Beat: Lifestyle

LE ZYRIAB BY NOURA - The LEBANESE CUISINE Tracing Back To Thousands Of Years

Since 2008, ARAB WORLD INSTITUTE, Paris

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USPA NEWS - The Lebanese Cuisine is an Ancient one and part of the Levantine Cuisine.. It includes an Abundance of Whole Grains, Fruits, Vegetables, Starches, Fresh Fish and Seafood ; Animal Fats are consumed sparingly. Poultry is eaten more often than Red Meat. Many Dishes in the Lebanese Cuisine can be traced back thousands of years to Eras of Roman and Phoenician Rule. More recently, Lebanese Cuisine was influenced by the different Foreign Civilizations that held Power.

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The Lebanese Diet focuses on Herbs, Spices, and Fresh Ingredients and relying less on Heavy Sauces. Mint, Parsley, Oregano, Garlic, Allspice, Nutmeg, and Cinnamon are the most common Seasonings. Bread, a Staple Food in Lebanon, is served with almost every Meal, most often as a Flat Bread, or Pita. Fruit, Vegetables, Rice, and Bread out-weigh the amount of Meat eaten in the average Lebanese Meal. However, the most commonly eaten Meats, Poultry and Lamb, make up some of the Country's most popular Dishes. Lebanon's variety of Fresh Fruits makes them popular After-Dinner Desserts. Baklava, a Sweet, Flaky Pastry, is usually associated with Greek Cuisine. However, the Lebanese have embraced the Dessert and normally prepare it with Pistachio Nuts, Drizzled with Rose-Water Syrup (the Greeks use Walnuts and Honey).

Arabs have a Reputation for Hospitality towards Guests that come to visit, even if the Visit was not planned (which most are not). Food is almost guaranteed to be Delicious and Filling.... Lebanese Food is Simply Extraordinary. Between the Sheer Abundance and Diversity of Dishes of a Traditional Meal, Lebanese Cuisine never fails to delight and satisfy. The Mediterranean Diet is generally considered to be one of the Healthiest in the World as it is Extremely Rich in Fresh Vegetables, Legumes and Grains...

LE ZYRIAB BY NOURA is a Gourmet Restaurant located, since 2008, on the 9th Floor (Rooftop) of the Arab World Institute in Paris (Institut Du Monde Arabe). The Restaurant is Complementary to "Le Café Littéraire" based on the Ground Floor, allowing you to enjoy Great Lebanese Dishes at a reasonable Price. The Zyriab By Noura is the Second Noura' Gourmet Restaurant becoming quickly one of the Greatest Oriental Restaurants in Paris and offering one of the Best Panoramic Views of Paris with its terrrasse (mostly on the Notre Dame de Paris Cathedrale).

Your can find several Noura Restaurants in Paris and its Surroundings : Le Zyriab By Noura, Maison Noura, Noura Marceau, Noura Opera, NOura Montparnasse, Noura Beaugrenelle, Noura Boulogne, Noura Val d'Europe, Noura Vélezy, Noura Val d'Europe Caterer, noura Marceau Caterer. They also organize all Kinds of Events working on "A La Carte" System, meeting Specific Customer Requests.

Source : Le Zyriab By Noura Restaurant @ Arab World Institute in Paris, on May 3, 2018.
Adress: 1 Rue des Fossés Saint-Bernard, 75005 Paris - Rooftop / Level 9 of the Arab World Institut

Ruby BIRD
http://www.portfolio.uspa24.com/
Yasmina BEDDOU
http://www.yasmina-beddou.uspa24.com/

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Editorial program service of General News Agency:
United Press Association, Inc.
3651 Lindell Road, Suite D168
Las Vegas, NV 89103, USA
(702) 943.0321 Local
(702) 943.0233 Facsimile
info@unitedpressassociation.org
info@gna24.com
www.gna24.com