

The Saffron Tales Recipes From The Persian Kitch

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The Stationery Shop Marjan Kamali 2019-06-18 ONE OF NPR'S BEST BOOKS OF 2019 From the award-winning author of *Together Tea*—a debut novel hailed as “compassionate, funny, and wise” by Jill Davis, bestselling author of *Girls’ Poker Night*—comes a powerful love story exploring loss, reconciliation, and the quirks of fate. Roya is a dreamy, idealistic teenager living in 1953 Tehran who, amidst the political upheaval of the time, finds a literary oasis in kindly Mr. Fakhri’s neighborhood book and stationery shop. She always feels safe in his dusty store, overflowing with fountain pens, shiny ink bottles, and thick pads of soft writing paper. When Mr. Fakhri, with a keen instinct for a budding romance, introduces Roya to his other favorite customer—handsome Bahman, who has a burning passion for justice and a love for Rumi’s poetry—she loses her heart at once. And, as their romance blossoms, the modest little stationery shop remains their favorite place in all of Tehran. A few short months later, on the eve of their marriage, Roya agrees to meet Bahman at the town square, but suddenly, violence erupts—a result of the coup d’etat that forever changes their country’s future. In the chaos, Bahman never shows. For weeks, Roya tries desperately to contact him, but her efforts are fruitless. With a sorrowful heart, she resigns herself to never seeing him again. Until, more than sixty years later, an accident of fate leads her back to Bahman and offers her a chance to ask him the questions that have haunted her for more than half a century: Why did he leave? Where did he go? How was he able to forget her? *The Stationery Shop* is a beautiful and

timely exploration of devastating loss, unbreakable family bonds, and the overwhelming power of love.

The Saffron Tales Yasmin Khan 2016-07-14 'Barberries, fresh herbs, date molasses, dried limes, saffron; Yasmin's Persian pantry staples are a roll call of my favourite ingredients. Her recipes are a mouthwatering showcase of a beautiful country' Yotam Ottolenghi 'Not just a great cookbook but a book full of stories – a love letter to Iran and its people' Diana Henry Armed with little more than a notebook and a bottle of pomegranate molasses, British-Iranian cook Yasmin Khan traversed Iran in search of the country's most delicious recipes. Her quest took her from the snowy mountains of Tabriz and the paddyfields of Gilan to the cosmopolitan cafés of Tehran and the pomegranate orchards of Isfahan, where she was welcomed into the homes of artists, farmers, electricians and teachers. Through her travels, she gained a unique insight into the culinary secrets of the Persian kitchen and the lives of ordinary Iranians today. In *The Saffron Tales*, Yasmin weaves together a tapestry of stories from Iranian home kitchens with exclusive photography and fragrant, modern recipes that are rooted in the rich tradition of Persian cooking. All fully accessible for the home cook, Yasmin's recipes range from the inimitable fesenjoon (chicken with walnuts and pomegranates) tokofte berenji (lamb meatballs stuffed with prunes and barberries) and ghalyieh maygoo (prawn, coriander and tamarind stew). She also offers a wealth of vegetarian dishes, including tahcheen (baked saffron and aubergine rice) and domaj (mixed herb, flatbread and feta salad), as well as sumptuous desserts such as rose and almond cake, and sour cherry and dark chocolate cookies. With stunning photography from all corners of Iran and gorgeous recipe images, this lavish cookbook rejoices in the land, life, flavours and food of an enigmatic and beautiful country.

Food of Life: Ancient Persian And Modern Iranian Cooking and Ceremonies Najmieh Batmanglij 2021-02-09
Food of Life: Ancient Persian and Modern Iranian Cooking and Ceremonies by Najmieh Batmanglij provides a treasure trove of recipes, along with an immersive cultural experience for those seeking to understand this ancient and timeless cuisine. This edition is a more user-friendly edition of the award-winning and critically acclaimed cookbook series which began in 1986. Food of Life provides 330 classical and regional Iranian recipes as well as an introduction to Persian art, history, and culture. The book's hundreds of full color photographs are intertwined with descriptions of ancient and modern Persian

ceremonies, poetry, folktales, travelogue excerpts and anecdotes. The book began in exile after the Iranian Revolution of 1979 as a love letter to Batmanglij's children. Today, as accomplished adults in their own fields, her two sons, Zal and Rostam, encouraged her to redesign the book for their generation. *Food of Life* propels Persian cooking into the 21st Century, even as it honors venerable traditions and centuries of artistic expression. It is the result of 30 years of collecting, testing and adapting authentic and traditional Persian recipes for the American kitchen. Most of its ingredients are readily available throughout the U.S. enabling anyone from a master chef to a novice to reproduce the refined tastes, textures, and beauty of Persian cuisine. Food-related pieces from such classics as the 10th century *Book of Kings*, and *1,001 Nights* to the miniatures of Mir Mosavvar and Aq Mirak, from the poetry of Omar Khayyam and Sohrab Sepehri to the humor of Mulla Nasruddin are all included. Each recipe is presented with steps that are logical and easy to follow.

