

BEIT
kanz



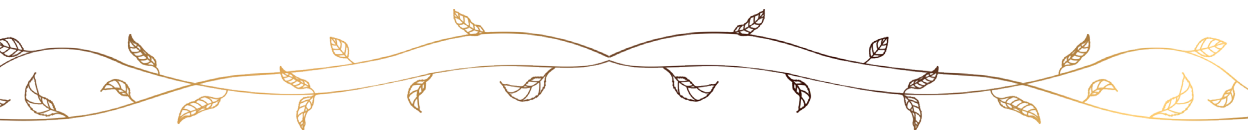
A TALE OF 12,000 YEARS OF CULINARY HERITAGE

Did you know that Beit Kanz sources its vegetables, dairy, and eggs from Beit el Baraka's organic farm? This allows the charity to cover the farm's operating expenses and sustain this beautiful agro-farming project.

**By dining with us, you are experiencing an authentic
farm-to-table organic experience.**

Lebanon is part of the Fertile Crescent, and it's from this land that farming first emerged 12,000 years ago and spread globally.

With 100% of proceeds going to support the charity Beit el Baraka,
Kanz social enterprise contributes to empowering women producers
and artisans in rural communities.



BREAKFAST
9AM TO 12PM

(d)	Grilled Halloum from our Farms	11.00 \$
(v) (d) (g)	Manouche Assortment Manouche zaatar, manouche cheese, and manouche with wild zaatar, diced tomatoes, and onions	8.00 \$
(g) (n)	Manouche Zaatar (2 pieces) Traditional thyme and sesame blend with olive oil, baked on flatbread	4.00 \$
(d) (g)	Manouche Jebne (2 pieces) A blend of melted Lebanese cheeses, baked on flatbread	7.00 \$
(g) (n)	Manouche Wild Zaatar (2 pieces) Fresh wild thyme leaves with tomato, sumac and olive oil, baked on flatbread	5.00 \$
(g)	Lahm Baajin Thin flatbread, layered with spiced ground meat	8.50 \$
(d)	Labne Bowl Labne served with Beit Kanz olive oil and warm flatbread	7.50 \$
(n) (d)	Labne w Makdous Beit Kanz Labne with preserved baby eggplants stuffed with walnuts, topped with pomegranate seeds	8.00 \$
(n) (d) (g)	Kishk w Labne Dried kishk and labne topped with olive oil, walnuts, wild thyme, diced beetroot and sesame seeds	11.00 \$
(v)	Foul Mdammas Warm fava beans topped with tomato, onion, and parsley, in a lemon, cumin, and garlic sauce	7.00 \$
(v)	Balila Warm chickpeas tossed in a lemon, cumin, and garlic sauce	7.00 \$
(n) (d) (g)	Fattet Batenjein Roasted eggplant smothered in yogurt sauce, with toasted almonds, crispy bread and pomegranate seeds	13.50 \$
(n) (d) (g)	Fattet Hummus Chickpeas smothered in yogurt, crispy bread and toasted almonds	10.00 \$
(v)	Garden Vegetables and Olives	5.50 \$

HISTORY OF LEBANESE BREAKFAST

Traditionally, rural and urban dwellers of Lebanon did not have time to indulge in an elaborate breakfast. Farmers, artisans and traders simply ate a “Rghif” (traditional flat bread: Tannour, Taboun, Furn, and Marquq) with some cheese, labneh, olives, or a boiled egg. The different types of “Rghif” were prepared by women in communal village bakeries known as “Furn al-Day’a”. Baking bread together solidified communities in rural Lebanon. Coffee and tea were extremely expensive, totally absent from breakfast and were only available in coffeehouses in cities and palaces of the Muqata’jis (feudal rulers). They were only served in the afternoon.

Breakfast, as we know it today, began to gradually take shape in the second half of the 19th century. This was the period of the Industrial Revolution and the opening of Lebanon to global trade. This new tradition helped change people’s perspective on time and money spent on a morning meal. The rise of factory work and office jobs normalized breakfast into the first meal of the day.



MANOUCHE WAS FOR LUNCH!

