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Political journalist Michael Tomasky tracks an exciting change among progressive economists who are overturning decades of conservative dogma and offering an alternative version of capitalism that can serve broadly shared prosperity to all. "Engaging, briskly paced ... On balance, history appears to be on Tomasky's side." —The New York Times Book Review In the first half of the twentieth century the Keynesian brand of economics, which saw government spending as a necessary spur to economic growth, prevailed. Then in the 1970s, conservatives fought back. Once they got people to believe a few simple ideas instead—that only the free market could produce growth, that taxes and regulation stifle growth—the battle was won. The era of conservative dogma, often called neoliberal economics, had begun. It ushered in increasing inequality, a shrinking middle class, and declining public investment. For fifty years, liberals have not been able to make a dent in it. Until now. In *The Middle Out*, journalist Michael Tomasky narrates this history and reports on the work of today's progressive economists, who are using mountains of historical evidence to contradict neoliberal claims. Their research reveals conservative dogma to be unfounded and shows how concentrated wealth has been built on the exploitation of women, minorities, and the politically powerless. Middle-out economics, in contrast, is the belief that prosperity comes from a thriving middle class, and therefore government plays a role in supporting families and communities. This version of capitalism--more just, more equal, and in which prosperity is shared--could be the American future.

IMMOVABLE PEACE The year is 2196. The great Empire of Ice, Chung Kuo, has finally been shaken after more than a century of peace enforced by brutal tyranny. The Minister of the Edict - an official responsible for licensing all technology that could lead to Change - has been assassinated. The seven ruling T'ang struggle to maintain Stasis, even as their mile-high, continent-spanning cities descend into chaos. **IRRESISTIBLE CHAOS** Amid the chaos, the rebels responsible for the assassination seize the opportunity to effect Change. But the assassination was orchestrated by those far closer to the ruling power and this betrayal, the first of many, will lead them all into the world-shattering War of Two Directions. **WAR IS COMING...**

One of TIME's Best New Books to Read This Summer "Brilliant—a keen, elegantly written, and scorching account of the American family today. Through vivid stories, sharp analysis and wit, Quart anatomizes the middle class's fall while also offering solutions and hope." — Barbara Ehrenreich, author of *Nickel and Dimed* Families today are squeezed on every side—from high childcare costs and harsh employment policies to workplaces without paid family leave or even dependable and regular working hours. Many realize that attaining the standard of living their parents managed has become impossible. Alissa Quart, executive editor of the Economic Hardship Reporting Project, examines the lives of many middle-class Americans who can now barely afford to raise children. Through gripping firsthand storytelling, Quart shows how our country has failed its families. Her subjects—from professors to lawyers to caregivers to nurses—have been wrung out by a system that doesn't support them, and enriches only a tiny elite. Interlacing her own experience with close-up reporting on families that are just getting by, Quart reveals parenthood itself to be financially overwhelming, except for the wealthiest. She offers real solutions to these problems, including outlining necessary policy shifts, as well as detailing the DIY tactics some families are already putting into motion, and argues for the cultural reevaluation of parenthood and caregiving. Written in the spirit of Barbara Ehrenreich and Jennifer Senior, *Squeezed* is an eye-opening page-turner. Powerfully argued, deeply reported, and ultimately hopeful, it casts a bright, clarifying light on families struggling to thrive in an economy that holds too few options. It will make readers think differently about their lives and those of their neighbors.

"The French have a name for the uniquely hellish years between elementary school and high school: 'l'âge ingrat' or 'The Ugly Age.' Characterized by a perfect storm of developmental changes—physical, psychological, and social—the middle-school years are a time of great distress for parents and children alike, marked by hurt, isolation, exclusion, competition, anxiety, and often outright cruelty. Some of this is inevitable; there are intrinsic challenges to early adolescence. But these years are harder than they need to be, and Judith Warner believes that adults are complicit. With piercing insight, compassion, and humor, Warner walks us through a new understanding of the role that middle school plays in all our lives. Part intellectual investigation and part call to action, this timely book unpacks one of life's most formative periods and shows how we can help our children not only survive it, but thrive"--

The essential guidebook

NATIONAL BESTSELLER NAMED ONE OF THE MOST INSPIRING BOOKS OF 2018 BY INC. NAMED ONE OF THE BEST STARTUP BOOKS OF ALL TIME BY BOOKAUTHORITY The Messy Middle is the indispensable guide to navigating the volatility of new ventures and leading bold creative projects by Scott Belsky, bestselling author, entrepreneur, Chief Product Officer at Adobe, and product advisor to many of today's top start-ups. Creating something from nothing is an unpredictable journey. The first mile births a new idea into existence, and the final mile is all about letting go. We love talking about starts and finishes, even though the middle stretch is the most important and often the most ignored and misunderstood. Broken into three sections with 100+ lessons, this no-nonsense book will help you: • Endure the roller coaster of successes and failures by strengthening your resolve, embracing the long-game, and short-circuiting your reward system to get to the finish line. • Optimize what's working so you can improve the way you hire, better manage your team, and meet your customers' needs. • Finish strong and avoid the pitfalls many entrepreneurs make, so you can overcome resistance, exit gracefully, and continue onto your next creative endeavor with ease. With insightful interviews from today's leading entrepreneurs, artists, writers, and executives, as well as Belsky's own experience working with companies like Airbnb, Pinterest, Uber, and sweetgreen, *The Messy Middle* will outfit you to find your way through the hardest parts of any bold project or new venture.