Persian Food from the Non-Persian Bride Reyna Simnagar 2010-12-01 This new Kosher cookbook is unlike anything you have seen before. It offers an enticing collection of Persian and Middle Eastern recipes, from simple snacks to a full-blown feast! With over 100 stunning color photos and clear step-by-step instructions, you will be able to produce with ease a lavish spread of dishes from traditional well known Persian favorites to outright exotic. This book also offers sample Persian menus for all Jewish holidays and customs (minhagim) Persian Jews practice. More than just a cookbook, *Persian Food from the Non-Persian Bride* is the odyssey of a Venezuelan woman venturing into the unknown and mysterious world of Persian Jewry through marriage. This book is full of hilarious, and at times ironic, accounts of what happens when soul mates are not from the same origin. This book is a celebration of Jewish cultural diversity. This book will inspire you, make you laugh and make you an incredible exotic kosher cook!

Saffron Ice Cream Rashin Kheiriyeh 2018-05-29 A joyous celebration of a girl's first family outing in a new country "With her colorful, exuberant folk-art illustrations and upbeat, friendly tone, Rashin makes a daunting cross-cultural leap seem as easy as a summer breeze." -- New York Times Book Review Rashin is excited about her first visit to the beach in her family's new home. On the way there, she remembers what beach trips were like in Iran, the beautiful Caspian Sea, the Persian music, and most of all, the saffron ice cream she shared with her best friend, Azadeh. But there are wonderful things in this new

place as well -- a subway train, exciting music... and maybe even a new friend!

The Persian Kitchen Neda Afrashi 2006 Persian Cooking.

My Little Persian Kitchen Rebekah Jones 2020-08-27 My Little Persian Kitchen is a collection of incredible flavours, visually stunning food and stories inspired by Persia. As you journey through this book you will learn about the delicate herbs and spices used in both modern and traditional Persian cooking, and the secret ingredient, time. You can expect to find flavours ranging from the smoky woody notes of cardamom to the delicate flavours of saffron and everything in between. The recipes in this book will delight and have you going back time and time again. My Little Persian Kitchen is a sultry assault on the senses!

The Flavor Matrix James Briscione 2018 One of Smithsonian Magazine's Ten Best Food Books of the Year A revolutionary new guide to pairing ingredients, based on a famous chef's groundbreaking research into the chemical basis of flavor As an instructor at one of the world's top culinary schools, James Briscione thought he knew how to mix and match ingredients. Then he met IBM Watson. Working with the supercomputer to turn big data into delicious recipes, Briscione realized that he (like most chefs) knew next to nothing about why different foods taste good together. That epiphany launched him on a quest to understand the molecular basis of flavor--and it led, in time, to The Flavor Matrix. A groundbreaking ingredient-pairing guide, The Flavor Matrix shows how science can unlock unheard-of possibilities for combining foods into astonishingly inventive dishes. Briscione distills chemical analyses of different ingredients into easy-to-use infographics, and presents mind-blowing recipes that he's created with them. The result of intensive research and incredible creativity in the kitchen, The Flavor Matrix is a must-have for home cooks and professional chefs alike: the only flavor-pairing manual anyone will ever need.

The Friendship Poems of Rumi Rumi 2020-09-15 The Friendship Poems of Rumi is an elegantly illustrated gift book of the famous Rumi's poems, translated by Nader Khalili, that center on the meaning of friendship and its many beautiful meanings.

Ripe Figs Yasmin Khan 2021-04-01 'Food writing at its best, a moving and beautiful book' Nigella Lawson

Food and travel writer Yasmin Khan travels through Greece, Turkey and Cyprus sharing vibrant recipes and powerful stories from a region that has long stood as a meeting point between Europe and the Middle East. Traveling by boat and land, Yasmin Khan traces recipes that have spread from the time of Ottoman rule, to the influence of recent refugee communities. At the kitchen table, she explores what borders and identity mean in an interconnected world. Featuring more than 80 delicious, easy-to-cook recipes that put vegetables centre stage and unite around thickets of dill and bunches of oregano, zesty citrus and sour pomegranates, sweet dates and soothing tahini and include dishes such as tomato and za'atar salad, courgette and feta fritters, pumpkin and cardamom soup, and pomegranate and sumac chicken. Illustrated with stunning food and location photography, Ripe Figs is a dazzling collection of recipes and stories that celebrate an ever-diversifying region and imagine a world without borders. 'Once again, Yasmin Khan invites her readers to the table for both the dishes she serves and the stories she tells' Yotam Ottolenghi

