



the new
persian kitchen

Louisa
Shafia

The New Persian Kitchen

Maideh Mazda



The New Persian Kitchen:

The New Persian Kitchen Louisa Shafia, 2013-04-16 This luscious and contemporary take on the alluring cuisine of Iran featuring 75 recipes for both traditional Persian dishes and modern reinterpretations using Middle Eastern ingredients In *The New Persian Kitchen* acclaimed chef and Lucid Food blogger Louisa Shafia explores her Iranian heritage by reimagining classic Persian recipes from a fresh vegetable focused perspective These vibrant recipes demystify Persian ingredients like rose petals dried limes tamarind and sumac while offering surprising preparations for familiar foods such as beets carrots mint and yogurt for the busy health conscious cook The nearly eighty recipes such as Turmeric Chicken with Sumac and Lime Pomegranate Soup and ice cream sandwiches made with Saffron Frozen Yogurt and Cardamom Pizzelles range from starters to stews to sweets and employ streamlined kitchen techniques and smart preparation tips A luscious contemporary take on a time honored cuisine *The New Persian Kitchen* makes the exotic and beautiful tradition of seasonal Persian cooking both accessible and inspiring

In a Persian Kitchen Maideh Mazda, 2011-06-28 Much more than just a Middle Eastern cookbook *In a Persian Kitchen* offers a look at a rich culinary culture in delightful detail With colorful notes that reflect her family's traditions Maideh Mazda offers readers the possibility of creating the delicate flavors of Persian cuisine Maideh prioritizes economy and availability of ingredients while at the same time offering wholly authentic recipes for such delicacies as Pomegranate Sauce Ashe Reshte a hearty beef noodle and lentil soup scented with cinnamon Ashe Torsh a delicate dried fruit soup with cinnamon and mint And many more Notes on preparation and reflections on her experience of Persian food and eating customs growing up in a traditional Azerbaijan household make this book a pleasure to read *The New York Times*

New Persian Cooking Jila Dana-Haeri, Shahrzad Ghorashian, Jason Lowe, 2011-02-28 The subtleties of Persian cuisine and their exciting mix of flavours are totally distinct from other styles of cooking and make it one of the great cuisines of the world The traditional emphasis on the use of fresh and seasonal ingredients and the importance of a complementary mix of herbs vegetables meat fish fruit and spices accords well with the modern desire for healthy eating and a balanced diet This highly illustrated cookbook offers an enticing introduction to traditional Persian cuisine through recipes that are accessible to the non professional cook and are based on ingredients that are readily available in the West As a medical doctor aware of today's health concerns Jila Dana Haeri has adapted traditional Persian recipes for today's more health conscious readers and cooks Using ingredients that are readily available to create dishes that are both healthy and nutritious the authors demonstrate that Persian food can be made easily anywhere in the world Featuring beautiful photographs by award winning food photographer Jason Lowe this book will be essential for anyone interested in sampling Persian cuisine and expanding their cultural horizons

From a Persian Kitchen Jila Dana-Haeri, 2014-06-10 The food of Iran is a riot of tastes and aromas and is one of the great but least known cuisines of the world With an emphasis on the use of seasonal ingredients fresh herbs and fragrant spices Jila Dana Haeri presents a unique guide to quintessential Persian

cooking The varieties of beautiful jeweled rice dishes hearty winter dishes and crisp summer salads showcase the diversity of Iranian regional cooking from the sweet and sour flavors of the Northern Caspian Coast to the spicy and aromatic tastes of the South and the Persian Gulf The complimentary mix of flavors the fresh tartness of pomegranate seeds and the subtle perfume of saffron tarragon dill and fenugreek create an array of mouth watering recipes that are now accessible to cooks of all levels This lavishly illustrated cookbook offers an enticing selection of recipes for any occasion Including over 100 recipes such as Apple Khoresh Beetroot Pahti and Biryani this will be essential for all interested in expanding their cultural and culinary horizons

A Persian Kitchen Tale Haniyeh Nikoo, 2024-06-25 Introduce a Whole New World of Incredible Flavor to Your Meals Bring one of the oldest richest culinary cultures right to your dinner table With ingredients that are easy to find and techniques that are even easier to follow you ll discover 60 delicious new favorites inspired by the Iranian roots of recipe developer Haniyeh Nikoo Impress your guests with traditional Braised Lamb Shank and Quick Pickled Smoky Eggplant Herbs to share Wow on date night with Spicy Red Lentil Daal or Saffron Yogurt Chicken Rice Pilaf Or unlock new comfort food cravings with Walnut Pumpkin Pomegranate Stew or Sweet Sour Kabaab on the grill In addition to her irresistible recipes Haniyeh includes a helpful guide to the most distinct Persian ingredients like saffron barberry and hogweed and how to find them or what to use from your pantry as a substitute in a pinch Get ready to prepare a feast for your eyes and tastebuds alike with these impressive yet achievable meals

