



MY EGYPT

Cooking from My Roots



MICHAEL MINA

with Adam Caron & Sam Lundy | photography by John Lee

Michael Mina Cookbook

Michael Mina, JoAnn Cianiulli



Michael Mina Cookbook:

Michael Mina Michael Mina, JoAnn Cianciulli, 2014-06-07 A world class chef and restaurateur shares his secrets and reveals how to create his trio concept where a master recipe is followed by three flavor variations Accompanying the trios are Mina's classic and most requested recipes from his restaurants Full color

My Egypt Michael Mina, 2024-10-08 Explore a lifetime of recipes that capture the flavor and energy of Egypt from celebrated chef Michael Mina Outstanding and accessible for home cooks of all levels and familiarity with Middle Eastern cuisine Publishers Weekly starred review Growing up in a Middle Eastern household gave Michael Mina an innate understanding of how to cook with spice and use acidity to amp up flavors But when he started working in restaurants Mina went out of his way to cook everything but the Egyptian food he had grown up with His family had left Cairo for the United States when he was two years old and he felt the need to assimilate to thrive Decades later after making his name as a technique driven California chef and opening dozens of acclaimed restaurants Mina looked back to what got him excited to cook in the first place dishes like his mom's taameya or Egyptian falafel and tables heavy with dips and spreads at family barbecues Thus began years of travel back to Egypt and a new story in his cuisine In *My Egypt* Mina brings readers to contemporary Cairo and Alexandria to share the foundations of Egyptian cooking and hospitality from the traditional breakfast of ful medames to the streetside meal of baladi bread stuffed with spiced hawawshi He also marries Egyptian flavors with influences from around the world in dishes including Harissa Ratatouille Halloumi and Watermelon Salad Feta Brined Spatchcock Chicken with Mint and Green Onions Labne Frozen Yogurt This is the story of a lauded chef at the top of his game triumphantly returning to his roots

The Healthy Heart Cookbook for Dummies® James M. Rippe, 2009-10-29 Julia Child in her classic book *The Way to Cook* published by Knopf writes of her concern that low fat cooking may rob us of the pleasures of the table I couldn't agree more There is no reason for low fat low cholesterol heart healthy cooking to rob us of the pleasures of food Eating is one of the great joys of life And food doesn't have to be grim and punishing in order for it to be healthy for your heart In this book with the assistance of over 50 top chefs I show you how to make heart healthy cooking one of the great pleasures of the table You'll be surprised at how simple measures can help you cut the fat without cutting the taste The recipes in this book are not your run of the mill low fat recipes Here you'll find gourmet recipes that are easy to make and taste great Although I care passionately about the links between nutrition and the healthy heart I am not a food cop My background as both a cardiologist and a chef make me uniquely suited not only to care for your heart but also to provide you with meals that won't leave you feeling deprived I recognize that in order for people to change their habits they must be given food options that are tasty and exciting The nutrition aspects of food must meld with pleasure and taste So *The Healthy Heart Cookbook For Dummies* is about great tasting heart healthy nutrition I want to make you the heart healthiest most satisfied eater and reader ever to walk this planet

Winning Styles Cookbook Elin Jeffords, 2004 21 top chefs who have won prestigious James Beard Foundation