Saraban Greg Malouf 2010-11-01 Following on from the success of their award-winning books, Saha and Turquoise, Greg and Lucy Malouf now explore one of the world's earliest and greatest empires: Saraban is an unforgettable journey through the culinary landscapes of ancient Persia and modern-day Iran. Persian cooking is one of the oldest and most sophisticated cuisines in the world and its influence has spread across India and the Middle East to North Africa and the Iberian Peninsula and even through Medieval Europe. It's a cuisine that is subtle, elegant and alluring, which rejoices in rice, uses fresh herbs in abundance and combines meat, fish, fruit and vegetables with exotic spices, such as saffron, cardamom and dried limes. In Saraban, Greg and Lucy discover a land where the rich diversity of climate, countryside, architecture and poetry provide a fitting background for an equal variety and richness of cuisine. Join them as they visit bustling bazaars and tiny soup kitchens, pick saffron before dawn and fish, in time-honoured tradition, from wooden dhows in the Persian Gulf. Then discover the joy of Persian cooking for yourself with the mouth-watering recipes that Greg has created for the home kitchen, as he mixes centuries of tradition with modern techniques and flavours for both the home cook and experienced chef.

Dinner in an Instant Melissa Clark 2017 Inspired by her viral New York Times article "Why Do Cooks Love the Instant Pot(R)? I Bought One to Find Out," Melissa Clark's Dinner in an Instant has all new recipes

that bring her signature flavor-forward dishes to everyone's favorite countertop appliance. *Dinner in an Instant* gives home cooks recipes for elevated dinners that never sacrifice convenience. Beloved for her flawless recipes, Melissa Clark turns her imagination to the countertop appliances that have won American hearts from coast to coast. Recipes include Fresh Coconut Yogurt, Japanese Beef Curry, Osso Buco, Smoky Lentils, Green Persian Rice with Tahdig, and Lemon Verbena Crème Brûlée. *Dinner in an Instant* provides instructions when possible for making the same dish on both the pressure cooker and slow cooker settings, allowing home cooks flexibility. Symbols guide the reader toward Paleo, Vegan, Vegetarian, and Gluten Free dinners. Fresh, approachable, and classic, *Dinner in an Instant* is Melissa Clark's most practical book yet.

Persian Cookbook Shadi Hasanzadenemati 2016-06-30 From the kitchens of Persian families to your dining table, with *The Enchantingly Easy Persian Cookbook* you'll enjoy easy-to-follow recipes that achieve the vibrant flavors of authentic Persian cuisine. Yogurt, eggplant, lamb kebabs, saffron rice if you have ever dined in a Persian restaurant then you know how rich, tantalizing, and satisfying Persian cuisine is. Yet many assume that making favorites, like Pomegranate and Walnut Stew or Saffron Syrup Cake, is too difficult to do at home. Shadi HasanzadeNemati grew up in the kitchen of her Persian mother and can still remember being mesmerized by the sweet aromas of saffron and cinnamon. Inspired by her family's heirloom recipes, Shadi has created a collection of simple, straightforward takes on authentic Persian favorites that are accessible enough for beginners, yet still fun for more seasoned cooks. *The Enchantingly Easy Persian Cookbook* brings the savory comforts and mystical essence of Persian home cooking to your dining table. The step-by-step instructions in this Persian cookbook make it easier than ever to create classic Persian mainstays in your own home. In this uniquely simple Persian cookbook, you'll find: 100 recipes specifically designed to make Persian cooking fun and stress-free for beginners A handy how-to guide for preparing basic Persian ingredients such as de-seeding pomegranates, making saffron-water, drying limes, and storing fresh herbs Practical grocery shopping recommendations for Persian pantry staples like cardamom and sumac, plus useful photos for identifying unique ingredients such as ghee and clotted cream Helpful labels that indicate each recipe's level of difficulty, plus worth the wait labels for dishes that require more time Tried-and-true tips and tricks to make Persian cooking easier and more successful Memory sidebars that accompany especially treasured recipes, describing Shadi's

most cherished recollection connected to that dish With the ease and simplicity of The Enchantingly Easy Persian Cookbook you'll have more fun (and less stress) as you find the magic in new Persian fare, and rediscover the enchantment of recipes you already love. "

Ripe Figs: Recipes and Stories from Turkey, Greece, and Cyprus Yasmin Khan 2021-05-04 The acclaimed author of *Zaitoun* returns with vibrant recipes and powerful stories from the islands that bridge the Mediterranean and the Middle East. For thousands of years, the eastern Mediterranean has stood as a meeting point between East and West, bringing cultures and cuisines through trade, commerce, and migration. Traveling by boat and land, Yasmin Khan traces the ingredients that have spread through the region from the time of Ottoman rule to the influence of recent refugee communities. At the kitchen table, she explores what borders, identity, and migration mean in an interconnected world, and her recipes unite around thickets of dill and bunches of oregano, zesty citrus and sweet dates, thick tahini and soothing cardamom. Khan includes healthy, seasonal, vegetable-focused recipes, such as hot yogurt soups, zucchini and feta fritters, pomegranate and sumac chicken, and candied pumpkin with tahini and date syrup. Fully accessible for the home cook, with stunning food and location photography, *Ripe Figs* is a dazzling collection of recipes and stories that celebrate an ever-diversifying region and imagine a world without borders.

