



Pomegranate Soup

Najmieh Batmanglij



Pomegranate Soup:

Pomegranate Soup Marsha Mehran, 2007-12-18 Beneath the holy mountain Croagh Patrick in damp and lovely County Mayo sits the small sheltered village of Ballinacroagh To the exotic Aminpour sisters Ireland looks like a much needed safe haven It has been seven years since Marjan Aminpour fled Iran with her younger sisters Bahar and Layla and she hopes that in Ballinacroagh a land of crazed sheep and dizzying roads they might finally find a home From the kitchen of an old pastry shop on Main Mall the sisters set about creating a Persian oasis Soon sensuous wafts of cardamom cinnamon and saffron float through the streets an exotic aroma that announces the opening of the Babylon Caf and a shock to a town that generally subsists on boiled cabbage and Guinness served at the local tavern And it is an affront to the senses of Ballinacroagh s uncrowned king Thomas McGuire After trying to buy the old pastry shop for years and failing Thomas is enraged to find it occupied and by foreigners no less But the mysterious spicy fragrances work their magic on the townsfolk and soon business is booming Marjan is thrilled with the demand for her red lentil soup abgusht stew and rosewater baklava and with the transformation in her sisters Young Layla finds first love and even tense haunted Bahar seems to be less nervous And in the stand up comedian turned priest Father Fergal Mahoney the gentle lonely widow Estelle Delmonico and the headstrong hairdresser Fiona Athey the sisters find a merry band of supporters against the close minded opposition of less welcoming villagers stuck in their ways But the idyll is soon broken when the past rushes back to threaten the Amnipours once more and the lives they left behind in revolution era Iran bleed into the present Infused with the textures and scents trials and triumphs of two distinct cultures Pomegranate Soup is an infectious novel of magical realism This richly detailed story highlighted with delicious recipes is a delectable journey into the heart of Persian cooking and Irish living **Pomegranate Soup**

Marsha Mehran, 2005-01-01 The three Aminpour sisters escape the Iranian Revolution and make their way west to a small Irish village There they pursue a well worn path to assimilation by taking over an abandoned Italian bakery and opening the Babylon Cafe It takes a while to win over the insular townsfolk but they manage to make a success of their restaurant

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 [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 *Starve Cancer and Cook Your Way to a Healthy Lifestyle* Narges Dardarian,2014-01-27 *Starve Cancer and Cook Your Way to a Healthy Lifestyle* is a collection of recipes that I developed to help the millions of women living with breast cancer like me It focuses on removing alcohol caffeine canned products dairy red meat or added sugar from your meals while helping you in maintaining a delicious and balanced diet However this cookbook isnt just for people suffering from cancer Its also beneficial for anyone who simple wants a healthier diet *Starve Cancer and Cook Your Way to a Healthy Lifestyle* includes recipes for a variety of delicious appetizers soups salads entrees and desserts They are all easy to follow and take very little time to prepare A portion of the proceeds from this cookbook will go to breast cancer research We are indeed much more than what we eat but what we eat can nevertheless help us to be much more than what we are Adelle Davis 1904 1974 **Persian Cooking For Dummies** Najmieh Batmanglij,2022-08-30 Taste Real Home cooked Persian Food for Breakfast Lunch and Dinner The most celebrated Persian chef in America Najmieh Batmanglij brings you her favorite traditional healthy Persian dishes simplified for modern American kitchens *Persian Cooking For Dummies* written for cooks of all skill levels will transform the way you cook Offering more than 100 recipes some of which can be made in less than an hour this book will guide you through the art and craft of one of the world s oldest yet least known culinary traditions in the West These flavors and aromas are rarely replicated in restaurants so prepare to be wowed by your own creations as you follow these easy guidelines in the warmth and comfort of your own kitchen The distinctive herbs the heavenly aromas of saffron and rose water and the sweet and sour flavors will impress your guests and delight your family Prepare kababs braises golden crusted tah dig rice dishes and delicious desserts Learn the tricks and techniques that have been perfected over thousands of years Enjoy the unique aromas and flavors of the

food of Iran right in your own home Learn the history of Persian cooking and access a glossary of Persian culinary terms Many recipes are one page simple to follow and take less than an hour to make Adapted for today s lifestyle Persian Cooking For Dummies is perfect for experienced and novice cooks alike Take a journey through this exotic cuisine and get cooking with Dummies

