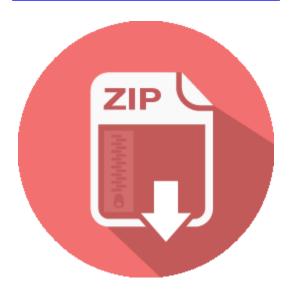
MIDDLE EAST COOKING



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Bite-size chicken breast pieces spend the night luxuriating in a low fat, Middle Eastern marinade before being baked or skewered and barbequed. They taste great with pita bread and some pickled turnips.

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Middle Eastern cuisine Wikipedia

The Middle East includes the region formerly known as the Fertile Crescent (the land between the Tigris and Euphrates rivers - Sumeria, Akkad, Assyria and Babylonia), where wheat was first cultivated, followed by barley, pistachios, figs, pomegranates, dates and other regional staples.

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For this Middle Eastern spiced stew, cauliflower stems are minced and saut ed in the mirepoix to add flavor, while the florets are broiled and added at the end of cooking to offer crunch and body.

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