



# Lebanese Hummous Recipe

**Joe Stumpe**



## **Lebanese Hummous Recipe:**

*The Feel Good Foodie Cookbook* Yumna Jawad, 2024-05-07 NATIONAL BESTSELLER 125 simple healthy recipes that are all about marrying the Middle East to the Midwest and finding joy in the process from the creator of the popular Feel Good Foodie blog Yumna's recipes are made with feel good ingredients and with fewer than ten ingredients plus her book is packed with practical advice in the kitchen Gina Homolka New York Times bestselling author of *The Skinnytaste Cookbook* During her childhood in Lebanese communities in Sierra Leone and Michigan Yumna Jawad grew up eating home cooked meals and learned time saving shortcuts from her mother to prepare traditional Middle Eastern recipes As an adult she started her blog Feel Good Foodie to make healthy cooking easy and helped fuel the Baked Feta Pasta trend that took over the internet Now in her first cookbook she shares many more unfussy healthy meals that are enhanced by Middle Eastern flavors These recipes will teach you exactly what her mom taught her how to build savvy kitchen know how that gives you the confidence to cook consistently for yourself and others Be inspired by White Zucchini Pizza with Garlicky Labneh Tomato Rice Pilaf Harissa Grilled Shrimp Skewers Seven Spice Roast Chicken Pomegranate Potatoes Tahini Glazed Cauliflower perfect Crispy Falafel Three Ingredient Mango Sorbet Zaatar Manakeesh and Olive Oil Cake which you can enjoy alongside bright green Mint Basil Lemonade or a homemade Rose Latte Jawad loves simple ingredients fresh flavors and finding the balance between tradition and a little innovation But more than anything she loves food that makes you exclaim this phrase after one bite So good

**Be My Guest** Priya Basil, 2020-11-03 A thought provoking meditation on food family identity immigration and most of all hospitality at the table and beyond that's part food memoir part appeal for more authentic decency in our daily worlds and in the world at large *Be My Guest* is an utterly unique deeply personal meditation on what it means to tend to others and to ourselves and how the two things work hand in hand Priya Basil explores how food and the act of offering food to others are used to express love and support Weaving together stories from her own life with knowledge gleaned from her Sikh heritage her years spent in Kenya India Britain and Germany and ideas from Derrida Plato Arendt and Peter Singer Basil focuses an unexpected and illuminating light on what it means to be both a host and a guest Lively wide ranging and impassioned *Be My Guest* is a singular work at once a deeply felt plea for a kinder more welcoming world and a reminder that fundamentally we all have more in common than we imagine

**Making Levantine Cuisine** Anny Gaul, Graham Auman Pitts, Vicki Valosik, 2021-12-08 Melding the rural and the urban with the local regional and global Levantine cuisine is a m lange of ingredients recipes and modes of consumption rooted in the Eastern Mediterranean *Making Levantine Cuisine* provides much needed scholarly attention to the region's culinary cultures while teasing apart the tangled histories and knotted migrations of food Akin to the region itself the culinary repertoires that constitute Levantine cuisine endure and transform are unified but not uniform This book delves into the production and circulation of sugar olive oil and pistachios examines the social origins of kibbe Adana kebab shakshuka falafel and shawarma and offers a sprinkling of family

