



CLASSIC RECIPES, FROM
BAKLAVA TO FIG ICE CREAM

sweet middle east

ANISSA HELOU

PHOTOGRAPHS BY
LINDA PUGLIESE

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*For my friend Ilaria and my brother Joseph, who have been instrumental in my
successful transition from the art world to the food world.*

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introduction

I have a strong sweet tooth and I often say it's because my family name, Helou, means "sweet" in Arabic. ~~In truth, that has nothing to do with it.~~ Most people in the Middle East and North Africa have a serious penchant for all things sugary. Sweets occupy an important place in our lives, and every important occasion, rite of passage, or religious event has a specific sweet associated with its celebration. In fact, any occasion is a good enough reason to visit the sweet maker, whether to enjoy a snack while going about your daily business or to buy a treat to take to friends or family.

It's possible that this love of sweet things is a result of the Muslim prohibition against alcohol, with sugar from sweets replacing the sugar derived from alcohol. Perhaps sugar (from the Arabic word *sukkar*, derived from the Persian *shakar*) was so plentiful in the Middle East that a tradition of candy and pastry making was established. Sugarcane was originally grown in the tropical Far East; from there it was taken to India and China and on to Persia in the fifth century. After the Arabs invaded Persia in the seventh century they carried sugar with them to Egypt, North Africa, Sicily, Spain, and other places they conquered. When the Crusaders left the Middle East, they brought sugar with them back to Europe. Sugar was not the only sweetener available in the Middle East (honey and molasses from grapes, dates, and carob were and still are used as well), though it was plentiful there long before sugar became common in the West.

The sugar industry started in Egypt in the eighth century, and the Egyptians were considered pioneers in refining sugar. They're still major growers and producers of sugar, with more than three hundred million acres given over to growing sugarcane, which does not include the land on which sugar beets are grown. Iran is another country with an important sugarcane growing and refining industry.

Sweets are an essential part of the legendary Middle Eastern and North African hospitality, and they are ever-present in people's homes, stored in beautiful glass or metal boxes and placed on coffee tables in living rooms so hosts can offer them to guests with coffee, tea, or a refreshing drink. *Everyone* brings a gift when invited to someone's home, and sweets are often what visitors bring with them.

Wherever you go in the region, whether in the souks, bazaars, or the modern parts of cities, you find confections of all kinds. Some are piled high on carts by the roadside, others delicately arranged on huge metal trays in the shops of sweets makers. Don't assume that sweets sold on the street aren't as good as those displayed in elegant stores. Some may be of lesser quality, but others will have been lovingly prepared by the vendors in their homes and match those available at the finest shops.

Most people in the Levant still cook elaborate meals at home, though few home cooks prepare their own desserts, even if they know how. In North Africa, home cooks are very proud of their pastry-making skills. Apart from a few sweets such as *ma'mul* (see page 56) and various puddings that are considered the preserve of the home cook, most Levantines buy their desserts and pastries from specialty shops—just as many French and Italians do. In the Middle East and North Africa, however, these delicacies are enjoyed not so much for dessert at the end of the meal, when fruit is usually served, but rather for breakfast or between meals with coffee or tea.

As a child in Beirut, I often went with my mother or sometimes my father to buy sweets, simply as a treat for us to have at home or to take to my grandmother who lived in East Beirut, the Christian part of the city. We lived in West Beirut, the Muslim part, and it was there that all the great confectioners had their stores. They were mainly Muslim, with many having been in the business for generations. In the 1960s when I was growing up there, the most famous were the Samadis and the Bohsalis in Beirut and the Hallabs in Tripoli (the last two are still going strong, though Samadi Sweet Shop may have lost its shine). I speculate that most confectioners are Muslims because Christians had to be austere during the forty days of Lent. Muslims, on the other hand, enjoyed a feast every night during Ramadan (the Muslim month of fasting), with sweets taking center stage throughout that month as well as for the feast celebrating the end of Ramadan, Eid al-Fitr (known as Şeker Bayramı, Sugar Feast, in Turkey), and the even bigger feast a month or so later, Eid al-Adha. Christians celebrate with sweets as well, especially at Easter, but not so extravagantly.

