

CAULIFLOWER

Joon Persian Cooking Made Simple

Nasim Alikhani, Theresa Gambacorta



Joon Persian Cooking Made Simple:

Joon: Persian Cooking Made Simple Najmieh Batmanglij, 2015-10-06 Master chef Najmieh Batmanglij distills one of the world's oldest and most influential cuisines to capture its unique flavours in recipes adapted to suit our busy lives. Najmieh's fans have been making meals from her Food of Life for over 30 years. For Joon, she has simplified 75 of her favourite dishes and shows how with the right ingredients and a few basic tools and techniques, authentic Persian food can easily be prepared at home. The recipes in this book, each accompanied by a photograph of the finished dish, come straight from Najmieh's kitchen and include not only the classics of Persian cooking but also some soon to be favourites such as quinoa or kale cooked Persian style. You will discover delicious side dishes from cooling yogurt-based salads and tasty dips and spreads to more sustaining platters of grains, beans and fresh herbs, tasty kuku, frittata-style omelettes filled with vegetables and herbs, spice-infused fish, mouth-watering meatballs and kebabs served on flat breads with tangy sauces, every kind of rice including the incomparable polow topped with various sweet and sour braises, not to mention delightfully aromatic cakes and cookies to round off meals or enjoy as a snack in between.

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.

Taste Makers Mayukh Sen, 2021-11-16 An NPR Best Book of the Year, A New York Times Editors' Choice pick, Wall Street Journal's Who Read What Favorite Books of 2021, Longlisted for the 2022 Brooklyn Public Library Book Prize, Observer Food Monthly's 50 Things We Love in the World of Food, Right Now Named a best book for the holidays by Wall Street Journal, Vogue, Oprah's O, Quarterly Globe. Marcella Hazan, the deity of Italian cuisine, and Norma Shirley, a champion of Jamaican dishes. In imaginative, lively prose, Mayukh Sen, a queer brown child of immigrants, reconstructs the lives of these women in vivid and empathetic detail, daring to ask why some were famous in their own time but not in ours, and why others shine brightly even today. Weaving together histories of food, immigration and gender, Taste Makers will challenge the way readers look at what's on their plate and the women whose labor overlooked for so long makes those meals possible.

An Encounter with Dylan Thomas Ebrahim Golestan, 2022-09-27 Abadan 1951. Iran and Britain are bracing for battle over the continued British monopoly of Iran's oil. Twenty-nine-year-old Ebrahim Golestan, who was to become a towering figure in Iranian cinema and literature, encounters Dylan Thomas, the famous Welsh poet who died two years later at the age of thirty-nine from bronchial disease and

pneumonia More for his celebrity than an intimate knowledge of the subject Thomas had been sent to Iran by the Anglo Iranian Oil Company to write a script for a propaganda film about the company's supposedly salutary role in the country But for a few hours Golestan and Thomas pause amidst the escalating standoff between their two countries and speak candidly about poetry history philosophy and the perils of translation Published here for the first time is the English translation with facing pages in the original Persian of Golestan's unflinching portrayal of that encounter revealing all too clearly how unsuited Thomas was for the task in hand Accompanying the translation is an account of Thomas's time in Iran written by Abbas Milani Director of the Iranian Studies Program at Stanford University together with Alina Utrata a Ph D candidate and Gates Cambridge scholar Based on the poet's letters journals and archival material in England and Wales it helps to shed further light on an episode long shrouded in mystery and plagued by controversy Publication of this book coincides with the hundredth birthday in October 2022 of Ebrahim Golestan To mark the occasion Professor Milani has included a personal and erudite introductory essay on Golestan's life and work examining his pioneering approach to film and his important contribution to Iranian literature despite living in exile for most of his adult life With a filmography and selected bibliography of the works by or about Golestan this multifaceted volume offers not only a striking commentary on Iranian arts politics and history set against the tense backdrop of the impending geopolitical clash between Britain and Iran but also a commemoration of the work of one of the most eminent and influential representatives of Iranian culture in modern times

