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If you are planning on travelling to any of these places, this would be an excellent guide about the types of food you would encounter. Spain is covered in more detail because, obviously, that is one country. The Middle East & Africa are a bit more broad and there is a variety of recipes from different countries in Africa & the Middle East.

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**List of explorers - Wikipedia**

Arabs, Turks, Persians, Kurds, and Azeris (excluding Azerbaijan) constitute the largest ethnic groups in the region by population. Arabs constitute the largest ethnic group in the region by a clear margin. Indigenous minorities of the Middle East include Jews, Baloch, Assyrians, Berbers (who primarily live in North Africa),...

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