What I never noticed when I lived in Beirut was the lack of access to the confectioners' kitchens. It was never a problem peeking into restaurant kitchens or watching bakers at work, but it wasn't until I started writing about food that I realized I had never been inside any sweets-makers' kitchens. That mysterious world was out-of-bounds to everyone except professionals. The very first time I visited Güllüoğlu's baklava kitchens in Istanbul, it felt like walking into an enchanted world: everything was cloaked in clouds of white dust (created by the cornstarch, which is used to keep the phyllo from sticking as it is rolled out). Men in white moved gracefully and dexterously, rolling out incredibly large, diaphanous sheets of phyllo dough, which they then flapped one by one before laying them on large metal trays, building layers interspersed with chopped nuts to make different types of baklava.

Later, I was fortunate enough to be allowed inside the kitchens of Pistache d'Alep in Aleppo, and there I finally discovered the art of making cotton candy (*ghazl al-banat* in Arabic), an extraordinary confection made by stretching caramel and coating it with toasted flour. As the caramel is stretched again and again, it separates into millions of incredibly fine strands that are then coiled into balls that melt on your tongue as you eat them, as if you were eating sweet air. Later still, I visited the kitchens of İmam Çağdaş in Gaziantep in southeastern Turkey, where the atmosphere was positively medieval. The wood fire in the oven cast a warm orange glow over the men, who made the baklava "dance" by pouring hot syrup over it. The syrup made the top layers of phyllo bob up and down, though never strongly enough to fly off the tray.

The repertoire of sweets is vast, from puddings to syrupy pastries to cookies to ice creams to candied fruit, nuts, and even some vegetables such as eggplant. From these I have chosen an exciting selection of recipes that can be made by amateur home cooks. The satisfaction of making a perfect *m'hanncha*, or almond spiral (or even an imperfect one), is empowering; serving your own homemade ice cream allows you to experiment with unusual flavors and combinations as well as impress whoever is lucky enough to eat it; and the cook will, like the best leavened pastry, puff up with pride.

Some ingredients may not be readily available in supermarkets, but you will have no problem finding them online or at specialty stores ([see Sources, page 162](#)). And most of these ingredients have a long shelf life; so to achieve superior results, it is worthwhile to source the best-quality

products you can find. Another compelling reason to make your own sweets is to experience the pleasure of eating these desserts, because it's unlikely that there's a master baker in your neighborhood equal to those in Beirut, Tripoli, Istanbul, or Gaziantep. Finally, there's great satisfaction to be had in mastering these intriguing confections.

And with that, I wish you happy sweets making—and eating.

organic eggs, milk, and sugar

I always use organic eggs and milk, mainly because I know that they come from properly raised animals, and also because they taste better. Of course they are more expensive, but the superior results are worth that extra cost. I also specify organic cane sugar in many recipes because it has a more distinct flavor than granulated white sugar. Because it is unrefined, organic cane sugar is golden hued, which slightly affects some dishes, making them a little darker in color, but I don't mind this. However, feel free to use standard white sugar if organic cane sugar is hard to come by where you live or if you are concerned about the cost.

a note about metric measurements

Recipes in this book use both U.S. and metric measurements. When converting U.S. weights and volumes to metric, I have opted to round to an amount that can be easily measured. For example, the exact metric equivalent of 1 ounce is 28.35 grams, but I have made 1 ounce equal to 30 grams. As weights get heavier, I have adjusted my conversions accordingly, and as a result, it is sometimes nearer to the exact weight in ounces. All recipes have been tested using both U.S. and metric measurements.



**halva,
puddings,
and
breakfast
sweets**

moroccan nut halva

◆ This healthful confection is prepared during Ramadan, the Muslim month of daytime fasting, and after childbirth as a restorative for the mother.

