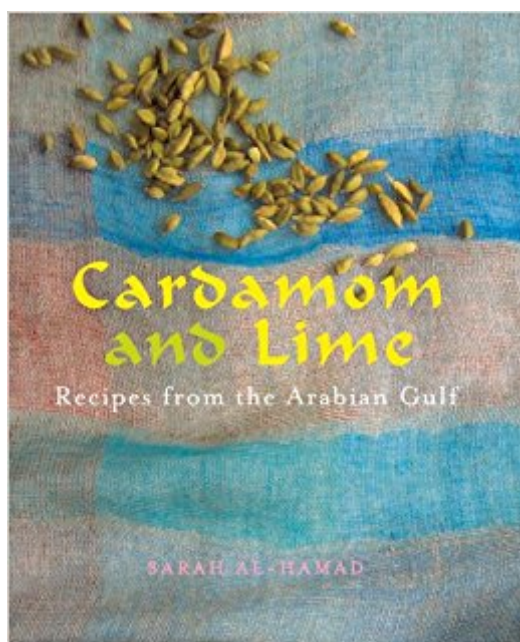


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# Cardamom And Lime: Recipes From The Arabian Gulf



## Synopsis

A unique and eye-opening introduction to the fabulous cuisine of the Arabian Gulf. This stunning book contains a wealth of delicious recipes that reflect the flavors and traditional dishes of the Arabian Gulf: Bahrain, Oman, Kuwait, Qatar, the United Arab Emirates and Saudi Arabia. Little is known in the West about this rich cuisine. Cardamom and Lime provides readers with the inspiration to create these wonderful dishes. The book starts with a fascinating introduction to the history of the Gulf and the traditions and customs that make food such an essential part of daily life. The cuisine of the Arabian Gulf is diverse yet individual and has long been associated with companionship and tradition. Rice features heavily, as do grains and pulses, while chicken, lamb and fish are also found in traditional dishes. Dates are an essential part of any chapter on desserts, but you will also find aromatic cardamom cake, rose-scented rice pudding and teas. From machbous laham (fragrant lamb pilaf) to mrabyan (shrimp and rice), there is plenty here to tempt the taste buds. Throughout the book there are beautiful photographs and feature spreads to give a flavor of life in the Gulf and its mouthwatering cuisine.

## Book Information

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## Customer Reviews

Armchair tourists who assume that all Middle Eastern cooking is the same will find Al-Hamad's collection of Arabian comfort foods a delicious and delightful surprise. Guided by home cooks native to the Gulf region, Al-Hamad shares recipes for rich and hearty stews, a luscious curry and spinach-based porridge known as Shilla, and Gaboot, an intriguing sweet and sour dumpling dish. Many uses are offered for fish, the bounty of the region: stuffed and baked, incorporated into a flavorful stew and served over rice. Desserts include a simple date-based fudge, crunchy fried

dough balls infused with saffron and cardamom called Saimat, and Balaleet, a combination of vermicelli noodles and a hearty omelet. Yes, kebabs and biryani are included, but diversions like flavorful Bengalese potato croquettes and lush, deceptively simple lentil soup (goosed with cooked limes) set the book apart, making it an authentic blend of familiar and exotic. Copyright © Reed Business Information, a division of Reed Elsevier Inc. All rights reserved. --This text refers to an out of print or unavailable edition of this title.

"Armchair tourists who assume that all Middle Eastern cooking is the same will find Al-Hamad's collection of Arabian comfort foods a delicious and delightful surprise... an authentic blend of familiar and exotic." --Publishers Weekly

So nostalgic of living in Kuwait and Saudi Arabia. Kuwaiti food is something I miss dearly since I grew up there. This is a Kuwaiti woman's cook book. BRAVO!!!! I love to see success come to those who are Kuwaiti.

Pretty good book and I liked the fact that the author added some background story to some of the recipes like which ones are popular during Ramadan, or different occasions. The only thing I wish she had included were a few more of the popular national recipes. Also, some of the dishes can be made so much simpler than the directions she has listed, but I am going to try a few of these to see just how good they are.

Two of my favorite flavors are given the spotlight with interesting facts and mouth watering recipes, especially cardamom.

Beautifully written and illustrated to say nothing of how good the recipes are!

Love the pictures and the recipes were delicious. Lentil soup was wonderful and the Jereesh brought back great memories. I will continue to use these recipes.

Good book. Recipes are really interesting. Not your usual run of the mill dishes.

Son in law loves it.

Easy to follow and it's a useful book to teach you how to cook Kuwaiti or the Arabian Gulf Region food. I just love this book

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