[Persian Cooking for a Healthy Kitchen](#) Najmieh Batmanglij, 2001-06 Persian cuisine is exotic yet simple like a poem by Omar Khayyam healthy yet colourful like a Persian miniature painting It combines rice the jewel and foundation of Persian cooking with a little meat fowl or fish plenty of onion garlic vegetables fruit nuts herbs and a delicate uniquely Persian mix of spices such as rose petals angelica seeds dried limes candied orange peels cinnamon cardamom cumin and saffron to achieve a delicious and balanced diet Drawing on her 15 years of experience collecting and adapting authentic Persian recipes and inspired by her years in Southern France and the United States Najmieh Batmanglij has brought about a marriage of ancient Persian cooking French Provencal food presentation and contemporary American eating styles The result is Persian Cooking for a Healthy Kitchen 95 exquisite kitchen tested recipes that are low in fat yet high in flavour a feast for both the eyes and the taste buds that meet the current health goals of limiting the calories from saturated fats The recipes have been kitchen tested by both American and Persian chefs They are intelligently written and easy to follow one per page each facing a magnificent photograph by the renowned French photographer Serge Ephraim

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 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 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

New Persian Cooking Jila Dana-Haeri,Shahrzad Ghorashian,Jason Lowe,2011-02-28 From pomegranate soup to saffron ice cream the subtleties of Persian cuisine and its unique mix of flavors are unlike any other style of cooking The traditional emphasis on the use of seasonal ingredients and the importance of a complementary mix of herbs vegetables meat fish fruit and spices make for fresh modern meals based on flavor profiles that have been used for centuries This highly illustrated cookbook offers an enticing introduction to traditional Persian cuisine through recipes and ingredients accessible to the everyday cook As a medical doctor Jila Dana Haeri has adapted traditional Persian recipes for today s more health conscious readers and cooks Featuring beautiful photographs by award winning food photographer Jason Lowe this book is essential for the at home culinary explorer

Cooking in Iran Najmieh Batmanglij,2018 Najmieh takes us with her on an extraordinary culinary journey from the daily fish market in Bushehr on the Persian Gulf where she and her host buy and cook a 14 pound grouper in a tamarind cilantro and garlic sauce to the heart of historical Isfahan in central Iran where she prepares lamb necks in a yogurt saffron and candied orange peel sauce topped with caramelized barberries Traveling north to the Caspian Sea she introduces us to the authentic Gilaki version of slow cooked duck in a pomegranate and walnut sauce served over smoked rice and the unique flavors of a duck egg omelet with smoked eggplant and baby garlic Lingering in the north in tribal Kurdistan she treats us to lamb and bulgur meatballs filled with caramelized onions and raisins in a saffron sauce Dropping south to Bandar Abbas on the coast she teases our palate with rice cooked in date juice and served with spicy fish while in Baluchistan she cooks spiced goat in a pit overnight and celebrates the age old method of making bread in hot ashes At every village and off the beaten track community Najmieh unearths traditional recipes and makes surprising new discoveries giving us a glimpse along the way of the places where many of the ingredients for the recipes are grown She treks through the fields and orchards of Iran showing us saffron being picked in Khorasan and pomegranates in Yazd dates harvested by the Persian Gulf pistachios in Kerman and tea and rice by the Caspian Publisher information [Yogurt Culture](#)

Cheryl Sternman Rule, 2015-04-28 Part cookbook part guide and 100% inspiring Yogurt Culture will make you fall in love with the tart and creamy stuff anew Paste com Long celebrated as a versatile ingredient in cuisines across the globe yogurt has recently emerged as a food of nearly unparalleled growth here in the United States The time has come for a modern far ranging cookbook devoted to its untapped culinary uses In Yogurt Culture award winning food writer Cheryl Sternman Rule presents 115 flavorful recipes taking yogurt farther than the breakfast table lunchbox or gym bag Rule strips yogurt of its premixed accessories and brings it back to its pure wholesome essence In chapters like Flavor Slurp Dine and Lick she pairs yogurt not just with fruit but with meat not just with sugar but with salt not just with herbs but with fragrant spices whose provenance spans the globe She provides foolproof step by step instructions for how to make yogurt Greek yogurt and labneh at home though all of her recipes can also be prepared with commercial yogurt Rule explores yogurt from every angle explaining how to read a label visiting producers large and small and gaining entry to the kitchens of cooks from around the world Deeply researched and peppered with stories interviews and full color photographs Yogurt Culture offers a fresh comprehensive take on a beloved food The most accessible and complete guide Her book made homemade yogurt seem not only easy but also kind of essential The New York Times A global smorgasbord of tempting recipes NPR org A worldwide whirlwind tour of the versatile ingredient The Seattle Times

