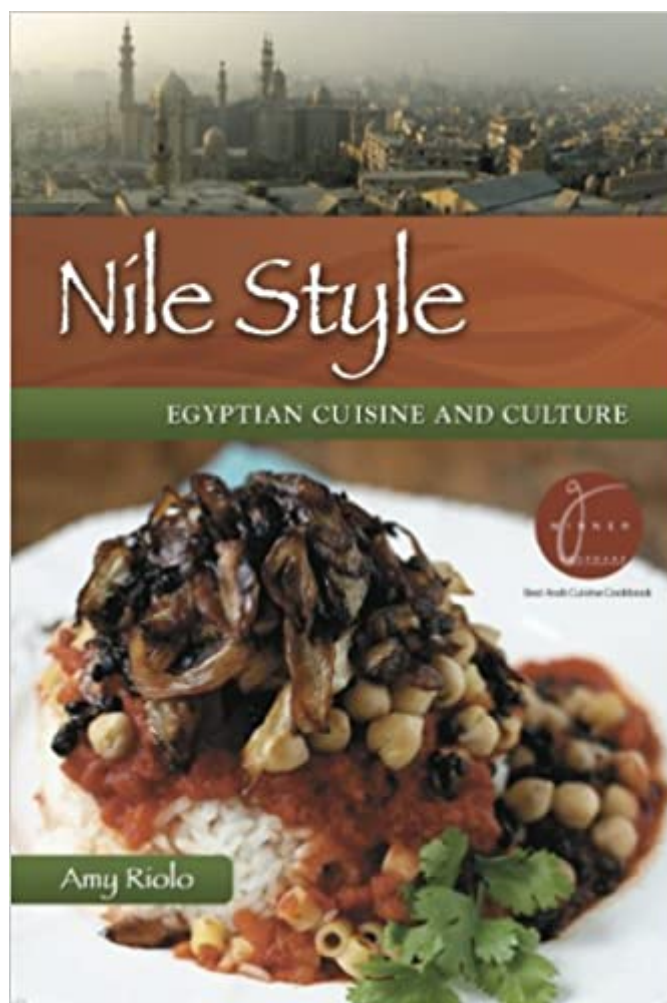




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# Nile Style: Egyptian Cuisine And Culture: Expanded Edition



## Synopsis

Now available in an expanded paperback edition, Nile Style is the first cookbook devoted to the multi-ethnic and multi-religious history of the Egyptian table. Twenty-five unique menus celebrate occasions such as the Ancient Nile Festival, Ramadan Breakfast, and Passover. Each menu includes a historical and anecdotal introduction along with the recipes. From classics like Fava Bean Puree, Yogurt with Honey, and Whole-Wheat Pita Bread, to Lamb-Filled Phyllo Triangles and Peanut, Coconut, and Raisin Baklava, there is something here to tempt every palate! Includes: More than 150 easy-to-follow recipes Egyptian Food History Timelines Glossary of Egyptian Ingredients and Where to Buy Guide Where to Dine in Egypt Guide 16-page color photo insert

## Book Information

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## Customer Reviews

Home cooks of all stripes are sure to savor Riolo's fresh yet authentic approach to Middle Eastern food. --Tim Cebula, Associate Food Editor, Cooking Light. . . an excellent job of portraying the Egyptian culture through its cuisine. --Dr. Maha K. Mahmoud, Embassy of Egypt Cultural and Educational Bureau --Dr. Maha K. Mahmoud, Embassy of Egypt Cultural and Educational Bureau. . . an excellent job of portraying the Egyptian culture through its cuisine. --Dr. Maha K. Mahmoud, Embassy of Egypt Cultural and Educational Bureau

Amy Riolo is an internationally recognized award-winning author, educator, consultant, and culinary personality. She is author of *Arabian Delights* (2007) and *The Mediterranean Diet Cookbook* (2010). Riolo has lectured and worked as a chef and restaurant consultant in Egypt where she was dubbed

The Cook to the Kings by a Cairo newspaper in 2008. She resides in the Washington, D.C. area and also maintains a home in Egypt. Visit her at [amyriolo.com](http://amyriolo.com) and [diningwithdiplomats.blogspot.com](http://diningwithdiplomats.blogspot.com).