SERVES **6**

1²/₃ cups [250 g] unbleached all-purpose flour

³/₄ tsp ground aniseed

2¹/₄ tsp ground cinnamon

4 small grains mastic ([optional; see page 55](#)), finely ground in a small mortar with a pestle to yield
¹/₄ tsp powdered mastic

1¹/₄ cups [125 g] sesame seeds

¹/₂ cup [80 g] blanched almonds, toasted ([see page 25](#))

Heaping ¹/₂ cup [75 g] confectioners' sugar, plus more for sprinkling

¹/₃ cup [75 g] honey

1¹/₂ Tbsp unsalted butter

¹/₄ cup [60 ml] sunflower oil

Put the flour in a frying pan and place over medium heat. Toast the flour, stirring constantly, until it is golden, about 10 minutes—be careful not to let it burn, as it will turn bitter.

Transfer the flour to a large mixing bowl and let cool. Add the aniseed, cinnamon, and mastic (if using) and mix well.

Put the sesame seeds in a small skillet and place over medium heat. Toast the seeds, stirring constantly, until just beginning to change color, about 10 minutes. Let cool.

Process the sesame seeds, ¹/₄ cup [40 g] of the almonds, and the confectioners' sugar in a food processor until very finely ground. Add to the flour and mix well. Make a well in the center.

Heat the honey and butter in a small saucepan but do not let the mixture boil. Add to the well along with the sunflower oil and work together until you have a smooth paste.

Transfer to a shallow serving bowl and shape into a pyramid. Sprinkle with confectioners' sugar and arrange the remaining whole almonds in four lines fanning out from the top of the pyramid and in a line around the bottom. Serve immediately.

halva

Halva made with tahini is well known, but few people know how it's made. And I have to admit I didn't until many years ago, when I prepared it following a published recipe and nearly broke my food processor trying to grind the sesame seeds. I ended up with a halva that bore no resemblance to any I had ever eaten. A few years ago, I was being taken around the old souks of Aleppo by a wonderful character, Hassan Khoja, a burly man with an encyclopedic knowledge of all things Aleppine. We stopped at the shop of a friend of his, Omar Akesh, who sells tahini and halva that he produces in a sprawling and rather medieval space behind and above his shop.

To make tahini, Akesh roasts sesame seeds, and then soaks, hulls, and presses them. He boils soapwort roots to produce a brown liquid that when beaten miraculously turns into a brilliant white foam (because of soapwort's saponin content). He then mixes the foam with sugar syrup to produce a meringue-like dip called *natef* ([see page 59](#)). Then the *natef* is mixed with the tahini and the mixture is processed in three different stages. First it is churned in a big metal vat. Next it is beaten with a huge wooden pestle that is attached to an automated arm. After that comes the final stage, kneading: the mixture is transferred to a gorgeous large metal bowl with a round bottom, and the halva maker kneads the mixture as he would dough until it is smooth. He then portions out the halva and packs it in containers.

However, tahini halva is only one type of halva. There are many others, made with semolina or flour, that are prepared for specific occasions. Some cooks start toasting the flour on its own before continuing the browning process with the butter, while others brown the flour and butter together from the very beginning. Some cook the halva with the sugar syrup while others add the syrup away from the heat. And some don't even make any syrup, directly adding confectioners' sugar to the flour to produce a more brittle halva. In any case, flour or semolina halva is a lot easier and quicker to make than tahini halva; and it will keep for a few days, stored in an airtight container kept in a cool place. This kind of halva is basically a spoon sweet. It is either spread in a shallow bowl and then spooned onto individual plates—it has a smooth, creamy texture, a little like dense mashed potatoes—or it is shaped into quenelles for a prettier presentation. I sometimes cut it with tiny cookie cutters.

pumpkin halva

◆ Emirati Arabic is somewhat different from classical Arabic—we classic speakers call pumpkin *qara'*, they call it *boubar*. The food in the Arabian Gulf is also very different from that of Syria, Lebanon, Jordan, and Egypt. This dessert is a perfect example of the sweet-savory desserts that are typical of that part of the Middle East. The recipe was given to me by Umm Sa'id, a marvelous cook who has a huge catering kitchen in al-'Ayn, near Abu Dhabi. I have changed it slightly, using only all-purpose flour and not a combination of all-purpose with a coarser variety not widely available outside the Middle East. You can try replacing the all-purpose flour with fine semolina, but the dessert will be less smooth. You can substitute kabocha or butternut squash for the pumpkin, but do not use the inedible pumpkins used for jack-o'-lanterns. A nice touch is to put small orchids or other flowers in the middle of the platter or on the side if you are plating the dish.



