

Middle Eastern Desserts That Will Actually Change Your Life

Middle Eastern desserts are known for their rich flavors and beautiful presentation. They are often made with nuts, honey, and spices, and they are sure to satisfy your sweet tooth. This book features 50 recipes for some of the most popular and delicious Middle Eastern desserts, including baklava, knafeh, and umm ali. Each recipe is accompanied by step-by-step instructions and beautiful photography, making it easy to create these desserts at home.



Middle Eastern Desserts: Middle Eastern Dessert Recipes for Your Sweet Tooth: Middle Eastern Desserts That Will Actually Change Your Life Book by Carlyn Berghoff

★★★★☆ 4 out of 5

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Paperback	: 115 pages
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Text-to-Speech	: Enabled
Enhanced typesetting	: Enabled
Print length	: 67 pages
Lending	: Enabled
Screen Reader	: Supported



Why You'll Love This Book

- **The recipes are easy to follow.** Each recipe is written in clear and concise language, and it includes step-by-step instructions and

beautiful photography. This makes it easy to create these desserts at home, even if you are a beginner.

- **The desserts are delicious.** The recipes in this book have been tested and perfected, and they are sure to satisfy your sweet tooth. The desserts are made with high-quality ingredients, and they are packed with flavor.
- **The book is beautifully designed.** The book is filled with stunning photography that will make you want to eat every dessert in the book. The book is also printed on high-quality paper, and it makes a beautiful addition to any kitchen.

What You'll Learn from This Book

- You'll learn how to make some of the most popular and delicious Middle Eastern desserts.
- You'll learn the techniques and skills needed to create beautiful and delicious desserts.
- You'll learn about the history and culture of Middle Eastern desserts.

Free Download Your Copy Today

If you are looking for a book that will teach you how to make some of the most popular and delicious Middle Eastern desserts, then this is the book for you. Free Download your copy today and start enjoying these amazing desserts!

Recipes

- Baklava

- Knafeh
- Umm Ali
- Qatayef
- Mahalabia

Baklava

Baklava is a classic Middle Eastern dessert that is made with layers of filo pastry, nuts, and honey. The filo pastry is brushed with butter and then rolled up into a log. The log is then cut into slices and baked. The baklava is then soaked in honey and served warm.



Ingredients

- 1 package filo pastry
- 1 cup unsalted butter, melted
- 1 cup chopped nuts (such as walnuts, almonds, or pistachios)
- 1/2 cup sugar
- 1/2 cup honey

Instructions

1. Preheat the oven to 350 degrees F (175 degrees C).
2. Unroll the filo pastry and lay it out on a work surface. Brush the filo pastry with melted butter. Sprinkle the chopped nuts and sugar over the filo pastry.
3. Roll up the filo pastry into a log. Cut the log into slices and place the slices in a baking dish.
4. Bake the baklava for 30-35 minutes, or until the filo pastry is golden brown. Remove the baklava from the oven and pour the honey over the baklava. Serve warm.

Knafeh

Knafeh is a popular Middle Eastern dessert that is made with a layer of shredded filo pastry, a layer of cheese, and a layer of sweet syrup. The filo pastry is brushed with butter and then baked until it is golden brown. The cheese is then melted and the sweet syrup is poured over the cheese and filo pastry.



Ingredients

- 1 package filo pastry
- 1 cup unsalted butter, melted
- 1 pound cheese (such as mozzarella or akkawi)
- 1 cup sugar
- 1 cup water

Instructions

1. Preheat the oven to 350 degrees F (175 degrees C).

2. Unroll the filo pastry and lay it out on a work surface. Brush the filo pastry with melted butter. Shred the filo pastry into a bowl.
3. Spread the shredded filo pastry in a baking dish. Top the filo pastry with the cheese.
4. In a saucepan, combine the sugar and water. Bring the mixture to a boil and then reduce the heat to low. Simmer the mixture for 5 minutes, or until the sugar is dissolved.
5. Pour the sweet syrup over the cheese and filo pastry. Bake the knafeh for 25-30 minutes, or until the filo pastry is golden brown. Serve warm.

Umm Ali

Umm Ali is a popular Middle Eastern dessert that is made with a layer of bread, a layer of nuts, and a layer of sweet syrup. The bread is soaked in milk and then baked until it is golden brown. The nuts are then added and the sweet syrup is poured over the bread and nuts.



Ingredients

- 1 loaf bread, cut into cubes
- 1 cup milk
- 1 cup chopped nuts (such as walnuts, almonds, or pistachios)
- 1 cup sugar

- 1 cup water

Instructions

1. Preheat the oven to 350 degrees F (175 degrees C).
2. In a bowl, combine the bread cubes and milk. Let the bread cubes soak in the milk for 15 minutes.
3. Spread the bread cubes in a baking dish. Top the bread cubes with the nuts.
4. In a saucepan, combine the sugar and water. Bring the mixture to a boil and then reduce the heat to low. Simmer the mixture for 5 minutes, or until the sugar is dissolved.
5. Pour the sweet syrup over the bread cubes and nuts. Bake the umm ali for 25-30 minutes, or until the bread cubes are golden brown. Serve warm.

Qatayef

Qatayef is a popular Middle Eastern dessert that is made with a batter that is filled with nuts and then fried. The batter is made with flour, water, and yeast. The nuts are chopped and then mixed with sugar and cinnamon. The batter is then poured into a pan and the nuts are sprinkled on top. The qatayef are then fried until they are golden brown. They are then served with honey or syrup.



Ingredients

- 1 cup flour
- 1 cup water

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That Will Actually Change Your Life Book by Carlyn Berghoff

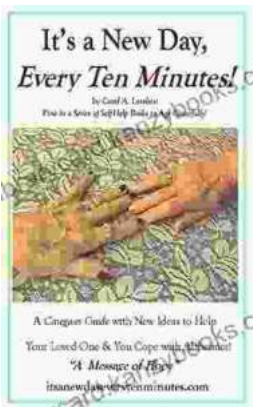
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