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Moroccan

Orange Blossom & Honey is a culinary journey across Morocco, from the souks of Marrakesh, through the Sahara, and onto the blustery shores of the Atlantic coast.

Orange Blossom & Honey: Magical

Moroccan recipes from the ...

Orange Blossom & Honey takes you on a culinary journey across Morocco, from the souks of Marrakesh, through the Sahara, and onto the wind-swept shores of the Atlantic. In researching this book, John

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travelled into the heart of the High Atlas Mountains to learn the secrets of traditional lamb barbecue, then journeyed north, through the city of Fes, where the rich dishes of the Imperial Courts are still prepared in many homes.

Orange Blossom & Honey: Magical Moroccan recipes from the ...

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Orange Blossom & Honey: Magical Moroccan recipes from the ...

Orange Blossom & Honey: Magical Moroccan recipes from the souks to the Sahara This has to be my underdog cookbook, Orange Blossom & Honey is a

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culinary journey across Morocco which gave me the inspiration to visit Morocco for myself in 2018. This book will take you from the souks of Marrakesh, through the Sahara, and onto the Atlantic coast.

Orange Blossom & Honey: Magical Moroccan Recipes - Biffen ...

Orange Blossom & Honey: Magical Moroccan Recipes from the Souks to the Sahara. By John Gregory-Smith. 2018, Kyle Books, 978-1-90948-790-1, \$29.99 hb. Reviewed by Tom Verde on May 15, 2019. If you ever tried Moroccan food, then you sampled the cuisines of many cultures. Building upon the foundations of richly spiced Berber and Arab diets, “[e]xiled Moors from Spain brought olive cultivation, citrus fruits, and paprika, ” while Moorish Jews introduced pickling and preserving.

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Orange Blossom & Honey: Magical Moroccan Recipes from the Souks to the Sahara by John Gregory-Smith. Bookshelf; Buy book; Recipes (89) Notes (1) Reviews (0) Bookshelves (307) More Detail; Search this book for Recipes » ...

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from Orange Blossom & Honey: Magical Moroccan Recipes from the Souks to the Sahara Orange Blossom & Honey by John Gregory-Smith Categories: Sauces for fish; Main course; Moroccan Ingredients: sardine fillets; coriander leaves; paprika; ground cumin; chilli powder; breadcrumbs; long green peppers; carrots;

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tomatoes; preserved lemons; pitted black olives

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Orange Blossom & Honey: Magical Moroccan recipes from the ...

Hardcover. \$25.60. 9 New from \$25.60.

Orange Blossom & Honey is a culinary journey across Morocco, through the souks of Marrakech and on to the Atlas Mountains, then south to A ĩ t Benhaddou and the edge of the mighty Sahara, where tangia stews are cooked for hours in the glowing embers of the baker ' s oven.

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Orange Blossom & Honey: magical

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Orange Blossom & Honey: magical Moroccan recipes | John ...

Orange Blossom & Honey definitely lives up to its title of 'Magical Moroccan Recipes'. As a recent purchase, I have only been able to try out three recipes to date: anchovies in olive oil and tomato; forest mushrooms and zaalouk with crispy halloumi. All three dishes were simple to make and absolutely delicious.

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Berber breads baked in the hot desert sands, John has discovered the real food of the country, learning from the locals to reveal little-known dishes, which he then gives his modern twist. The chapters include Streetfood, Salads & Vegetables, Meat & Poultry, Seafood, Tagines and Desserts, plus there is a section of spice mixes and marinades from chermoula to harissa. With mouthwatering recipes, breath-taking location photography and John's infectious enthusiasm, this is an essential addition to every cook's collection.

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vibrant photographs and stories with each recipe capture the way of life in the remote villages, deserts, and mountains, making this a beautiful coffee table book as well as a cookbook. Must-try recipe: Chermoula spiced chicken." - BBC

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In Turkish Delights John Gregory-Smith brings his passion for Turkey and its food to your kitchen. He celebrates the best of the country's traditional food with 100 regional dishes, giving each one his simple, modern spin. Forget greasy late-night doner kebabs, John offers the Iskender

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kebab from the city of Bursa in Northwest Turkey, filled with finely sliced tender lamb, hot tomato and garlic sauce and yogurt. Other tempting dishes include the Ilgin Beef Kofta (pepper and parsley spiked beef from the Central Anatolian region) or his Ottoman-inspired Stuffed Pepper Dolma. With chapters on Breakfast, Meze, Pide and Kofta, Kebabs, Salads, Meat, Seafood, Vegetables and Desserts and Drinks, it is crammed full of exciting flavours and inspiring ideas.

A fragrant treasure trove of recipes from across the globe Spices have been bringing fragrance and fire to food for thousands of years, and they are as relevant today as they have always been - versatile, healthy, economical, and, more importantly, utterly delicious. However, many people find spices confusing and equate them to endless shopping lists or old jars gathering

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dust in their cupboards. This treasure trove of recipes from 'spice master' John Gregory-Smith will demystify the spice cupboard and show readers how to blend these delicious flavours for mouthwatering results. The book opens with a fascinating introduction to spice cookery and a full glossary of the different spices, their flavour notes and how to use them. Drawing inspiration from all over the world, the recipes in this book offer a culinary passport to China, Vietnam, Cambodia, Thailand, Indonesia, Malaysia, India, Sri Lanka, Lebanon, Turkey, Morocco, Mexico and beyond. Try Vietnamese Star Anise & Lemongrass Chicken Claypot, Indian Fish Cakes with Coriander & Coconut Chutney or Manchurian Lamb with Tamarind Slaw and Griddled Chilli Potatoes. The recipes are divided into chapters on street food, curries, salad, grills, stews, vegetables,

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meat and desserts and drinks, and offer delicious dishes for any time of the week, from quick and easy mid-week meals to sumptuous weekend feasts. Every recipe is accompanied by a stunning photograph of the finished dish and accompanied by wonderfully evocative stories from John's travels. Whatever the occasion, the food contained in these pages is a feast for the senses that will make any meal a celebration.

