

## A Review of “Traditional Foods: History, Preparation, Processing and Safety” by Mohammed Al-Khusaibi, Nasser Al-Habsi and Mohammad Shafiur Rahman (Editors). Springer Nature, Switzerland AG, 2019. ISBN: 978-3-030-24619-8

### Book Review

This 302 pages book covers a plethora of traditional foods from the MENA region (North Africa and GCC countries), the Mediterranean region as well as from India and China. The book is divided in 10 chapters. Chapter 1 is a very short but concise introduction and overview of traditional foods around the world. Chapters 2 to 8 deal with traditional foods from different parts of the world. Chapter 2: Arab Traditional Foods: Preparation, Processing and Nutrition. Chapter 3: GCC Traditional Foods: Preparation and Processing. Chapter 4: traditional foods in Maghreb: Production and Research progress. Chapter 5: Chinese Traditional Foods: Preparation and Processing. Chapter 6: Indian Traditional Foods: Preparation, Processing and Nutrition. Chapter 7: Mediterranean Foods and Human Health. The chapters also deal with a diversity of ingredients; vegetables, fruits, meat, fish and dairy products and a diversity of methods of preparation, such as cooking, drying, fermentation, and spices. Each chapter, with some variations, talks about ingredients, preparation/processing methods, nutritional values, custom of eating, and safety. Many traditional foods discussed in this book provide excellent nutrition from sustainable resources, with some containing nutraceutical properties that make them not only a source of cultural and traditional value, but also valuable options for addressing the growing need for food resources.

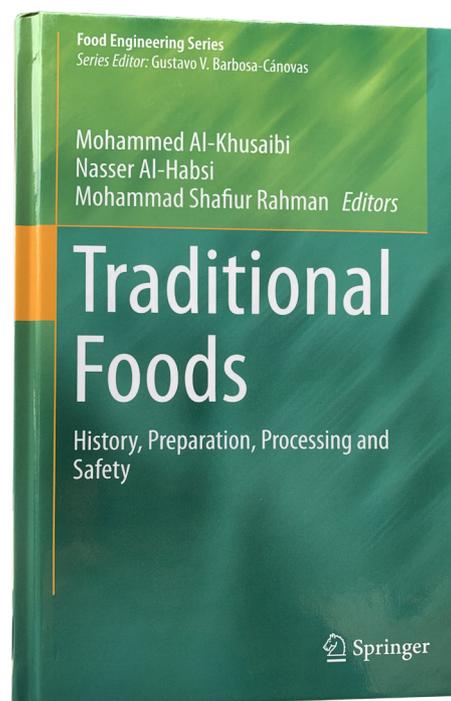
What is novel about this book is that the concepts of safety, sensory properties and food laws and regulations are not omitted as the book dedicated 3 chapters to these topics. Chapter 8: Safety, Nutrition and Functionality of Traditional Foods; Chapter 9: Laws and Regulations of traditional Foods: Past, present and Future. Chapter 9 is supported with examples of legislations from the European Union, the Middle East, Africa, China, South East Asia, and Latin America. Chapter 10 talks about the pleasure and excitement that traditional foods provide to the consumer. This chapter also discusses the role of spices on the sensory attributes of traditional foods as well as the sensory aspects of selected traditional foods.

Information provided in each chapter is well referenced. Most of the chapters are complemented by an illustration of the different foods and their preparation through colorful and attractive pictures. The contributing authors of the book are experts in food science and

technology, food safety, food laws and regulations, and nutrition; they represent various regions of the world.

Even though the book is appropriately named, it gives the impression that it covers traditional foods from all over the world. Traditional foods from Europe, the Americas, sub-Sahara Africa and Oceania are however not covered in this book. The editors with their experience may consider the edition of a second book that includes traditional foods from the missing regions.

This book is the first scientific reference that addresses the importance of the traditional foods in the life of people in the covered geographical regions. It is an excellent compilation of information on traditional foods and may serve as a reference and a resource for food scientists and nutritionist in academia and the food industry. It may also be recommended as a supplementary reference book reference for graduate and undergraduate in food science and nutrition, home economics and other social sciences fields. It is also recommended for libraries or individuals having a special interest in foods. I enjoyed reading this book.



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