Awards share the secrets behind their culinary magic **The Strang Cookbook for Cancer Prevention** Laura J. Pensiero, Susan Oliveria, 1998 A collection of over 150 recipes that contain ingredients doctors believe can prevent cancer includes recipes for soups appetizers salads sides entrees and desserts *The Secrets of Success Cookbook* Michael Bauer, 2000-03 The esteemed food critic for the San Francisco Chronicle has spent years twisting the arms of the Bay Area's best chefs for the secrets to their signature dishes now collected in this must have cookbook **Food Lit** Melissa Brackney Stoeger, 2013-01-08 An essential tool for assisting leisure readers interested in topics surrounding food this unique book contains annotations and read alikes for hundreds of nonfiction titles about the joys of comestibles and cooking Food Lit A Reader's Guide to Epicurean Nonfiction provides a much needed resource for librarians assisting adult readers interested in the topic of food a group that is continuing to grow rapidly Containing annotations of hundreds of nonfiction titles about food that are arranged into genre and subject interest categories for easy reference the book addresses a diversity of reading experiences by covering everything from foodie memoirs and histories of food to extreme cuisine and food exposés Author Melissa Stoeger has organized and described hundreds of nonfiction titles centered on the themes of food and eating including life stories history science and investigative nonfiction The work emphasizes titles published in the past decade without overlooking significant benchmark and classic titles It also provides lists of suggested read alikes for those titles and includes several helpful appendices of fiction titles featuring food food magazines and food blogs **The New Yorker**, 2006 *Santé*, 2006 *Diabetes For Dummies* Alan L. Rubin, 2011-04-04 Covers the latest glucose meters and insulin treatments The straight facts on treating diabetes successfully and living a full life Want to know how to manage diabetes Leading diabetes expert Dr Alan Rubin gives you reassuring authoritative guidance in putting together a state of the art treatment program You'll learn about all the advances in monitoring glucose the latest medications and how to develop a diet and exercise plan to stay healthy You'll also see how to overcome insurance and on the job obstacles Discover how to Reduce your diabetes risk Understand the different types of diabetes Manage diabetes in children and the elderly Prevent long term complications Get the support you need *Esquire*, 2007 **In Memory's Kitchen** Cara de Silva, 2006-03-10 A beautiful memorial to the brave women who defied Hitler by preserving a part of their heritage and a part of themselves in this handwritten collection of recipes proving that the Nazis could not break the spirit of the Jewish people The Publishers Weekly, 2008 **Bon Appétit**, 2005 Sunset, 2009 **Michael's Genuine Food** Michael Schwartz, 2011-02-22 James Beard Award winning chef Michael Schwartz now shares the approachable sought after recipes that garnered national praise for his Miami restaurant with home cooks everywhere Michael focuses on sourcing exceptional ingredients and treating them properly which usually means simply A salad truly becomes a meal such as BLT Salad with Maple Cured Bacon as do pizzas pastas soups and sandwiches Snacks aren't precious bits on toothpicks but hearty eat with your hands fare that can be mixed and matched such as Caramelized Onion Dip with Thick Cut Potato Chips and Crispy Polenta Fries with Spicy Ketchup Side

dishes are adventurous accompaniments that hold up mightily on their own while the boldly flavored main dishes from Grilled Wild Salmon Steak with Fennel Hash and Sweet Onion Sauce to Grilled Leg of Lamb with Salsa Verde come in two sizes large and extra large for serving family style at the table From simple desserts that riff on classic childhood favorites and flavors including Banana Toffee Panini to Michael s favorite drinks you ll have everything you need for the perfect dinner at home With seventy full color photographs and abundant ingredient tips to help make the most of what s freshest at the market Michael s Genuine Food is a guide you ll return to time and time again for meals that will slip everyone into a state of genuine contentment *The National Culinary Review* ,2008 **The Essence of Chocolate** John Scharffenberger,Robert Steinberg,Ann Krueger Spivack,Susie Heller,2006-10-25 The first cookbook from America s premier chocolate makers Scharffen Berger Chocolate features more than 100 spectacular and often simple recipes drawn from the company files and two dozen top pastry chefs Food & Wine Magazine's 2001 Cookbook Judith Hill,Food & Wine Magazine,Food and Wine Magazine Staff,2001 More than 800 000 subscribers heartily agree there s always something delicious going on at Food Wine It s the unrivaled leader in the field and serves up recipes menus advice on cooking gourmet travel sophisticated entertaining tips wine reviews ideas on pairing wine and food and articles on the hottest chefs and innovations in the culinary world And here all in one place is every recipe published in the magazine during the year 2000 more than 500 of them Each is kitchen tested on everyday not industrial equipment especially so you can recreate them in your own home Here s real food that real people who want to eat well can actually prepare unlike the too complicated dishes in other cooking magazines which seem to require a year spent at the Cordon Bleu Put these on your plate Picadillo Stuffed Mushrooms Goat Cheese and Pepper Empanadillas Fresh Herb Soup Sicilian Eggplant Stuffed with Garlic and Melting Cheese Spicy Crawfish Salad on Brioche Snapper in Chile Lime Sauce Rack of Lamb with Cabernet Sauce and Hazelnut Meringue Ice Cream Sandwiches For the most innovative menus and wine pairings whether you entertain every night or just for the holidays Food Wine is the authority

San Francisco Focus ,1996

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