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# The New Persian Kitchen



## Synopsis

This luscious and contemporary take on the alluring cuisine of Iran from cookbook author Louisa Shafia features 75 recipes for both traditional Persian dishes and modern reinterpretations using Middle Eastern ingredients. In *The New Persian Kitchen*, acclaimed chef 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.

## Book Information

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## Customer Reviews

I borrowed this book from my local library and found it so interesting that I went on a two-week binge

of Persian cooking! Needless to say, I have now purchased my own copy of the book. This book is a great introduction to Persian cuisine, which is new to me and probably to most Americans. Shafia starts off by discussing the history of the cuisine and its unique ingredients. The Persian cuisine, as described by her, is sort of fantastically healthy. Typical recipes include many vegetables, herbs, nuts, fruits, and yogurt. Most dishes contain very little added fat, just a few tablespoons of oil for cooking. Meat is eaten, but is not the main focus, and cheese is not featured much either. As a result, the finished dishes are light, yet flavorful, complex, and satisfying. I've tried about 10 recipes so far, and all have been very good. The Chicken Kebabs in Yogurt Marinade is a classic Persian recipe, according to the author, and very tasty. The Turmeric Chicken with Sumac and Lime is quite easy to make and full of flavor. The Tomato and Cucumber Salad is reminiscent of the mixed chopped vegetable salads in most Mediterranean cuisines, but adds a unique Persian twist with lime and dried mint. Some of my favorite recipes so far are the delicious Persian rice dishes, which to me scale the heights of rice cookery. Her Sweet Rice with Carrots & Nuts is exotic and delicate; and I feel like I could happily eat Rice with Favas & Dill at least every other week. The recipes are very healthy to start with, and Shafia adds a further dimension by offering recipe variations substituting vegetables, tofu, or tempeh for meat, and whole grains for white grains. I really like her attention to health issues and flexibility in using new ingredients.

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