A powerful secret and a fresh approach to writing bestselling fiction! What's the best way to write a "next level" novel? Some writers start at the beginning and let the story unfold without a plan. They are called "pantsers," because they write by the "seat of the pants." Other writers plan and outline and know the ending before they start. These are the "plotters." The two sides never seem to agree with each other on the best approach. But what if it's not the beginning or the end that is the key to a successful book? What if, amazing as it may seem, the place to begin writing your novel is in the very middle of the story? According to #1 bestselling writing teacher James Scott Bell, that's exactly where you'll find your story's heart and heat. Bell's "Mirror Moment" is the secret, and its power is available to any writer, at any stage of the writing process. Bringing together years of craft study

and personal discovery, Bell presents a truly unique approach to writing a novel, one that will stand the test of time and serve you all your writing life. "I need three things before I tackle a new novel: Diet Coke, a laptop, and my dog-eared copies of James Scott Bell's books on writing craft!"- Kami Garcia, #1 NYT Times & International Bestselling author

Throughout the history of civilization, food has been more than simple necessity. In countless cultures, it has been livelihood, status symbol, entertainment - and passion. In the GREAT FOOD series, Penguin brings you the finest food writing from the last 400 years, and opens the door to the wonders of every kitchen.

2017 James Beard Foundation Book Awards Winner: Vegetable Cooking A collection of vegetarian dishes influenced by Middle Eastern flavors from Salma Hage, author of the bestselling classic, *The Lebanese Kitchen*, also published by Phaidon. A definitive, fresh and approachable collection of 150 traditional recipes from an authoritative voice on Middle Eastern home cooking, Salma Hage's new book is in line with the current Western trends of consciously reducing meat, and the ancient Middle Eastern culture of largely vegetarian, mezze style dining. Traditionally, the Middle Eastern diet consisted largely of vegetables, fruits, herbs, spices, pulses, grains and legumes. Salma simplifies this fast becoming popular cuisine with easily achievable recipes, many with vegan and gluten-free options. Drawing inspiration from ancient and prized Phoenician ingredients, from grassy olive oil to fresh figs and rich dates, this book offers an array of delicious breakfasts and drinks, mezze and salads, vegetables and pulses, grains and desserts. Salma shows how to easily make the most of familiar everyday fruits and legumes, as well as more exotic ingredients now widely available outside of the Middle East, with nourishing recipes so flavourful and satisfying they are suitable for vegetarians and meat-eaters alike.

Presents simple, no-cook snacks.

"Peppered with anecdotes on life, food, and Middle Eastern culture, this book will provide real foodies with a classic they can enjoy for years to come" (The Oxford Time). This wide-ranging treasury of recipes from the Middle East—with dishes from the plains of Georgia to Afghanistan, Egypt, Syria, Lebanon, Israel, Persia, and Armenia—is a wonderful tour of rich culinary traditions that has become a modern classic, guiding us first around the mezze table and then leading us on to soups, salads, savories, pilafs, kebabs, casseroles, and grills that make the best use of meat, fish, and poultry. *Middle Eastern Cookery* explains the different spices that are favored by different countries—mint for Armenia, cumin for Iran, and more—and with each recipe comes a piece of history or a fable, making this book an enjoyable reading experience as well as an incomparable and comprehensive cookbook.

The Middle East - from North Africa and Moorish Spain, through Turkey, Lebanon, Syria and Jordan to Iran and the Arabian Peninsula - has long had a vibrant tradition of home-style vegetarian cuisine, from their abundant salads, dips and breads to delicious and hearty main meals. Based on the freshest ingredients and cooked from the heart, Greg and Lucy Malouf's recipes are designed to be mixed and matched for sharing. With its stunning photography, *New Feast* offers modern interpretations of Middle Eastern food with more than 130 recipes inspired by the spirit of generosity that characterises the region. While vegetables are the stars, the recipes have variety with a selection of grains, legumes, couscous and rice, plus breads, butters, dips and preserves, and even an enticing assortment of fruit-focused ice creams, puddings, pastries and cakes. Think Winter tabbouleh; Eggplant pilaf with yoghurt & zhoug; Charred corncobs with almond-saffron butter; Spicy red hummus and Orange baklava cigars. Now available in a compact hardback, *New Feast* - one of eight books in the Maloufs' series of highly acclaimed food and travel books - is a rich and diverse compendium of vegetarian recipes with a Middle Eastern touch.

