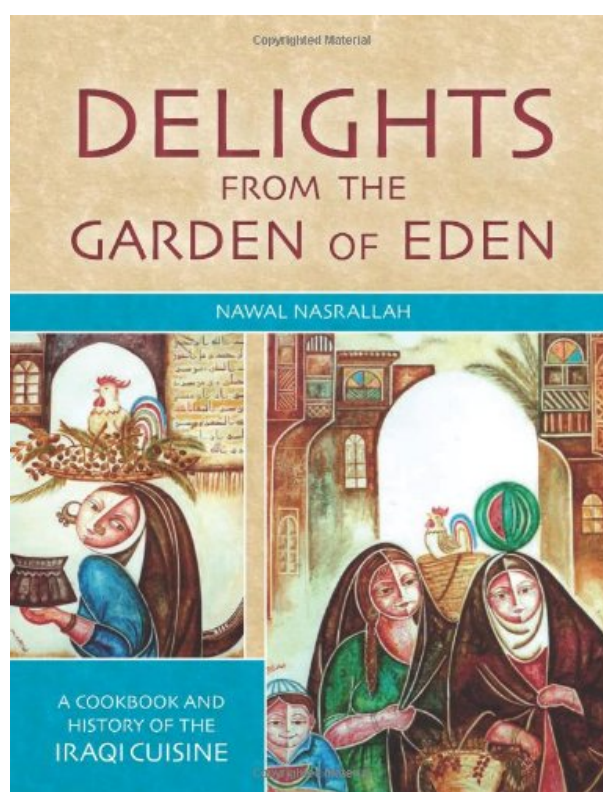


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A COOKBOOK AND HISTORY OF THE
IRAQI CUISINE, SECOND EDITION BY
NAWAL NASRALLAH**



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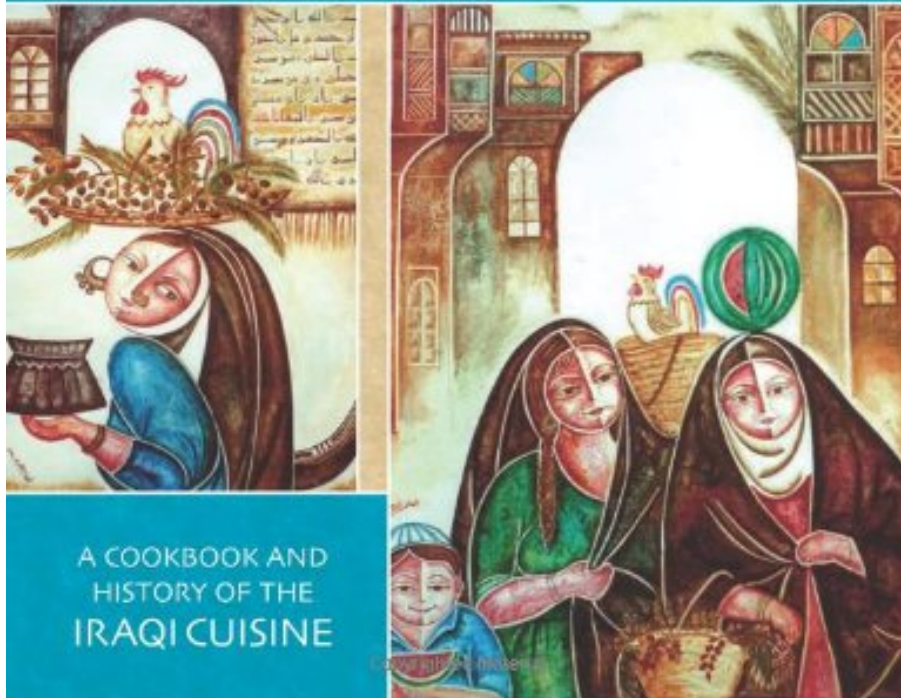


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Fully revised edition of the definitive source on Iraqi cuisine and its history. *SAVEUR* magazine (issue 161, December 2013, p. 24) chose it as one of top 10 cookbooks for the year 2013. First edition awarded the Gourmand World Cookbook Special Jury Award 2007

Originally self-published by the author in 2003, *Delights from the Garden* became an underground bestseller and award-winner. Now fully revised and updated, this new edition, luxuriously illustrated throughout with colour photos, paintings, medieval miniatures and sketches, displays the diversity of the region's traditional culinary practices, delicious and enduring. The book contains more than 400 recipes, all tested and easy to follow, and covers all food categories with ample choice for both vegetarians and meat lovers, and many that will satisfy a sweet tooth. Ingredients and cooking techniques indigenous to the region are fully explained.