It’s one of the most iconic elements of Lebanese breakfast. It was actually eaten for lunch in rural areas, not breakfast, and totally unknown in cities. With limited time to prepare lunch, the women of rural Lebanon added thyme, kishk, or cheese to the bread they were preparing for their families. With the rise of modern bakeries, communal bread-making gradually disappeared, until the Manouche migrated from lunch to breakfast and from villages to cities.

8,000 YEARS OF LEBANESE BREAD
TANNOUR, TABOUN OR SAJ?



Cereals, such as wheat and barley, were among the first domesticated crops. Bread obtained from these cereals first appeared in our region 8,000 years ago as one of the first processed foods in human history. The traditional bread of the region is known as flatbread, **not pita**, and reflects the skills of our ancestors. The baking systems didn’t change much over the centuries: vertical ovens for Tannour and Taboun, and the griddle for Saj. Currently, most Lebanese consider

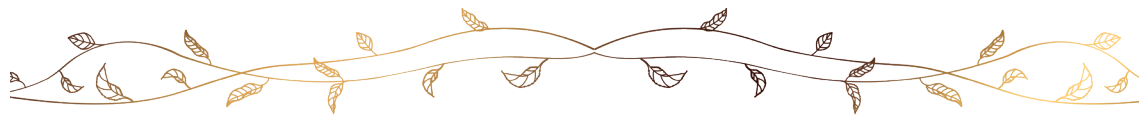
Marquq to be the national Lebanese bread. However, this is due to the touristic campaign of the 1960s. Traditionally, almost all Lebanese dishes are eaten with bread in what is known as a “Le’meh” or “bite”.

(d) (g)	Sahlab w Kaak Warm milk pudding with cinnamon, served with Lebanese crackers	6.00 \$
(n)	Warm Meghle A mix of rice flour, anise, caraway and cinnamon, served the traditional way, warm, topped with almonds and pistachios	6.00 \$

FRESH EGGS FROM OUR FARMS

Served with warm flatbread

Sunny-Side-Up Eggs	6.50 \$
Scrambled Eggs Plain	6.50 \$
Scrambled Eggs with Tomatoes	7.00 \$
Add Awarma (Lamb Confit)	7.00 \$



SALADS

(v) (g)	Fattoush Lettuce, cucumber, tomato, purslane, arugula, radish, onion, and mint, dressed with Beit Kanz balsamic pomegranate reduction and topped with toasted flatbread	10.00 \$
(v)	Tabbouleh Freshly chopped parsley, tomatoes, mint and bulgur, dressed with lemon juice and olive oil	10.00 \$
(n) (d)	Chmandariye Roasted beetroot with shanklish cheese, arugula, thyme, purslane and caramelized chickpeas with Beit Kanz balsamic pomegranate reduction	11.00 \$
(n) (d) (g)	Frike Salad Roasted green wheat with cheese, dates, apples, and walnuts, dressed in a citrus vinaigrette	12.00 \$
(v)	Lebanese Green Salad A refreshing mix of lettuce, wild thyme, rocca, and purslane, tossed with lemon, olive oil, and garlic	7.50 \$

LEBANESE SALADS: HARVESTING FRESHNESS

Edible greens form an essential part of the Lebanese culinary heritage. However, the seasoning reflects the geography of Lebanon and the know-how of our ancestors: Lemon-based seasoning was usually found in coastal areas around the once-massive citrus orchards. In rural areas, such as Mount Lebanon and the Beqaa plain, other sour seasonings were used, such as pomegranate and sour grape molasses. Three salads stand out as the national Lebanese salads: Tabboule and Fattoush, omnipresent in all Lebanese culinary feasts.

These are their stories:

TABBOULE: The word derives from the Arabic verb “Tabbil”, which means “to season”. It consists of mixing fresh green parsley, one of the endemic herbs of Lebanon, with bourghul. Traditional Tabboule was made without tomatoes that were introduced to local cuisine in the second half of the 19th century. Tabboule recipes vary according to seasons and regions: on the coast, it is seasoned with lemon juice; in the mountains, it is seasoned with hosrum or pomegranate molasses.



FATTOUSH: The word Fattoush derives from the Arabic word “fatta”, which means “spread”. It reflects the ethics of Lebanese culinary heritage where throwing food is considered a sin. Fattoush is thus made with leftovers of bread, herbs, and vegetables, all seasoned with sumac.

