

### Sherbet and Spice: The Complete Story of Turkish Sweets and Desserts

Mary Isin



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One hundred sculpted sugar lions, baklava the size of cartwheels a thousand layers thick, helva made in memory of the dead, rose jam in a hundred pots of Dresden china, violet sherbet for the sultan, and parrots addicted to sugar . . . the stories behind Turkey's huge variety of sweets and puddings, valued not only for their taste but as symbols of happiness, good fortune, and goodwill, are as fascinating as their flavor. This riveting exploration of their history and role in Turkish culture is a voyage of adventure, taking us from the sultan's palace to the homes of ordinary people in Turkey's villages and towns, and beyond to Central Asia, Persia, Arabia, and Egypt.

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