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

The World Cookbook Jeanne Jacob,Michael Ashkenazi,2014-01-15 This is the only world cookbook in print that explores the foods of every nation state across the globe providing information on special ingredients cooking methods and commonalities that link certain dishes across different geographical areas Increasing globalization modern communication and economic development have impacted every aspect of daily life including the manner by which food is produced and distributed While these trends have increased the likelihood and expansion of food influences variations of the same popular dishes have been found in regions all over the world long before now This book is an ecological historical and cultural examination of why certain foods are eaten and how these foods are prepared by different social groups within the same and different geographical region The authors cover more than 200 countries and cultural groups featuring each nation s food culture and traditions and providing overviews on foodstuffs typical dishes and styles of eating This revised edition features in excess of 400 new recipes several new countries and additional sidebars with fun facts explaining unique foods and unfamiliar ingredients More than 1 600 recipes for popular appetizers main courses desserts snack foods and celebration dishes are provided allowing readers to construct full menus from every country of the world

Middle Eastern Cookery Arto der Haroutunian,2009-03-23 Peppered with anecdotes on life food and Middle Eastern culture this book will provide real foodies with a classic they can enjoy for years to come The Oxford Time This wide ranging treasury of recipes from the Middle East with dishes from the plains of Georgia to Afghanistan Egypt Syria Lebanon Israel Persia and Armenia is a wonderful tour of rich culinary traditions that has become a modern classic guiding us first around the mezzeh table and then leading us on to soups salads savories pilafs kebabs

casseroles and grills that make the best use of meat fish and poultry Middle Eastern Cookery explains the different spices that are favored by different countries mint for Armenia cumin for Iran and more and with each recipe comes a piece of history or a fable making this book an enjoyable reading experience as well as an incomparable and comprehensive cookbook

Food of Life: Ancient Persian and Modern Iranian Cooking and Ceremonies (40th Anniversary Edition) Najmieh Batmanglij, 2024-10-01 The 40th Anniversary Edition of Food of Life Ancient Persian and Modern Iranian Cooking and Ceremonies by Najmieh Batmanglij contains more recipes and more photos Each recipe has been restructured for more clarity including tips and suggestions from her fans over the past 40 years Food of Life provides 400 authentic 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 This book is a labour of love that began in exile after the Iranian Revolution of 1979 as a love letter to Najmieh s children It is the result of 40 years of collecting testing and adapting Persian recipes for today s kitchen All the ingredients for cooking Persian food are now 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 the 10th century Book of Kings and 1 001 Nights to the classics of Persian poetry the humor of Mulla Nasruddin as well as Persian miniatures 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 with its golden crust tahdig the jewel of Persian cooking which when combined with a little meat fowl or fish vegetables fruits and herbs provides the perfect balanced diet Najmieh Batmanglij is an acclaimed chef best selling cookbook author and cooking instructor She is also the co founder and executive chef of the award winning Persian restaurant Joon in Vienna Virginia Najmieh was hailed as one of seven immigrant women who changed the way americans eat by The New York Times and The Grande Dame of Iranian Cooking by Mayukh Sen in The Washington Post Her latest book Cooking in Iran Regional Recipes Kitchen Secrets was the culmination of tens of thousands of miles of travel through Iran It was chosen as one of the best cookbooks of 2018 and called magisterial by The New York Times Batmanglij views preparing a meal not only as a culinary experience but also as a means to bring family and friends together She encourages her readers to use her books as she was taught in Iran to cook to laugh to tell jokes and stories to recite poetry and to enjoy the meal Over the past 40 years Batmanglij s books have acted as a both a beacon and a bible to Iranian American and mixed ethnicity families in the English speaking world Her life and her work meet at the vortex of feminism tradition ceremony and the nourishment of body and mind proving that none of these concepts need be foreign to one another [Tropical Fruit Cookbook](#) Marilyn Rittenhouse Harris, 1993-01-01 Collects recipes for tropical fruits including avacados coconuts pomegranates and more exotic fruits such as jackfruit sapote and logan [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