SERVES **8 TO 10**

One 5½-lb [2.5-kg] pumpkin, peeled, seeded, and diced into 1-in [2.5-cm] cubes

4¹/₂ cups [1.1 L] water

2¹/₃ cups [350 g] unbleached all-purpose flour

1¹/₂ cups [300 g] organic cane sugar

³/₄ tsp saffron threads, lightly crushed between your fingers, plus a pinch of whole saffron threads

1¹/₂ tsp ground cardamom

2 Tbsp rose water

¹/₄ cup [55 g] ghee, preferably Emirati ghee ([see page 14](#)), plus more for garnish

Put the pumpkin in a large saucepan. Add the water and place over medium heat. Bring to a boil, lower the heat, and simmer until the pumpkin softens completely and absorbs most of the water, 25 to 30 minutes.

Meanwhile, put the flour in a large frying pan and toast it over medium heat, stirring constantly, until a nutty aroma rises and it darkens slightly, about 10 minutes. Be sure you don't burn the flour, which will make the halva bitter.

When the pumpkin is ready, mash it in the pan over low heat using a potato masher. Add the sugar and stir until completely dissolved. Add all the saffron and the ground cardamom. Add the rose water and mix well.

Gradually add the toasted flour and combine until you have a smooth mixture. Add the ghee and blend well. Place the lid over the pan and keep warm until ready to serve.

You can serve the halva the traditional way, spread in a shallow bowl and brushed with ghee, or you can make pretty quenelles and arrange these in a rosette on a plate, drizzling them with a little ghee. Serve immediately after plating.

ghee

Ghee (clarified butter) is known as *samneh* or *samna* in Arabic, and it is simply butter that has been stripped of its milk solids. It is a purer fat than butter, so it lasts longer and can be cooked at a higher temperature without burning. Many traditional confectioners use *samneh* but if you prefer to use butter you can, just make sure it is unsalted. You can easily make ghee yourself by heating butter in a saucepan until it starts foaming. Skim the foam, let the milk solids settle on the bottom of the pan, and then carefully pour the clarified butter into a clean jar; you can pour it through cheesecloth if you are finicky. Cover with a lid and store in a cool place or in the refrigerator to use when you need it. Kept covered in the refrigerator, ghee will last for several months. You can substitute olive oil for the butter or ghee. The result will be slightly different, but the recipes will still work. Emirati ghee is the same as any other except that a little turmeric and an Emirati spice mixture called *b'zar* are added to give the ghee a subtle flavor.

chickpea-flour halva

◆ *Khabiss*, a kind of crumbly halva, is a typical hospitality sweet in the Arabian Gulf. It's prepared with semolina or flour, with or without dates. This version is made with chickpea flour, ideal for those who are gluten-intolerant. You can replace the sugar with date syrup for a more intriguing sweet flavor, using 1 cup [240 ml] of date syrup loosened with 3 Tbsp hot water.

SERVES **4 TO 6**

Pinch of saffron threads
1/4 cup [60 ml] rose water
2 cups [250 g] chickpea flour (besan)
1 1/2 tsp ground cardamom
1 1/4 cups [250 g] organic cane sugar
1 cup [240 ml] boiling water
1/2 cup [110 g] unsalted butter, melted
2 Tbsp slivered or chopped pistachios

In a small bowl, combine the saffron and rose water and set aside to infuse.

Put the chickpea flour in a large frying pan and place over medium heat. Toast, stirring continuously, until the aroma rises, 8 to 10 minutes. You want the color to lighten slightly; be careful not to burn it or it will be bitter. Add the ground cardamom. Mix well and remove from the heat.

Put the sugar in a medium saucepan and place over medium heat. Let the sugar melt, stirring occasionally, and cook until it turns golden, 10 to 15 minutes. As with the flour, be careful not to let the sugar burn. As soon as the sugar is ready, carefully and slowly add the boiling water. It will splatter, so use a long-handled ladle and make sure you keep well away from the pan as you add the water.