FRIKE: THE OLDEST SUPERFOOD

Frike, or green wheat, is the historical superfood of the Middle East. Producing frike might echo skills used by our Neolithic ancestors as they experimented with agriculture and food processing. It is made by burning green wheat, forking it up in the air, and, in the process, allowing the burnt chaff to blow away. One of its distinctive features is its smoky flavor.

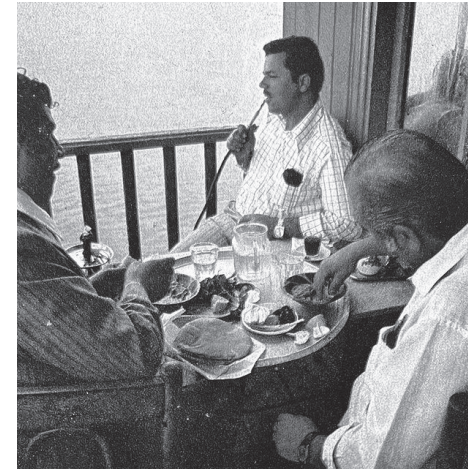
COLD MEZZA

(v)	Hummus Chickpea dip with tahini	7.50 \$
(v)	Warak Arish Vine leaves filled with rice and tomato	9.00 \$
(v)	Moutabbal Flame-charred eggplant purée with tahini, finished with pomegranate seeds	7.50 \$
(v) (n)	Hummus Beiruti Chickpea dip with parsley, garlic, and toasted almonds	8.00 \$
	Artichoke Hindbe Dandelions and caramelized onions on a bed of artichokes, arich and garlic confit, topped with fried leeks	12.00 \$
(n) (g)	Muhammara & Croquettes A tangy blend of red bellpepper, walnut, and kaak, mixed with Beit Kanz Mazaji Zaatar and extra virgin olive oil	11.00 \$
(n) (d)	Beetroot Carpaccio with Goat Cheese Thinly sliced beetroot, seasoned with Beit Kanz balsamic pomegranate reduction, walnuts, goat cheese and wild thyme	12.00 \$
	Batrakh Sun-dried fish roe, topped with garlic shavings, fresh thyme, and a drizzle of Beit Kanz extra virgin olive oil	30.00 \$
(v)	Selek Mehshi Swiss chard leaves delicately stuffed with rice, onion, tomato and parsley, served on a bed of tarator	7.00 \$
(v) (n)	Selek Ribs in Tahini Fresh swiss chard ribs dressed with tarator, herb oil, pomegranate seeds and a hint of lemon zest	7.00 \$



MEZZA, MEZZÉ, MUQABILAT THE ART OF SLOW FOOD

The cold Lebanese Mezza is the historical continuation of medieval Arab Al-Muqabilat and "Ottoman Mezzé" adapted to local ingredients, especially during the course of the 19th century. Slik (edible wild greens) play an important role in cold Lebanese Mezza.



4,000 YEARS OF HUMMUS

Hummus (chickpeas) is one of the founding crops of the Middle East and has been an ingredient of Middle Eastern cuisine since the fourth millennium B.C. The current widespread recipe is a continuation of a mixture known as "Hummus Kisa", first mentioned in the famous Baghdadi 10th century cookbook: Kitab al-Tabikh. Later on, the "Hummus Moutabbal" was created as an elite urban dish. The first mention of this recipe is found in the 1885 Beirut cookbook "Tizkarat al-Kahwatin Wa Ustaz al-Tabbakhin".



THE BRIDE BOURAN AND BATENJAN

In December 852, Baghdad witnessed a feast like no other. Harun al-Rashid, the celebrated Abbasid Caliph, was celebrating his marriage to Buran. The banquet included an eggplant dish. Back then, eggplants were feared and it is even said that the Arabic name "Bathinjan" derives from a Persian word meaning daemon's eggs. Once served at the lavish court of Baghdad, it gradually conquered the Arab world.

