



the new persian kitchen

Louisa
Shafia

The New Persian Kitchen

Najmieh Batmanglij



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

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 Provençal 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 Ephraïm

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 **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 **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 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

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

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 Atoosa Atoosa s *Persian Kitchen* is an impressively practical recipe book but it is a photographic celebration of an entire country too

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 rice 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. *Asian Cuisines* E. N.

Anderson, Paul D. Buell, Darra Goldstein, 2018-04-30 Sushi, kimchi, baklava, and tofu once seemed exotic. These Asian foods have made their way around the world. But how representative are they of their home cuisines? *Asian Cuisines: Food Culture from East Asia to Turkey and Afghanistan* covers the food history, food culture, and food science of the world's largest and most diverse continent, not only East, Southeast, and South Asia but also Central and West Asia, including the countries that straddle Asia and the Middle East. Contributors to *Asian Cuisines* include renowned scholars E. N. Anderson, Paul D. Buell, and Darra Goldstein. A glossary provides a quick overview of culinary terms specific to the cuisines. Chapters discuss local ingredients and dishes and look at the connection between food and social, political, economic, and cultural developments. Each article comes with an easy-to-make recipe to give readers a taste of more than a dozen tantalizing and varied cuisines. This compact volume will be valuable in food studies programs and fills a unique spot on the shelf of anyone who loves to explore the meanings and flavors of world cuisines. **Lucid Food** Louisa Shafia, 2011-06-22 Green. Your Cuisine with Earth-Friendly Food Choices. With organic and seasonal cooking principles becoming ingrained in today's kitchens and new buzzwords including locavore and CSA steadily gaining traction, how do we integrate food politics into daily life in ways that are convenient, affordable, and delicious? *Lucid Food* offers more than eighty-five healthy, eco-oriented recipes based on conscientious yet practical environmental ideals. Sustainable chef and caterer Louisa Shafia demystifies contemporary food issues for the home cook and presents simple seasonal dishes that follow nature's cycles, such as Baby Artichokes with Fresh Chervil, Apricot Shortcake with Lavender Whipped Cream, and Roasted Tomato and Goat Cheese Soup. Her empowering advice includes how to source animal products ethically and responsibly, support local food growers, and reduce one's carbon footprint through urban gardening, preserving, composting, and more. This cookbook celebrates the pleasures of savoring home-prepared meals that are healthful, honest, pure, additive-free, and transparently made from the source to the table.

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 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

The Ultimate Persian New Taste Cookbook McArthur Light, 2024-02-22 Step into the enchanting world of Persian cuisine and embark on a culinary journey like no other Indulge your senses with the irresistible flavors aromas and textures that define the magic of Persian cooking From savory kebabs to aromatic rice dishes every bite tells a story steeped in tradition and flavor With our collection of tantalizing recipes you'll unlock the secrets to creating authentic Persian dishes right in your own kitchen Each recipe is carefully crafted to be not only delicious but also easy to follow ensuring that every dish you prepare is a masterpiece Picture yourself savoring the delicate blend of spices in a fragrant bowl of saffron infused rice or delighting in the succulent flavors of juicy kabobs grilled to perfection Whether you're a seasoned chef or a novice in the kitchen our recipes will inspire you to create culinary wonders that will leave your taste buds dancing with joy So gather your ingredients sharpen your knives and prepare to experience the magic of Persian cuisine Let the tantalizing aromas and delectable flavors transport you to a world where every meal is a celebration of taste tradition and togetherness Get ready to embark on a culinary adventure unlike any other Get your copy now and unlock the secrets of Armenian culinary delights The Enchantingly Easy Persian Cookbook Shadi Hasanzade Nemati, 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 **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

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