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June 2nd, 2020 - lebanese cuisine arabic ?????? ????????? is the culinary traditions and practices originating from lebanon it includes an abundance of whole grains fruits vegetables starches fresh fish and seafood animal fats are consumed sparingly poultry is eaten more often than red meat and when red meat

is eaten it is usually lamb on the coastal regions and goat meat in the''**a lebanese feast of vegetables pulses herbs and spices**

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February 24th, 2020 - a lebanese feast of vegetables pulses herbs and spices by mona hamadeh categories herbs amp spices vegetables isbn 9781845285791 paperback united kingdom 8 6 2015 bookshelf 87 0 member indexed show biography mona hamadeh has been cooking lebanese food for friends and family in the uk and lebanon for over 50 years this book is a'

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June 2nd, 2020 - i tend to use jordan valley on nicolson street and bismillah food store on nicolson square but maqbool on potterrow is good too i like to support small local businesses where i can jordan valley is great for pulses and spices and huge jars of artichokes at good prices bismillah is good for spices pulses and asian vegetables'

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May 21st, 2020 - using only fresh produce and a balanced mix of fresh vegetables fresh fruit herbs fish poultry and occasionally meat lebanese food has the reputation of being amongst the healthiest in the world an emphasis on vegetables and pulses means that many recipes are vegetarian friendly as well as being simple healthy and affordable''

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