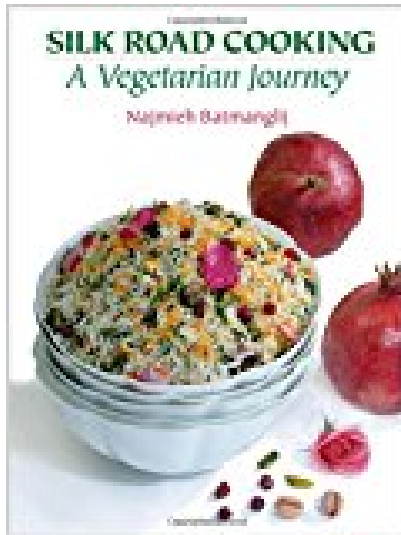


Silk Road Cooking A Vegetarian Journey



BOOK DETAILS

- Author : Najmieh Batmanglij
- Pages : 328 Pages
- Publisher : Mage Publishers
- Language : English
- ISBN : 1933823402

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BOOK SYNOPSIS

This book is at once an exploration, a celebration, and a little-known tale of unity. It presents 150 delicious vegetarian dishes that together trace a fascinating story of culinary linkage. As renowned cookbook writer and teacher Najmieh Batmanglij explains, all have their origins along the ancient network of trade routes known as the Silk Road, stretching from China in the east to the Mediterranean in the west. On this highway moved not just trade goods but also ideas, customs, tastes and such basics of life as cooking ingredients. The result was the connecting and enrichment of dozens of cuisines. In *Silk Road Cooking: A Vegetarian Journey*, Najmieh Batmanglij recounts that process and brings it into the modern kitchen in the form of recipes that are venturesome and yet within reach of any cook. They are intended for vegetarian, partial-vegetarian and non-vegetarian alike -- anyone who is looking for balanced, unusual and exceptionally tasty dishes. The book offers a wealth of information derived from the authors extensive research and her travels along the Silk Road during the past 25 years. She complements the recipes with stories, pictures, histories of ingredients, and words of wisdom from her favourite poets and writers of the region. Introduction: A Travellers Tale; The Era of Caravans; New Foods -- East & West; Toward a Silk Road Cuisine; Salads, Eggs Rice Fruit & Vegetable Braises Pasta, Pizza & Bread Pastries, Desserts & Candies Teas, Coffee & Sherbets Preserves, Pickles & Spices Silk Road Glossary & Resources Credits & Acknowledgements Index.

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