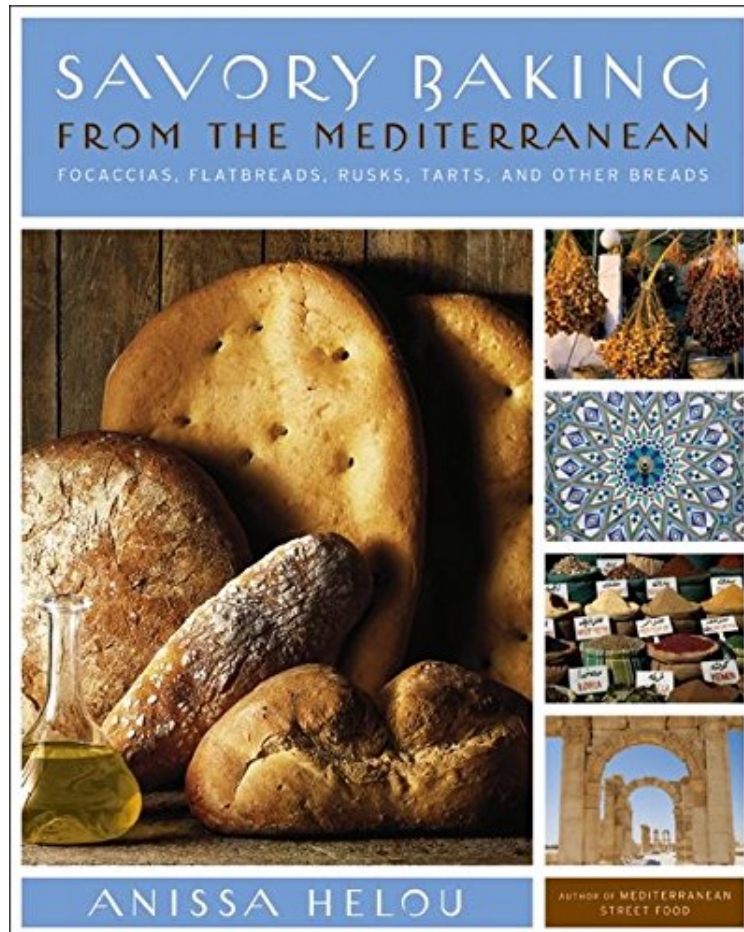


# Savory Baking from the Mediterranean: Focaccias, Flatbreads, Rusks, Tarts, and Other Breads

Anissa Helou

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**Anissa Helou : Savory Baking from the Mediterranean: Focaccias, Flatbreads, Rusks, Tarts, and Other Breads** before purchasing it in order to gage whether or not it would be worth my time, and all praised Savory Baking from the Mediterranean: Focaccias, Flatbreads, Rusks, Tarts, and Other Breads:

29 of 29 people found the following review helpful. Good selection of savory recipesBy Jessica WeissmanGot what I needed from this book; a good selection of Mediterranean cracker, flatbread, rusk, etc. recipes not limited to the usual Italian suspects. The ones I have tried work as written, which is not always the case in baking books. A few of the recipes seem to wander off to the very edge of what I would call savory baking, with meats and fish and other ingredients. You could consider this a bonus or not, as your temperament dictates. No other book covers all of this ground, so this is the one you need. 0 of 0 people found the following review helpful. I love this cookbook -I got a copy after borrowing it ...By GeorgineI love this cookbook -I got a copy after borrowing it from the library - the recipes are

easy to follow and have tried several of them and they have tasted delicious -0 of 1 people found the following review helpful. Five StarsBy clive zickelAll her books are awesome.