I've been married to an Egyptian guy for 8 years--and ever since, I've been searching out Egyptian and Middle Eastern cookbooks. I have all of the main Egyptian ones, including Claudia Roden's "New Book of Middle Eastern Food", Samia Abdenour's "Egyptian Cooking", Sally Elias Hanna's "Dining on the Nile", Collette Rossant's "Memories of a Lost Egypt," and Magda Medhwany's "My Egyptian Grandmother's Kitchen." The recipes in "Nile Style" are easy and accessible to the average American--yet they are pretty much authentic. I wondered from the description if I'd be receiving ancient, but unpalatable, recipes--but that's not the case. All of the recipes here are used by Modern Egyptians--and are still very much a part of every day Egyptian cuisine. What I liked about Amy's book in particular was that she offers some things I haven't seen in others--such as the drink recipes (basically layering different fruit nectars) as well as the restaurant recommendations for not only Cairo, but also Alexandria and Luxor. She also includes recipes from Southern Egypt which is typically ignored in most other cookbooks which focus on mainly Cairo, with some fish recipes from Alexandria. I also learned about the dessert truffles, which I had never heard about. Her recipe for aish baladi is the best I've found. I couldn't find the unprocessed bran in my local stores, so I substituted toasted wheat germ (cereal aisle) and it worked very well. She includes the Egyptian-home style favorite "macarona bechamel"--which is similar to Greek pastito. The Egyptians I know use a typical French bechamel when making it, but I liked learning Amy's approach which mixes chicken/beef stock with the milk. It makes a very rich meal, slightly lighter. Her hawashi dough is excellent--very close to the stuff one finds on the street, but her filing was not traditional for me. I think "My Egyptian Grandmother.." does a better job with her mixture of ground meat, allspice, chopped carrot, green pepper, and garlic. Her fuul is a bit boring--I think I would have preferred to see some more variations--such as cooking/mashing the fuul with garlic, onion, tomatoes, and tahini, etc. Heating up a can of fuul isn't really a recipe to me. :) See Claudia Roden for how to actually cook the dried beans. The chicken shwarma was very good and one of the best I've found for doing it at home. Nothing is going to compare to something roasted on a vertical roaster--but this is good. I recommend squeezing some fresh lemon juice on it as you take it out of the oven. The masa'a was good--and I tried the unorthodox suggestion of adding cheese on top which my family loved. I also loved her serving suggestion for fattah in using the ramekins. The book contains lots of dessert recipes--and the few I've tried have been good. I like how she including the

baklava with cream recipe--as it's a wonderful variation that many Americans have never had. I'm also eager to try the double chocolate baklava. Although not mentioned (or perhaps I missed it), you can always use ground beef for any recipe calling for ground lamb. It won't be exactly the same--but it works well and nearly every recipe that calls for ground lamb is made with both in Egypt. The book has some nice pictures and is a good, if small, size. If you are at all interested in Egyptian cooking, I highly recommend adding it to your library. I'd also recommend Claudia Roden's and Sally Elias Hanna's books as well. Those are the ones I keep coming back to.

I was very pleased to finally find a cooking book for Egyptian Cuisine that wasn't just repackaged regional recipees, although many of the favorite dishes of Egypt are from the region and are included here. The recipees are fairly straight forward, and preceded by a one paragraph snapshot of the culture, festivals or ingredients. The name of each item in local Egyptian dialect is also provided under the common English term. That's helpful when asking a friend to make it for you or share their family culture. There are a few color photos in the center and a few B&W dishes, but many of the entries had sufficient white space to have a sketch of the food, which would have been appreciated. If you are a festive person, you'll love how the book centers around different regions or festivals of the calendar years, and this helps when planning a seasonal-appropriate dinner party. However if you want five cookie recipees, you will have to forage through many sections to find them all.

I'm an American that has been married to an Egyptian/Armenian for 30 years, and I can tell you these recipes are the Real McCoy. If you've never tried Middle Eastern cooking, this is an excellent starting point. Different and delicious, I make them all the time in rotation along with meat loaf and mac and cheese. And the recipes are fairly simple with almost everything available at your local market. Give it a try!

It is ok the vegetarian dishes were very good, but I was not familiar with some of the spices and herbs and would have liked some clarification

I downloaded this recipe book when it was a freebie. I didn't really expect much, and had no real experience with Egyptian or middle eastern cuisine beyond, say, hummus. But the book was interesting to read and I was pleasantly surprised by how accessible (and delicious-hey-I-might-actually-cook-this) the recipes seemed (and how many recipes it included). I

had a chance to cook the 'Macarona Bechamel' recipe this weekend and it was a total success. I chose it because it was similar to the Greek version of pastisto. Based on how perfectly that recipe came out I am even more eager to try more. If you like to cook and want to try something new (and recipes that have easily obtainable ingredients and clear instructions) then this cookbook is worth purchasing

Great sounding recipes - all the standards I was looking for.

I didn't expect much, since the download was free, but boy was I surprised. I'm a culture addict anyway, but reading this book not only gave me a different view of Islam's influence, but a good history lesson. Some of the foods, as expected in the Middle East, are fairly similar, but there are dishes that stand out on their own. The ingredients are easy to find locally (I say that, because I live in a small town), and the instructions are wordy, but simple to follow. Try the Circassian Chicken, or the Meat and Bulgur Fingers... they're worth a shot if you like taking your time in the kitchen.

Great recipes. Interesting stories.

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