

Authentic Recipes And Fabulous Flavours From Iran

Discover the rich culinary heritage of Iran with these authentic recipes that will transport your taste buds to this culturally diverse country. From aromatic spices to exotic ingredients, Iranian cuisine offers a unique and delightful gastronomic experience. Let's delve into the world of mouthwatering dishes and irresistible flavors that will leave you wanting more.

1. Persian Kebabs: Savor the Juicy Meat Perfection

One cannot talk about Iranian cuisine without mentioning the famous Persian kebabs. These succulent skewers of marinated meat are a staple in Persian households. The **alt attribute: Authentic Persian Kebabs Recipe – Exquisite Flavors** These delectable kebabs are usually made from lamb or chicken, marinated in a blend of yogurt, saffron, and various spices. Grilled to perfection, they are served with fragrant saffron rice or warm Iranian bread.

2. Saffron Rice: The Golden Delight

Iranian cuisine is known for its aromatic rice dishes, and saffron rice is the crown jewel of them all. The **alt attribute: Savory and Fragrant Saffron Rice Recipe** With its bright yellow color and distinct floral flavor, saffron rice is often served alongside stews and kebabs. The rice is cooked with saffron water, creating a mesmerizing blend of flavors and a beautiful golden hue. Each bite is a journey through Iran's rich history and culinary traditions.

From a Persian Kitchen: Authentic recipes and fabulous flavours from Iran

by Atoosa Sepehr (Kindle Edition)



★ ★ ★ ★ ☆	4.6 out of 5
Language	: English
File size	: 101979 KB
Text-to-Speech	: Enabled
Screen Reader	: Supported
Enhanced typesetting	: Enabled
Word Wise	: Enabled
Print length	: 306 pages
X-Ray	: Enabled



3. Fesenjan: The Heavenly Walnut and Pomegranate Stew

Fesenjan is a savory and tangy stew that embodies the essence of Persian cuisine. This unique dish combines the richness of ground walnuts with the tartness of pomegranate molasses. The **alt attribute: Authentic Fesenjan Recipe – Richness in Every Bite** Slow-cooked with chicken or duck, Fesenjan captures the balance of sweet and sour flavors, creating a heavenly culinary experience that will make you savor each spoonful.

4. Zereshk Polo: Tart and Tangy Rice with Barberries

Zereshk Polo is a traditional Iranian dish that combines flavorful rice with tart and tangy barberries. The **alt attribute: Zereshk Polo – A Taste of Iran's Vibrant Flavors** The barberries are cooked with caramelized onions, creating a beautiful blend of sweet and sour flavors that perfectly complements the aromatic rice. Zereshk Polo is often served with chicken or lamb, adding an extra layer of depth to the dish.

5. Ghormeh Sabzi: The Herbaceous Delight

Ghormeh Sabzi is a classic Iranian stew that is bursting with flavors. The **alt attribute: Ghormeh Sabzi Recipe – A Symphony of Aromatic Herbs** This

mouthwatering dish is made with a medley of fresh herbs, such as parsley, cilantro, and fenugreek, cooked with lamb or beef and red kidney beans. The combination of herbs, spices, and slow cooking gives Ghormeh Sabzi its distinct flavor profile, making it a favorite among Iranians.

6. Shirazi Salad: Refreshing and Vibrant

No Iranian meal is complete without a refreshing salad, and Shirazi Salad is a perfect example of simplicity and flavor combined. The **alt attribute: Shirazi Salad – A Burst of Freshness** This delightful salad is made with cucumbers, tomatoes, onions, and a tangy dressing of lime juice and olive oil. It provides a refreshing contrast to the rich and hearty Persian dishes, adding a burst of freshness to every bite.

7. Baghlava: A Sweet Endnote

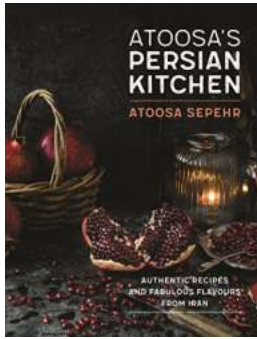
To round off the culinary journey through Iran, we must indulge in a taste of their famous dessert, Baghlava. The **alt attribute: Irresistible Baghlava Recipe – Sweetness in Every Layer** This flaky pastry is made with layers of thinly rolled dough, filled with a mixture of ground nuts, honey, and fragrant rosewater. The result is a sweet and nutty delight that will leave you craving for more.

Iranian cuisine is a fusion of flavors, textures, and traditions that offer a unique and unforgettable dining experience. These authentic recipes provide a glimpse into the vibrant and diverse culinary heritage of Iran. So, roll up your sleeves, gather the ingredients, and embark on a gastronomic adventure that will delight your senses and transport you to the land of fabulous flavors.

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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

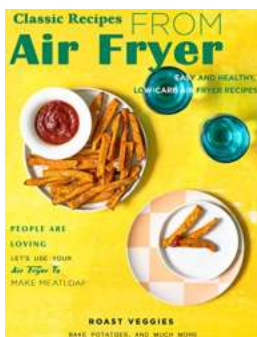
Gourmand World Cookbook 2019 award finalist

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.



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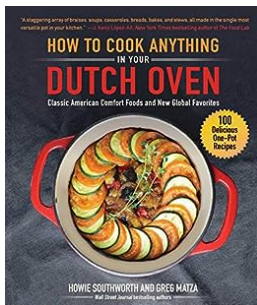
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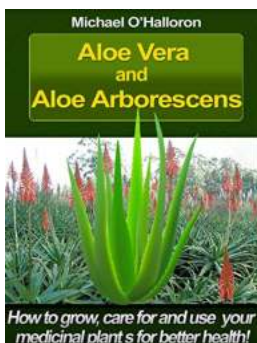
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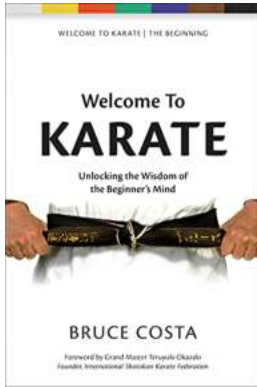
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