recipes along the way The histories of these ingredients and dishes now so emblematic of the Levant reveal the processes that codified them as national foods the faulty binaries of Arab or Jewish and traditional or modern and the global nature of foodways Making Levantine Cuisine draws from personal archives and public memory to illustrate the diverse past and persistent cultural unity of a politically divided region [The Little Foods of the Mediterranean](#) Clifford Wright, 2003-09-26 Mediterranean food expert Wright presents a jaw dropping collection of more than 500 recipes for all sorts of traditional Mediterranean appetizers snacks and little foods [Mediterranean Diet Recipes Cookbook for Beginners](#) Ellen Warren, Are you looking for a way to improve your health and lose weight without sacrificing flavor and enjoyment in your meals Look no further than the Mediterranean Diet Recipes Cookbook for Beginners This cookbook offers a wide variety of simple and delicious recipes that are easy to prepare making it perfect for busy individuals who want to eat healthy but don't have hours to spend in the kitchen The Mediterranean diet is well known for its numerous health benefits including reducing the risk of heart disease diabetes and even some types of cancer This cookbook is specifically designed to help you achieve your weight loss and healthy living goals with recipes that are low in calories but high in flavor From classic Mediterranean dishes like Greek Salad and Hummus to new favorites like Quinoa Tabbouleh and Zucchini Fritters you'll find plenty of options to keep your taste buds happy and your waistline trim Each recipe includes clear step by step instructions and a list of ingredients making it easy to follow along and create a delicious healthy meal Plus we've included helpful tips and suggestions for ingredient substitutions and variations so you can customize each recipe to suit your tastes and dietary needs Whether you're new to the Mediterranean diet or a seasoned pro the Mediterranean Diet Recipes Cookbook for Beginners is an essential resource for anyone looking to improve their health and well being So why wait Order your copy today and start enjoying delicious healthy meals that will leave you feeling satisfied and energized

**Ulcerative Colitis Comprehensive Diet Guide and Cookbook** Monet Manbacci, Ph.D., An Ulcerative Colitis diagnosis does not have to mean you or your loved ones no longer are able to enjoy food Ulcerative Colitis Comprehensive Diet Guide and Cookbook is a helpful and important guide to eating with ulcerative colitis disease This ulcerative colitis cookbook has great recipes essential tips for managing Inflammatory Bowel Disease colitis and meal planning samples With over 130 recipes this autoimmune cookbook is perfect for anyone seeking advice for themselves or about how to prepare foods for their loved ones Inside you will find Healthy nutritional choices for IBD colitis patients Anti inflammatory ingredients to reduce the gut inflammation Low fiber diet low fiber food dairy free and gluten free recipes Different diet options such as low residue and low fiber for ulcerative colitis autoimmune disorder patients Compares IBD diets with other diets such as Paleo and Irritable Bowel Syndrome Low FODMAP diet Complete lists of foods to consume and avoid 14 day meal plans the gut health diet plan for remission periods as well as for flare ups Over 130 fantastic recipes for ulcerative colitis patients for autoimmune fix and more This guide also features the top 200 tips for ulcerative colitis patients in a series Discover great tips for cooking for colitis ulcerative patients as well

as advice on food preparation and meal planning This cookbook is also a great choice for the health of Crohn's disease or Crohn's disease patients The chronic patients can see this book as a great Crohn's disease cookbook or an autoimmune diet book Whether you have been newly diagnosed are looking for information for a child or other loved one or have been struggling with ulcerative colitis for some time hoping for new options this diet guide and cookbook is an essential addition to your library

Quick and Easy Mediterranean Recipes Amy Riolo, 2023-04-04 Live longer feel younger lose weight and have more energy by eating the Mediterranean way This affordable cookbook adapted from Amy Riolo's Ultimate Mediterranean Diet Cookbook offers the best go-to foolproof recipes with simple accessible ingredients making it easy for anyone no matter where you live to access the benefits of this amazing lifestyle diet Quick and Easy Mediterranean Recipes integrates the latest research and clinical findings with delicious authentic easy recipes and Mediterranean lifestyle tips that make changing your diet fun and rewarding Using the Mediterranean Pyramid as a guide this book gets to the core of the Mediterranean lifestyle and explains what to eat when to eat it and why it is good for you The book features recipes from all countries in the region including perennial favorites lesser known specialties and contemporary twists on traditional fare Plus each recipe offers nutritional and calorie information and variations for personal taste Enjoy delicious flavorful food and live a longer healthier life with these vibrant Mediterranean recipes

**World War 1 Commemorative Cook Book** Cath Hopgood, David Hopgood, 2014-11-01 More than just a cookbook This is a culinary journey through the period when the Anzac legend was born This cook book showcases the hearty style of cooking evocative of the time and presents simple traditional recipes with a modern twist Featuring a combination of classics like Anzac Biscuits Turkish Delight and Osso Bucco Potato Pie together with appealing recipes like Roo Tail Stew and Herb Damper and Harissa Spiced Lamb Backstrap Salad this is a collection of delicious recipes influenced by the era and wartime locations of the Great War Combined with a brief history of the contributions of the Anzacs this cook book commemorates and honours our WWI soldiers