The Mediterranean is full of varied and diverse cuisines, but the one thing they all share is a basic reliance on bread. From Italian focaccia and French brioche to Lebanese tabouneh (sourdough pita) and Egyptian fiteer (flatbread), bread is the single most important staple in Mediterranean diets, and serves as the foundation for countless other savory dishes. In *Savory Baking from the Mediterranean*, Anissa Helou presents a collection of classic and favorite recipes that will provide home cooks with a broad overview of Mediterranean savory baking, from countless variations on flatbreads like pita, focaccia, and lavash, to raised breads such as French Bacon Bread, Greek Spinach and Olive Bread, and Italian Nut Bread. In addition, she offers recipes for a wide variety of pies, tarts, and savory pastries, such as calzones, empanadas, pizzas, and spanakopitta. *Savory Baking from the Mediterranean* is illustrated throughout with 100 artful black and white photographs of landscapes, communities, and breads.

From Publishers Weekly In Helou's (*Mediterranean Street Food*) latest, breads that are often overlooked get a star turn: pitas that enfold spicy meats, pillowy focaccia that serves as a platter for rich tomato sauce and flatbreads used to scoop up hummus. Helou draws on cultures from around the region to offer everything from Piquitos (rich Spanish breadsticks) to Sicilian eggplant bread rolls, a lamb-filled Cretan Easter Pie to Moroccan Triangles with Minced Meat, with the similarities between ingredients and preparations demonstrating how much the cultures share despite national divisions. Along with entries as familiar and simple as the aptly named Regular Italian Bread and classic Neapolitan Pizza, Helou delves into less charted territory with recipes like the dazzling sweet Greek Holy Bread and the flavorful Lebanese Strained Yogurt Triangles. Unfortunately for a book about such a colorful region, the accompanying photos of bakers and breads are all in black and white, but home cooks who just want the goods will appreciate the straightforward, easy-to-follow steps and the often detailed remarks about ingredients, history and preparation that preface many of the recipes. Helou has created a paean to the foundation of Mediterranean food. (Aug.) Copyright copy; Reed Business Information, a division of Reed Elsevier Inc. All rights reserved. "Annisa Helou's books are the only hopeful sign I see coming out of the Middle East these days..." (Raymond Sokolov, author of *A Canon of Vegetables*) "Annisa Helou has brought back wonderful recipes...and presents them with engaging charm..." (Claudia Roden, author of *Arabesque: A Taste of Morocco, Turkey, and Lebanon*) "...a comprehensive look at a fascinating subject." (- Nancy Harmon Jenkins, author of *Cucina del Sole*) "Hurray for [Annisa's] regional research. My copy bristles with many markers; my fingers yearn to plunge into the doughs." (Carol Field, author of *The Italian Baker, Celebrating Italy, and Italy in Small Bites*) "Annisa has done it again; I wouldn't have believed it possible... Her newest contribution will inspire many bakers. (Mark H. Furstenberg, Founder of Marvelous Market and The BreadLine and co-owner of Ma-Mi Bistro and Bakery) I love the spirit of this book. (Alice Waters, *Chez Panisse*) Helou has created a paean to the foundation of Mediterranean food." (Publishers Weekly) "...unlocks the mysteries of all these lovely little breads..." (NPR.org) A New York Times Best Book of 2007 "If Western notions of 'the Mediterranean diet' are moving from naive clichés to better understanding, writers like Anissa Helou have had a lot to do with the change." (New York Times) About the Author Anissa Helou is a writer, journalist, and broadcaster. Born and raised in Beirut, Lebanon, she knows the Mediterranean as only a well-traveled native can. *Lebanese Cuisine*, her first book, was nominated for the prestigious Andre Simon Award and was named one of the best cookbooks of 1998 by the Los Angeles Times. *Mediterranean Street Food* was described by the New York Times as "a marvelous book." It won the Gourmand World Cookbook Award 2002 as the best Mediterranean cuisine book in English. Helou lives in London, where she has her own cooking school, Anissa's School. She appears frequently on British television and radio. She has written many articles for the *Weekend Financial Times*, and has contributed to several other publications including *Gourmet*, the *Chicago Tribune*, and the *Washington Post*. An accomplished photographer and intrepid traveler, Helou is fluent in French and Arabic as well as English.