SLIK: REMEMBER THIS WORD

"Slik" is the generic Lebanese term given to seasonal, endemic, and edible plants and herbs. The know-how of when, how, and where to harvest them is known as "Teslik", which played a major role in Lebanese culinary heritage. It was prominent in times of crisis when "slik" herbs became precious ingredients for cooking. The wide variety of slik is largely unknown to the wider public.

NAYYE

- (n)

Habra Nayye
Finely pounded fresh raw lamb

17.00 \$
- (g)

Kebbe Nayye
Finely pounded fresh raw lamb mixed with burghul and homemade spices

17.00 \$
- (g)

Frake Jnoubiye
South Lebanon's traditional recipe of finely pounded fresh raw lamb with kammoune mix

17.00 \$



HOT MEZZA

- (n)

Hummus Kabab Karaz
Chickpea dip with glazed meatballs in a sweet and sour cherry sauce

14.50 \$
- (n)

Glazed Makanek
Pan-grilled Lebanese sausages served with Beit Kanz pomegranate molasses

15.00 \$
- (n) (d) (g)

Kebbe Halloumiye
Round flat kebbe with Halloum and basil

12.00 \$
- (d) (g)

Rkakat Jebne
Four cheese Lebanese spring rolls

8.00 \$
- (d) (g)

Crispy Halloum Dumplings with Tomato Jam
Fried halloum served with homemade tomato jam

12.00 \$
- (v)

Batata Harra
Sauteed potato cubes with coriander, garlic, and paprika

7.00 \$
- (g)

Chicken Shawarma Bites
Pan-grilled chicken slices with Beit Kanz homemade pickles mix, lettuce and garlic, served in pocket flatbread

12.00 \$

MEZZA SOKHN (HOT MEZZA)

Hot dishes are the second component of the Lebanese Mezza. They are served as a second course after the cold, green Mezza. This wide array of recipes reflects the delicate, yet simple mixture of meat, herbs, and seasonings that define the Lebanese culinary heritage.



SEVEN VARIETIES OF KEBBE

The name derives from the ancient Semitic “Kababu” which means grilled. It’s the national dish, served as part of both cold and hot Mezza, with seven varieties. Kebbe reflects the age-old interaction between sedentary and nomadic life spheres. The meat was provided by the nomad herders and the bourghul, herbs, and spices by the farmers.

Kebbe Labaniye (with yogurt), Kebbe Sfarjaliye (with quince), Kebbe ‘Aras (balls), Kebbe bel-Saniye (plate), Kebbe Nayye (raw), Kebbe Kezzebe (vegan/vegetarian), Kebbet Samak (fish)



(g)	Lahm Baajin Thin flatbread, layered with spiced ground meat	8.50 \$
	Asafeer 6 figbirds pan grilled with Beit Kanz pomegranate molasses	25.00 \$
(g)	Bizri Freshly fried whitebait, served with a side of lemon and tarator sauce	16.00 \$
	Calamari Provençale Fresh calamari from our sea, sauteed with butter, seasoned with fresh lemon, coriander and pepper	18.00 \$
(n)	Kabab Karaz All the way from Aleppo, this dish has conquered the Middle East: glazed meatballs in a sweet and sour cherry sauce	18.00 \$
(n)	Ras Asfour Sauteed tender beef cubes in a pomegranate sauce and pine seeds	21.00 \$
	Asbet Djej Chicken liver in a rich pomegranate sauce	12.00 \$
(g)	Arayes Kafta Fresh ground Kafta meat spread thin into grilled flatbread	12.00 \$
(n) (g)	Sambousik Lahme Golden, flaky turnovers, filled with a fragrant mix of minced beef and onions	10.00 \$
(n) (g)	Kebbe Balls Bulgur shells, filled with a fragrant mixture of minced meat, toasted almonds, and caramelized onions	10.00 \$
(v)	Batata Me'liyye Lebanese homemade fries	6.00 \$



A PHOENICIAN GOD FOR LIQUID GOLD: OLIVE OIL

Both the olive tree and olive oil extraction are native to the Middle East. Some of the oldest living olive trees in the world are found in Bchaaleh, in the highlands of Batroun, Lebanon. They are estimated to be 1,400 years old, possibly making them the oldest olive trees in Lebanon and the world at their altitude. For millennia, olive oil has been “The Pillar of the House”, as one proverb says, and one of the key ingredients in our food system. Phoenicians even had a god for olive oil, Eshmoun (SHMN: olive oil), and they used it in religious rituals and medicine. Phoenicians also helped spread the olive tree and olive oil extraction around the Mediterranean, especially in their colonies, like Carthage. Under Roman rule, olive oil became Lebanon’s most important cash crop alongside grapes, wine, and cereals. Our ancestors used olive oil not just for consumption and cooking, but also as perfume, anointment for the dead, soap, and light. Hippocrates called it “the great healer”, Homer “liquid gold”, and Galen praised its positive effects on health.