Today, there is a tremendous mismatch between the available housing stock in the US and the housing options that people want and need. The post-WWII, auto-centric, single-family-development model no longer meets the needs of residents. Urban areas in the US are experiencing dramatically shifting household and cultural demographics and a growing demand for walkable urban living. *Missing Middle Housing*, a term coined by Daniel Parolek, describes the walkable, desirable, yet attainable housing that many people across the country are struggling to find. *Missing Middle Housing* types—such as duplexes, fourplexes, and bungalow courts—can provide options along a spectrum of affordability. In *Missing Middle Housing*, Parolek, an architect and urban designer, illustrates the power of these housing types to meet today's diverse housing needs. With the benefit of beautiful full-color graphics, Parolek goes into depth about the benefits and qualities of *Missing Middle Housing*. The book demonstrates why more developers should be building *Missing Middle Housing* and defines the barriers cities need to remove to enable it to be built. Case studies of built projects show what is possible, from the *Prairie Queen Neighborhood* in Omaha, Nebraska to the *Sonoma Wildfire Cottages*, in California. A chapter from urban scholar Arthur C. Nelson uses data analysis to highlight the urgency to deliver *Missing Middle Housing*. Parolek proves that density is too blunt of an instrument to effectively regulate for twenty-first-century housing needs. Complete industries and systems will have to be rethought to help deliver the broad range of *Missing Middle Housing* needed to meet the demand, as this book shows. Whether you are a planner, architect, builder, or city leader, *Missing Middle Housing* will help you think differently about how to address housing needs for today's communities. **WINNER OF THE JAMES BEARD FOUNDATION COOKBOOK OF THE YEAR AWARD** • A monumental cookbook that gives us the story of the Jewish people told through the story of Jewish cooking—from the bestselling author of *A Book of Middle Eastern Food* and Claudia Roden's *Mediterranean The Book of Jewish Food* traces the development of both Ashkenazic and Sephardic Jewish communities and their cuisine over the centuries. The 800 magnificent recipes, many never before documented, represent treasures garnered by Roden through nearly 15 years of traveling around the world. Includes 50 photos & illustrations.

Based on comparative historical analyses of Iran, Jordan, and Kuwait, Sean L. Yom examines the foreign interventions, coalitional choices, and state outcomes that made the political regimes of the modern Middle East. A key text for foreign policy scholars, *From Resilience to Revolution* shows how outside interference can corrupt the most basic choices of governance: who to reward, who to punish, who to compensate, and who to manipulate. As colonial rule dissolved in the 1930s and 1950s, Middle Eastern autocrats constructed new political states to solidify their reigns, with varying results. Why did equally ambitious authoritarians meet such unequal fates? Yom ties the durability of Middle Eastern regimes to their geopolitical origins. At the dawn of the postcolonial era, many autocratic states had little support from their people and struggled to overcome widespread opposition. When foreign powers intervened to bolster these regimes, they unwittingly sabotaged the prospects for

long-term stability by discouraging leaders from reaching out to their people and bargaining for mass support—early coalitional decisions that created repressive institutions and planted the seeds for future unrest. Only when they were secluded from larger geopolitical machinations did Middle Eastern regimes come to grips with their weaknesses and build broader coalitions.

"[In this book, the author outlines] the social, political, and economic contours of the New Middle East, illuminates the current crisis in the region, and explores how the region will continue to change in the decades to come"—Amazon.com.

Middle Eastern cuisine is renowned the world over for its sophistication, variety, and flavor. Bilhana (Egyptian for 'bon appétit') brings a contemporary twist to traditional Middle Eastern dishes with the use of healthy cooking methods and the freshest ingredients the region has to offer. Spanning the vast area south of the Mediterranean from the East (Lebanon and Egypt) to the West (Morocco), from simple mezze or breakfast dishes to elaborate stews and roasts, the recipes in this book showcase the vibrant colors and immense variety of Middle Eastern cooking as well as being easy to follow. Included are recipes for Roasted Eggplant with Tahini, Alexandrian Grilled Shrimp, Shakshuka, Moroccan Lamb Stew, Vegan Moussaka, Green Beans in Garlic and Caramelized Onions, Pomegranate and Guava Salad, and much more. Exquisitely illustrated with more than 130 full-color photographs.

The award-winning author of Mediterranean Street Food introduces readers to the sweet side of Middle Eastern cuisine with these seventy classic desserts. The seductive flavors of the Middle East have won over food lovers around the world, but the sweets of the region have remained largely unknown to Western palates—until now. Sweet Middle East, by doyenne of Middle Eastern cooking Anissa Helou, presents seventy classic desserts fragrant with spices, honey, dates, and nuts, and steeped in tradition. From Egyptian Bread Pudding to Turkish Fritters and Crispy Algerian "Crepes," this is a delectable tour of Middle Eastern treats you won't want to miss.