The ChopChop Family Cookbook Sally Sampson, 2023-04-04 2024 IACP Cookbook Award Winner From the creators of the popular ChopChop Family magazine this colorful cookbook features more than 150 recipes and cooking tips that make it fun and easy for families and kids to learn to cook and enjoy delicious nutritious affordable meals together This colorful easy to follow beginner cookbook from ChopChop Family magazine a James Beard award winning publication with a mission to get families to cook real food together features more than 150 recipes for breakfast lunch and dinner Specially designed to appeal to both adults and kids in budget and time strapped families the recipes include favorites like Overnight Oatmeal Double Vegetable Fried Rice Free Form Lasagna and One Ingredient Banana Ice Cream along with simple cooking and meal prep instructions The book is packed with inspiring introductions to popular whole foods such as All About Carrots or Broccoli or Kale kitchen skills such as How to Chop an Onion or Cook Rice and why brown rice is better than white rice Mix Match charts sandwiches smoothies and beyond and nutrition sidebar What are Omega 3's anyway Every page of this rich resource is designed to help families develop the know how and confidence to cook with whole foods and the many benefits of making and eating homemade meals together [History of Paper in Iran, 1501-1925](#) Willem Floor, Amélie Courvat Desvergnés, 2022-10-04 The Chinese invented papermaking which by the 8th century had reached the Muslim world in Samarkand and Baghdad and Spain by the 11th century Much later at the end of the 18th century onwards modern industrial papermaking was developed by the Europeans The History of Paper in Iran 1501 to 1925 sets out for the reader the types of

paper made in Iran during the Safavid and Qajar periods and the crucial role imported paper played in the country The Iranian government attempted to introduce modern European paper production technology first by sending students abroad to learn about this technology and then by purchasing equipment to set up a paper industry However during the 19th century domestic Iranian paper production came under increasing pressure from paper imports and the government abandoned its efforts to modernize the domestic paper industry The authors renowned scholar Willem Floor in collaboration with Am lie Couvrat Desvergnés a museum conservator of artworks on paper and books identify and illustrate the watermarks and or countermarks of the various paper producers and provide examples of the diversity of quality composition and nature of the different types of paper used by various strata of the Iranian society Also provided are detailed import data showing which country exported paper to Iran via which routes as well as their changing market position over time Finally the various end uses of paper from books and farmans to paintings and diverse packing and utilitarian paper are examined and where possible quantified data are presented This book will reward scholars and general readers alike

Transportation & Technology in Iran, 1800-1940: : Chapar, Carts, Carriages, Automobiles, Bicycles, Motor Cycles, Lodgings, Sewing Machines, Typewriters & Pianos Willem Floor, 2023-08-21 Only 100 years ago the main means of transportation in Iran was by quadruped Transportation All these processes are detailed in the book Like cars bicycles and motorcycles also were increasingly used as of the 1920s thus increasing choice in people s mobility More road traffic also implied that travelers needed places to spend the night and eat The change from caravanserais to guest houses and hotels is discussed in part 3 These changes in transportation methods did not come alone for other modern tools of change such as the sewing machine and the typewriter also made their appearance and had a major impact on people s availability and use of time Finally the piano made its entry onto the Iranian musical scene and although not perfectly in tune with the traditional Iranian musical system it is now as much part of music making in Iran as the tar and santur part 4 of the book All these changes and new technologies did not happen overnight or without problems and slow adoption initially was limited to the upper class However with falling prices and changing needs and policies these new technologies eventually reached a larger public and the idea that they once were exotic and out of reach is now inconceivable to Iranians The studies in this book provide a new vantage point and understanding of the transfer of modern technology for scholars of the social economic and cultural history of the Middle East

Qeshm: The History A Persian Gulf Island Floor Willem, Potts D.T., 2024-11-21 Located in the Straits of Hormuz the island of Qeshm has had a tumultuous history Qeshm The History of a Persian Gulf Island is the first serious book length study of the island s history From the fourteenth century onward the island was an important dependency of the Kingdom of Hormuz often providing drinking water to Hormuz The island remained critical as a source of water and foodstuffs for the Portuguese beginning in the early sixteenth century Throughout the seventeenth century Qeshm remained a bone of contention between Portugal the Dutch and the English East India Companies Later it was a coveted tile

in the mosaic of Persian Gulf domination aspired to by the Sultans of Oman despite the pretensions of the Qajar court. The natural resources of Qeshm include salt the purest in the Persian Gulf naphtha and firewood. From Nader Shah's naval ambitions to the commercial competition of the early twentieth century, Qeshm features in innumerable mini crises both local and international. In 1935 the British abandoned their coaling station on the island at the insistence of Reza Shah. Qeshm's history stands in stark contrast to the popular image of this staid somewhat sleepy island. This book, brilliantly researched by two of the foremost scholars of Iranian history, is essential reading for anyone interested in a region whose strategic, political, economic and financial importance continues to grow. 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 Enchantingly Easy Persian Cookbook Shadi Hasanzade Nemati, 2016-12-20. From the kitchens of Persian families to your dining table, with *The Enchantingly Easy Persian Cookbook*, you'll enjoy easy-to-follow recipes that achieve the vibrant flavors of authentic Persian cuisine. Yogurt, eggplant, lamb kebabs, saffron rice—if you have ever dined in a Persian restaurant, then you know how rich, tantalizing, and satisfying Persian cuisine is. Yet many assume that making favorites like Pomegranate and Walnut Stew or Saffron Syrup Cake is too difficult to do at home. Shadi Hasanzade Nemati grew up in the kitchen of her Persian mother and can still remember being mesmerized by the sweet aromas of saffron and cinnamon. Inspired by her family's heirloom recipes, Shadi has created a collection of simple, straightforward takes on authentic Persian favorites that are accessible enough for beginners yet still fun for more seasoned cooks. *The Enchantingly Easy Persian Cookbook* brings the savory comforts and mystical essence of Persian home cooking to your dining table. The step-by-step instructions in this Persian cookbook make it easier than ever to create classic Persian mainstays in your own home. In this uniquely simple Persian cookbook, you'll find 100 recipes specifically designed to make Persian cooking fun and stress-free for beginners. A

