



Saha: A Chef's Journey Through Lebanon and Syria

Greg Malouf

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In 'Saha', Greg Malouf returns to the land of his ancestors to explore its broad and influential cuisine. Stretching from neighbouring Persia throughout the Mediterranean to North Africa, the roots of Greg's culinary history are here in the land of his forbears, and together with writing partner Lucy Malouf and photographer Matt Harvey, he embarks on a month-long culinary journey. The cuisine in 'Saha' is traditional and inspirational; enticingly spiced and fragrant with flower waters. From hearty peasant dishes to more subtly spiced specialties from ancient palaces, the dishes are complex in flavour yet not overly complicated to make at home. Heartwarming stories and recipes from the people Greg and Lucy meet on their journey are teamed with evocative images and Greg's own unique take on this history-rich and exciting cuisine, capturing the spirit of the modern and the ancient; the characters, dishes, flavours and colours that make up Lebanon and Syria in this highly illustrated and lavishly designed volume.

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