Happy Nowruz : Cooking with Children to Celebrate the Persian New Year Najmieh Batmanglij 2021-04-13 Nowruz – the Persian New Year – is one of the world's great festivals, a full month of activities celebrating the earth, the arrival of spring, and the rebirth of nature. Most of all, it is a festival for families. Children and adults alike can share in preparing special meals, decorating the house, and performing the many ceremonies that welcome the New Year. This book is a guide to customs thousands of years old yet as vital as ever – enjoyable by families no matter where they live or what their beliefs.

The Legendary Cuisine of Persia Margaret Shaida 2018-04-10 Recipes from one of the oldest civilizations in the world, plus color photos and “fascinating historical tidbits” (Library Journal). Winner of the Glenfiddich Award Known today as Iran, Persia is known for one of the oldest and greatest cuisines of the world. It is refined, sophisticated, subtle yet distinctive, elegant and varied. Fruits, nuts, herbs, and spices

are combined with rice, fish, and meat in combinations whose ancient influence can be found in the cooking of the Middle East, Spain, and India. Persian cuisine is perfectly suited to today's style of eating—many of the dishes are vegetarian, and the marriage of sweet and savory, such as grains and pulses stewed with fruit and spices, make for unforgettable meals. The sweetmeats and pastries are especially mouthwatering. Written by an Englishwoman who married an Iranian and lived in the country for a quarter century—learning about Persian cooking from her mother-in-law and other friends and relatives—this cookbook takes us on a culinary adventure. It also illustrates the diversity of food as represented by its many different religions □ Christian, Jewish, Muslim, and Zoroastrian □ while explaining the customs and traditions which make up the exotic and colorful threads in a cuisine which spans more than three thousand years. “In addition to loads of background text covering history and geography, each recipe has its own introduction that places it in cultural and culinary context . . . One showstopper recipe sure to be a hit at a dinner party, the giant meatball from Tabriz hides as a surprise within it a whole chicken . . . An important volume in any international cookery collection.” —Booklist

Food of Life Najmieh Batmanglij 2011 Completely redesigned for today's generation of cooks and food enthusiasts, this 25th Anniversary Edition provides a treasure trove of recipes, along with an immersive cultural experience for those seeking to understand this ancient and timeless cuisine. This edition is a more user-friendly edition of the award-winning and critically acclaimed cookbook series which began in 1986. The book provides 330 classical and regional Iranian recipes as well as an introduction to Persian art, history and culture. The book's hundreds of full-colour photographs are intertwined with descriptions of ancient and modern Persian ceremonies, poetry, folktales, travelogue excerpts and anecdotes. This edition is a labour of love. The book began in exile after the Iranian Revolution of 1979 as a love letter to Batmanglij's children. Today, as accomplished adults in their own fields, her two sons, Zal and Rostam, encouraged her to redesign the book for their generation. "Food of Life" propels Persian cooking into the 21st Century, even as it honours venerable traditions and centuries of artistic expression. It is the result of 30 years of collecting, testing and adapting authentic and traditional Persian recipes for the American kitchen. Most of its ingredients are readily available throughout the U.S. enabling anyone from a master chef to a novice to reproduce the refined tastes, textures, and beauty of Persian cuisine. Food-related pieces from such classics as the 10th century Book of Kings, and 1,001 Nights to the miniatures of Mir

Mosavvar and Aq Mirak, from the poetry of Omar Khayyam and Sohrab Sepehri to the humour of Mulla Nasruddin are all included. Each recipe is presented with steps that are logical and easy to follow. Readers learn how to simply yet deliciously cook rice, the jewel of Persian cooking, which, when combined with a little meat, fowl, or fish, vegetables, fruits, and herbs, provides the perfect balanced diet. This 25th Anniversary Edition contains 50% more pages than its 2009 predecessor and special added features: New Recipes adapted from Sixteenth-Century Persian cookbooks; Added vegetarian section for most recipes; Comprehensive dictionary of all ingredients; A glance at a few thousand years of the history of Persian Cooking; Master recipes with photographs illustrating the steps; Colour photographs of most recipes with tips on presentation; Updated section on Persian stores and Internet suppliers; Fahrenheit and Centigrade temperatures for all recipes; Choices for cooking recipes such as "kuku" in oven or on stovetop; Encourages use of seasonal and local ingredients from farmers markets, Community Supported Agriculture (CSAs) sources or one's own backyard.

The Art of Persian Cooking Forough-es-Saltaneh Hekmat 1994 Looks at the history and fundamentals of Persian cooking, describes entertainment and customs found in a Persian home, and offers a variety of recipes for traditional Persian dishes.

