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Early Islamic Culinary Art: Based on Prophetic Traditions

Omur Akkor

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Early Islamic Culinary Art focuses on the meals in the time of Prophet Muhammad, peace and blessings be upon him, after 14 centuries. This work presents the culinary culture of the time, methods of cooking, kitchen utensils, and recipes from the early Islamic period.

The collection of plates used in the pictures is another distinguishing feature of the book. Plates and dishes used in different periods from Egypt to Saudi Arabia, from the Abbasids to Seljuks were duplicated to be presented in the book.

By determining the foods mentioned in the Quran and the blessed Prophet's sayings, the award-winning chef and author Omur Akkor relates 91 recipes. Another distinguishing quality of the book is that, the ingredients are few in number and the recipes can be prepared very practically.

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