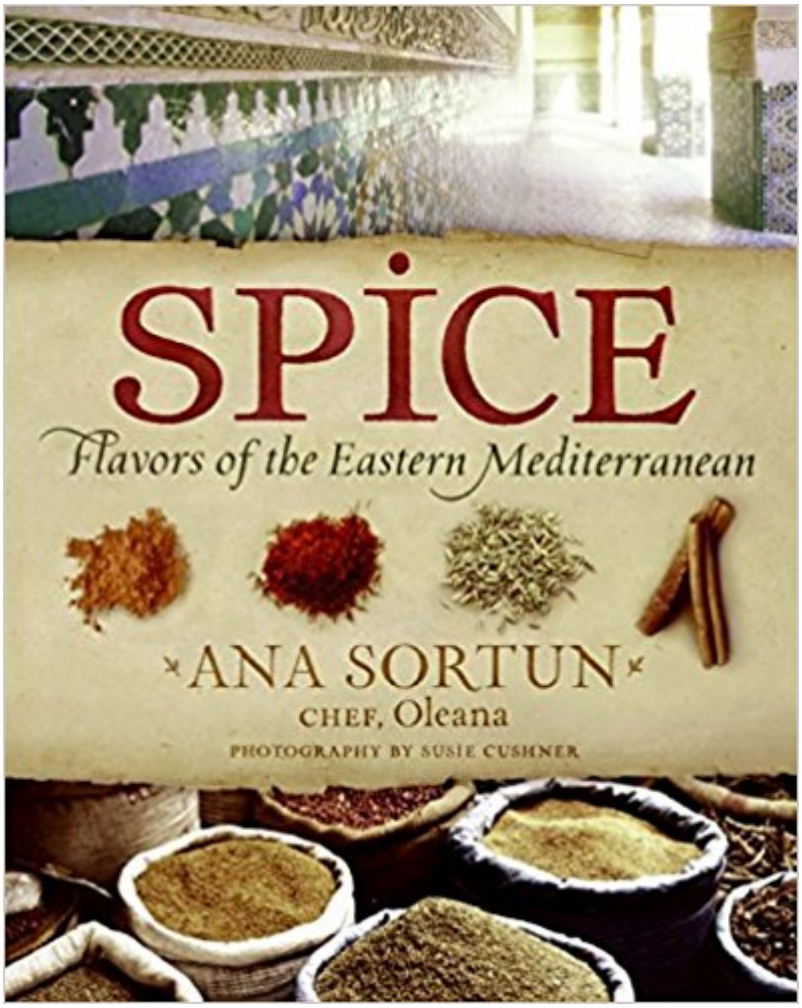
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Spice: Flavors Of The Eastern Mediterranean



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Synopsis

On a trip to Turkey as a young woman, chef Ana Sortun fell in love with the food and learned the traditions of Turkish cooking from local women. Inspired beyond measure, Sortun opened her own restaurant in Cambridge, Massachusetts, the award-winning Oleana, where she creates her own interpretations of dishes incorporating the incredible array of delicious spices and herbs used in eastern regions of the Mediterranean.In this gorgeously photographed book, Sortun shows readers how to use this philosophy of spice to create wonderful dishes in their own homes. She reveals how the artful use of spices and herbs rather than fat and cream is key to the full, rich flavors of Mediterranean cuisine -- and the way it leaves you feeling satisfied afterward. The book is organized by spice, detailing the ways certain spices complement one another and how they flavor other foods and creating in home cooks a kind of sense-memory that allows for a more intuitive use of spice in their own dishes. The more than one hundred tantalizing spice categories and recipes include: Beef Shish Kabobs with Sumac Onions and Parsley Butter Chickpea and Potato Terrine Stuffed with Pine Nuts, Spinach, Onion, and Tahini Crispy Lemon Chicken with ZaÃ¢â ¬â„¢atar Golden Gazpacho with Condiments Fried Haloumi Cheese with Pear and Spiced DatesAbsolutely alive with spices and herbs, Ana SortunÃ¢â ¬â„¢s recipes will intrigue and inspire readers everywhere.