New Food of Life Najmieh Batmanglij 1992 A collection of 230 classical and regional Iranian recipes along with 120 color illustrations of food and Persian miniatures. Includes descriptions of ancient and modern ceremonies, poetry, tales, travelogue pieces, and anecdotes that provide an introduction to Persian art and culture.

Cooking in Iran Najmieh Batmanglij 2020-04-07 "The Grande Dame of Iranian Cooking" Esteemed American chef. Award-winning cookbook author. Persian cooking instructor. Iranian immigrant. Storyteller. Mother of two acclaimed sons - Zal, a filmmaker; Rostam, a musician. Born in the middle of the 20th century in Tehran, Iran. Lives in Washington, DC and Los Angeles. Consults with restaurants around the world. Member of Les Dames d'Escoffier.

Maman's Homesick Pie Donia Bijan 2011-10-11 For Donia Bijan's family, food has been the language

they use to tell their stories and to communicate their love. In 1978, when the Islamic revolution in Iran threatened their safety, they fled to California's Bay Area, where the familiar flavors of Bijan's mother's cooking formed a bridge to the life they left behind. Now, through the prism of food, award-winning chef Donia Bijan unwinds her own story, finding that at the heart of it all is her mother, whose love and support enabled Bijan to realize her dreams. From the Persian world of her youth to the American life she embraced as a teenager to her years at Le Cordon Bleu in Paris (studying under the infamous Madame Brassart) to apprenticeships in France's three-star kitchens and finally back to San Francisco, where she opened her own celebrated bistro, Bijan evokes a vibrant kaleidoscope of cultures and cuisines. And she shares thirty inspired recipes from her childhood (Saffron Yogurt Rice with Chicken and Eggplant and Orange Cardamom Cookies), her French training (Ratatouille with Black Olives and Fried Bread and Purple Plum Skillet Tart), and her cooking career (Roast Duck Legs with Dates and Warm Lentil Salad and Rose Petal Ice Cream). An exhilarating, heartfelt memoir, *Maman's Homesick Pie* is also a reminder of the women who encourage us to shine.

Nuclear Physics S. B. Patel 1991 Dr. S. B. Patel is Professor Of Physics, Bombay University. He Has Taught Physics For More Than Twenty Years At The B. Sc. And M.Sc Levels At Ramnarain Ruia College, Bombay. He Earned His Ph. D In Nuclear Physics From Tifr-Bombay University In 1976. Later He Was Involved In Post-Doctoral Research At The Lawrence Berkeley Laboratory, California. His Field Of Specialization Is Nuclear Spectroscopy.

The Saffron Tales Yasmin Khan 2016-09-27 Winner of the M.F.K Fisher Award for Excellence in Culinary Writing from Les Dames d'Escoffier New York Times Best Cookbooks of the Year Wall Street Journal Best Cookbooks of the Year BBC Food Programme Best Cookbooks of the Year A glorious celebration of the food and people of Iran, featuring stories from home kitchens and more than 80 delicious, modern recipes. "This is so much more than a compilation of recipes, gorgeous though they themselves are. This is a book that tells a story, both cultural and personal, and her voice is as engaging as her food." --Nigella Lawson "Barberries, fresh herbs, date molasses, dried limes, saffron; Yasmin's Persian pantry staples are a roll call of my favourite ingredients. Her recipes are a mouthwatering showcase of a beautiful country." -- Yotam Ottolenghi "Not just a great cookbook but a book full of stories – a love letter to Iran and its

people." --Diana Henry Armed with little more than a notebook and a bottle of pomegranate molasses, and fueled by memories of her family's farm in the lush seaside province of Gilan, British-Iranian cook Yasmin Khan traversed Iran in search of the most delicious recipes for this Persian cookbook. Her quest took her from the snowy mountains of Tabriz to the cosmopolitan cafés of Tehran and the pomegranate orchards of Isfahan, where she was welcomed into the homes of artists, farmers, electricians, and teachers. Through her travels, she gained a unique insight into the culinary secrets of the Persian kitchen, and the lives of ordinary Iranians today. In *The Saffron Tales*, Yasmin weaves together a tapestry of stories from Iranian home kitchens with exclusive photography and fragrant, modern recipes that are rooted in the rich tradition of Persian cooking. All fully accessible for the home cook, Yasmin's recipes range from the inimitable fesenjoon (chicken with walnuts and pomegranates) to kofte berenji (lamb meatballs stuffed with prunes and barberries) and ghalyieh maygoo (shrimp, coriander, and tamarind stew). She also offers a wealth of vegetarian dishes, including tahcheen (baked saffron and eggplant rice) and domaj (mixed herb, flatbread, and feta salad), as well as sumptuous desserts such as rose and almond cake, and sour cherry and dark chocolate cookies. With stunning photography from all corners of Iran and gorgeous recipe images, this lavish cookbook rejoices in the land, life, flavors, and food of an enigmatic and beautiful country.

