

# The Lebanese Cuisine



# History of Lebanese Food

- **Lebanon: Levant area East of the Mediterranean - Lebanese cuisine has ancient roots**
- **Influenced by various foreign civilizations**
- **Levant's impact on spice usage (e.g., za'atar = oregano)**
- **Hommos and manoushe rooted in ancient Levantine cuisine**





- **Ottoman influence: Lamb as the preferred meat, Stuffing of vegetables, dark Turkish coffee.**
- **French influence: Pastries and desserts**
- **Modified version: Croissant Zaatar**



# Basic ingredients

- **Similar to the Mediterranean diet :emphasis on whole grains, legumes, fresh fruits, vegetables, nuts, fish, and seafood. Herbs and Spices including mint, basil , oregano cinnamon... Bulgur cracked wheat and Freike ( roasted wheat )**
- **Poultry is preferred over red meat, with lamb and goat being the usual choices.**
- **Dairy includes Labneh (strained yogurt ) local cheeses and shankleesh goat labneh balls ...**
- **Dishes feature garlic, olive oil, and lemon juice, and are elevated with spices, condiments, and sweeteners**
- **Culinary diversity: Options for omnivores, vegetarians, and a wide variety of vegan-friendly dishes**







# Basic ingredients

## Distinctive Ingredients and Condiments:

1. Sumac
2. Za'atar (Oregano)
3. Rose water (distilled essence of rose petals)
4. Orange blossom water (used in Lebanese café blanc and desserts)
5. Pomegranate molasses
6. Tahini paste (made from ground sesame seeds)
7. Sauces: Toum (garlic sauce) and tarator







# Similarities to the Mediterranean Diet

## Starters / Mezze:

- Mezze typically consists of three to four dishes in a family setting, but in restaurants, it can range from 20 to 60 dishes.
- Mezze includes a variety of hot and cold dishes such as tabbouleh, fattoush, hummus, baba ghanoush, moutabal, kebbeh, kafta, falafel, sambusac, stuffed grape leaves, pickles, roasted nuts, olives, and condiments like toum and taratour.





# Basic ingredients

## Stews:

- **Lebanese stews, served with rice or flatbread, are made with locally available ingredients.**
- **Examples include spinach stew , okra stew, peas stew and others**



# Basic ingredients

## Breads:

- Pita bread (khubz Arabi) is widely popular, used for dipping or stuffed with ingredients such as like falafel or shawarma.
- Taboon bread is baked in a traditional oven, similar to tandoor breads in Asia.
- Marquq is a thin bread cooked on a saj or pan.





# Basic ingredients-Similarities to the Mediterranean Diet

## Desserts:

- Influenced by Ottoman cuisine, Lebanese desserts often use semolina.
- Baklava is a diamond-shaped pastry with honey and ground walnuts.
- Knefe is typically Lebanese a cheese semolina syrup dessert.



# Cultural and Traditional Aspects

- Lebanon is known for its strong attachment to family and traditions.
- Lebanese culture places a significant emphasis on honoring traditions during parties and feasts, often accompanied by music.
- The concept of mezze, a Mediterranean tradition of sharing food and conversation, is integral to Lebanese culture.
- The local phrase (Between us, bread and salt) reflects a warm welcome, friendship, and trust.





# Cultural and Traditional Aspects

## **Food in Everyday Life :**

- **Food plays diverse roles in everyday life in Lebanon**
- **Initiatives like local markets, such as Souk el Tayeb, bring farmers from rural areas to sell their products in Beirut, fostering an atmosphere where food mediates and people can escape their anxieties.**



# Cultural and Traditional Aspects

## Religious Events and Special Foods:

- Various religious events, both Islamic and Christian, have special foods associated with them.
- For Epiphany (Ghtass), special sweets like Zlabie, made of a unique dough, symbolize Jesus' baptism.
- During Ramadan Iftar, lentil soup is a common base, and dishes like Fattoush are enjoyed. Coffee Kellaj Ramadan Dessert is a popular choice.
- All feasts involve elaborate Lebanese lunches with traditional dishes, including the famous Lebanese chicken with rice.







# Cultural and Traditional Aspects

## Special Desserts for Occasions:

- **Maamoul, a renowned Lebanese sweet, is prepared during Easter and Eids. It consists of shortbread filled with dates, walnuts, or pistachios, sometimes covered with icing sugar.**
- **Kaak el Eid and Maamoul are must-have desserts during feasts , filled with pistachios, walnuts, or dates.**





# Cultural and Traditional Aspects

## - Birth Celebrations:

- When a baby is born, Meghli (Moghli), a Middle Eastern pudding flavored with caraway, cinnamon, and sometimes anise, is traditionally prepared.
- Snayniye, a dessert celebrating a baby's first tooth, is made with wheat berries and a mix of various nuts.
- Snoubriye is associated with engagement celebrations.