**The Self-Reliant Kitchen** Michelle Mullennix, 2024-10-01 Traditional skills heritage recipes and food preparation techniques from the generations before us If you're ready to stop relying on overly processed foods from the grocery store and start nourishing yourself and your family with healthier options this book is for you Through easy to follow recipes and traditional cooking skills this cookbook inspires and empowers you to create a more self-reliant kitchen Recipes include Sourdough Cinnamon Raisin Bread Home Churned Butter Raspberry Preserves Homemade Pasta Chicken Pot Pie Sourdough Fried Chicken Pot Roast Nourishing Bone Broth Homemade Pickles Healthy Grape Gummies Homemade Maple Vanilla Marshmallows And many more Learn how to replace manufactured over processed store bought food items with delicious from scratch dishes one recipe at a time

Iconic Eats of Wichita: Surprising History, People and Recipes Joe Stumpe, 2022 Located a long way from any ports of call Wichita is perhaps the last place where you'd expect to find a diverse culinary scene From its early days as a rough and tumble cow town on the Chisholm Trail the city first achieved dining sophistication through the efforts of the

Thursday Afternoon Cooking Club now the oldest such club in the United States Steakhouses in the north end invented and popularized what some consider the city's signature dish garlic salad Waves of immigrants from three parts of the world Mexico Lebanon and Vietnam stamped the dining habits of residents with dishes such as piratas shawarma and Saigon Oriental Restaurant's famous No 49 Author Joe Stumpe tells these stories and more while providing nearly two hundred prize recipes from restaurants and home cooks

**The True True Story of Raja the Gullible (and His Mother)** Rabih Alameddine, 2015-09-02 Alameddine is a writer with a boundless imagination NPR From National Book Award finalist and winner of the PEN Faulkner Award for Fiction comes a tragicomic love story set in Lebanon a modern saga of family memory and the unbreakable attachment of a son and his mother In a tiny Beirut apartment sixty three year old Raja and his mother live side by side A beloved high school philosophy teacher and the neighborhood homosexual Raja relishes books meditative walks order and solitude Zalfa his octogenarian mother views her son's desire for privacy as a personal affront She demands to know every detail of Raja's work life and love life boundaries be damned When Raja receives an invite to an all expenses paid writing residency in America the timing couldn't be better It arrives on the heels of a series of personal and national disasters that have left Raja longing for peace and quiet away from his mother and the heartache of Lebanon But what at first seems a stroke of good fortune soon leads Raja to recount and relive the very disasters and past betrayals he wishes to forget Told in Raja's irresistible and wickedly funny voice the novel dances across six decades to tell the unforgettable story of a singular life and its absurdities a tale of mistakes self discovery trauma and maybe even forgiveness Above all The True True Story of Raja the Gullible and His Mother is a wildly unique and sparkling celebration of love

**So Fast, So Easy Pressure Cooker Cookbook** Beth Hensperger, Julie Kaufmann, 2015-12-15 The only pressure cooker cookbook for electric and stovetop pressure cookers you'll ever need What's not to love about the pressure cooker Using pressure created by superheated steam the pressure cooker can cut cook times by 70 percent meaning dinner is on the table faster and with significantly less energy use Your dinner will be more nutrient rich because vitamins and other good things won't be lost in evaporating steam And it will taste delicious and succulent because none of the food's moisture has been allowed to escape Finally today's modern pressure cooker has been re-engineered for safety and ease of use including the development of the electric pressure cooker Because no moisture evaporates during cooking conventional stovetop recipes do not work in the pressure cooker For success the pressure cooker requires different food to liquid ratios and because of that superheated pressure cook times are very precise With this comprehensive guide the busy cook can use fresh ingredients to create more than 700 tasty recipes developed for and scrupulously tested and retested for the pressure cooker Chapters on Poultry Pork Beef Veal Lamb Game and Seafood include Zinfandel braised short ribs that cook in just 30 minutes herb stuffed whole turkey breast and braised lamb shanks ready in 25 minutes and baby back ribs that pressure cook in just 15 minutes Individual chapters on grains beans rice dishes including risotto and breakfast rice potatoes chili and tomato sauces with and

without meat as well as on soups vegetables desserts making your own baby food and much more An introductory chapter explains the ins and outs of the pressure cooker with valuable tips and advice The authors also include recipes for lots of basics such as how to cook different types of rice and varieties of dried beans