Essential Turkish Cuisine Engin Akin 2015-10-06 This “long overdue tribute to the richly sensuous food of Turkey” is “handsome, intriguing, and beautifully illustrated” (Mimi Sheraton, former New York Times food critic). Engin Akin shares her culinary mastery and describes the evolution of Turkey’s diverse culture of food in *Essential Turkish Cuisine*. Complete with two hundred recipes found across the country, including traditional dolmas, kebabs, halva, and more, this definitive book offers rare insight into the myriad influences on modern Turkish cooking. Featuring a wide range of large and small plates—from Stuffed Peppers and Eggplant to Lamb with Quince, Fresh Sour Cherry Hosaf to Crepes with Tahini and Pekmez—Akin includes expert instruction for each dish. Through these recipes and the gorgeous photographs of Turkey—its bustling markets, its food, and its traditions—Akin shares the country’s rich heritage and brings the spirit of Turkey into your kitchen. “Here is a lifetime of culinary wisdom shared with English-speaking cooks looking for a key to unlock one of the world’s most seductive cuisines.” —Maricel E. Presilla, culinary historian “A reference. A treasure. A culinary tour de force.” —Steven

Raichlen, author of the Barbecue Bible cookbook series

Taste of Persia Naomi Duguid 2016-09-20 Winner, James Beard Award for Best Book of the Year, International (2017) Winner, IACP Award for Best Cookbook of the Year in Culinary Travel (2017) Named a Best Cookbook of the Year by The Boston Globe, Food & Wine, The Los Angeles Times, The New York Times, The New York Times Book Review, The San Francisco Chronicle, USA Today, and The Wall Street Journal “A reason to celebrate . . . a fascinating culinary excursion.” –The New York Times

Though the countries in the Persian culinary region are home to diverse religions, cultures, languages, and politics, they are linked by beguiling food traditions and a love for the fresh and the tart. Color and spark come from ripe red pomegranates, golden saffron threads, and the fresh herbs served at every meal. Grilled kebabs, barbari breads, pilafs, and brightly colored condiments are everyday fare, as are rich soup-stews called ash and alluring sweets like rose water pudding and date-nut halvah. Our ambassador to this tasty world is the incomparable Naomi Duguid, who for more than 20 years has been bringing us exceptional recipes and mesmerizing tales from regions seemingly beyond our reach. More than 125 recipes, framed with stories and photographs of people and places, introduce us to a culinary paradise where ancient legends and ruins rub shoulders with new beginnings—where a wealth of history and culinary traditions makes it a compelling place to read about for cooks and travelers and for anyone hankering to experience the food of a wider world.

Saffron in the Souks John Gregory-Smith 2019-05-09 From the vibrant souks of Tripoli and Beirut to the quiet calm of the Chouf Mountains and Qadisha Valley, Lebanon is a land of bold colours, exquisite flavours and hidden beauty. For this gorgeous book, John Gregory-Smith travelled the length and breadth of the country to bring back the very best of Lebanese cuisine. Classic streetfood, delicate pastries and little known Druze recipes are given John's signature twist, creating dishes that are bursting with flavour and sure to become star players in your kitchen. With stunning location photography to bring the country to life, *Saffron in the Souks* is sure to delight and inspire its readers.

The Art of Flavor Daniel Patterson 2017-08-01 As seen in Food52, Los Angeles Times, and Bloomberg

Two masters of composition—a chef and a perfumer—present a revolutionary new approach to creating

delicious food. Michelin two-star chef Daniel Patterson and celebrated natural perfumer Mandy Aftel are experts at orchestrating ingredients. Yet even in a world awash in cooking shows and food blogs, they noticed, home cooks get little guidance in the art of flavor. In this trailblazing guide, they share the secrets to making the most of your ingredients via an indispensable set of tools and principles: • The Four Rules for creating flavor • A Flavor Compass that points the way to transformative combinations • The flavor-heightening effects of cooking methods • “Locking,” “burying,” and other aspects of cooking alchemy • The Seven Dials that let you fine-tune a dish With more than eighty recipes that demonstrate each concept and put it into practice, *The Art of Flavor* is food for the imagination that will help cooks at any level to become flavor virtuosos.

Bottom of the Pot Naz Deravian 2018-09-18 Winner of The IACP 2019 First Book Award presented by The Julia Child Foundation Like Madhur Jaffrey and Marcella Hazan before her, Naz Deravian will introduce the pleasures and secrets of her mother culture's cooking to a broad audience that has no idea what it's been missing. America will not only fall in love with Persian cooking, it'll fall in love with Naz.” - Samin Nosrat, author of *Salt, Fat, Acid, Heat: The Four Elements of Good Cooking* Naz Deravian lays out the multi-hued canvas of a Persian meal, with 100+ recipes adapted to an American home kitchen and interspersed with Naz's celebrated essays exploring the idea of home. At eight years old, Naz Deravian left Iran with her family during the height of the 1979 Iranian Revolution and hostage crisis. Over the following ten years, they emigrated from Iran to Rome to Vancouver, carrying with them books of Persian poetry, tiny jars of saffron threads, and always, the knowledge that home can be found in a simple, perfect pot of rice. As they traverse the world in search of a place to land, Naz's family finds comfort and familiarity in pots of hearty aash, steaming pomegranate and walnut chicken, and of course, tahdig: the crispy, golden jewels of rice that form a crust at the bottom of the pot. The best part, saved for last. In *Bottom of the Pot*, Naz, now an award-winning writer and passionate home cook based in LA, opens up to us a world of fragrant rose petals and tart dried limes, music and poetry, and the bittersweet twin pulls of assimilation and nostalgia. In over 100 recipes, Naz introduces us to Persian food made from a global perspective, at home in an American kitchen.

