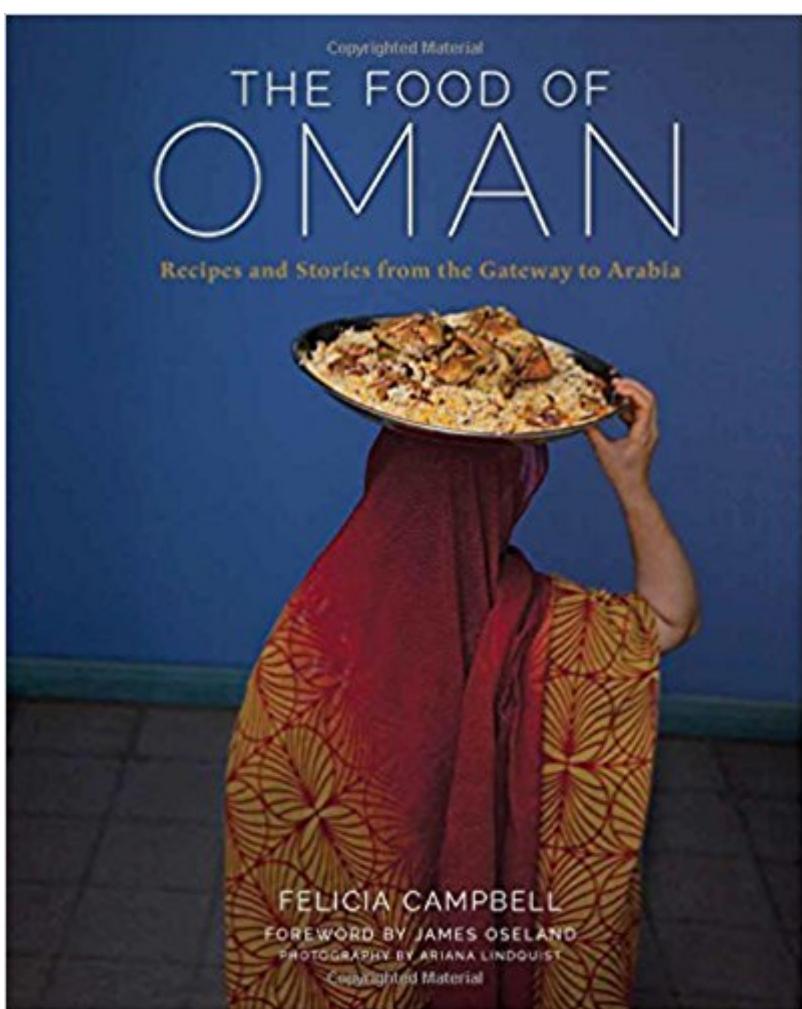


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# The Food Of Oman: Recipes And Stories From The Gateway To Arabia



## Synopsis

Featuring rustic Middle Eastern dishes infused with the flavors of East Africa, India, and Persia, The Food of Oman presents the delicious diversity of the tiny Arabian Sultanate through 100 recipes, lush photography, and stories from the people behind the food in an immersive introduction to a fascinating, little-known corner of the world. In the Arabian Gulf, just east of Saudi Arabia and across the sea from Iran, the kitchens of Oman are filled with the enticing, mysterious aroma of a spice bazaar: musky black limes, earthy cloves, warming cinnamon, cumin, and coriander all play against the comforting scent of simmering basmati rice. Beyond these kitchens, the rocky crags of Jabal Akhdar tower, palm trees sway along the coast of Salalah, sand dunes ripple across Sharqiyah, and the calls to prayer echo from minarets throughout urban Muscat. In The Food of Oman, American food writer Felicia Campbell invites readers to journey with her into home kitchens, beachside barbeques, royal weddings, and humble teashops. Discover with her the incredible diversity of flavors and cultures in the tiny Sultanate of Oman. Omani cuisine is rooted in a Bedouin culture of hospitality—“using whatever is on hand to feed a wandering stranger or a crowd of friends”—and is infused with the rich bounty of interloping seafarers and overland Arabian caravan traders who, over the centuries, brought with them the flavors of East Africa, Persia, Asia, and beyond. In Oman, familiar ingredients mingle in exciting new ways: Zanzibari biryani is scented with rosewater and cloves, seafood soup is enlivened with hot red pepper and turmeric, green bananas are spiked with lime, green chili, and coconut. The recipes in The Food of Oman offer cooks a new world of flavors, techniques, and inspiration, while the lush photography and fascinating stories provide an introduction to the culture of a people whose adventurous palates and deep love of feeding and being fed gave rise to this unparalleled cuisine. Â

