



Hacienda de Vega International Nights

Lebanon

May 14, 2011

Join us for a night of Middle Eastern Tradition as we host our first International Night, featuring the foods of Lebanon.

The Lebanese gastronomy is a rich mixture of various products and ingredients coming from the different Lebanese regions. Olive oil, herbs, garlic and lemon are typical flavours found in the Lebanese diet.

A unique cultural past has helped make Lebanese food the most popular of all Middle Eastern cuisines. For most of its past, Lebanon has been ruled by foreign powers that have influenced the types of food the Lebanese ate. From 1516 to 1918, the Ottoman Turks controlled Lebanon and introduced a variety of foods that have become staples in the Lebanese diet.

After the Ottomans were defeated in World War I (1914–1918), France took control of Lebanon until 1943, when the country achieved its independence. During this time, the French introduced some of their most widely eaten foods, particularly treats such as flan, a caramel custard dessert dating back to the 16th century, and buttery croissants.

Lebanese food is so delicious that it is claimed by many countries in the Middle East. The Lebanese themselves have also helped bring foods of other cultures into their diet. Ancient tribes journeyed throughout the Middle East, carrying with them food that would not spoil easily, such as rice and dates.

The Mezze, an elaborate variety of thirty hot and cold dishes, had made the Lebanese cuisine renowned worldwide. A typical Mezze may consist of salads such as the Tabouleh and Fattoush, together with dip such as Hummus, Baba ghanoush or Moutabal, Kebbeh and some patties such as the Sambusacs and finally stuffed grape leaves.

The Lebanese flat bread is essential to every Lebanese meal, and can be used to replace the usage of the fork.

~ Menu ~

Hummus

Traditional hummus drizzled with extra virgin olive oil with freshly baked Lebanese pita bread.

Fatoosh

One of Lebanon's most popular salads. A fresh mix of greens with chopped parsley, tomato, cucumber, mint, green onions and green peppers is combined with toasted pita-bread and tossed with a an olive oil, sumac-lemon dressing.

Kibbe

Traditional Middle Eastern meatballs stuffed with onions, pine nuts, and walnuts.

Zbanech

A freshly baked flaky pie stuffed with spinach, lemon infused onions, and sumac.

Warak Enab

Wrapped grape leaves stuffed with rice, parsley, green onions and mint cooked with extra virgin olive oil.

Saj

Lebanon's most popular comfort food! Freshly prepared dough topped with a variety of toppings of your choice, including a blend of cheeses, zaatar (Lebanese oregano), or seasoned ground beef. Cooked on-site, on a traditional , portable oven.

Join US!

Saturday May 14, 2011 @ 6pm
The River Lounge @ Hacienda de Vega
\$25 pp (presale) / \$35 pp (at the door)

Live Middle Eastern Entertainment

For more information or to reserve
www.haciendadevega.com
ayman@haciendadevega.com



Hacienda de Vega

International Nights – Lebanon
Saturday May 14, 2011 - 6:00pm

Today's Date: _____

Mr./Mrs: _____

Phone: _____ email: _____

Number of Guests _____ x \$25 = _____

Credit Card Type _____ Number _____

Expiration: _____ Signature _____

Please fill out this form and fax it back to us @ (760) 738-9806.