

GASTRONOMY



The Lebanese gastronomy is a rich mixing of various products & ingredients coming from the diverse Lebanese regions. At a time where the Mediterranean diet was proven to be one of the healthiest diets in the world. The Lebanese cuisine succeeded in combining health & pleasure.

Olive oil, herbs, spices, fresh fruits & vegetables are commonly used, as well as dairy products, cereals, fishes & meat. The Mezze, an elaborate variety of hot & cold dishes, had made the Lebanese cuisine renowned worldwide. A typical mezze may consist of salads such as the Tabboule & Fattouch, or the Hommos & Moutabal, some patties such as the Sambousseks & finally the stuffed grape leaves. The Lebanese flat pita bread is essential to every Lebanese meal & can be used to replace the usage of the fork. Not to forget our local pastry namely Baklava, Halawa, Kunafah, maamoul & many more.

In Lebanon, one can find the taste of home with the variety of international restaurants that we have. Mexican, American, Asiatic, French & Italian.

Everyone in Lebanon can find its interests in terms of type of food or budget. Restaurants, pubs & nightclubs are all pleasant & welcoming where you can stay until dawn.

Lebanon, above all, the country of "Arak". Arak is an anise-flavored liquor similar to Pastis (the French version), Sambuca (the Italian version, or Ouzo (the Greek version). It is drunk as an aperitif or with mezzes & entrées. Another Lebanese drink worth savoring is Lebanese wine which is now enjoying a worldwide reputation. Wineries are primarily found in the Bekaa valley, where arid, sunny days & cool evenings create the perfect vineyard climate. We can find Châteaux Ksara, Kefraya, Château Musar (located in Mount Lebanon region near Beirut), Domaine des Tourelles, Wardy, Karam, Ixir, Bellevue, Massaya, etc.