Diet for a Small Planet (Revised and Updated) Frances Moore Lappé, 2021-09-21 Discover a way of eating that revolutionized the meaning of our food choices and sold more than 3 million copies now in a 50th anniversary edition with a timely introduction plus new and updated plant centered recipes Frances Moore Lapp is one of the few people who can credibly be said to have changed the way we eat and one of an even smaller group to have done it for the better The New York Times In 1971 Diet for a Small Planet broke new ground revealing how our everyday acts are a form of power to create health for ourselves and our planet This extraordinary book first exposed the needless waste built into a meat centered diet Now in a special edition for its 50th anniversary world renowned food expert Frances Moore Lapp goes even deeper showing us how plant centered eating can help restore our damaged ecology address the climate crisis and move us toward real democracy Sharing her personal journey and how this revolutionary book shaped her own life Lapp offers a fascinating philosophy on changing yourself and the world that can start with changing the way we eat This new edition features eighty five updated plant centered recipes including more than a dozen new delights from celebrity chefs including Mark Bittman Padma Lakshmi Alice Waters Jos Andr s Bryant Terry Mollie Katzen and Sean Sherman

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

[Food52 Genius Recipes](#) Kristen Miglore,2015-04-07 There are good recipes and there are great ones and then there are genius recipes ONE OF THE NEW YORKER S FIFTEEN ESSENTIAL COOKBOOKS Genius recipes surprise us and make us rethink the way we cook They might involve an unexpectedly simple technique debunk a kitchen myth or apply a familiar ingredient in a new way They re handed down by luminaries of the food world and become their legacies And once we ve folded them into our repertoires they make us feel pretty genius too In this collection are 100 of the smartest and most remarkable ones There isn t yet a single cookbook where you can find Marcella Hazan s Tomato Sauce with Onion and Butter Jim Lahey s No Knead Bread and Nigella Lawson s Dense Chocolate Loaf Cake plus dozens more of the most talked about just crazy enough to work recipes of our time Until now These are what Food52 Executive Editor Kristen Miglore calls genius recipes Passed down from the cookbook authors chefs and bloggers who made them legendary these foolproof recipes rethink cooking tropes solve problems get us talking and make cooking more fun Every week Kristen features one such recipe and explains just what s so brilliant about it in the James Beard Award nominated Genius Recipes column on Food52 Here in this book she compiles 100 of the most essential ones nearly half of which have never been featured in the column with tips riffs mini recipes and

stunning photographs from James Ransom to create a cooking canon that will stand the test of time Once you try Michael Ruhlman's fried chicken or Yotam Ottolenghi and Sami Tamimi's hummus you'll never want to go back to other versions But there's also a surprising ginger juice you didn't realize you were missing and will want to put on everything and a way to cook white chocolate that finally exposes its hidden glory Some of these recipes you'll follow to a T but others will be jumping off points for you to experiment with and make your own Either way with Kristen at the helm revealing and explaining the genius of each recipe Genius Recipes is destined to become every home cook's go-to resource for smart memorable cooking because no one cook could have taught us so much *The Enchantingly Easy Persian Cookbook* Shadi

HasanzadeNemati, 2016-12-20 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 *Taste*

Makers Mayukh Sen, 2021-11-16 An NPR Best Book of the Year A New York Times Editors Choice pick Wall Street Journal's Who Read What Favorite Books of 2021 Longlisted for the 2022 Brooklyn Public Library Book Prize Observer Food Monthly's 50 Things We Love in the World of Food Right Now Named a best book for the holidays by Wall Street Journal Vogue Oprah's O Quarterly Globe Marcella Hazan the deity of Italian cuisine and Norma Shirley a champion of Jamaican dishes In imaginative lively prose Mayukh Sen a queer brown child of immigrants reconstructs the lives of these women in vivid and

