



Sweet Middle East: Classic Recipes, from Baklava to Fig Ice Cream

Anissa Helou

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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 70 classic desserts fragrant with spices, honey, dates, and nuts, and steeped in tradition. One bite of Anissa's authentic cookies, cakes, custards, puddings, and more reveals why these enchanting desserts deserve to be shared beyond their native lands.

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