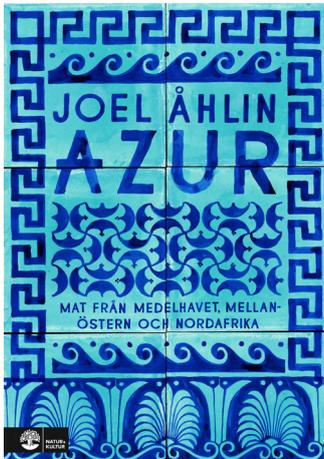


AZURE FOOD FROM THE MEDITERRANEAN, MIDDLE EAST AND NORTH AFRICA



Contents

- Preface
- Introduction
- Guide to fresh produce
- Southern Europe
- Middle East
- North Africa
- Index of recipes

Azur

Joel Åhlin
190x270, 160 p

– I like when food is as authentic as possible and taste is as close to the memory of a place, as you can get.

Mediterranean food is not just one food culture. Every region along the Mediterranean coast has its own identity depending on climate, geography, flora and fauna. At the same time the customs and traditions of different people have cross-fertilised one another over the centuries. In *Azur*, the chef Joel Åhlin makes a personal culinary trip to sample both the local specialities and the common denominators that tie together southern Europe, the Middle East and North Africa.

The impressions are many; the smell of the mixture of spices called *raz el Hanout* from the motley alleys outside the hierarchically-led exclusive kitchens in Marrakech, the charcoal-grilled lamb in Istanbul eaten with pitta bread dipped in the hot, tomato sauce *ezme*, the spicy Spanish chorizos in combination with grilled octopus, in the Catalan port of Cadaques.

Joel Åhlin looks for the common thread in the food cultures and finds a shared pride in the craft of the food producers, a natural sense of how and when to use the fresh produce, and not least, tasty dishes and distinct flavours.

The 60 recipes take us on a journey beginning in France and Spain, continuing East towards Greece and Turkey and all the way round to Morocco. The relations are many, from the French chick pea pancake *socca* and its Italian equivalent *farinata*, or *tsatsiki* and its Turkish namesake *cacik*. The descriptions are personal, but the ambition is for the flavours to take us from one place to another.



About the author

Joel Åhlin became interested in food already as a child, trained as a chef and has now been in the profession for 16 years. In 2016 he established the celebrated *Agrikultur* in Stockholm with his colleague chef Filip Fastén. Earlier Joel has been kitchen master at *Linje 10* and chef at *Le Rouge*. *Azur* is Joel's debut cookery book.



BENNET AGENCY
SÖDER MÅLARSTRAND 21
118 20 STOCKHOLM
SWEDEN
MOBILE: +46 704 67 42 70
WWW.BENNETAGENCY.COM