empathetic detail daring to ask why some were famous in their own time but not in ours and why others shine brightly even today Weaving together histories of food immigration and gender Taste Makers will challenge the way readers look at what s on their plate and the women whose labor overlooked for so long makes those meals possible The New Book of Middle Eastern Food Claudia Roden,2008-12-24 The definitive volume on Middle Eastern cooking a modern classic from the award winning bestselling author of The Book of Jewish Food and Claudia Roden s Mediterranean Originally published in 1972 and hailed by James Beard as a landmark in the field of cookery this new version represents the accumulation of the author s years of extensive travel throughout the ever changing landscape of the Middle East gathering recipes and stories Now featuring more than 800 recipes including the aromatic variations that accent a dish and define the country of origin fried garlic and cumin and coriander from Egypt cinnamon and allspice from Turkey sumac and tamarind from Syria and Lebanon pomegranate syrup from Iran preserved lemon and harissa from North Africa Claudia Roden has worked out simpler approaches to traditional dishes using healthier ingredients and time saving methods without ever sacrificing any of the extraordinary flavor freshness and texture that distinguish the cooking of this part of the world Throughout these pages she draws on all four of the region s major cooking styles The refined haute cuisine of Iran based on rice exquisitely prepared and embellished with a range of meats vegetables fruits and nuts Arab cooking from Syria Lebanon and Jordan at its finest today and a good source for vegetable and bulgur wheat dishes The legendary Turkish cuisine with its kebabs wheat and rice dishes yogurt salads savory pies and syrupy pastries North African cooking particularly the splendid fare of Morocco with its heady mix of hot and sweet orchestrated to perfection in its couscous dishes and tagines From the tantalizing mezze succulent bites of filled fillo crescents and cigars chopped salads and stuffed morsels as well as tahina chickpeas and eggplant in their many guises to the skewered meats and savory stews and hearty grain and vegetable dishes here is a rich array of Middle Eastern cooking *From a Persian Kitchen* Atoosa Sepehr,2018-09-06 An Irish Times Best Food Book of the Year A dream of a cookery book Sumptuous tempting with quite beautiful photography Irish Examiner The book is so beautiful full of your own photographs that look like gorgeous still life paintings Suzy Kline BBC R4 Saturday Live The best kind of cookbook are those that you make you want to scribble and make every dish The Hampstead Kitchen A menu of Middle Eastern gems to tempt the taste buds Sunday Express Gourmand World Cookbook 2019 award finalist Author and photographer Atoosa Sepehr offers not just mouthwatering traditional Iranian recipes but also her own sumptuous photographs of both her food and the people and landscapes of Iran Born and brought up in Iran Atoosa 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

At the Table Ken Albala, 2016-04-04 What's for dinner Not just in America but around the world And how is it cooked what's the historical significance of that food how is it served and consumed and who gets to clean up This book provides fascinating insight into how dinner is defined in countries around the world Almost universally dinner is a key meal in most countries around the world whether it be a simple dish of rice and beans a slice of pizza on the go or a multi course formal meal What do the specifics of how a meal is eaten by hand instead of with utensils for example say about a specific culture This fascinating one volume reference guide examines all aspects of dinner in international settings enabling insightful cross cultural comparisons and an understanding of the effects of modernization and globalization on food habits Some 50 countries are covered in chapters focusing on present day meal habits in Europe Asia the Middle East Africa and North and South America The commentary covers everything about the meal such as the time the cooking and preparation shopping for ingredients the clean up process gender based participation roles conversation or other social interactions and etiquette just about everything that happens at the table The book is ideal for classroom teaching and learning as the entries and photos are conducive to teaching students about other cultures directly supporting the National Geography Standards Students will be able to make informed comparisons between their own lives and the various cultural experiences described in the book

Rose Water and Orange Blossoms Maureen Abood, 2015-04-28 Publishers Weekly's Top 10 Cookbooks for Spring 2015 Pomegranates and pistachios Floral waters and cinnamon Bulgur wheat lentils and succulent lamb These lush flavors of Maureen Abood's childhood growing up as a Lebanese American in Michigan inspired Maureen to launch her award winning blog Rose Water Orange Blossoms Here she revisits the recipes she was reared on exploring her heritage through its most beloved foods and chronicling her riffs on traditional cuisine Her colorful culinary guides from grandparents to parents cousins and aunts come alive in her stories like the heady aromas of the dishes passed from their hands to hers Taking an ingredient focused approach that makes the most of every season's bounty Maureen presents more than 100 irresistible recipes that will delight readers with their evocative flavors Spiced Lamb Kofta Burgers Avocado Tabbouleh in Little Gems and Pomegranate Rose Sorbet Weaved throughout are the stories of Maureen's Lebanese American upbringing the path that led her to culinary school and to launch her blog and life in Harbor Springs her lakeside Michigan town

A Taste of Persia: An Introduction to Persian Cooking Najmieh Batmanglij, 2012-02-23 A Taste of Persia is a collection of authentic recipes from one of the world's oldest cuisines chosen and adapted for today's lifestyle and kitchen Here are light appetizers and kababs hearty stews and rich golden crusted rices among many other dishes all fragrant with the distinctive herbs spices or fruits of Iran Each recipe offers clear easy to follow step by step instructions Most take less than an hour to prepare many require

only a few moments many others can be made in advance Besides its 100 recipes and 60 photographs the book includes a useful dictionary of Persian cooking techniques and ingredients a list of specialty stores around the nation that sell hard to find items and a brief history of Persian cookery Together these make a complete introduction to this wonderful cuisine

Ignite the flame of optimism with its motivational masterpiece, **The New Persian Kitchen** . In a downloadable PDF format (Download in PDF: *), this ebook is a beacon of encouragement. Download now and let the words propel you towards a brighter, more motivated tomorrow.

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The New Persian Kitchen Introduction

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