From the vibrant souks of Tripoli and Beirut to the quiet calm of the Chouf Mountains and Qadisha Valley, Lebanon is a land of bold colours, exquisite flavours and hidden beauty. For this gorgeous book, John Gregory-Smith travelled the length and breadth of the country to bring back the very best of Lebanese cuisine. Classic streetfood, delicate pastries and little known Druze recipes are given John's

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signature twist, creating dishes that are bursting with flavour and sure to become star players in your kitchen. With stunning location photography to bring the country to life, *Saffron in the Souks* is sure to delight and inspire its readers.

Dutch writers and cooks Nadia Zerouali and Merijn Tol are in love with the culture and foods of the Mediterranean-Arabian world. They set out on a journey that took them across Morocco and Tunisia, Syria and Lebanon, Sicily and Spain, to experience the rich, exotic flavors of the Middle East. Here, they unpack the secrets to the region ' s healthful and intensely flavorful food. They teach the reader about the ingredients—from orange blossom and honey to coriander and argan oil—and how to use them to maximize taste. The region ' s food is alive with color, as illustrated by the luscious

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photographs that accompany the more than 100 recipes. But it is the taste and texture of the foods that will win readers' hearts: creamy labne, sweet pomegranate, flaky filo pastry, silky hummus. There are whole grains, such as simple summer bulgur salads and vegetable couscous, and tricks for preparing meat to be as flavorful as possible. Easy enough for cooking novices, *Under the Shade of Olive Trees* will transport readers to a magical, delicious region of the world.

John Gregory-Smith's new book is a revelation. Drawing inspiration from Thailand, China, Taiwan, Malaysia, India, Mexico, Turkey, and Morocco, Gregory-Smith has created recipes that are super-quick to prepare and full of savory flavors. Whether you're looking for a Mighty Bite, a Not Quite Lunch, a Midweek Lifesaver, Something

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Spectacular, or a Naughty but Nice recipe, even the most complicated meal takes less than 45 minutes to make. Try the Taiwanese Beef Noodles, ready in 15 minutes, and made with a mix of spices that don't take long to cook, or his Cinnamon Fig Tarts, which you can make in 25 minutes. Here you'll find exotic flavors and tongue-tingling spices from every corner of the globe--all super fast. With Mighty Spice Express, your spicy dishes don't have to simmer for hours or steep in complicated mixtures. Put away the pestle and mortar. Get all the taste without the sweat.

Eat yourself happy with this informative guide to eating right and improving your mind-set. We all feel low and discouraged from time to time, but when these feelings continue for weeks and even months, it's time to do something about it. There are

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dozens of different types of depression, with different causes, but almost all are improved by eating the right kinds of foods to synthesise ample supplies of brain neurotransmitters, address vitamin and mineral deficiencies and stabilise blood sugar levels. It's important not to choose sugary foods that offer a quick burst of energy and alcoholic drinks that dull the pain - these will both make depression worse. No matter how you feel, making wise food choices will help - and you'll feel the benefits start straight away. Featured in this book are the key foods that have been proven to increase the feeling of wellbeing in our minds and bodies. A clever problem-solver helps you choose the ingredients that address your symptoms, and the results are immediate. With over 60 easy-to-follow, quick-to-prepare, completely delicious recipes, and weekly meal planners, *Eat Yourself Happy* is the

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perfect way to boost your mood and achieve optimum health. Eat Yourself Happy includes... Part I Happy Superfoods Superfoods What's your problem? Putting it all together Part II Happy Recipes Breakfast Snacks Lunch Dinner Desserts ...And much much more!

OBSERVER RISING STAR IN FOOD

2018 'a book that is infused with the flavours of Morocco and is as accessible as it is inspiring' - Nigella Lawson 'It practically sings with aromatic spices and ingredients' - Delicious. 'Breathes new life into Moroccan food' - BBC Good Food Morocco is one of the top destinations in the world. This beautiful North African country lies on the border of Europe and the rest of the Arab world, drawing people in with its colourful souks, vibrant landscapes, cheerful hospitality and, most importantly, the food. Casablanca is the

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exciting debut from Moroccan chef Nargisse Benkabbou. This book features recipes for simple and satisfying dishes such as Artichoke, baby potato & preserved lemon tagine, Sticky ras el hanout & peach short ribs and Buttermilk chicken kebabs. Also featured are tasty western classics with a unique Moroccan twist: try your hand at Orange blossom, beetroot & goats' cheese galette, Roasted almond & rainbow couscous stuffed poussin and Moroccan mint tea infused chocolate pots. Nargisse breathes new life into Moroccan cuisine, blending that authentic Moroccan spirit and the contemporary to create accessible recipes for the everyday.

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