BEDRIYE: BUONGIORNO PADRE!

Green beans are native to Latin America and were introduced to Lebanon by western Catholic missionaries in the 18th century. The missionary priests spoke Italian or “Lingua Franka”, a common language in the Mediterranean. Lebanese referred to them as “Badre”, a term taken from the Italian “Padre” meaning father or priest. Their missions were called the “Bedriye” and the green beans they first grew received the same name.

FATTEH

(n) (d) (g)	Fattet Shish Barak Crispy meat dumplings, smothered in yogurt, crispy bread, and toasted almonds	14.50 \$
(n) (d) (g)	Fattet Batenjein Roasted eggplant layered with yogurt, toasted almonds, crispy flatbread and pomegranate molasses	13.50 \$
(n) (d) (g)	Fattet Hummus Boiled chickpeas smothered in yogurt, crispy bread and toasted almonds	10,00 \$
(n) (d) (g)	Shrimp Fatte Grilled shrimp layered over balila and crispy bread, finished with yogurt, coriander, pomegranates and pine nuts	19,00 \$
(n) (d) (g)	Fattet el Arous Mini rolled arayes layered with yogurt and crispy bread, finished with pine nuts, parsley and pomegranates	19,00 \$
	Add awarma (lamb confit)	7.00 \$



TABAQ: THE MAIN DISH

The main dish is usually served in times of festivities after the Mezza, with meat as the main ingredient. The Tabaq is also seasonal and served in round plates with exquisite geometrical designs. Meat was given a special place because it was rare, and when cooked, it had to be for a special occasion, religious or social.



GLORY TO RICE "EL 'EZZ LAL REZZ"

Rice was first introduced to the Arab World in the 9th century during the Abbasid period. Until the 19th century, it was an expensive ingredient only available for the wealthy because it was imported. All the current rice-based dishes in Lebanese cuisine were prepared with bourghul or frike, not with rice. This is why dishes that celebrate important feasts, such as births, are rice-based (like Meghle). This is also why, at Lebanese weddings, rice is thrown to show wealth. However, in the 19th century, rice prices dropped as it became affordable and easier to ship. So, it was gradually introduced to almost all recipes that originally had bourghul. This is why we have the famous saying "**el 'ezz lal rezz, wel bourghul shanaq halou**" which means "glory is now for rice, and bourghul hung itself". In honor of this older culinary tradition, Beit Kanz's Koussa b-Laban is stuffed with bourghul and not with rice.



TRADITIONAL
MAIN COURSE

EVERYDAY

Lahme Meshwiye 32.00 \$

Juicy flame-grilled meat skewers, served with hummus, charred onions, grape tomatoes, chili paste and fries

Shish Taouk 16.00 \$

Flame-grilled chicken breast squares served with garlic, pickles and fries

Kafta Meshwiye 18.50 \$

Grilled ground beef kafta, hummus, spicy tomato flatbread, biwaz, hummus and fries

Pan-grilled Chicken Shawarma 17.00 \$

Pan-grilled chicken slices with Beit Kanz homemade pickles, garlic and fries

Pan-grilled Beef Shawarma 24.00 \$

Beef strips, with roasted, biwaz, grape tomatoes, tahini sauce and fries

Djej Meshwe 17.00 \$

Grilled chicken breast with baked potato slices and leafy greens, served with a homemade garlic side dressing and crispy pickles

Mixed Grill for 2 People 38.00 \$

1 flame-grilled meat skewer, 2 shish taouk skewers, and 1 seasoned beef kafta skewer, served with hummus, chili paste, a homemade garlic side dressing, crispy pickles and grilled chili

