



Originally self-published by the author in 2003, *Delights from the Garden of Eden* became an underground bestseller and award-winner. Now fully revised and updated, this new edition, luxuriously illustrated throughout with colour photos, paintings, medieval miniatures and sketches, displays the diversity of the region's traditional culinary practices, delicious and enduring. The book contains more than 400 recipes, all tested and easy to follow, and covers all food categories with ample choice for both vegetarians and meat lovers, and many that will satisfy a sweet tooth. Ingredients and cooking techniques indigenous to the region are fully explained.

Unlike the majority of cookbooks, this book uniquely traces the genesis and development of the Iraqi cuisine over the centuries, starting with the ancient Mesopotamians, through medieval times and leading to the present, aided throughout by the author's intimate native knowledge of cookery. Of particular interest are the book's numerous food-related folkloric stories, reminiscences, anecdotes, songs, poems, excerpts from narratives written by foreign visitors to the region, and cultural explications of customs, all interwoven with the recipes. The book is supplemented with detailed menus and an extended glossary to familiarize the reader with the indigenous ingredients used in creating authentic Iraqi meals.

Delights from the Garden of Eden is a valuable addition to the shelves of specialized and general libraries and a must-have for food lovers everywhere.

NAWAL NASRALLAH, a native of Iraq, was a professor of English and Comparative Literature at the universities of Baghdad and Mosul, and now an independent scholar. Of her books: award-winning English translation of tenth-century Baghdadi cookbook, *Annals of the Caliphs' Kitchens* (Brill, 2007) and *Dates: A Global History* (Reaktion Books, 2011). Her recipes have featured in major newspapers and magazines, such as *The New York Times*, *The Boston Globe*, and *Food and Wine*.

Praise for DELIGHTS FROM THE GARDEN OF EDEN

"Humorous, insightful and a pleasure to read. Nawal Nasrallah blends recipes, culinary history, folklore, personal stories and art in a lively mix. Her recipes are precise and easy to follow, with tips and observations derived from her long experience with Iraqi cuisine. Highly recommended."

PAULA WOLFERT, premier food writer in America, and the "queen of Mediterranean cooking"

"This cookbook is more than an introduction to Iraqi cuisine. It is in fact an introduction to Arab cooking in general, researched with the kind of depth not seen before in a cookbook of the Arab world and Middle East."

CLIFFORD A. WRIGHT, winner of the James Beard Cookbook of the Year Award, and author of *A Mediterranean Feast*

"It's a fantastic cookbook. It's incredibly extensive and provides a lot of cultural and historical background."

JESSE SHEIDLOWER, Editor at Large of the *Oxford English Dictionary* (North America), *Food and Wine Magazine*



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