



The Art of Syrian Cookery

Helen Corey

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From the Middle East, land of Bible history, comes an array of 240 recipes from Kibby to Baklawa. THE ART OF SYRIAN COOKERY is an authentic collection of Syrian and Lebanese dishes which have been handed down from mother to daughter for generations. Helen Corey learned these recipes from her mother, a native of a Damascus suburb. Beginning with a description of Middle Eastern customs, celebrations, and holidays, the author gives the historical background for this delicious cuisine. A chapter of Arabic menus for every occasion precedes the recipes which cover a wide variety of exotic dishes - flaming apples, squash with yogurt sauce, grape leaf rolls, and sesame pastry delights. In compiling these recipes Helen Corey has carefully adapted them for the American kitchen with the result that THE ART OF SYRIAN COOKERY is a collection of savory, unusual recipes which are easy to prepare. In addition, a complete section of Lenten foods and an explanation of fasts prescribed by the Eastern Orthodox and Roman Catholic Churches is included. Miss Corey explains the significance of foods prepared for feasts of the Orthodox Church, including the Feast of Epiphany and the Easter service. THE ART OF SYRIAN COOKERY received the warm approval of the Most Reverend Metropolitan Antony Bashir, Archbishop of the Syrian Antiochian Orthodox Archdiocese of New York and North America, who recommends it to all Orthodox Catholics as the first book that faithfully portrays the dietary regulations of this Church. Many photographs, a glossary of Arabic terms, a discussion of herbs and spices, a Shopper's Guide and complete Arabic and English recipe indexes add greatly to the value and usefulness of this latest volume in the successful Art Of...specialty cookbook series. An outstanding cookbook of authentic Arabic dishes, THE ART OF SYRIAN COOKERY is, in addition, an introduction to the land of Bible history, its mores and people.

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