The best-selling author of Never Unfriended opens up about midlife and what it feels like to have outgrown those teenage jeans—but finally grown into the shape of our souls. "I want to give Lisa-Jo's book a standing ovation."—Aarti Sequeira, chef and TV personality Do you ever wonder how you woke up one day with all the responsibilities of a grown-up who secretly enjoys buying groceries in bulk, can no longer recognize the tween celebrities on the magazines at checkout, but is still surprised when a Starbucks barista calls you "ma'am"—because your inside self is frozen in time to about twenty years ago? So does Lisa-Jo Baker. In these intimate reflections on midlife, Lisa-Jo invites us to get a good look at our middles and gives us permission to embrace them—beyond what the media, the mirror, or the magazines say. Through gutsy, beautiful storytelling, she admits out loud what most of us are thinking about marriage, parenting, the bathroom scale, and how badly we all want to buy those matching Magnolia Market mugs. Her delicious stories come from not being afraid of who she is, because Lisa-Jo knows that the middle might be the best part of the love story of life, kids, faith, doubt, marriage, failure, wonder, and the muffin top—and that these are all good things. She's not asking you to seize the day, just to make sure you actually see it for all its wildly ordinary glory. Welcome to the middle! Praise for The Middle Matters "What a thought-provoking collection of reflections and wisdom! Through personal stories about love, loss, and life in the middle, Lisa-Jo invites us to take a long look inside our own mind's secret nooks and crannies, which aren't nearly as dark, scary, or ordinary as we might think."—Layla Palmer, The Lettered Cottage blog "With captivating wit, hard-won wisdom, and breathtaking honesty, Lisa-Jo has written a love letter to the delicious middle."—Mandy Arioto, president and CEO of MOPS International and author of Have More Fun "With Lisa-Jo's guts as our unfettered guide, may we finally learn the sumptuous truth of our years: that a grilled cheese sandwich without the middle is just toast."—Erin Loechner, founder of OtherGoose and author of Chasing Slow "Thank you, Lisa-Jo, for reminding women everywhere how important it is to find meaning in the midst of the confusing middle."—Joy Prouty, artist and educator

"I could not love this book more. A palpable instant classic, infused with wisdom, generosity, and achievable deliciousness. Every page feels like a blessing."—Nigella Lawson "Claudia Roden channels the sun and warm glow of the Mediterranean. To read Claudia is to sit at her table, with everything, simply, as it should be. Pull up a chair for the food; stay at the table for the stories."—Yotam Ottolenghi Join world-renowned food writer Claudia Roden on a culinary journey across the Mediterranean, all from the comfort of your own dinner table. Widely credited with revolutionizing Western attitudes to Middle Eastern and Mediterranean food, Claudia is a living legend. Though best known for her deep dives into cuisines, in this timeless collection of simple, beautiful recipes, she shares the food she loves and cooks for friends and family. You'll find tried-and-true favorites from France, Greece, and Spain to Egypt, Turkey, and Morocco, inspired by Claudia's decades of travel and research throughout the region. The many flavors of the Mediterranean are highlighted in dishes such as Chicken with Apricots and Pistachios, Vegetable Couscous, Eggplant in a Spicy Honey Sauce with Soft Goat Cheese, Bean Stew with Chorizo and Bacon, Plum Clafoutis, and so many more. From appetizers to desserts, Claudia distills a life's worth of traveling and eating her way through the Mediterranean, presenting a selection of the recipes that she cooks the most often because they bring the most joy.

An excellent collection of recipes presented with infectious humor and charm... Hot on the heels of The New Middle Eastern Vegetarian, Sally Butcher brings us The New Middle Eastern Street Food Cookbook: a fabulous collection of quick, healthy, and easy-to-prepare recipes from Snackistan, a fictitious land where tummies are always full, and there's a slightly naughty smile on every face. It features simple fare that people actually eat on a daily basis: street food, or dishes they prepare at home, or cook to share with friends, or look forward to indulging in at the end of the week. Street food has come of age and, increasingly, formal dining is being nudged aside in favor of meze-style spreads. In malls and farmers markets across the world, food on the hoof has become a stylish and popular way to feed. This book picks out the Middle East's most exciting street foods and meze dishes, together with a variety of homely and simple snack recipes elicited from family and friends. Chapters comprise Nuts and Nibbles, Fishy Things, Meat on Sticks, Meat Not on Sticks, Salady Stuff, Hot Veggie Dishes, Mostly Carbs, Puds, and Something to Wash it Down with. The burst of flavors is intoxicating, as is Sally's trademark wit and attention to detail—a must-buy for all Middle Eastern food enthusiasts. • Over 100 recipes for mouthwatering Middle Eastern snacks • All aspects of simple snack foods are covered: street food, home comfort food, meze-style spreads, even the drinks are included • Bright, eye-catching design and mouth-watering photography

The book that puts your baby back to sleep. When your baby or toddler inevitability wakes in the middle of the night, turn to this tool that uses the basic meditation of a body scan, to aid in the soothing your child back to sleep.