Great Gluten-Free Vegan Eats From Around the World Allyson Kramer,2013-06-01 *Great Gluten Free Vegan Eats From Around the World* is a cookbook for the home chef who likes to explore a world of cuisines regardless of allergies or dietary restrictions Step inside and travel the globe while still adhering to your plant based gluten free diet with ethnic entrees you may have thought were off limits but are actually even better re imagined From European classics like Fig Pastries with Clotted Cream and English Cottage Pie to Caribbean specialties like Jamaican Jerk Tofu and Plantain and Potato Soup you ll dine on delicious dishes from all around the globe while still pleasing every palate at your table Author Allyson Kramer founder of the popular g free vegan blog Manifest Vegan <http://www.manifestvegan.com> will walk you through each and every recipe most of which include a photo showing you exactly how to create gourmet meals that are impressive enough for even the most seasoned foodie From tempting appetizers to hearty mains to luscious desserts you ll find more than 100 globally inspired recipes that prove eating vegan and gluten free doesn t have to be a sacrifice but rather an international delight

Super Easy Drinks, Soups, and Smoothies for a Healthy Pregnancy Fiona Wilcock,2012-05-01 An optimal supply of vitamins and minerals is important in any diet but nutrient needs increase dramatically during pregnancy and are critical for ensuring baby s healthy development However common pregnancy complaints such as nausea often make eating properly difficult Smoothies juices and soups provide a easy and digestion soothing way to get essential vitamins and minerals and can be prepared quickly and easily Super Easy Drinks Soups and Smoothies for a Healthy Pregnancy provides over 100 recipes developed to meet the nutritional needs of pregnant and nursing women ease pregnancy complaints such as nausea and sleeplessness and keep moms to be nourished and energized

'To Banish Ghost and Goblin' David Clark,Rubén Jarazo Álvarez,2010-07-16 This book presents a series of essays on some of the most challenging issues which are facing Irish Studies scholars in the twenty first century It aims to provide a variety of views on topics such as gender media the North and the revision of traditional approaches to Irish studies as seen by a number of scholars at the end of the first decade of the third millennium The breadth of scope is justified by the dynamic growth of the field over the last decade and points to the diverse academic and national backgrounds of the authors of the chapters and the enthusiasm with which the cultural concerns of the island of Ireland are tackled in other

countries Writers from Austria Brazil Canada Germany and Spain provide original viewpoints on Irish topics which are as bold as they are refreshing The awareness of the unique situation of Ireland and her cultural practices has provided a scenario in which interest in the literature art film and other cultural manifestations is great and it is hoped that this volume will play a part in stimulating debate about some of the fascinating areas of Irish cultural matters discussed herein and will provide a useful work of reference for anyone interested in the rich and ample field of Irish Studies **Dinners with**

Famous Women Eugenia R. Van Vliet,2004 This is a culinary history cookbook with a different twist women from different centuries recount the meals of their time Each chapter provides a menu and recipes for a succulent dinner inspired by these women of antiquity Learn about a meal Anne Boleyn relished at Hampton Court with Henry VIII eat a meal with Emily Dickenson and celebrate Passover with Emma Goldman Cover **Culinary Diplomacy's Role in the Immigrant**

Experience Jennifer Gray,2021-04-07 In Culinary Diplomacy s Role in the Immigrant Experience Fiction and Memoirs of Middle Eastern Women the emergent field of literary food studies engages with international diplomacy studies to establish books with recipes as tools of culinary diplomacy Foundational to the argument is culinary diplomacy scholar Sam Chapple Sokol s concept of Citizen Culinary Diplomacy which endorses public events that promote understanding of cultures and people However this study challenges that definition and argues that culinary fiction and memoirs are shared interactive experiences between the author the readers and the culture written about Foundational to the study are twentieth century postcolonial literary theories of Homi Bhabha and douard Glissant and twenty first century transnational theory of sociologists Julian Go and Ulrich Beck to recognize culinary diplomacy s vital role in international affairs Culinary Diplomacy s Role in the Immigrant Experience examines food as metaphorical expression in literature and the impact of time space and place in developing diplomatic relationships between East and West in books by Diana Abu Jaber Donia Bijan Joanne Harris and Marsha Mehran Ethnobotany of Northern Africa and Levant Rainer W. Bussmann,Mostafa Elachouri,Zaal