Persiana Sabrina Ghayour 2014-05-06 BEST COOKBOOK OF THE YEAR - Observer Food Monthly

Awards 2014 Persiana: the new must have cookbook. Sabrina Ghayour's debut cookbook Persiana is an instant classic.... The Golden Girl - Observer Food Monthly A celebration of the food and flavours from the regions near the Southern and Eastern shores of the Mediterranean Sea, with over 100 recipes for modern and accessible Middle Eastern dishes, including Lamb & Sour Cherry Meatballs; Chicken, Preserved Lemon & Olive Tagine; Blood Orange & Radicchio Salad; Persian Flatbread; and Spiced Carrot, Pistachio & Coconut Cake with Rosewater Cream.

The Saffron Tales Yasmin Khan 2016-04-07 'This is so much more than a compilation of recipes, gorgeous though they themselves are. This is a book that tells a story, both cultural and personal, and her voice is as engaging as her food' Nigella Lawson 'Barberries, fresh herbs, date molasses, dried limes, saffron; Yasmin's Persian pantry staples are a roll call of my favourite ingredients. Her recipes are a mouthwatering showcase of a beautiful country' Yotam Ottolenghi 'Not just a great cookbook but a book full of stories - a love letter to Iran and its people' Diana Henry Armed with little more than a notebook and a bottle of pomegranate molasses, British-Iranian cook Yasmin Khan traversed Iran in search of the country's most delicious recipes. Her quest took her from the snowy mountains of Tabriz and the paddyfields of Gilan to the cosmopolitan caf s of Tehran and the pomegranate orchards of Isfahan, where she was welcomed into the homes of artists, farmers, electricians and teachers. Through her travels, she gained a unique insight into the culinary secrets of the Persian kitchen and the lives of ordinary Iranians today. In *The Saffron Tales*, Yasmin weaves together a tapestry of stories from Iranian home kitchens with exclusive photography and fragrant, modern recipes that are rooted in the rich tradition of Persian cooking. All fully accessible for the home cook, Yasmin's recipes range from the inimitable fesenjoon (chicken with walnuts and pomegranates) to kofte berenji (lamb meatballs stuffed with prunes and barberries) and ghalyieh maygoo (prawn, coriander and tamarind stew). She also offers a wealth of vegetarian dishes, including tahcheen (baked saffron and aubergine rice) and domaj (mixed herb, flatbread and feta salad), as well as sumptuous desserts such as rose and almond cake, and sour cherry and dark chocolate cookies. With stunning photography from all corners of Iran and gorgeous recipe images, this lavish cookbook rejoices in the land, life, flavours and food of an enigmatic and beautiful country.

From a Persian Kitchen Atoosa Sepehr 2018-09-06 In this book author and photographer Atoosa Sepehr incorporates her mouthwatering traditional Iranian recipes with her own sumptuous photography. Born and brought up in Iran she came to work in the UK in 2007, but she never left behind the wonderful flavours of her family and childhood. Cooking these dishes for her family and friends over here has given her the passion to share the authentic, home cooked Persian cuisine with an international readership. The book contains traditional recipes handed down the generations, but converted to fit into Atoosa's busy life. They are delicious and easy to prepare, using ingredients you can get in any supermarket. 'Every time I cook a Persian dish, I feel connected to this long and varied history, knowing that despite changing geographical and political boundaries, Persian cuisine has survived and thrived, bringing people together, sharing and celebrating.' Atoosa Atoosa's Persian Kitchen is an impressively practical recipe book, but it is a photographic celebration of an entire country, too.