Mixed Grill for 4 People 90.00 \$

4 flame-grilled meat skewers, 4 shish taouk skewers, and 4 seasoned beef kafta skewers, served with hummus, chili paste, a homemade garlic side dressing, crispy pickles and grilled chili



**BOURGHUL: THE FIRST PROCESSED
FOOD IN THE WORLD**

Bourghul is a key ingredient in Lebanese culinary heritage. It is as old as frike and is documented as far as the Roman period. Bourghul in Arabic means little pixels and refers to the technique our ancestors developed to process and preserve wheat for the longest period after the summer harvest. Almost all traditional recipes in Lebanon have bourghul.



GOURMET
DESSERTS

(n) (d) (g)	Bird's Nest Knefe Crispy katayfi, warm cheese and orange blossom syrup	10.00 \$
(d) (g)	Carob Tahini Fondant Served warm with a scoop of carob ice cream <i>(Order 15 minutes in advance)</i>	10.00 \$
(n) (d) (g)	Baklawas Maze Layers of crispy baklawas filled with a rose water pistachio mix and ice cream	12.00 \$
(d) (g)	Maamoul Jebne Warm buttery semolina shortbread filled with cheese	12.00 \$
(n) (d)	Rose Coconut Ice Cream Sandwich with Traditional Lebanese Cookies	11.00 \$
(n) (d) (g)	Um Ali Bread marinated in a homemade creamy mix, served warm with almonds and golden raisins	12.00 \$
(n) (d) (g)	Meghle Éclair Pâte à choux filled with creamy meghle, topped with spiced cremeux, almonds and pistachios	6.00 \$
(n)	Warm Meghle A mix of rice flour, anise, caraway and cinnamon, served the traditional way, warm, topped with almonds and pistachios	6.00 \$



MAAMOUL, FROM THE PHARAOHS TO MESOPOTAMIA
AND BEIRUT

It echoes one of the oldest desserts made by man in Ancient Egypt and Mesopotamia and reflects the quest for elegant taste and delicate joys in our culinary heritage during religious feasts. A few days before the feast, grandmothers and mothers of Lebanon prepare a dough with a generous amount of ‘Samna’ (ghee traditionally made by Bedouins), rose and orange blossom water. They would roll and fill it with crushed nuts and dates paste (tamr), press it into patterned wooden molds (Qaleb), and bake it. The aromas of freshly baked maamoul are a distinct scent of Lebanese houses in times of Eid.



MEGHLE:
THEY DRANK IT HOT!

For centuries, Meghle has been the dessert of joy and celebration in Lebanon and the Levant. Our ancestors expressed their happiness using their culinary skills. They used rice, imported either from China or Iraq, mixed it with sugar extracted from the sugar cane plantations around Beirut and Tripoli, and boiled it with spices imported from India and what is now Indonesia. This is where the name Meghle (boiled) comes from and, for centuries, it was served hot. Meghle was, until recently, the traditional Christmas delicacy in Lebanon.

YA SABER AYYOUB! AL-MUFATAQA

This is a tale of patience, sophistication, and tradition in a sweet dish. It is said that the Prophet Ayyoub, called “the patient and just”, came to Beirut to seek a cure for his skin illness. Tradition identifies Ramlet al-Bayda as the place where he bathed and found a cure by soaking herbs in water. To honor his memory and legendary patience, Beirutis celebrated his day on the last Wednesday of April on the white sands of their city, Ramlet el-Bayda, by praying, bathing symbolically in seven waves, and enjoying a special delicacy: al-Mufataqa. The name derives from an Arabic word meaning “torn apart” because it needed five hours of constant steering before the sesame oil of the tahini appeared on the surface. This celebration was organized by the women of Beirut who played a key role in sustaining this shared heritage between all the religious communities until it disappeared following the conflict of 1958. Al-Mufataqa reflects how Beirutis had an organic link with the sea. Its recipe exemplifies the history of Beirut as a trading hub on the spice road because it contains rice, turmeric, sugar, tahini, and pine nuts.



SHARABAT: SORBETS FROM LEBANON TO THE WORLD!