handy how to guide for preparing basic Persian ingredients such as de seeding pomegranates making saffron water drying limes and storing fresh herbs Practical grocery shopping recommendations for Persian pantry staples like cardamom and sumac plus useful photos for identifying unique ingredients such as ghee and clotted cream Helpful labels that indicate each recipe s level of difficulty plus worth the wait labels for dishes that require more time Tried and true tips and tricks to make Persian cooking easier and more successful Memory sidebars that accompany especially treasured recipes describing Shadi s most cherished recollection connected to that dish With the ease and simplicity of The Enchantingly Easy Persian Cookbook you ll have more fun and less stress as you find the magic in new Persian fare and rediscover the enchantment of recipes you already love *Iran Academia Journal, No 4* Iran Academia,2019-10-18 Iran Academia is a Persian Academic Journal of Social Science and Humanities with International Standard Serial Number ISSN 2589 1367 This periodic journal is published twice a year in fall and spring semesters of the academic year The Institute for Social Sciences Humanities Iran Academia is dedicated to academic teaching in the humanities and social sciences disciplines The objective of the Institute is to advance rigorous learning opportunities for students interested in examining and analysing current events and social developments occurring in Iran through the prism of the modern world **Sofreh** Nasim Alikhani,Theresa Gambacorta,2023-06-27 The much anticipated cookbook an exquisite collection of Persian recipes from the James Beard nominated chef of Sofreh one of Brooklyn s most acclaimed restaurants A Best Book of the Year Los Angeles Times Epicurious I got lost in the flavors of Nasim s mint oil saffron rice pudding and meltingly tender chicken stew laced with sweet tart flavors from Pink Lady Apples and sour cherries Her naan e barbari is the best Suzy Karadsheh New York Times best selling author of The Mediterranean Dish Cookbook Growing up in Isfahan a province in central Iran Nasim Alikhani was a passionate cook from childhood spending the first years of her life in the kitchen alongside her mother And so when she departed after the revolution it was by re creating the dishes of her youth that she was able to feel connected to her home After decades of cooking for friends and family at the age of fifty nine she opened Sofreh restaurant in Brooklyn to share the food and warm culture of her native Iran with a wider circle Now in her first cookbook Alikhani offers her readers what she has lovingly been providing for those who know her and who eat in her restaurant the true tastes of Iran Here is the timeless soul satisfying food of Persia with its trademark bold herb and spice flavors succulent savory stews and stuffed meats vast bounty of brightly pickled vegetables and fresh fruits and much much more Containing more than 120 recipes Sofreh brings together traditional Iranian dishes and modern Sofreh favorites Sour Cherry Rice Roasted Cauliflower with Shallot Yogurt and Pistachios Sour Chicken Stew Rosewater and Cardamom Custard and of course everything you need to create a true Iranian breakfast spread at home A joyous celebration of one of the world s great cuisines this essential guide will delight home cooks everywhere **Mothers and Strangers** Samia Serageldin, Lee Smith,2019-02-26 In this anthology of creative nonfiction twenty eight writers set out to discover what they know and don t know about the person they call Mother Celebrated writers Samia Serageldin and Lee

Smith have curated a diverse and insightful collection that challenges stereotypes about mothers and expands our notions of motherhood in the South The mothers in these essays were shaped for good and bad by the economic and political crosswinds of their time Whether their formative experience was the Great Depression or the upheavals of the 1970s their lives reflected their era and influenced how they raised their children The writers in Mothers and Strangers explore the reliability of memory examine their family dynamics and come to terms with the past In addition to the editors contributors include Belle Boggs Marshall Chapman Hal Crowther Clyde Edgerton Marianne Gingher Jaki Shelton Green Sally Greene Stephanie Elizondo Griest Jacquelyn Dowd Hall Eldridge Redge Hanes Lynden Harris Randall Kenan Phillip Lopate Michael Malone Frances Mayes Jill McCorkle Melody Moezzi Elaine Neil Orr Steven Petrow Margaret Rich Omid Safi James Seay Alan Shapiro Bland Simpson Sharon K Swanson and Daniel Wallace