With a new afterword by the authors A powerful, intimate collection of conversations with Indigenous Americans on the climate crisis and the Earth's future Although for a great many people, the human impact on the Earth—countless species becoming extinct, pandemics claiming millions of lives, and climate crisis causing worldwide social and environmental upheaval—was not apparent until recently, this is not the case for all people or cultures. For the Indigenous people of the world, radical alteration of the planet, and of life itself, is a story that is many generations long. They have had to adapt, to persevere, and to be courageous and resourceful in the face of genocide and destruc-

tion—and their experience has given them a unique understanding of civilizational devastation. An American Library Association Notable Book, We Are the Middle of Forever places Indigenous voices at the center of conversations about today's environmental crisis. The book draws on interviews with people from different North American Indigenous cultures and communities, generations, and geographic regions, who share their knowledge and experience, their questions, their observations, and their dreams of maintaining the best relationship possible to all of life. A welcome antidote to the despair arising from the climate crisis, We Are the Middle of Forever will be an indispensable aid to those looking for new and different ideas and responses to the challenges we face.

Create a culinary mosaic with this Middle Eastern cookbook! When Faith Gorsky married her Syrian husband, she was introduced to a cultural and culinary world that would forever change how she experienced food and cooking. Gorsky's mother-in-law took her under her wing, and in 6 months gave her a thorough course in Middle Eastern cooking that became the basis for her popular website, An Edible Mosaic—and now this book. The growth and success of her website and her growing interest in dishes from the Middle East led to even more trips to the area, where she deepened her knowledge of the food and acquired more recipes to cook and share with her husband and the online community. In this Syrian cookbook, Gorsky shares her favorite recipes from throughout the region: Lamb or Beef Kebab, Several Ways (Mashawi) Creamy Chickpea and Yogurt Casserole (Fetteh) Parsley Salad with Bulgur Wheat (Tabbouleh) Sumac-Spiced Chicken (Musakhan) Pan Seared White Cheese And 75 more, paired with 175 color photographs Her love for the cuisine of her husband's homeland comes across in her enthusiasm for putting together these Syrian recipes, and in the awareness that Middle Eastern cooking is more than just a means of sustenance—it lies at the epicenter of gatherings with family and friends.

The definitive volume on Middle Eastern cooking, a modern classic from the award-winning, best-selling author of The Book of Jewish Food and Claudia Roden's Mediterranean Originally published in 1972 and hailed by James Beard as "a landmark in the field of cookery," this new version represents the accumulation of the author's years of extensive travel throughout the ever-changing landscape of the Middle East, gathering recipes and stories. Now featuring more than 800 recipes, including the aromatic variations that accent a dish and define the country of origin: fried garlic and cumin and coriander from Egypt, cinnamon and allspice from Turkey, sumac and tamarind from Syria and Lebanon, pomegranate syrup from Iran, preserved lemon and harissa from North Africa. Claudia Roden has worked out simpler approaches to traditional dishes, using healthier ingredients and time-saving methods without ever sacrificing any of the extraordinary flavor, freshness, and texture that distinguish the cooking of this part of the world. Throughout these pages she draws on all four of the region's major cooking styles: • The refined haute cuisine of Iran, based on rice exquisitely prepared and embellished with a range of meats, vegetables, fruits, and nuts • Arab cooking from Syria, Lebanon, and Jordan—at its finest today, and a good source for vegetable and bulgur wheat dishes • The legendary Turkish cuisine, with its kebabs, wheat and rice dishes, yogurt salads, savory pies, and syrupy pastries • North African cooking, particularly the splendid fare of Morocco, with its heady mix of hot and sweet, orchestrated to perfection in its couscous dishes and tagines From the tantalizing mezze—succulent bites of filled fillo crescents and cigars, chopped salads, and stuffed morsels, as well as tahina, chickpeas, and eggplant in their many guises—to the skewered meats and savory stews and hearty grain and vegetable dishes, here is a rich array of Middle Eastern cooking.

Never mind the Real Housewives of Orange County—Marla Jo Fisher is the woman everyone can relate to, complete with bad parenting, rotten dogs, ill health, and fashion faux pas. For nearly two decades, in the Orange County Register and many syndicated papers, readers have delighted in Marla Jo's subversive humor, cranky intellect, and huge heart on her journey through broke, single, after-40 motherhood, when she adopted Cheetah Boy and Curly Girl, to her oddball adventures around the globe, to the sublime ridiculousness of life next door. Even while facing a devastating diagnosis, Fisher teaches us that humor is the balm that eases and the very thing that binds us together. This book assess the relationship of literature to various other cultural forms in the Middle Ages. Jesse M. Gellrich uses the insights of such thinkers as Levi-Strauss, Foucault, Barthes, and Derrida to explore the continuity of medieval ideas about speaking, writing, and texts.

