

Beat: Lifestyle

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

Since 2008, ARAB WORLD INSTITUTE, Paris

PARIS - BEIRUT, 06.05.2018, 10:01 Time

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.

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. In Lebanon, very rarely are Drinks served without being accompanied by Food. Similar to the Tapas of Spain, Mezeluri of Romania and Aperitivo of Italy.

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 terrasse (mostly on the Notre Dame de Paris Cathedrale).

You 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/>

Article online:

<https://www.uspa24.com/bericht-13325/le-zyriab-by-noura-the-lebanese-cuisine-tracing-back-to-thousands-of-years.html>

Editorial office and responsibility:

V.i.S.d.P. & Sect. 6 MDSStV (German Interstate Media Services Agreement): Ruby BIRD & Yasmina BEDDOU (Journalists/Directors)

Exemption from liability:

The publisher shall assume no liability for the accuracy or completeness of the published report and is merely providing space for the submission of and access to third-party content. Liability for the content of a report lies solely with the author of such report. Ruby BIRD & Yasmina BEDDOU (Journalists/Directors)

Editorial program service of General News Agency:

UPA United Press Agency LTD

483 Green Lanes

UK, London N13NV 4BS

contact (at) unitedpressagency.com

Official Federal Reg. No. 7442619