Sorbet is the ancestor of ice cream. The name derives from the Arabic “al-Sharabat”, or fresh drinks, traditionally made in Lebanon and the Levant from ice cubes, collected from the snow of Mount Lebanon and mixed with fruit juice. This basic recipe was taken in the late middle ages to the west where it became “sorbet”. Given that Venice and Genoa traded extensively with Beirut and other ports of the Levant, the recipe and name of Sharabat found its way to Europe, becoming the Sorbetto in Italy and the Sorbet in France.



YAQSAMA: MOLASSES AND SNOW

Before ice cream ever existed, Yaqsama was the traditional winter dessert in Lebanon. It consists of mixing molasses (carob or grape) with fresh snow.

THE WINE OF THE MEDITERRANEAN

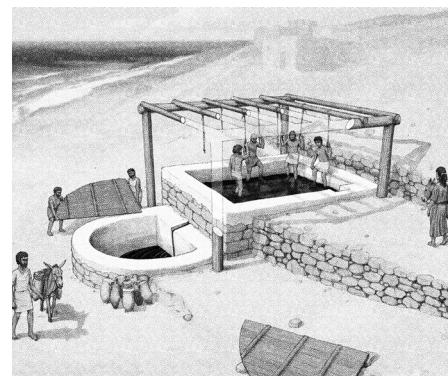
Small wine presses all over Lebanon perpetuate winemaking, in one of the oldest winemaking countries in the world.

Phoenician wine was acclaimed throughout antiquity. The recent discovery of a 2,600-year-old wine press in Tel el-Burak, near Saida, sheds light on winemaking by the Phoenicians, the seafarers who introduced vineyards and wineries in the ancient Mediterranean. They cultivated a culture of drinking wine that lives on in the beverage’s global popularity.

In the Bible, prophet Hosea mentions the “wine of Lebanon” as a symbol of something famous and valuable (14.8). Graeco-Roman sources describe the wine of Byblos as “fragrant”. The adjective “Byblin” (from Byblos) became a byword denoting high-quality wine. Sources also mention the wines of Tripoli, Batroun, Beirut, and Tyre.

Under the Ottoman rule, Orientalists who visited Mount Lebanon often mentioned the excellence of the local wine that they called “Vino d’Oro”, or golden wine.

In the 19th century, new techniques and grape varieties were introduced to Lebanon, giving wine production a new dynamic.



FOUR PHASES THAT SHAPED OUR FOOD



LEBANESE SUPERFOODS IN ANTIQUITY

Our ancestors cultivated the famous “Mediterranean Triad”: cereals, olives, and grapes. But they also cultivated other grains and legumes, raised goats, and extracted sweet and sour tastes from pomegranates, carob molasses, honey and summak. This earlier phase is echoed in some of the forgotten recipes that our elders call “Slik”.

THE ARAB AGRICULTURAL REVOLUTION: HELLO RICE, SUGAR AND CITRUS!

The transformation of agriculture and culinary habits happened between the 8th and the 13th century in the Middle East and in lands under Muslim rule. It saw the introduction of rice, citrus, banana, artichoke, sugar cane, granulated sugar, and eggplant. This revolution was first reflected in high-end urban cuisine, as shown in the Arabic cookbooks of the 10th century.

THE COLUMBIAN EXCHANGE: TOMATOES, POTATOES AND MEZZA

The discovery of the Americas in the 15th and 16th centuries brought new crops to the region that significantly modified its socio-ecological landscape. New plants, such as beans, corn, potatoes, and tomatoes, were integrated into the local diet. This coincided with the Ottoman rule in Lebanon. Imperial recipes and culinary traditions of the major cities of the empire left their mark on Lebanese cuisine. The Mezzé became Mezza and stuffed delicacies became a prime item in local recipes.

SILK AND GLOBALIZATION: FAREWELL BOURGHUL

In the 19th century, the integration of Lebanon into the world market through silk exports drove significant changes in food habits. With more money to spend on culinary goods, imports of sugar and rice rose considerably. It was during this period that Bourghul, once the main staple of the Lebanese diet, was replaced with rice. With Western influence, the French Mandate, and Globalization, Lebanese food was altered and changed, sometimes, beyond recognition.