

Learn How To Prepare 140 Recipes From Mediterranean Sea And Scandinavia

Are you tired of eating the same dishes every day? Do you long for new flavors and culinary experiences? Look no further than the rich and diverse cuisines of the Mediterranean Sea and Scandinavia. With a total of 140 recipes, you can embark on a gastronomic journey that will tantalize your taste buds and leave you craving for more.

The Mediterranean Sea is renowned for its healthy and flavorsome dishes. From Greece to Spain, and from Italy to Turkey, this region offers a wide array of recipes that showcase the perfect balance of fresh ingredients, herbs, and spices. Whether you're a fan of seafood, heartwarming stews, or vibrant salads, the Mediterranean cuisine has something for everyone.

On the other hand, Scandinavia greets you with its unique blend of simplicity and elegance. Scandinavian cuisine is a celebration of nature's bounty, with a focus on fresh and locally sourced ingredients. Be prepared to savor dishes that highlight the delicate flavors of fish, berries, mushrooms, and other treasures from the Nordic forests.



Lebanese And Nordic Cookbook: 2 Books In 1: Learn How To Prepare 140 Recipes From Mediterranean Sea And Scandinavia

by Maki Blanc(Kindle Edition)

★★★★☆ 4.5 out of 5

Language : English

File size : 4710 KB

Text-to-Speech : Enabled

Screen Reader : Supported

Enhanced typesetting : Enabled
Word Wise : Enabled
Print length : 154 pages
Lending : Enabled



Now, let's dive into the culinary wonders that await you in this article. We have carefully curated a collection of 140 recipes that represent the best of Mediterranean and Scandinavian cuisines. From appetizers to main courses, desserts to refreshing beverages, we have covered it all.

Let's start with an appetizer that will transport you to the sunny shores of Greece – Greek Feta Bruschetta. This simple yet delicious dish combines the creamy and tangy flavors of feta cheese with the freshness of juicy tomatoes and aromatic basil. Toasted baguette slices add the perfect crunch to this Mediterranean delight.

As we move on to main courses, let us introduce you to Paella Valenciana, a signature dish from Spain. This iconic rice dish is a vibrant medley of flavors, featuring succulent seafood, juicy chicken, spicy sausage, and a colorful assortment of vegetables. The secret lies in the perfect blend of saffron, paprika, and other aromatic spices.

If you prefer Scandinavian cuisine, you cannot miss the opportunity to prepare Gravlax. This classic Nordic dish consists of thinly sliced cured salmon, marinated in a mixture of salt, sugar, dill, and spices. The result is a heavenly combination of delicate flavors with a touch of sweetness that will leave you wanting more.

Now, let's satisfy your sweet tooth with a delightful Mediterranean dessert – Tiramisu. Layered with ladyfingers dipped in rich espresso and creamy mascarpone cheese, this Italian classic is a crowd-pleaser. The hint of cocoa powder on top adds a lovely bitter note that perfectly balances the sweetness.

To quench your thirst, we offer you a refreshing Scandinavian beverage – Cloudberry Smash. Cloudberry, often referred to as the "gold of the Arctic," is a rare and exquisite fruit. A mix of cloudberry liqueur, sparkling water, and a squeeze of lime creates a sparkling drink that is as beautiful as it is delicious.

These are just a few examples of the 140 recipes we have prepared for you. From the vibrant colors and bold flavors of the Mediterranean to the simplicity and elegance of Scandinavian cuisine, there is something to suit every palate.

So, put on your apron, gather your ingredients, and embark on a culinary adventure that will take you from the sunny shores of the Mediterranean Sea to the breathtaking landscapes of Scandinavia. With these 140 recipes at your disposal, you will become a master of Mediterranean and Scandinavian cuisines in no time.

With every dish you prepare, you will not only satisfy your hunger but also discover the rich cultural heritage and traditions that have shaped these remarkable culinary landscapes. So, why wait? Dive in and explore the wonders of Mediterranean Sea and Scandinavia through their delicious recipes.



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In this 2 books in 1 edition by Maki Blanc you will find 140 recipes for cooking at home traditional Lebanese and Nordic food.

In the first book, Lebanese Cookbook, you will learn how to prepare at home 70 classic Lebanese recipes.

Do you want to cook light tasty and delicious dishes? Lebanese cuisine is the answer.

Lebanese food is quintessential Mediterranean, with an extremely large usage of vegetables, grain, dairy products and olive oil for fresh and light dishes, often meant to be eaten by the whole table, served in common plates.

Everybody knows falafel and hummus, but Lebanese cuisine is way more deep and can be easily interpreted with local ingredients that can be found at the supermarket. If you prefer vegetarian food, Lebanese is perfect having several dishes that are alternatively chickpea aubergine or legume based.

Poultry is eaten way more frequently than red meat, that usually consists in lamb or goat, while amazing cheese is produced on the shore of this tiny territory at the

Far East of the Mediterranean Sea. Every dish is served with the typical bread, similar to greek's pita, in order to dip and collect the many sauces, stews and variations of tahini sesame and hummus that can be put on the table.

In Lebanese Cookbook by Maki Blanc you will find:

- 70 recipes for classic Lebanese dishes
- 70 easy recipes for traditional and vegetarian Lebanese food
- History and evolution of Lebanese food

If you like fresh and delicious recipes, Lebanese cuisine is for you!

In the second book, NordicCookbook, you will learn how to cook Nordic recipes from Sweden, Norway, Finland and Denmark.

Scandinavian region has in common the Nordic Sea, ice and cold, long winters and very long days during summer. Food. Especially food. From Norway to Denmark, From Sweden to Finland, the recipes in this area have a lot in common. Everybody needs warm food for cold. Everybody needs comfort food for long nights. Everybody loves pastry and cookies. Everybody has a strong respect for vegetables and fresh ingredients, so rare for most part of the year.

From the traditional swish meatballs or fika, to the most amazing butter cookies from the danish traditions, the recipes of the Nordic Countries are easy to be done at home, with ingredients that can be found at the local supermarket.

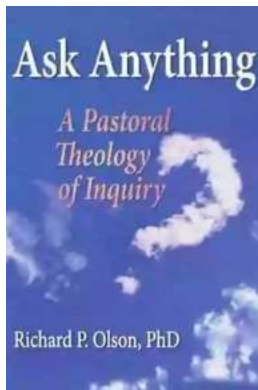
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- How to cook traditional nordic recipes
- How to prepare 70 recipes from Sweden, Norway, Finland and Denmark

- 70 recipes from Scandinavian region

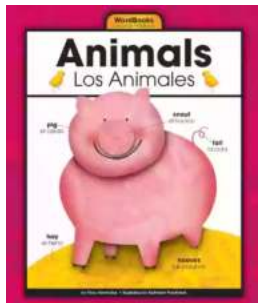
If you want to explore the northern cuisine and prepare for friends and family tasty, fresh and rich dishes, this cookbook is for you

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