



# Persian Sofreh

Heavenly Food Made Easy

*Fary S. Tehrani*

Persian Sofreh

# Persian Sofreh Heavenly Food Made Easy

**Fary S. Tehrani**



## **Persian Sofreh Heavenly Food Made Easy:**

**Persian Sofreh** Fary S. Tehrani, 2005      *The British National Bibliography* Arthur James Wells, 2006      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      The Listener, 1991      **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

*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 **Parisa's Persian Kitchen- Iranian Cooking Made Easy** Parisa Nobakht, 2019-08-22 5

ingredients Quick and easy Persian food is possible By sparing yourself the trouble of using tens of ingredients you can achieve great results while keeping things simple All the recipes in this book have 5 major ingredients carefully chosen to respect the original dishes on which they are based This doesn't mean the intricacies of the dishes containing indigenous Iranian ingredients aren't achievable nor would I ever discourage you from making them By adapting the recipes I have cooked eaten and enjoyed hundreds of times I hope to pass them on to you so that you can cherish them too These recipes have been perfected through many repeated attempts cooked at home and in the test kitchen dozens of times I can guarantee that they will bring you neither disappointment nor discomfort and that not a single ingredient will be wasted As fond as I am of my mother and grandmother when I moved to Holland I realised that given how expensive energy is and how little time I could spend cooking on any given day I would have to stray to tradition or else I would be forced to kiss Persian cuisine goodbye The methods I developed made cooking a fast and simple process requiring few ingredients I came to realise that there is nothing wrong with replacing the ingredients I couldn't buy outside of Iran or specialist supermarkets and that there is simply no need to waste time soaking beans and chickpeas overnight and cooking them myself Using tinned ingredients was highly frowned upon in our household considered lazy and testifying a lack of taste But doing two masters degrees and working full time as a teacher taught me that there is much more to life than spending hours in the kitchen to prepare a single meal I reached a turning point in life and began breaking the rules of Persian cuisine For the past seven years I have been experimenting tweaking and developing recipes which reflect the simple Dutch approach to food applied to the traditional Persian meals I ate growing up in Iran For me cooking Iranian food isn't just about making the people I cook for happy it is about enjoying the process too As I have learnt this isn't possible without taking a relaxed approach [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      **Heavenly Foods** Hajjah Nazihe Adil Kabbani, 2006-09 This book is a collection of recipes which are not just tasteful and nutritious Food prepared with the proper intention focus and prayerful attitude brings not only joy to the palate but provides food for the heart Author Hajjah Nazihe Adil Kabbani daughter of a Sufi master and wife of another presents a grand spread of recipes fit for the table of a Sufi shaykh Taken from the cuisine of the Middle East these recipes are designed for feeding a large hungry crowd of dervishes Hajjah Nazihe adapts foods from her mother's native Kazan from Turkey and from Lebanon creatively mixing and matching the various ethnic varieties to come up with an assortment of mouth watering appetizers and main course dishes      **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      **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      **Secrets of Heavenly Food** Hajjah Naziha Adil, Shaykh Muhammad Hisham Kabbani, Shaykh Nazim Adil Adil, 2012-07 Presenting more than 150 recipes from a broad range of locales ranging from Cyprus Lebanon the Indian subcontinent to Southeast Asia and even the U S these invariably delicious dishes are possible for even a novice to successfully prepare      *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

**Nightingales and Roses** Maryam Sinaiee, 2018-11-01 Over 100 authentic seasonal recipes from Persian cook and food blogger Maryam Sinaiee Winner of the Guild of Food Writers First Book Award Shortlisted for Edward Stanford Travel Writing Awards 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 A beautiful evocation of Persian cooking and a memoir of a beloved country Judges comments GUILD OF FOOD WRITERS A delightful cookbook Persian cuisine is made both approachable and alluring PUBLISHERS WEEKLY A must for fans of Middle Eastern cooking CHOICE

**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     **Simply Persian Cuisine** Nadereh Naderi,2009-12 Simply Persian Cuisine is a labor of love love of my family and love for cooking healthy and delicious food This book is a result of a promise I made to my family to preserve and share the recipes it contains It includes family recipes my mother s recipes and my own Over the years I have tried to make cooking healthy fun and easy That is

what inspired the writing of this book The fun part comes from experimenting with new ideas of cooking presenting and even of eating e g what goes with what etc I hope I have been able to share this fun with you the reader      *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      **Food of Life** Najmieh Batmanglij,1990      My Persian Table Sheida Nasser,2011-10-21 The foods that I present in this book are based on the national recipes from Tehran the capital of Iran as well as some favorite foods from other cities Many of these recipes are suitable for vegetarians and many of the nonvegetarian recipes can be adapted by leaving out the meat



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