In her inspiring New York Times bestselling memoir, It Was Me All Along, Andie Mitchell chronicled her struggles with obesity, losing weight, and finding balance. Now, in her debut cookbook, she gives readers the dishes that helped her reach her goals and maintain her new size. In 80 recipes, she shows how she eats: mostly healthy meals that are packed with flavor, like Lemon Roasted Chicken with Moroccan Couscous and Butternut Squash Salad with Kale and Pomegranate, and then the "sometimes" foods, the indulgences such as Peanut Butter Mousse Pie with Marshmallow Whipped Cream, because life just needs dessert. With 75 photographs and Andie's beautiful storytelling, Eating in the Middle is the perfect cookbook for anyone looking to find freedom from cravings while still loving and enjoying every meal to the fullest.

The surprising and illuminating look at how Tolkien's love of science and natural history shaped the creation of his Middle Earth, from its flora and fauna to its landscapes. The world J.R.R. Tolkien created is one of the most beloved in all of literature, and continues to capture hearts and imaginations around the world. From Oxford to ComiCon, the Middle Earth is analyzed and interpreted through a multitude of perspectives. But one essential facet of Tolkien and his Middle Earth has been overlooked: science. This great writer, creator of worlds and unforgettable character, and inventor of language was also a scientific autodidact, with an innate interest and grasp of botany, paleontologist and geologist, with additional passions for archeology and chemistry. Tolkien was an acute observer of flora and fauna and mined the minds of his scientific friends about ocean currents and volcanoes. It is these layers science that give his imaginary universe—and the creatures and characters that inhabit it—such concreteness. Within this gorgeously illustrated edition, a range of scientists—from astrophysicists to physicians, botanists to volcanologists—explore Tolkien's novels, poems, and letters to reveal their fascinating scientific roots. A rewarding combination of literary exploration and scientific discovery, The Science of Middle Earth reveals the hidden meaning of the Ring's corruption, why Hobbits have big feet, the origins of the Dwarves, the animals which inspired the dragons, and even whether or not an Ent is possible. Enhanced by superb original drawings, this transportive work will delight both Tolkien fans and science lovers and inspire us to view both Middle Earth—and our own world—with fresh eyes.

A yet heartbreakingly honest, endearing memoir of incredible weight loss by a young food blogger who battles body image issues and overcomes food addiction to find self-acceptance. All her life, Andie Mitchell had eaten lustily and mindlessly. Food was her babysitter, her best friend, her confidant, and it provided a refuge from her fractured family. But when she stepped on the scale on her twentieth birthday and it registered a shocking 268 pounds, she knew she had to change the way she thought about food and herself; that her life was at stake. It Was Me All Along takes Andie from working class Boston to the romantic streets of Rome, from morbidly obese to half her size, from seeking comfort in anything that came cream-filled and two-to-a-pack to finding balance in exquisite (but modest) bowls of handmade pasta. This story is about much more than a woman who loves food and abhors her body. It is about someone who made changes when her situation seemed too far gone and how she discovered balance in an off-kilter world. More than anything, though, it is the story of her finding beauty in acceptance and learning to love all parts of herself.

In a racially polarized classroom in 1970 Alabama, Lu’s talent for running track makes her a new best friend — and tests her mettle as she navigates the school’s social cliques. Miss Garrett’s classroom is like every other at our school. White kids sit on one side and black kids on the other. I'm one of the few middle-rowers who split the difference. Sixth-grader Lu Olivera just wants to keep her head down and get along with everyone in her class. Trouble is, Lu’s old friends have been changing lately — acting boy crazy and making snide remarks about Lu’s newfound talent for running track. Lu’s secret hope for a new friend is fellow runner Belinda Gresham, but in 1970 Red Grove, Alabama, blacks and whites don’t mix. As segregationist ex-governor George Wallace ramps up his campaign against the current governor, Albert Brewer, growing tensions in the state — and in the classroom — mean that Lu can’t stay neutral about the racial divide at school. Will she find the gumption to stand up for what’s right and to choose friends who do the same?

