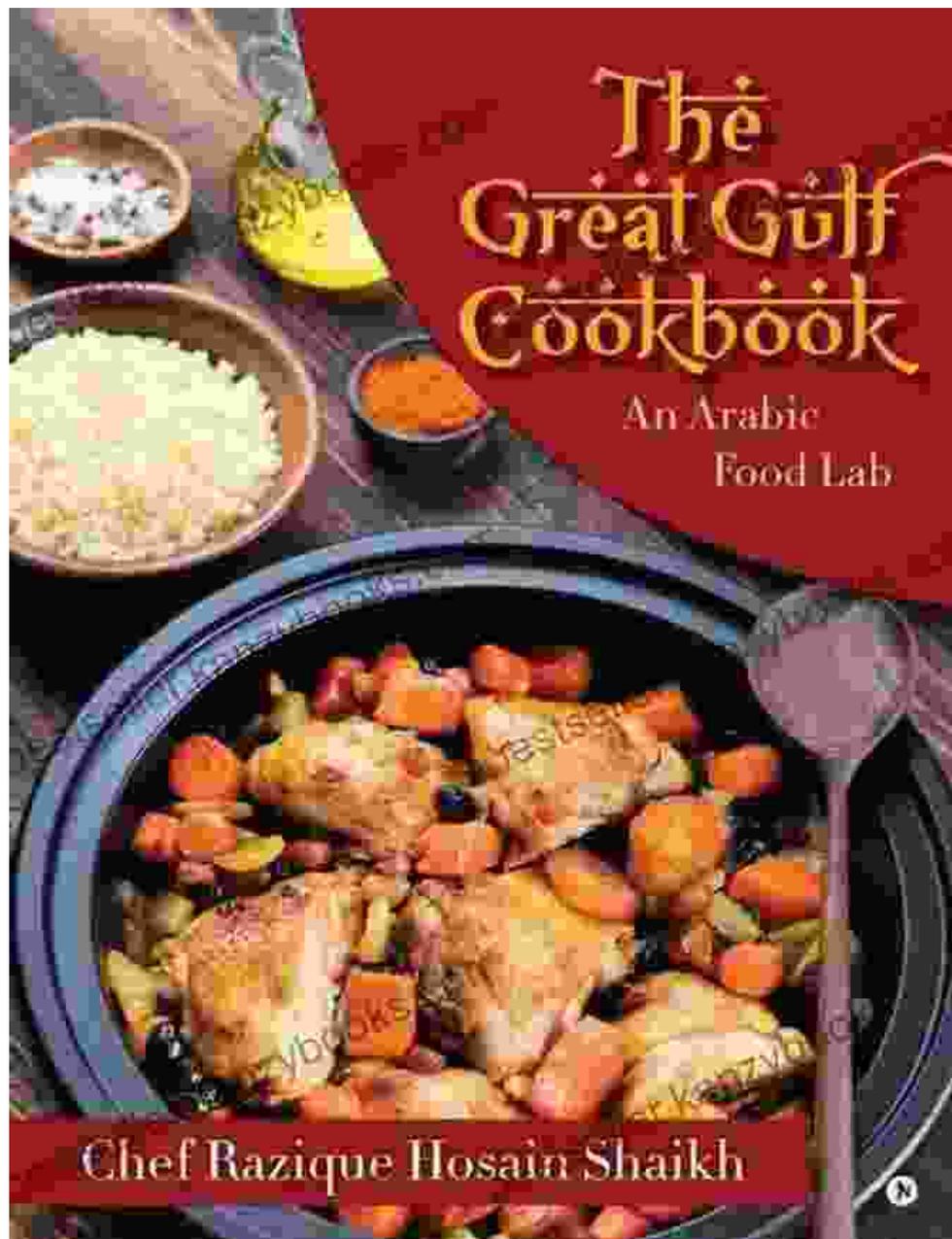


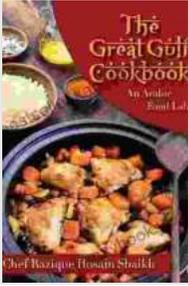
The Great Gulf Cookbook: An Arabic Food Lab

By Salma Hage



The Great Gulf Cookbook: An Arabic Food Lab

by CookNation



★★★★☆ 4 out of 5

Language : English
File size : 18206 KB
Text-to-Speech : Enabled
Screen Reader : Supported
Enhanced typesetting : Enabled
Word Wise : Enabled
Print length : 441 pages



***The Great Gulf Cookbook* is a groundbreaking exploration of the vibrant and diverse cuisine of the Arabian Gulf region.**

Author Salma Hage, a food writer and culinary instructor, spent years researching and testing recipes from across the Gulf, from the traditional to the modern. The result is a stunning collection of over 100 recipes that showcase the richness and variety of this underappreciated culinary tradition.

The book is divided into eight chapters, each focusing on a different aspect of Gulf cuisine. There's a chapter on mezze, those small dishes that are served at the beginning of a meal and are perfect for sharing. There's a chapter on soups and stews, hearty and flavorful dishes that are perfect for a cold winter night. There's a chapter on rice dishes, a staple of Gulf cuisine, and a chapter on meat dishes, featuring everything from kebabs to tagines.

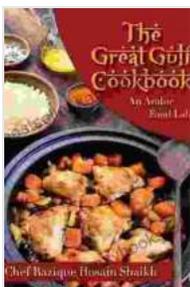
But *The Great Gulf Cookbook* is more than just a collection of recipes. Hage also provides a wealth of information about the history and culture of Gulf cuisine, and her writing is peppered with personal

anecdotes and insights. The book is a fascinating read for anyone who is interested in food, culture, or the Middle East.

Here are just a few of the delicious recipes you'll find in *The Great Gulf Cookbook*:

- **Muhammara:** A spicy red pepper dip that is perfect for serving with bread or vegetables.
- **Falafel:** Crispy fried chickpea balls that are a popular street food throughout the Middle East.
- **Shish tawook:** Grilled chicken skewers that are marinated in yogurt and spices.
- **Machboos:** A traditional Gulf rice dish that is made with lamb, vegetables, and spices.
- **Umm ali:** A sweet bread pudding that is made with milk, sugar, and nuts.

If you're looking for a cookbook that will introduce you to the vibrant and diverse cuisine of the Arabian Gulf, then *The Great Gulf Cookbook* is the perfect book for you.



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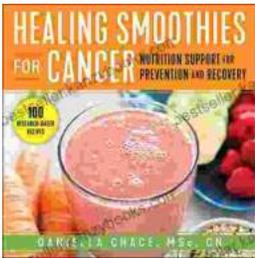
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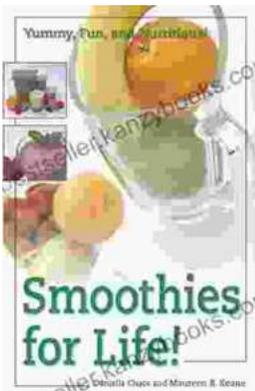
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