



Soup for Syria: Recipes to Celebrate our Shared Humanity

By *Barbara Abdeni Massaad*



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The world has failed Syria's refugees and some of the world's wealthiest countries have turned their backs on this humanitarian disaster. Syria's neighbors - Lebanon, Jordan, Turkey, and Iraq - have together absorbed more than 3.8 million refugees. The need for food relief is great and growing.

Acclaimed chefs and cookbook authors the world over have come together to help food relief efforts to alleviate the suffering of Syrian refugees. Each has contributed a recipe to this beautifully illustrated cookbook of delicious soups from around the world. Contributors include: Yotam Ottolenghi, Sami Tamimi, Anthony Bourdain, Alice Waters, Paula Wolfert, Claudia Roden, Chef Greg Malouf, Chef Alexis Coquelet, Chef Chris Borunda, Chef Alexandra Stratou, Necibe Dogru, Aglaia Kremenzi, and many others.

- Celebrity chefs contribute favorite recipes to help feed Syrian refugees
- Fabulous soups from around the world-from hearty winter warmers to chilled summer soups
- Easy-to-follow instructions with stunning color photos throughout
- Recipes made with no-fuss ingredients found in your local supermarket

All profits from the sales of the cookbook will be donated to help fund food relief efforts through various nonprofit organizations. Most Syrians hope that one day they will be able to return to their country and rebuild their lives. For now, though, what we can do is listen to their pleas. Be part of this vital work of saving lives and help us deliver essential food items to the displaced refugees.



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Editorial Review

Review

Soup for Syria may be the most compelling cookbook ever created. Through her photographs and collected recipes, Barbara Massaad directly connects us with a people in dire need of our help. Just holding this book is nourishment for the soul.

Jim Clancy, former CNN Correspondent and Anchor, awarded A.H. Boerma medal for coverage of food and hunger issues by F.A.O. (U.N. Food and Agriculture Organization)

Soup is the ultimate comfort food; war is not. Soup for Syria gently stirs the two together: a variety of comfort-ready recipes from well-known food writers and chefs share the pages with a variety of faces often smiling, always with eyes wide open of the Syrian refugee crisis. The intimate photographs are a gentle reminder of the discomforts beyond our kitchen; the recipes the opportunity to experiment with a global collection of soup ideas, particularly from the Mediterranean region that Syria is a part of. Little twists and turns with tomato, bean and pasta soups may inspire you to create your own variations, hot or cold, while other recipes introduce less familiar soup ingredients, like bulgur wheat, yogurt and verjuice. The requisite chicken soup is here, but this book is particularly comforting for vegetarians and vegans. As we indulge in these recipes, we pray for the day Syrians will once again be able to sit down together over a bowl of soup in their own kitchens.

Alia Yunis, filmmaker and author of *The Night Counter*

Soup is elemental, and it always makes sense, even when the world around us fails to.

Anthony Bourdain

Soup is the ultimate comfort food: nurturing, sustaining and all good things. One recipe is a drop in the ocean, but if awareness of the plight of the Syrian refugees is raised with each batch made and shared then that is a force for good. As well as being a delicious meal in and of itself.

Yotam Ottolenghi and Sami Tamimi

Whether we are in times of crisis or times of peace, gathering family and friends together around the table and sharing food is one of the most powerful and life-affirming acts we can do. And there is nothing more comforting and nourishing than a bowl of warm soup.

Alice Waters

Soup for Syria is a touching visual account of one's experience through the hardship of war. May this book bring a light of hope to everyone's heart and body and may peace be found very soon.

Paula Wolfert

There is hope that this marvelous collection of soup recipes from chefs all over the world will remind us of those in Syria who have lost their homes and so much more. Let us all make soup to create some relief and

provide more outreach to those that are in need.

Ana Sortun

In Farsi, the word for chef is ash-paz someone who is capable of making ash, or herb soup. The ash dishes of Iran are held very dearly, and the act of making them is often regarded as an act of love or dedication. I would like to think that as you make this recipe you will remember those who are in exile from Syria, who have no kitchen or soup pot or indeed anyone for whom or with whom to make soup.

Sally Butcher

My hope is that this project is a success and the book helps to keep the plight of Syrian refugees in people's minds and that it will raise funds to alleviate their awful living conditions until their future is settled. Pasta e fasioi (Venetian dialect for beans) is an old peasant dish in the Veneto. The soup varies from one city to another wide tagliatelle are used in Vicenza, whole wheat noodles called bigoli in Verona, lasagne in Este and Padua, and thin fettuccine or small tubular pasta in other parts. I am so glad that it is part of this humanitarian project. --Claudia Roden

I've always believed that there is no better way to banish differences and bring people together than through sharing food... and soup is, perhaps, the ultimate shared dish. It's a small enough thing, to contribute a recipe, but perhaps the many small voices that have joined together in this lovely book can, together, sing a loud message of hope.

Greg Malouf

When I looked at the faces of those displaced children, all I could think of and see is the face of my own daughter. I immediately knew I had to help. If one child is helped because of this book and this recipe, then I have done my job as a chef, father, and human being.

Chris Borunda

This is a wonderful project, a book that is not just beautiful and useful... but in addition it has such an important purpose! I am happy to be part of it and hope it will find its way to kitchens all over the world, and so help feed the people in need...

Aglaia Kremezi

The moment I heard about Soup for Syria I was hooked. The tragedy of the Syrian people touches us all, but the more than 2.5 million refugees stuck in Lebanon cry out for concrete actions of solidarity. Again, we are all called upon to build bridges, and this book is there to connect us with the most vulnerable.

Carlo Petrini, founder of Slow Food

It was only natural for me to participate and give a helping hand in this project. I wanted to share and live this different human experience! And it was a great one made possible by the lovely people I met especially those refugees for whom this book project is intended.

Patrick Herbeaux --.

About the Author

Barbara Abdeni Massaad is a food writer, TV host, cookbook author, and a regular contributor to international cooking magazines. She is the author of Interlink's bestselling cookbook *Man'oushe : Inside the Street Corner Lebanese Bakery*. She won the the Gourmand Cookbook Award and the International Academy of Gastronomy Award for *Mouneh: Preserving Foods for the Lebanese Pantry*. Born in Beirut, Lebanon, she moved to Florida at a young age. She gained her real culinary experience while helping her father in their family-owned Lebanese restaurant Kebabs and Things. After moving back to Lebanon in 1988, and completing university there, she decided to pursue her passion for cooking. Determined to gain proper experience within the culinary world, Barbara trained with several renowned chefs at Lebanese, Italian, and French restaurants. She is also a founding member of Slow Food Beirut and an active participant in the International Slow Food movement. She lives in Beirut with her husband and three children.

Users Review

From reader reviews:

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