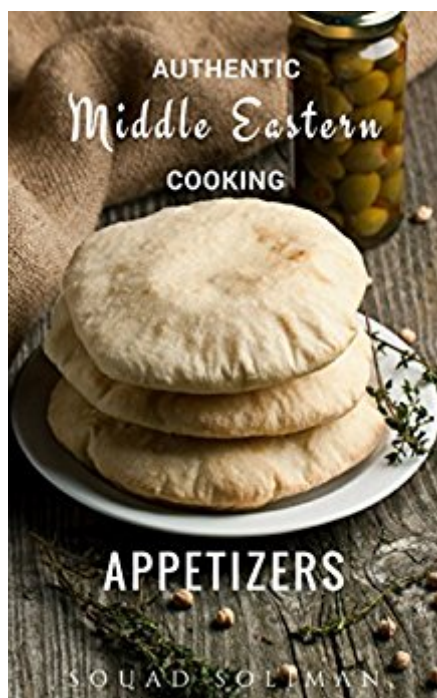


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Appetizers (Mezza) (Authentic Middle Eastern Cooking)



Synopsis

Similar to the *tapas* of Spain, *mezeluri* of Romania and *aperitivo* of Italy, *mezza* (Middle Eastern appetizers) is an array of small dishes placed before the guests creating an array of colors, flavors, textures and aromas. While rich in Middle Eastern flavor and taste, Mediterranean cuisines are known to be some of the healthiest in the world. The recipes contained in *Authentic Middle Eastern Cooking* are delicious yet healthy; many dishes are vegetarian, low-carb, or gluten free -- or can easily be modified and adapted to your specific diet and needs. Many of the recipes are simple, and most of the ingredients you will likely find already in your kitchen pantry and shelves. Souad Soliman's *Middle Eastern 'Appetizers'* contains 22 easy-to-follow recipes, and serves as a perfect go-to companion for quick and easy everyday cooking.

Book Information

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