Book Information

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Customer Reviews

Ã¢â ¬Å“Only a brilliant chef like Ana could have created such a warm and evocative cookbook filled with enticing recipes.Ã¢â ¬Â• (Clifford A. Wright, author of the James Beard Cookbook of the Year

A Mediterranean Feast)Ã¢â ¬Å“This book beautifully codifies the marvelous dishes IÃ¢â ¬â„¢ve eaten at Oleana, all of which bear her special inventive touch.Ã¢â ¬Â• (Paula Wolfert, author of The Cooking of the Eastern Mediterranean)Ã¢â ¬Å“A thousand and one nights worth of cooking. . . . SortunÃ¢â ¬â„¢s recipes are as seamless as her food.Ã¢â ¬Â• (Los Angeles Times)

Ana Sortun was named the Ã¢â ¬Å“Best Chef: NortheastÃ¢â ¬Â• at the 2005 James Beard Awards for her restaurant, Oleana, in Cambridge, Massachusetts, which she opened in 2001. Known for unique Arabic-Mediterranean food, Oleana has received much local and national praise. Sortun holds a degree from Ecole de Cuisine La Varenne in Paris. She lives in Lincoln, Massachusetts, with her husband and daughter.

After dining at Ana Sortun’s fabulous restaurants in Boston, "Oleana" and "Sofra", I rushed out and ordered this book as well as her other cookbook "Sofra Miz". In just 2 weeks this has become one of favorite cookbooks - I just can’t stop cooking from it! The Chopped Romaine and Cucumber Salad with Yogurt Dressing is amazing (we’ve made it 3 times in the past week - its that good!). We’ve also made the Roasted Crispy Duck with Tomato-Sesame Jam and the Rice Cakes (except I substituted riced caluliflower because we’re grain free) - all fabulous! Can’t wait to try more from this beautiful, creative cookbook.

I am very picky about the cookbooks I actually purchase anymore, but will say this one is critical to your collection. Ana is a genius chef, and not only have I prepared several of these recipes on my own, I had the distinct pleasure of cooking with her one day in my kitchen at work!!! She’s brilliant, thoughtful and knows her business. Wow, memorable day for me. Since then, I keep many of these spices she writes about in my arsenal and it never fails that people will try to figure out what spice or ingredient is in a dish (which they rave over). 9 times out of 10, it’s one of the spices I learned about in this cookbook.

I enjoy eating out at Mediterranean restaurants and I also like to cook. I grow some of my own herbs and enjoy taking some time in a shop that has spices I haven’t know about before. This book puts all that together for me with enjoyable stories, great recipes and the organization of the book around specific spice sets makes it extra fun to read and cook from. I highly recommend it.

For American foodies, Middle East cooking is fraught with peril. Not only do popular specialties like

hummus, baba ganoush, and falafel represent stereotypical ikons of this huge region. But as one becomes familiar with more sophisticated choices, it's easy to dismiss them because of: 1. hard to get ingredients 2. time consuming steps for dishes like stuffed vine leaves, moussaka, Persian rice, etc.Now comes Ana Sortun. She has demystified the exotic herbs and spices that define the Levantine palate by describing how she discovered the real thing in Turkey and/or other eastern Mediterranean lands.She should know because her Cambridge, Mass restaurant Oleana offers most every item featured in this handsome treasury of easy-to-follow, step by step recipes. True to its eponymous title, the book is organized by spices, i.e. the predominant seeds, leaves, and blossoms that flavor her signature dishes. It also includes a comprehensive list of web sites and shops that carry admittedly exotic or hard to get ingredients.One reason for her success is the descriptive passages preceding each recipe. She tells stories of where she encountered the ingredients. She describes the (mostly) women and men who introduced them to her. Then she shows how she and her talented restaurant staff (everyone is credited, including her farmer husband) have adapted traditional recipes for the modern palate. This approach is more than nouveau, more than fusion. It takes tradition, and then expands on it with surprising results. Thus, hummus the old way morphs into a delectable parsnip creation, and falafel becomes a crunchy spinach/chick pea marriage.But Sortun doesn't stop there. Because she has trained in France, she shares secrets about that country's cuisine. She generalizes about the use of cream and butter and riffs on why cooks should avoid extra virgin oil when sauteing. This is not a cook book for beginners, but, in the great narrative tradition of M.K. Fisher and Julia Child, it is a celebration of creating authentic gustatory delights - a tour de force truly enhanced by the spices of life.

Excellent book with gorgeous pictures.I'd highly recommend any of the meat dishes (I like meat), or the sauces - Ana does an excellent job at her restaurants (we love Oleana), and this book makes you feel like you could be a chef for her!

Bought for a gift... they love it and have told their friends about it!

Already tried 3 of the recipes! Love the rich, flavorful foods!!!

if you are serious about cooking this book is a must to understand how spices are mixed and used in cooking. I have given these as gifts to several of my friends.

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