Kikvidze,2024-11-15 Research in recent years has increasingly shifted away from purely academic research and into applied aspects of the discipline including climate change research conservation and sustainable development It has by now widely been recognized that traditional knowledge is always in flux and adapting to a quickly changing environment Trends of globalization especially the globalization of plant markets have greatly influenced how plant resources are managed nowadays While ethnobotanical studies are now available from many regions of the world no comprehensive encyclopedic series focusing on the worlds mountain regions is available in the market Scholars in plant sciences worldwide will be interested in this dynamic content The field and thus the market of ethnobotany and ethnopharmacology has grown considerably in recent years Student interest is on the rise attendance at professional conferences has grown steadily and the number of professionals calling themselves ethnobotanists has increased significantly Various societies of such professionals include the Society for Economic Botany the International Society of Ethnopharmacology the Society of

Ethnobiology the International Society for Ethnobiology and many regional and national societies in the field that currently have thousands of members Growth has been most robust in BRIC countries The objective of this new MRW on Ethnobotany of Mountain Regions is to take advantage of the increasing international interest and scholarship in the field of mountain research We anticipate including the best and latest research on a full range of descriptive methodological theoretical and applied research on the most important plants for each region Each contribution will be scientifically rigorous and contribute to the overall field of study

Madhur Jaffrey's World Vegetarian Madhur Jaffrey, 2014-07-16 In this James Beard Award winning cookbook Madhur Jaffrey draws on more than four decades of culinary adventures travels and experimentation to create a diverse collection of more than 650 vegetarian recipes featuring dishes from five continents Madhur Jaffrey's World Vegetarian exemplifies Madhur's unsurpassed ability to create simple flavorful homecooking that is well within the reach of every cook Extensive sections on beans vegetables grains and dairy explore the myriad ways these staples are enjoyed worldwide Madhur balances appealing uncomplicated dishes such as sumptuous omelets and rich polentas with less familiar ingredients such as green mangoes pigeon peas and spelt She demystifies the latter with clear cut explanations so that incorporating new combinations and interesting flavors into everyday cooking becomes second nature She also offers substantial sections on soups salads and drinks as well as sauces and other flavorings to help round out a meatless meal and add exciting new flavors to even the most easily prepared dishes Each section opens with a detailed introduction where Madhur describes methods for preparation and storage as well as different cooking techniques and their cultural origins And a complete glossary of ingredients and techniques clarifies some of the little known elements of the world's cuisines so that even the uninitiated can bring the flavors of Asia the Middle East the Caribbean and more to their tables Throughout this extensive collection Madhur includes personal anecdotes and historical contexts that bring her recipes to life whether she's remembering field of leeks she saw in the mountains of northern Greece or describing how corn based dishes arrived in Indonesia through colonial trade Committed vegetarians will rejoice at the wide variety of meatless fare Madhur offers and nonvegetarians will enjoy experimenting with her global flavorings This highly readable resource promises to be a valuable addition to any cook's library helping everyone make healthful ethnic foods a part of everyday cooking

The Healing Diverticulitis Cookbook Terri Ward, 2022-08-09 Soothe your diverticulitis discomfort with easy healthy recipes Living with a painful gastrointestinal disease like diverticulitis can make eating a challenge but it doesn't have to be that way This cookbook has expert nutritional guidance and diverticulitis safe recipes to help you prepare delicious easy meals that won't trigger unpleasant symptoms A diet for diverticulitis Learn to manage your diverticulitis symptoms by identifying and avoiding foods that cause you discomfort A healing meal plan Follow a multi phase meal plan designed to reduce inflammation help you manage flare ups and guide you through the post flare up and maintenance stages 80 simple recipes Enjoy tasty easy to make meals many of which work with low FODMAP diets and other conditions including IBS and type 2

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