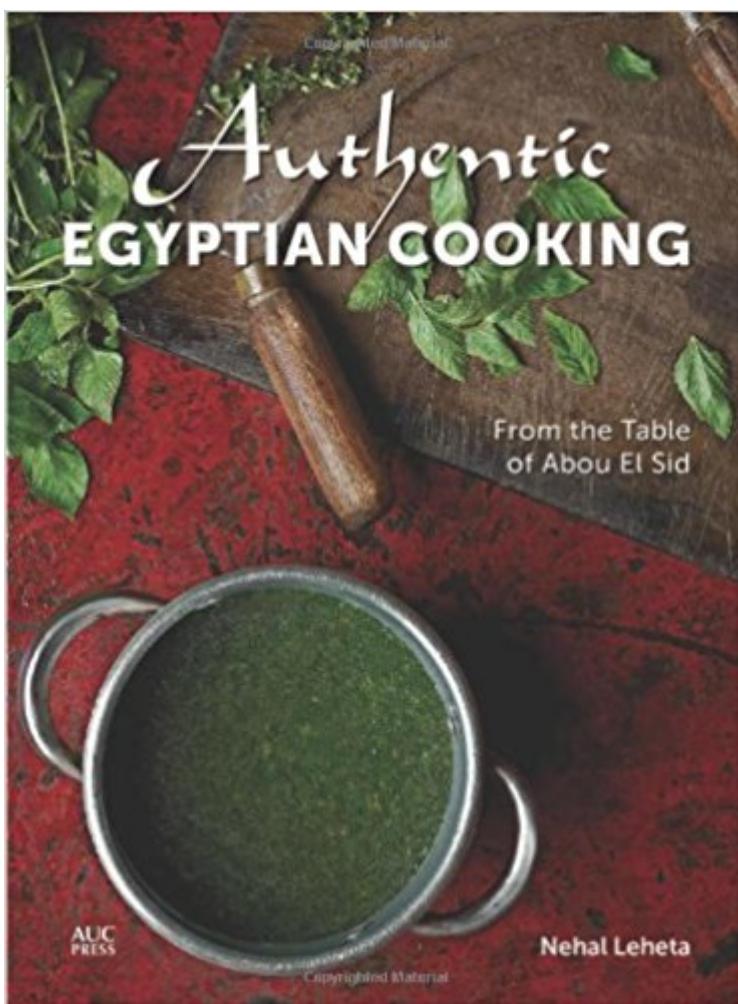


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# Authentic Egyptian Cooking: From The Table Of Abou El Sid



## **Synopsis**

Traditionally, Egyptian cooking has been best practiced and enjoyed at home, where generations of unrecorded family recipes have been the sustaining repertoire for daily meals as well as sumptuous holiday feasts. Abou El Sid, one of Cairo's most famous restaurants, has become well known for its authentic Egyptian dishes, and now presents more than four dozen of its most classic recipes in a cookbook for the enjoyment of home cooks all over the world. Egyptians will recognize their favorites, from holiday dishes such as Fettah to the arrays of appetizers like aubergine with garlic, special lentils, and tahina; those new to Middle Eastern food will find the recipes simple and simply delicious, and enjoy the Egyptian table even if they don't have the heritage of the pharaohs in their family backgrounds.- 56 authentic Egyptian recipes from starters to main courses to desserts.- Each recipe illustrated with gorgeous, full color photographs.- Full spread for each recipe so you don't have to flip the page.- Beautifully designed and visually sumptuous boutique book.

## **Book Information**

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## **Customer Reviews**

"So if you fancy recreating the food you enjoyed on holiday, here are some familiar, and very tasty, dishes adapted to cook on the hob at home."--Lucy Knox, Tribune, June 2014"It's a rich resource of recipes from a renowned kitchen. . . The recipes appear clear, quite short and to the point."--Sally Prosser, My Custard Pie Blog --This text refers to an alternate Hardcover edition.

Nehal Leheta is an interior designer in Cairo with a strong interest in cuisine. She has designed a number of restaurant interiors in Egypt, and is a co-founder of Design Point, an interior and

architecture design and consulting firm, and is a partner in Fun Factory Entertainment, which produces entertainment and events for children.

Honestly, this was one of the worst cookbooks I've ever used. I'm a fairly accomplished home cook. But these recipes were mind-boggling to read. Ingredient measurements were incredibly vague. The actual cooking instructions seemed to skip steps, and I was often forced to guess and fill in the gap. I have to wonder if this was a case of either this being a cookbook that completely relies on you already being an expert in Egyptian cuisine and leaving you a peak at how this famous Cairo restaurant prepares their dishes, or if it is purposely obtuse so that you will never be able to achieve the quality of this famous Cairo restaurant.

I do not read Arabic, but the friend I gave the book to considered it excellent. Regards. Markos

Perfect

Some photos do not match the description of the recipe

Great!

The recipes listed in this book are great! However, there is a fundamental flaw in this book that makes it a pretty bad cook book. It lacks the level of detail required to make any recipe successful. For example, time doesn't seem to be of any importance. Many times its unclear how long you should wait for something to cook. Also, I doubt that the measurements are correct, especially the ones for the Bessara recipe. I also found instances where steps are incomplete and one is left guessing what to do. It seems to me like the author needs to redo every single recipe, because what's in this book is not simply not delicious.

Got this book a week ago. The book covers the most famous Egyptian dishes prepared by Aboul Sid restaurant probably the best Egyptian restaurant in Cairo providing delicious Egyptian dishes in a local atmosphere for Egyptians, foreigners living in Egypt and foreigners travelling there. The book describes the famous Egyptian dishes in a very easy way to understand and with vivid pictures. What could have been done better is to add the number of units produced in each meal to make it easy for the cook to know the number of final product (e.g. number of vine leaves,

kobeba...etc) and also to get to know an average calorie count for each meal. But overall, the book gives great insights into the richness of the Egyptian dishes. My recommendation: buy the book and try Aboul Sid. You will never regret both.

A practical guide for those who aspire to cook the everyday recipes of Egyptian culture. This book does not only explore all the essential dishes of Abou El Sid (one of the most famous oriental restaurants in Cairo), but also feeds the curiosity of anyone interested in Egyptian cooking.

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