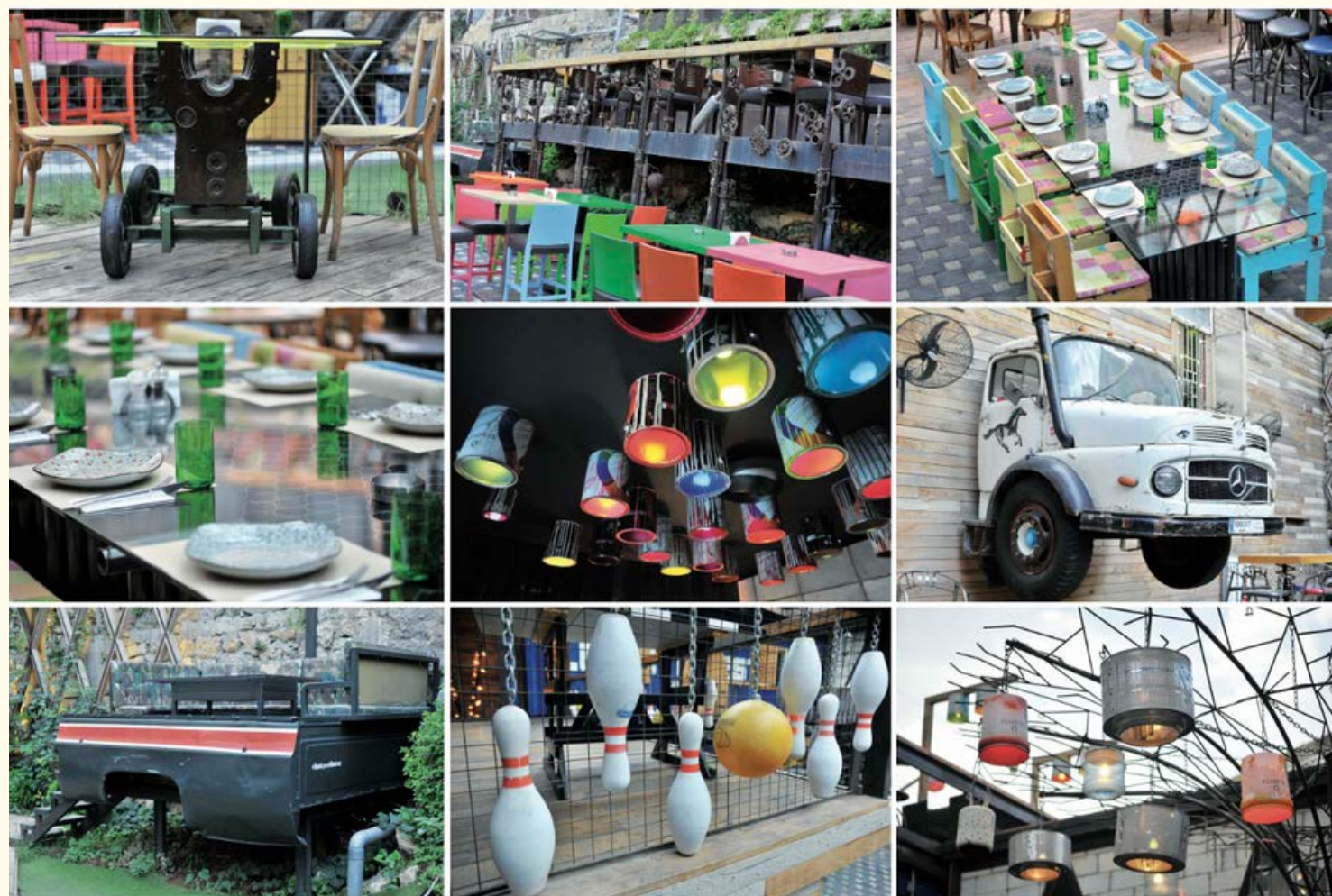


# Relation to Environment

- **Lebanese cuisine embraces environmental sustainability, preserving heritage alongside ethical practices.**
- **Restaurants actively reduce waste by composting food scraps and upcycling plastics and glass for decor.**
- **Many restaurant owners prioritize locally sourced products, supporting the community and reducing carbon footprint.**
- **A growing number of Lebanese restaurants focus on serving healthy, organic foods to promote well-being.**
- **Overall, these initiatives aim to minimize the negative environmental impact of the restaurant industry in Lebanon.**



# Relation to Environment



**Junkyard**

“One man’s trash is another man’s treasure”



**Biomass**



# Makhzoumi Foundation Activities

**Workshops on food preserves, distillation and local sweets and new agricultural techniques**

**Nursery: bitter orange ,pomegranate figs berries and herbs**

**Documentary on sustainable production and consumption**

**Handy by MF: help in marketing**



**Distillation**



**Bitter orange**



**Pomegranate**



*Thank You*