Unlike the majority of cookbooks, the book uniquely traces the genesis and development of the Iraqi cuisine over the centuries, starting with the ancient Mesopotamians, through medieval times and leading to the present, aided throughout by the author's intimate native knowledge of cookery. Of particular interest are the book's numerous food-related folkloric stories, reminiscences, anecdotes, songs, poems, excerpts from narratives written by foreign visitors to the region, and cultural explications of customs, all interwoven with the recipes. The book is supplemented with detailed menus and an extended glossary to familiarize the reader with the indigenous ingredients used in creating authentic Iraqi meals.

The book is a valuable addition to the shelves of specialized and general libraries and a must-have for food lovers everywhere.

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- Published on: 2013-04-30
- Original language: English
- Number of items: 1
- Dimensions: 1.50" h x 7.50" w x 9.80" l, 3.92 pounds
- Binding: Hardcover
- 574 pages

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Most helpful customer reviews

35 of 36 people found the following review helpful.

Fantastic

By AA

Very well written. Full of interesting stories and tales. Much more than a usual recipe book. And most important very veggie friendly. The way of telling the stories is very fluid, very personal. It is rare to come across a fantastic ethnic cuisine writer who also happen to have such excellent facility with language. Comprehensive and clear with a nice style of writing. Can almost taste the dishes as you read about them.

Loved the various rice dishes and the use of yoghurt is clearly very imaginative in Iraqi cuisine. All so new to me

Enjoy!

21 of 21 people found the following review helpful.

The most 5-star deserving cookbook I've ever seen

By William D. Colburn

My initial impressions were good. This is a large, weighty cookbook. It has a lot of information in it, and lots of recipes. I especially like all the background information on the ancient cooking techniques. I have a great many cookbooks from the Middle East, and almost all of them have a section on Iraqi food, but never before have I seen such depth and completeness.

Possibly the most important thing in a Middle Eastern cookbook is its recipe for Baklava. In this fine cookbook, the section on Bawlawas stretches from page 465 through page 477, and the pages are large (8"x11")!

The author is an academic, so there are references, and the bibliography in the back looks like a great place to further any Mesopotamian food interests.

On the downside, many of the images inside are rather poor resolution, and in one case an image overlays some text, but don't let that bother you. This is a great book, and well worth the price.

21 of 22 people found the following review helpful.

Where Food Meets History and Culture

By A Customer

The author traces Iraqi cookery back to the dawn of recorded history and the civilization that sprang up about 6000 B.C. in the Fertile Crescent between the Tigris and Euphrates Rivers, where Sumerian mythology placed the mythical mound of creation and a tree of life in a garden that became known as Eden.

Three Akkadian cuneiform clay tablets dating from around 1700 B.C. and stamped with the triangular symbols of some of the world's first writing turned out to be covered with recipes, Ms. Nasrallah wrote. They were for meat and vegetable stews, birds, and chopped meat and spices in bread crust. Over the years, some people who tested the recipes liked them, but Jean Bottéro, a contemporary Assyriologist who deciphered the tablets, concluded that he would not wish them on his worst enemies.

Iraqi antiquity was rife with legendary feasts, Ms. Nasrallah recounted, including a banquet held in the ninth century B.C. by the Assyrian King Ashurnasirpal II that, according to records found inscribed on a brick, drew 69,574 guests. Over 10 days they consumed 25,000 lambs and sheep, 500 stags, 500 gazelles, 30,000 birds, 10,000 eggs, 10,000 loaves of bread and thousands of gallons of wine and beer.

Pickled locusts and boiled heads of sheep aside, Ms. Nasrallah found a wealth of recipes for no fewer than 300 types of bread, 100 kinds of soup, medieval sandwiches that existed long before the Earl of Sandwich, and a fried eggplant casserole, al-buraniya, which she calls "the mother of all moussakas."

Turning her research into toothsome reality, she made flatbread ("as ancient as the Sumerian civilization itself") and, from a 10th-century recipe, oven-browned eggplant in yogurt sauce drizzled with olive oil and

garnished with cumin and chili pepper.

From another medieval recipe she prepared sweet and sour salmon in almond prune sauce and mustard. Next she made kubbat halab, balls of crunchy rice dough stuffed with ground beef, currants, toasted almonds and spices (it can also be made with lamb). "I love stuffed dishes," she said. "It's the cuisine of intrigue."

The New York Times, 2 April 03

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