The food of the Middle East is known for its diverse flavors and colors. Now you can enjoy all of these titillating meals in the comfort of your own home! Tess Mallos shows us how to produce delectable meals from the fascinating cultures of the Middle East, with recipes carefully tested and set out in easy to follow steps. Many of the dishes are illustrated, in 80 superb photographs. This book provides a brilliant insight into the regional dishes of Greece, Turkey, Lebanon, Egypt and Syria and an invaluable introduction to some of the lesser known cuisines of other countries in the region: Afghanistan, Armenia, Cyprus, Iran, Iraq, Jordan, Saudi Arabia, Bahrain, Kuwait, Oman, Qatar, the United Arab Emirates, and Yemen. The pages in this Middle Eastern Cookbook guide the reader through the vast scope of Middle Eastern food —recipes and photographs show how to use familiar foods in new and exciting ways, while the introduction to each chapter examines the food, lifestyle and cooking methods of each country, to explain exactly how to use the right ingredients in delicious, authentic dishes. The recipes ensure that the traditional essence of each cuisine is preserved, while the instructions are given in the clearest and most accessible way for the modern cook, with guidance wherever necessary for the use of today's appliances. The basics of Middle Eastern cooking are carefully explained, and the glossary gives regional names and descriptions of a host of food and ingredients. The Complete Middle East Cookbook is a joy to read and use in the kitchen. A best-selling classic, it has been revised and enhanced with contemporary photographs, so that it will continue to delight all who seek to know and enjoy the rich and varied cuisines of the Middle East. Recipes include: Spanakopita (Spinach Pie) Koupepia (Stuffed Grape Vine Leaves) Patlicanli Pilav (Eggplant Pilaf) Samak Mashwi (Barbecued Fish With Dates) Kibbeh (Ground Lamb and Burghul) Nane Lavash (Wholemeal Flat Bread) Baklava (Almond and Cardamom Pastry

An authentic, indulgent collection of dessert recipes from across the Middle East, from one of the region's most loved home cooks Whether you start your day with something sweet, finish it with something sweet, or make sure sweets are within reach all day long, you'll find serious inspiration in the pages of Salma Hage's latest cookbook for home cooks. The Middle East's wide range of cultures, ingredients, and influences informs the array of dishes she includes - spiced cookies, cream-filled pancakes, aromatic pastries, and delicious cakes - with recipes that are easy to follow and celebrate simple-to-source spices and taste combinations.

Historians have claimed that when social stability returned to Korea after a series of devastating invasions by the Japanese and Manchus around the turn of the seventeenth century, the late Chos n dynasty was a period of unprecedented economic and cultural renaissance. This book questions this age-old belief by claiming that true-view landscape and genre paintings were most likely adopted to propagandize social harmony under Chos n rule and to justify the status, wealth, and land grabs of the ruling class. This volume also documents the popularity and misunderstanding of art books from China and, most controversially, Korean enthusiasm for artistic programs from Edo Japan, thus challenging academic stereotypes and nationalistic tendencies in scholarship. As the first truly interdisciplinary study of Korean art, A New Middle Kingdom illuminates the reality of the late Chos n society that its visual art attempted hide.

Winner of the Newbery Medal, Coretta Scott King Author Award, and Kirkus Prize for Young Readers’ Literature! Perfect for fans of Raina Telgemeier and Gene Luen Yang, New Kid is a timely, honest graphic novel about starting over at a new school where diversity is low and the struggle to fit in is real, from award-winning author-illustrator Jerry Craft. Seventh grader Jordan Banks loves nothing more than drawing cartoons about his life. But instead of sending him to the art school of his dreams, his parents enroll him in a prestigious private school known for its academics, where Jordan is one of the few kids of color in his entire grade. As he makes the daily trip from his Washington Heights apartment to the upscale Riverdale Academy Day School, Jordan soon finds himself torn between two worlds—and not really fitting into either one. Can Jordan learn to navigate his new school culture while keeping his neighborhood friends and staying true to himself? This middle grade graphic novel is an excellent choice for tween readers, including for summer reading. New Kid is a selection of the Schomburg Center's Black Liberation Reading List. Plus don't miss Jerry Craft's Class Act! Three-time recipient of the AJN Book of the Year Award! Praise for the third edition: “This is an outstanding edition of this book. It has great relevance for learning about, developing, and using middle range theories. It is very user friendly, yet scholarly." Score: 90, 4 Stars -Doody's Medical Reviews The fourth edition of this invaluable publication on middle range theory in nursing reflects the most current theoretical advances in the field. With two additional chapters, new content incorporates exemplars that bridge middle range theory to advanced nursing practice and research. Additional con-

tent for DNP and PhD programs includes two new theories: Bureaucratic Caring and Self-Care of Chronic Illness. This user-friendly text stresses how theory informs practice and research in the everyday world of nursing. Divided into four sections, content sets the stage for understanding middle range theory by elaborating on disciplinary perspectives, an organizing framework, and evaluation of the theory. Middle Range Theory for Nursing, Fourth Edition presents a broad spectrum of 13 middle range theories. Each theory is broken down into its purpose, development, and conceptual underpinnings, and includes a model demonstrating the relationships among the concepts, and the use of the theory in research and practice. In addition, concept building for research through the lens of middle range theory is presented as a rigorous 10-phase process that moves from a practice story to a conceptual foundation. Exemplars are presented clarifying both the concept building process and the use of conceptual structures in research design. This new edition remains an essential text for advanced practice, theory, and research courses. New to the Fourth Edition: Reflects new theoretical advances Two completely new chapters New content for DNP and PhD programs Two new theories: Bureaucratic Caring and Self-Care of Chronic Illness Two articles from Advances in Nursing Science documenting a historical meta-perspective on middle range theory development Key Features: Provides a strong contextual foundation for understanding middle range theory Introduces the Ladder of Abstraction to clarify the range of nursing's theoretical foundation Presents 13 middle range theories with philosophical, conceptual, and empirical dimensions of each theory Includes Appendix summarizing middle range theories from 1988 to 2016

