

Stilton Literary Agency



Aubergine and Tahini

Original title: Aubergine og tahini. Hverdagsmat fra Tyrkia, Midtøsten og bortenfor
Publisher: Cappelen Damm 2020
Non Fiction / Cookbook
Norwegian PDF

Aubergine & tahini has been a commercial success in Norway, where it quickly achieved best-seller status and is currently in its 5th print.

Most are familiar with the kebabs and meze, but the true gems of Turkish and Middle Eastern cooking are the dishes that people cook at home, passed down from one generation to another. *Aubergine & Tahini – Everyday Food from Turkey, the Middle East & beyond* takes you on a journey through the home cooking of Turkey, the Middle East and neighbouring cuisines. The book is centred around 90 delicious recipes that are simple to make, with most being ready in thirty minutes or less. But the book is more than a collection of recipes, being bound together by inspiring anecdotes and insights into the local food culture and traditions, based on the author's experience of living in Istanbul for several years and travelling the region.

The recipes in the book have been carefully selected to be easily replicated with ingredients available in most countries, and remain true to the authentic flavours of the region. The book covers a broad range of dishes, from breakfasts to salads, soups, stews and baked goods. A special chapter is dedicated to the region's social food, such as mantı (Turkish dumplings) and dolma (stuffed vine leaves), which is often made together by a group of friends or family members. In keeping with the vegetable-forward approach in the region's cuisines, the book is suitable for vegetarians and meat eaters alike.

Vidar Bergum

Vidar Bergum is a Norwegian food writer based in Istanbul. His cookbooks have introduced Norwegians to the foods and culinary traditions of Turkey and the Middle East. Vidar regularly appears in Norwegian media as an expert on Turkey as well as Turkish and Middle Eastern cuisine, and also writes the popular blog *A kitchen in Istanbul* in both English as well as Norwegian.

Other titles

Delicious! (2022)
Hummus and Pomgranate (2018)