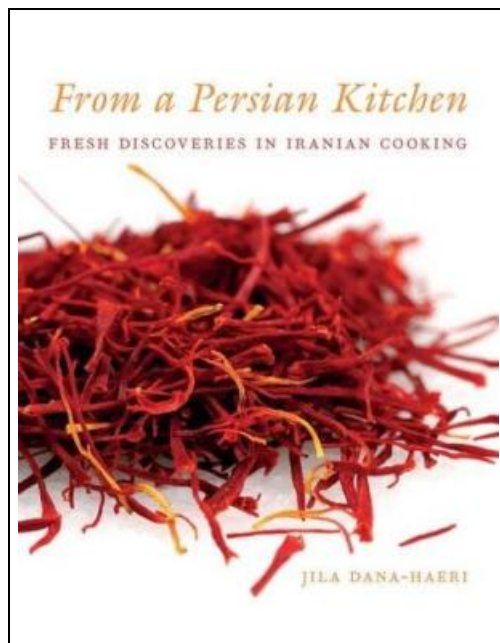


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FROM A PERSIAN KITCHEN: FRESH DISCOVERIES IN IRANIAN COOKING (HARDBACK)



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I.B.Tauris Co. Ltd., United Kingdom, 2014. Hardback. Condition: New. Language: English . Brand New Book. 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 here presents a unique guide to quintessential Persian cooking. The variety of beautiful, jewelled rice dishes, hearty winter dishes and crisp summer salads showcases the diversity of Iranian regional cooking, from the sweet and sour flavours of the northern Caspian coast to the spicy and aromatic tastes of the south and the Persian Gulf. The complementary mix of flavours - from the fresh tartness of pomegranate seeds to the subtle perfume of saffron, tarragon, dill and fenugreek - makes for an array of mouth-watering recipes that are now, thanks to Dana-Haeri's contribution, accessible to cooks of all levels. Sumptuous meat dishes are offset by accents of berry, walnut, coriander and mint to create recipes that are simple to make but bold in flavour. Balancing meat, fish, vegetables, fruit, herbs and spices, this book provides a delicious journey through the truly original tastes of Persia. This beautifully illustrated cookbook offers an enticing selection of recipes for any occasion, be it a quick supper, lavish dinner party, summer picnic or winter feast. Featuring stunning photography and introductions to Iranian cuisine and culture, *From a Persian Kitchen* will be essential for all interested in expanding their cultural and culinary horizons.



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