## Book Information

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## Customer Reviews

Felicia Campbell began her adult life as a 17-year-old private in the United States Army, deploying to Iraq as a member of the initial invasion in 2003. Her experiences there transformed her perspective on the world. She fell in love with the Iraqi people and the warmth and hospitality of Middle Eastern culture over steaming cups of tea and plates of grilled chicken, inspiring a lifelong passion for food as an essential human pleasure that can open the door for intimate connections, even under the most dire circumstances. She has spent the last decade exploring these themes, earning a master's degree in food studies with a focus on Middle Eastern culture from New York University and sharing stories from the region as an International Association of Culinary Professionals award-nominated writer and staff editor at *Saveur* and as a freelance journalist. She now lives in Muscat, where she is the executive features editor at the *Times of Oman*.

SO exciting to read this book! A wonderful catalog of a cuisine I've never previously been able to find out much about, with great detail and photos. I definitely appreciate that the Arabic names of dishes are all there (in transliteration; it would be nice to have Arabic script as well, but I know the typesetting is a nightmare), as this is something cookbooks often skip when trying to "introduce" a foreign cuisine to English readers. I also appreciate how she will often say what's considered traditional and if/when she has tweaked a recipe to be lighter or easier to cook, or whatever the case may be. When I'm learning about a new cuisine, I always want to know what the "standard" rendition is, even I might not cook it, and this book seems to do that.

This book is amazing! Prior to reading this book, and I read it cover to cover, I was completely unfamiliar with Omani cuisine. The recipes are fascinating and wonderful. The book boasts easy to follow recipes, lovely photos, and a fascinating look into Omani life. The author has included a clear introduction to the ingredients (some of which are definitely not things you'll have in your pantry, at least not until after you read this book!). And because certain ingredients may be difficult to find, she provides suggestions for substitutions. Omani food is unique, and the book includes recipes that I have never seen before. Many of the recipes I would consider to be comfort foods. I recently had back surgery, and I made several of these recipes (Arseeyah - Savory Chicken and rice porridge (it's cooked so long that the chicken almost melts into the rice); Omani lentil soup; and Dango -

Chile-Lime chickpeas) and froze them to eat during my recovery. If you make only one thing out of this book (and I don't recommend that; you should try to make everything) make the chile-lime chickpeas. It's a simple recipe (though you do start with dried chickpeas, so the soaking/cooking time is quite long, but it is so worth it! Healthy, soothing, and flavorful. Not only is this a cookbook, it is a look at Oman. The author writes lovely vignettes highlighting aspects of the culture and what it means to be Omani and includes many photographs, not only of the food but of the people I learned a lot about a culture that I had never really never crossed my mind before. If you are looking for a cookbook that is unique and usable, this is the book for you. And stock up on black limes...you'll need them!

Having vacationed in Oman, I've been captivated by the warmth, down-to-earth nature of its people, and clean upkeep of their cities, who are a testament to their peace-loving and genuinely caring monarch -- vividly depicted in this epicurean montage. What a lovely memento for years and meals to come. Well done!

Tells a good story of Oman while also giving you some amazing recipes. The author really goes in depth and made me feel like I was back there visiting old friends, and experiencing it all over again. This book shows more about Oman than just food, and that is what makes the country come alive. For a country based around hospitality, the food scene is amazing, and this book captures it all. I would highly recommend it.

Absolutely great cookbook! If you love Middle Eastern food, this is a must to have.

not only amazing recipes, but there are also gorgeous pictures of Oman and lots of information about the country and culture.

Love Love Love. Nice pictures and good recipes. Good stories told also. Much more than a cook book.

Beautiful book with great recipes! Fast delivery.

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