

Stilton Literary Agency



Aicha's Mediterranean Cooking. The kitchen of the sun

Original title: Aishas middehavsmat. Solens kjøkken
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Non Fiction / Cookbook
Norwegian PDF

This inspiring cookbook is crammed with colourful, tempting Mediterranean classics and Aicha's own recipes based on the food culture around the Mediterranean - *the kitchen of the sun*.

In Aicha's Mediterranean Cooking - the kitchen of the sun, you will find simple and tasty recipes, with ingredients and preparation methods that are part of a Mediterranean diet. Let yourself be inspired and create a sunny food moment that you can share with friends and family. Here you'll find fresh, brightly colored salads, simple small dishes, varied grilled food and delicious fish dishes. This is wonderful food with many flavors that can be enjoyed all year round.

There is no simple definition of "Mediterranean cuisine", but a common denominator for the Mediterranean diet is the use of olive oil, in addition to plenty of fresh vegetables, fish, fruit, legumes, herbs, garlic, nuts and grains. Enjoy!

Follow Aicha on Instagram: @aichabouhlou

Aicha Bouhlou

Aicha Bouhlou loves to cook! She was born in Morocco, grew up in Germany and is living Bergen. For large parts of her adult life, she has worked with art communication and has run a gallery in Bergen. In 2012 she closed her art gallery and started with photography and took pictures of the food she cooked every day. The photos were first shared on Instagram, and received an overwhelming response. In December 2015, she started the blog: Aicha's food which eventually led to the publication of her first book called AICHA'S KITCHEN followed by GREEN DISHES and MOSTLY GREEN.

Aicha's food is inspired by her multicultural background and her love for vegetables. Aicha makes simple everyday food with ingredients you can easily get your hands on!

Other titles

A tasteful journey from Marrakech to Beirut (2025)
Fanciful Salads (2021)
Mostly Green (2019)
Green dishes (2017)