**The Noma Guide to Fermentation** René Redzepi, David Zilber, 2018-10-16 New York Times Bestseller A New York Times Best Cookbook of Fall 2018 An indispensable manual for home cooks and pro chefs Wired At Noma four times named the world's best restaurant every dish includes some form of fermentation whether it's a bright hit of vinegar a deeply savory miso an electrifying drop of garum or the sweet intensity of black garlic Fermentation is one of the foundations behind Noma's extraordinary flavor profiles Now Ren Redzepi chef and co owner of Noma and David Zilber the chef who runs the restaurant's acclaimed fermentation lab share never before revealed techniques to creating Noma's extensive pantry of ferments And they do so with a book conceived specifically to share their knowledge and techniques with home cooks With more than 500 step by step photographs and illustrations and with every recipe approachably written and meticulously tested The Noma Guide to Fermentation takes readers far beyond the typical kimchi and sauerkraut to include koji kombuchas shoyus misos lacto ferments vinegars garums and black fruits and vegetables And perhaps even more important it shows how to use these game changing pantry ingredients in more than 100 original recipes Fermentation is already building as the most significant new direction in food and health With The Noma Guide to Fermentation it's about to be taken to a whole new level

Under the Shade of Olive Trees Nadia Zerouali, Merijn Tol, 2014-03-18 Discover irresistible flavors from across the Arabic world with this cookbook exploring the region's exquisite cuisine with more than 100 recipes 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 comes alive with color as illustrated by the luscious 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

**Sauces Reconsidered** Gary Allen, 2019-02-08 Sauces Reconsidered Apr's Escoffier replaces the traditional French hierarchy of sauces with a modern version based on the sauces physical properties While it is not a traditional cookbook it does include many recipes Cooks need not slavishly follow them however as the recipes illustrate their underlying functions helping cooks to successfully create their own sauces based on their newfound understanding of sauces intrinsic properties Gary Allen explores what makes a sauce the type of sauce it is how it works why it is specific to a

particular cuisine and how cooks can make it their own through an understanding of how the ingredients work together to create a sauce that enriches a dish and tantalizes the taste buds

**Love to Eat** Nicole Keshishian Modic, 2022-10-25 A balanced relationship with your food is within reach These 75 recipes offer the freedom to eat the foods you love without guilt and to live your damn life once and for all Nicole's focus on wholesome recipes that fill your body and soul is such a balanced way to approach cooking and will help encourage a healthy loving relationship to food and your body Rachel Connors author of *Bakerita In Love to Eat* Nicole Keshishian Modic teaches you how to listen to your body's cues around food discover a more flexible relationship to your diet and nourish your body with real whole foods recipes that celebrate flavor Growing up in Los Angeles Nicole was surrounded by society's complicated views on women's bodies and countless diet crazes but her Armenian father instilled his deep passion for food and flavor within her Years of quietly suffering from an eating disorder led Nicole to find healing in the most unlikely place for her at the time the kitchen as she turned former binge foods into healthy but indulgent standards on her wildly popular blog KaleJunkie This inspirational cookbook is filled with recipes and inspirational stories to keep you feeling satisfied in body and mind Nicole also shares her philosophy on what food freedom and intuitive eating truly mean spoiler alert Neither is about restrictive dieting and advice on how to carry that positive attitude into other aspects of your life 75 recipes showcase Nicole's Armenian background love of comfort foods and passion for creative and kid friendly plant forward meals Discover dishes such as Blueberry Pancake Bread Muffins Armenian Stuffed Bell Pepper Dolmas The Best Quinoa Tabbouleh Sweet and Sour Crunchy Cauliflower Bites One Pot Penne Arrabbiata The Coziest Lemon Chicken Soup Sweet Potato S'Mores Cookies Life Changing Chocolate Chip Tahini Cookies With accessible and nutritious recipes designed for real busy life Love to Eat proves that there is room for a juicy burger in a healthy lifestyle as long as you're eating with purpose and listening to your intuition