Zaitoun: Recipes from the Palestinian Kitchen Yasmin Khan 2019-02-05 One of the Best Cookbooks of the Year as chosen by The Guardian, BookRiot, The Kitchn, KCRW, and Literary Hub A dazzling celebration of Palestinian cuisine, featuring more than 80 modern recipes, captivating stories and stunning travel photography. Yasmin Khan unlocks the flavors and fragrances of modern Palestine, from the sun-kissed pomegranate stalls of Akka, on the coast of the Mediterranean Sea, through evergreen oases of date plantations in the Jordan Valley, to the fading fish markets of Gaza City. Palestinian food is winningly fresh and bright, centered around colorful mezze dishes that feature the region's bountiful eggplants, peppers, artichokes, and green beans; slow-cooked stews of chicken and lamb flavored with Palestinian barahat spice blends; and the marriage of local olive oil with earthy za'atar, served in small bowls to accompany toasted breads. It has evolved over several millennia through the influences of Arabic, Jewish, Armenian, Persian, Turkish, and Bedouin cultures and civilizations that have ruled over, or lived in, the area known as ancient Palestine. In each place she visits, Khan enters the kitchens of Palestinians of all ages and backgrounds, discovering the secrets of their cuisine and sharing heartlifting stories.

Pomegranates and Roses Ariana Bundy 2018-10-05 Award-winning TV chef Ariana Bundy lifts the lid on Persian cuisine. Complemented by exquisite photographs by Lisa Linder and romantic family stories, Pomegranates and Roses is a Gourmand Cookbook Award winner and was also shortlisted for the Guild

of Food Writers Best Cookery Book.

Joon: Persian Cooking Made Simple Najmieh Batmanglij 2015-10-06 Master chef Najmieh Batmanglij distills one of the worlds oldest and most influential cuisines to capture its unique flavours in recipes adapted to suit our busy lives. Najmiehs fans have been making meals from her Food of Life for over 30 years. For "Joon" she has simplified 75 of her favourite dishes and shows how, with the right ingredients and a few basic tools and techniques, authentic Persian food can easily be prepared at home. The recipes in this book -- each accompanied by a photograph of the finished dish -- come straight from Najmiehs kitchen and include not only the classics of Persian cooking, but also some soon-to-be favourites, such as quinoa or kale cooked Persian-style. You will discover delicious side dishes, from cooling, yogurt-based salads and tasty dips and spreads, to more sustaining platters of grains, beans and fresh herbs; tasty "kukus" -- frittata-style omelettes filled with vegetables and herbs; spice-infused fish; mouth-watering meatballs and kebabs served on flat breads with tangy sauces; every kind of rice -- including the incomparable polow topped with various sweet and sour braises; not to mention, delightfully aromatic cakes and cookies to round off meals or enjoy as a snack in between.

Nightingales and Roses Maryam Sinaiee 2018-11-01 Over 100 authentic, seasonal recipes from Persian cook and food blogger, Maryam Sinaiee. *Nightingales and Roses* offers you a true taste of Persian home cooking. Iranian food blogger and cook, Maryam Sinaiee, takes us through a full year in the Persian kitchen, explaining the stories and traditions behind each delicious dish. From Lamb and Aubergine Stew and Baked Fish with Tamarind to Rosewater Ice Cream and Saffron Rice Pudding, Maryam's recipes reveal the diverse range of flavours that make up this unique cuisine. Beautifully photographed throughout, this is the perfect introduction to real Iranian food.

Parwana Durkhanai Ayubi 2020-09-29 Vibrant recipes, one family's memories of their homeland and a fascinating insight into Afghanistan's rich heritage

The Saffron Kitchen Yasmin Crowther 2007-08-28 In a powerful debut novel that moves between the crowded streets of London and the desolate mountains of Iran, Yasmin Crowther paints a stirring portrait

of a family shaken by events from decades ago and worlds away. On a rainy day in London the dark secrets and troubled past of Maryam Mazar surface violently, with tragic consequences for her daughter, Sara, and her newly orphaned nephew. Maryam leaves her English husband and family and returns to the remote Iranian village where her story began. In a quest to piece their life back together, Sara follows her mother and finally learns the terrible price Maryam once had to pay for her freedom, and of the love she left behind. Set against the breathtaking beauty of two very different places, this stunning family drama transcends culture and is, at its core, a rich and haunting narrative about mothers and daughters.

The New Persian Kitchen Louisa Shafia 2013-04-16 A sumptuous primer on the seasonal cuisine of Iran features dozens of recipes for traditional and modern dishes, demystifying unfamiliar ingredients while sharing healthy adaptations of such classic favorites as Jeweled Rice, Pomegranate Soup and Saffron Ice Cream. 10,000 first printing.

Persian Delicacies Angela Cohan 2021-09-14

The New Sugar and Spice Samantha Seneviratne 2015 A wonderfully unique and unexpected collection of desserts that showcase spice over sugar, with 80 recipes that both reinvent classic sweets and introduce more unusual spice-infused desserts. In *Sugar and Spice*, veteran food editor and recipe developer Samantha Seneviratne invites readers to explore a bold new world of spice-centric desserts. Each chapter centers on a different spice--some familiar, like vanilla, cinnamon, and ginger; others less expected (especially in sweet preparations), such as peppercorns, chiles, and cardamom. With fascinating histories, origin stories, and innovative uses for each spice, this book will inspire readers to rediscover and re-stock their spice drawers, and raise their desserts up to a whole new level of flavor.