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# Sweets And Desserts From The Middle East



## Synopsis

All Arto der Haroutunian's twelve cookbooks written in the 1980s became classics; it was his belief that the rich culinary tradition of the Middle East is the main source of many of our Western cuisines and his books were intended as an introduction to that tradition. His *Sweets & Desserts of the Middle East* is regarded as the seminal work on the subject but it had been out of print for almost thirty years. At last here in a new edition is the Middle Eastern cookbook that everyone wants. In this book he takes us on a sumptuous and erudite tour of one of the delights of Middle Eastern cuisine. Sweets and desserts occupy a special place in those lands where natural food resources can sometimes be limited. The people have made supreme the art of creating delights from very little and in doing so have enriched their world with wafer-thin pastries, luscious halvas, crunchy biscuits, exotic fruits and cool refreshing sorbets. Many Middle Eastern desserts are very sweet (literally soaked in honey or syrup) and yet their variety is infinite. It reflects the multifarious origins and races of the people of the region and combines ancient traditions and modern influences. One basic sweet may have been adapted in a dozen different ways. Tantalizingly fragrant, sweet and succulent or dry and spiced with the aroma of the East they transport us as if by magic carpet to the exotic lands of the orient. There are recipes for sesame and date baklavas, almond and pistachio coated biscuits, tempting stuffed fruits, rich mousses, delicate sorbets and syrups, jams and preserves, all of which may tempt you to conjure up these Middle Eastern delicacies in your own home.

## Book Information

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## Customer Reviews

Our Western food culture has far deeper and wider roots in the Middle East than you might imagine. And from the Middle East there are still more treasures that await us. Arto knew that and wrote it down with obvious passion in A Sweet & Desserts from the Middle East. It's a very sweet book. One you will forever treasure. (Cooking By the Book)

Arto der Haroutunian established his career designing restaurants, clubs and hotels. In 1970 he opened an Armenian restaurant in Manchester with his brother Koko. This developed into a successful chain of restaurants and hotels. It was a natural progression that he should then begin to write on Middle Eastern food. The cookery books combined his love of food with his great interest in the history and culture of the whole region

Arto Der Haroutunian wrote nothing but classics. This is a lovely book. Recipes are straightforward and, for the most part, well tested for the home kitchen. The book arrived in perfect condition and on time.

as promised

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