Return the chickpea flour to medium heat. Add the melted butter and whisk until well blended. Then add the sugar water and mix well. Turn the heat to the lowest setting and cover the pan. Let steam for about 15 minutes, stirring occasionally. Remove from the heat and add the saffron-rose water mixture.

Transfer the halva to a shallow serving bowl and scatter the pistachios over the top. Serve warm, or within an hour or two of making.

almond pudding

◆ *Fuqara* means “poor” in Arabic, and I don’t know why the word is applied to this pudding. The ingredients aren’t particularly associated with poverty, so perhaps this pudding was distributed to the indigent. Who knows? I like to play with the flavor, sometimes replacing the almond extract with the seeds from one vanilla bean, and sometimes I add ground ginger to the almond extract to give the pudding a subtle spicy flavor. Variations like these can be added at the same point in the recipe as the almond extract. You can also make it with almond milk or, if you can find it, use goat milk instead of the more readily available cow’s milk. You can store this pudding, covered with plastic wrap, in the refrigerator for up to 2 days.

SERVES **4** TO **6**

4 cups [960 ml] whole milk
3/4 cup [60 g] almond meal
1/4 cup [40 g] rice flour or cornstarch
1/3 cup [60 g] organic cane sugar
1/2 tsp almond extract
1 to 2 Tbsp slivered or chopped pistachios

Put 3 1/2 cups [840 ml] of the milk in a saucepan over medium heat. Bring to a boil, stirring occasionally—watch it toward the end so as not to let it boil over. As it starts to boil, add the almond meal. Turn the heat to medium-low and let simmer, stirring regularly, until the almond meal has softened and expanded, about 10 minutes.

In a small bowl, mix the rice flour with the remaining 1/2 cup [120 ml] milk, stirring until completely smooth. Slowly whisk the starch mixture into the simmering milk and cook, whisking all the time, for about 5 minutes until the mixture has thickened.

Add the sugar and continue whisking until completely dissolved. (Taste and adjust the sweetness to your liking, adding a little more sugar if necessary.) Remove from the heat and stir in the almond extract.

Pour the pudding into one large serving bowl or four to six individual bowls, depending on the size. Let cool. Serve at room temperature garnished with the pistachio or refrigerate to serve chilled, reserving the garnish until just before serving.

turkish saffron rice pudding

◆ Rice pudding is common across the Middle East and North Africa, with each country having its own variation. The Lebanese, Syrians, Egyptians, and Moroccans prepare it with milk, while the Turks and Iranians have a less creamy but equally luxurious version served at weddings and circumcisions that is flavored with saffron, the world's most expensive spice. In Turkey, the pudding is called *zerde*, from the Persian *shol-e zard*, and unlike the others, it is made with just water. Here, you can use either short-grain rice for a more mushy texture that resembles congee, or the superior Calasparra (paella) rice, which retains its shape even when cooked for a long time. Made with the latter, your pudding will have more texture, with the grains remaining separate even when very soft. You can store the ungarnished rice pudding, covered with plastic wrap, in the refrigerator for up to 2 days; bring to room temperature before serving.



SERVES **6**

$\frac{1}{2}$ tsp saffron threads

2 Tbsp rose water

Heaping $\frac{1}{2}$ cup [110 g] Calasparra rice or other short-grain rice

$\frac{3}{4}$ cup plus 2 Tbsp [175 g] superfine sugar

1 Tbsp slivered almonds

1 Tbsp slivered or chopped pistachios, plus more for garnish

Pomegranate seeds for garnish (optional)

Put the saffron threads to soak in the rose water.

Rinse the rice under cold water to get rid of some of the starch and put in a saucepan. Add 5 cups [1.2 L] water and place over medium heat. Bring to a boil. Add the sugar. Turn the heat to low and let simmer for about 30 minutes, or until the rice has expanded and is very soft.

Add the nuts, saffron–rose water mixture, and another $\frac{1}{4}$ cup [60 ml] water. Simmer for another 5 minutes. The rice should be like a thin porridge; it will thicken as it sits. Divide equally among six individual bowls or pour into one large serving bowl. Let cool to serve at room temperature, garnished with more pistachios and pomegranate seeds, if desired.

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