

BBC

www.bbcgoodfoodme.com



OCTOBER 2009  
Dhs 25

# GoodFood

MIDDLE EAST

## *Diwali delights* The festival of light



AUSSIE AL FRESCO DINING | THE SPLENDOUR OF SAFFRON | A TASTE OF LEBANON

## LAST BITES COOKS' BOOKS

### Jamie's Ministry of Food

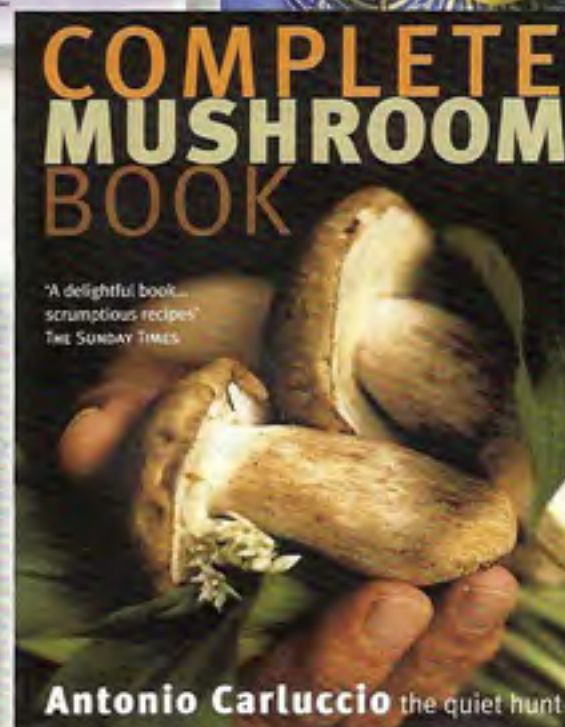
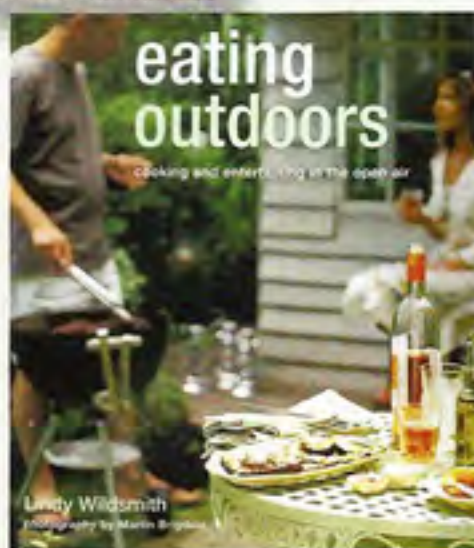
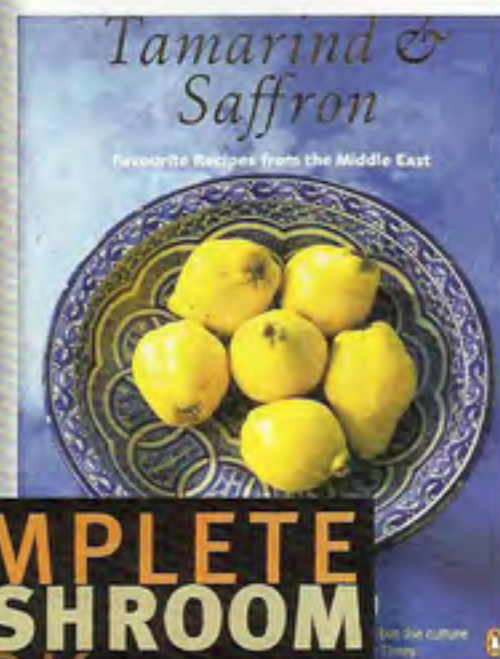
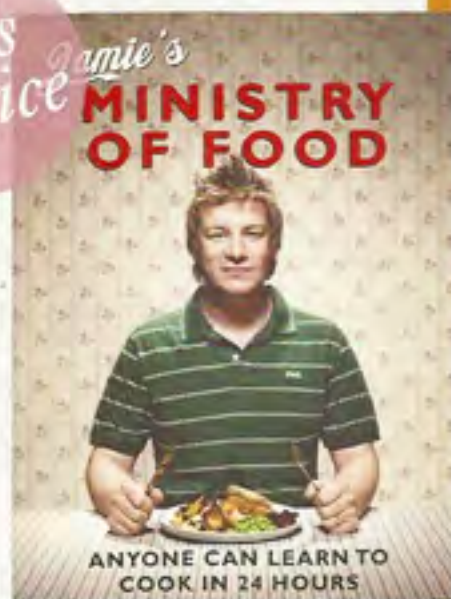
Jamie Oliver, Penguin  
Michael Joseph

A beautiful, retro cook book; Jamie Oliver was inspired to create this collection of delicious recipes after meeting so many people that said they could never cook. Made to empower people in the kitchen, *Jamie's Ministry of Food* contains easy, delicious and wholesome meals that are simple to follow through step-by-step picture guides. With real-life cooking stories in amongst the recipes, the book is both heart-warming and inspiring.

*I think the reason a roast dinner is one of the most important things you can learn to make is because it's usually cooked for a whole group of friends or family. To be able to absolutely nail it, with crispy roast potatoes and a hint of rosemary, with a juicy bit of meat that isn't dry and overcooked, and with arse-kicking gravy – I mean, really, if you can do all these things, the rest is history.*

- An extract from *Jamie's Ministry of Food*

Ed's  
Choice



### Sweet Alternatives

Ariana Bundy, Conran Octopus

When glucose-intolerance was experienced in her family, pastry chef Ariana Bundy went back to the drawing board with her dessert making and created recipes for treats without gluten, dairy or soy. Filled with beautiful photographs, *Sweet Alternatives* features deep chocolate muffins enriched with quinoa, luscious crème patisserie made with rice milk and chewy cookies without gluten. These simple recipes are created with widely available ingredients.

### Eating outdoors

Lindy Wildsmith, Ryland, Peters & Small

With the weather cooling down in the UAE, *Eating Outdoors* is your perfect companion to creating a delicious spread in the open air. From barbeques that feature Sicilian-style lemon and garlic lamb cutlets and foil-wrapped trout with parma ham, to picnics with pies and tarts straight from the oven, Wildsmith's ideas are tasty, inventive and perfect for warm, but not too hot, weather.

### Tamarind & Saffron

Claudia Roden, Penguin

A wide selection of favourite recipes from the Middle East, this book showcases authentic dishes from Morocco, Turkey and Lebanon that are exciting and easy to prepare. While the assortments of small pies, stuffed vegetables and meatballs often associated with Middle Eastern food looks difficult to master, Claudia Roden shows us simple, very appealing alternatives that encapsulate the delicate flavourings of the Middle East.

### Complete Mushroom Book

Antonio Carluccio, Quadrille

From the age of seven Antonio Carluccio has enjoyed the 'quiet hunt' of collecting wild mushrooms and truffles. Carluccio's passion for fungi has been explored in his travels from Italy, to Austria and then to Germany and England, and the *Complete Mushroom Book* gives readers a guide to exotic edible mushrooms, along with a host of scrumptious recipes.