In Feasts, the highly-anticipated follow-up to the best-selling Persiana: Recipes from the Middle East and Beyond (2014) and Sirocco: Fabulous Flavors from the East (2016), award-winning chef Sabrina Ghayour presents a delicious array of authentic Middle Eastern dishes. Feasts is a sumptuous celebration of Persian food featuring more than 90 sophisticated yet approachable recipes for breakfast and brunch, weeknights, weekends, summer meals, vegetarian dishes, festive occasions, and comfort food. The author, who teaches cooking, is an expert on Middle Eastern food, and her voice is authoritative but friendly, making the recipes very accessible even to the most inexperienced cook. Chapter intros brim with passion for her homeland’s culinary delights, and her recipe methods are easy to follow. The author also provides suggestions for complete menus. From finger foods, mezze dishes, entrees, sides, desserts, and drinks, Feasts is a mouthwatering tour of Persian food for today’s home cook. Chapters and a sampling of recipes: Breakfast & Brunch: Goat cheese & filo pies, Cheddar & feta frittata with peppers, herbs & pul biber, Apple, cinnamon & raisin loaf with nigella honey butter Weekend Feasts: Pan-fried lamb steaks preserved lemon, cilantro & garlic, Pear & thyme tart, Mint tea mojito Quick-Fix Feasts: Spicy halloumi salad with tomatoes & fried bread, Harissa skirt steak sandwiches, Roasted apricots with ricotta, honey & pistachio crunch Vegetarian Feasts: Carrot, orange, ginger & walnut dip, Roasted Portobello mushrooms with pine nuts & halloumi, Garlic, fenugreek & cumin flatbreads Summer Feasts: Butterflied leg of lamb with pomegranate salsa, Pomegranate, cucumber & pistachio yogurt, Peach, feta & mint salad Lighter Feasts: Yogurt & harissa marinated chicken, Smoked salmon with capers, olives & preserved lemons, Eggplant rolls with goat cheese, herbs & walnuts Special Occasions: Jumbo prawns with tomato, dill & fenugreek, Beer roasted pork shoulder with plum sauce, Saffron roast potatoes, Charred cauliflower steaks with tahini, harissa honey sauce & preserved lemons, Cherry, dark chocolate & mint parfait Comfort Food: Black garlic, tapenade, & feta rolls, Lamb kofta roll, Harissa-infused leg of lamb with fenugreek & lime, Freekeh, tomato & chickpea pilaf

For every woman, from the young to those in midlife and beyond, who has ever been told, "You can't" and thought, "Oh, I definitely will!"--this book is for you. Women are expected to be many things. They should be young enough, but not too young; old enough, but not too old; creative, but not crazy; passionate, but not angry. They should be fertile and feminine and self-reliant, not barren or butch or solitary. Women, in other words, are caught between social expectations and a much more complicated reality. Women who don't fit in, whether during life transitions or because of changes in their body, mind, or gender identity, are carving out new ways of being in and remaking the world. But this is nothing new: they have been doing so for thousands of years, often at the margins of the same religious traditions and cultures that created these limited ways of being for women in the first place. In *The Defiant Middle*, Kaya Oakes draws on the wisdom of women mystics and explores how transitional eras or living in marginalized female identities can be both spiritually challenging and wonderfully freeing, ultimately resulting in a reinvented way of seeing the world and changing it. "Change, after all," Oakes writes, "always comes from the margins."

This charming collection of 100 recipes for everyday cooking and entertaining from Cambridge's Sofra Bakery and Cafe, showcases modern Middle Eastern spices and flavors through exotic yet accessible dishes both sweet and savory. Ana Sortun and Maura Kilpatrick have traveled extensively throughout Turkey and the Middle East, researching recipes and gaining inspiration for their popular cafe and bakery, Sofra. In their first cookbook together, the two demystify and explore the flavors of this popular region, creating accessible, fun recipes for everyday eating and entertaining. With a primer on essential ingredients and techniques, and recipes such as Morning Buns with Orange Blossom Glaze, Whipped Feta with Sweet and Hot Peppers, Eggplant Manoushe with Labne and Za'atar, and Sesame Caramel Cashews, Soframiz will transport readers to the markets and kitchens of the Middle East.