Rana Joon and the One and Only Now Shideh Etaat, 2023-07-25 Set in 1996 southern California high school senior Rana Joon wants to honor her deceased best friend by entering a rap contest and living authentically as a lesbian but feels conflicted by her Iranian family's expectations

Persian Cooking For Dummies Najmieh Batmanglij, 2022-07-25 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

Lipstick Jihad Azadeh Moaveni, 2007-03-31 As far back as she can remember Azadeh Moaveni has felt at odds with her tangled identity as an Iranian American In suburban America Azadeh lived in two worlds At home she was the daughter of the Iranian exile community serving tea clinging to tradition and dreaming of Tehran Outside she was a California girl who practiced yoga and listened to Madonna For years she ignored the tense standoff between her two cultures But college magnified the clash between Iran and America and after graduating she moved to Iran as a journalist This is the story of her search for identity between two cultures cleaved apart by a violent history It is also the story of Iran a restive land lost in the twilight of its

revolution Moaveni's homecoming falls in the heady days of the country's reform movement when young people demonstrated in the streets and shouted for the Islamic regime to end. In these tumultuous times she struggles to build a life in a dark country wholly unlike the luminous saffron and turquoise tinted Iran of her imagination. As she leads us through the drug soaked underground parties of Tehran into the hedonistic lives of young people desperate for change, Moaveni paints a rare portrait of Iran's rebellious next generation. The landscape of her Tehran, ski slopes, fashion shows, malls and cafes is populated by a cast of young people whose exuberance and despair brings the modern reality of Iran to vivid life.

Undercooked Dan Ahdoot, 2023-03-21 A collection of hilarious essays about how food became one man's obsession and coping mechanism and how it came to rule and sometimes ruin his relationships. From the Cobra Kai actor stand up comic and host of Food Network's *Raid the Fridge*. When most people say they have an unhealthy relationship with food they mean they eat too much of it or too little. When I say I have an unhealthy relationship with food I mean it's what gives my life meaning. That's a really dumb way to live your life as the stories in this book will attest to. Despite an impressive résumé as an actor and writer, Dan Ahdoot realized that food has been the through line in the most important moments of his life. Growing up as a middle child, Ahdoot struggled to find his place in the family until he and his father discovered their shared love for la gourmandise. But when the tragic death of his brother pushed his parents to strengthen their Jewish faith and adopt a strictly kosher diet, Ahdoot and his father lost that savored connection. To fill the absence left by his brother and father, Ahdoot began to obsess over food and make it central in all his relationships. This, he admits, is probably crazy, but it makes for good stories. From breaking up with girlfriends over dietary restrictions to hunting just off the Long Island Expressway to savoring his grandmother's magical food that was his only tactile connection to his family's home country of Iran, to jetting off to Italy to dine at one of the world's best restaurants only to send the risotto back. Ahdoot's droll observations on his unconventional adventures bring an absurdly funny yet heartfelt look at what happens when you let your stomach be your guide. Bibi's

Rainbow: Hilarious Ordeals of Assimilation Majid Amini, 2014-01-18 Bibi's Rainbow is a delightfully narrated novel centered around a large Iranian immigrant family and their old wise and faithful nanny Bibi, a talented cook armed with inexhaustible secret recipes who is resolutely determined to ease the transition of four generations of her family into American society. Using her wits and miraculous recipes as weapons, she ultimately manages to avert a Clash of Civilizations in their Beverly Hills neighborhood, winning over the hearts and souls of her extended family and their neighbors during the tumultuous period between 1979-2008. It is a tale of the long, sometimes tragic, often hilarious journey to assimilation. **Outlook**

Mohammad Babantaj, 2021-01-06 A Novel Nader Manesh The story of Mr. Nader Manesh who immigrated to Canada from Iran with his family. They are suffering from Iranian people in Canada who are on the side of the Islamic Government of Iran. In Canada, the Iranian people bring their Islamic and Iranian cultures from Iran to Canada and try to force other Iranians in Canada to follow their old and Islamic roles and cultures in Canada. Nader Manesh, who actually escaped from that kind of

Iran Islamic cultures and Islamic Government from Iran to Canada still is suffering from those kinds of Iranian in Canada who the Iran Government is behind them Nader Manesh working hard in two to three different companies in several shifts a day night to support his family in Canada Nader studying in university beside working and get his doctorate of Sociology and becomes the university professor and make his own business in having several colleges across Canada **Paymān-i**
Zanāshūyī-i Īrānī Bijan Moridani,2005

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Joon Persian Cooking Made Simple Introduction

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