*Brain Power Cookbook*, 2016-06-07 Originally published New South Wales Reader's Digest Australia Pty Ltd 2015

*A New Turn in the South* Hugh Acheson, 2011-10-18 When Hugh Acheson now a James Beard Award winner as a chef and author moved from Ottawa to Georgia who knew that he would woo his adopted home state and they would embrace him as one of their own In 2000 following French culinary training on both coasts Hugh opened Five and Ten in Athens a college town known for R E M and the restaurant became a spotlight for his exciting interpretation of traditional Southern fare Five and Ten became a favorite local haunt as well as a destination Food Chanterelles on Toast with Mushrooms that soak up the flavor of rosemary thyme and lemon Braised and Crisped Pork Belly with Citrus Salad succulent and inexpensive but lavish Yellow Grits with Sautéed Shiitakes Fried Eggs and Salsa Rossa a stunning versatile condiment Fried Chicken with Stewed Pickled Green Tomatoes his daughters favorite dish and Lemon Chess Pies with Blackberry Compote his go to classic Southern pie with seasonal accompaniment With surprising photography full of Hugh's personality and pages layered with his own quirky writing and sketches he invites you into his community and his innovative world of food to add new favorites to your repertoire



**Mediterranea** Hanady Nabut, 2022-07-19 Bright and Deeply Flavorful Dishes From Every Corner of the Mediterranean Gather your friends and family for a culinary experience not soon to be forgotten with Mediterranean Hanady Nabut founder of Hanady Kitchen offers 60 authentic and exciting recipes that are as succulent as they are accessible accompanied by stunning photography From Hanady's Palestinian and Spanish heritage and straight to your plate these profoundly delectable fares tasty mezze and grains mouthwatering seafood meat and poultry heavenly desserts and more are meant to be shared by many and relished slowly in the great Mediterranean tradition of eating with gusto Whether you are new to the cuisine you are a home cook looking for everyday inspiration or you want an easy yet delicious meal for your next family gathering with Hanady's passionate guidance you'll be making crowd pleasing feasts for the eyes and soul in no time Additionally you'll have plenty of table conversation fodder as each dish offers a fascinating peek into various flavor profiles and recipe variations from region to region as well as a deep dive into the history of Mediterranean spices With spectacular recipes like Tahini and Honey Poached Salmon Braised Lamb Shanks with Tamarind Saffron Churros with Floral and Orange Syrup and Fried Eggplant with Carob Maple Sauce you'll never cease to be amazed and inspired Come to the table hungry and curious and be prepared to fall in love with all the vibrancy the Mediterranean has to offer Persiana Sabrina Ghayour, 2014-05-06 BEST COOKBOOK OF THE YEAR Observer Food Monthly Awards 2014 Persiana the new must have cookbook Sabrina Ghayour's debut cookbook Persiana is an instant classic The Golden Girl Observer Food Monthly A celebration of the food and flavours from the regions near the Southern and Eastern shores of the Mediterranean Sea with over 100 recipes for modern and accessible Middle Eastern dishes including Lamb Chicken Preserved Lemon Blood Orange Persian Flatbread and Spiced Carrot Pistachio Coconut Cake with Rosewater Cream

## Unveiling the Power of Verbal Beauty: An Emotional Sojourn through **Lebanese Hummous Recipe**

In a global inundated with monitors and the cacophony of instant conversation, the profound energy and emotional resonance of verbal art often diminish in to obscurity, eclipsed by the constant barrage of sound and distractions. Yet, situated within the lyrical pages of **Lebanese Hummous Recipe**, a charming work of fictional beauty that impulses with organic emotions, lies an unique trip waiting to be embarked upon. Penned with a virtuoso wordsmith, this exciting opus instructions visitors on a psychological odyssey, gently revealing the latent possible and profound affect embedded within the delicate internet of language. Within the heart-wrenching expanse with this evocative evaluation, we will embark upon an introspective exploration of the book is key themes, dissect its interesting publishing model, and immerse ourselves in the indelible effect it leaves upon the depths of readers souls.

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