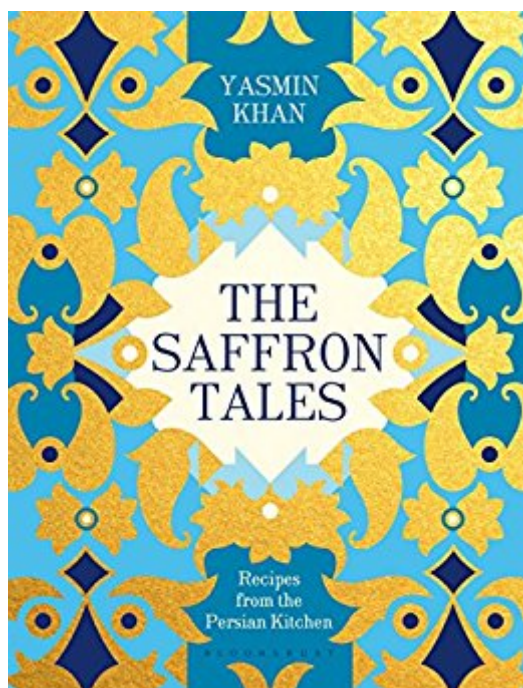


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The Saffron Tales: Recipes From The Persian Kitchen



Synopsis

'Barberries, fresh herbs, date molasses, dried limes, saffron; Yasmin's Persian pantry staples are a roll call of my favourite ingredients. Her recipes are a mouthwatering showcase of a beautiful country' Yotam Ottolenghi'Not just a great cookbook but a book full of stories â “ a love letter to Iran and its people' Diana HenryArmed with little more than a notebook and a bottle of pomegranate molasses, British-Iranian cook Yasmin Khan traversed Iran in search of the country's most delicious recipes. Her quest took her from the snowy mountains of Tabriz and the paddyfields of Gilan to the cosmopolitan cafÃ©s of Tehran and the pomegranate orchards of Isfahan, where she was welcomed into the homes of artists, farmers, electricians and teachers. Through her travels, she gained a unique insight into the culinary secrets of the Persian kitchen and the lives of ordinary Iranians today. In *The Saffron Tales*, Yasmin weaves together a tapestry of stories from Iranian home kitchens with exclusive photography and fragrant, modern recipes that are rooted in the rich tradition of Persian cooking. All fully accessible for the home cook, Yasmin's recipes range from the inimitable fesenjoon (chicken with walnuts and pomegranates) tokofte berenji (lamb meatballs stuffed with prunes and barberries) and ghalyieh maygoo (prawn, coriander and tamarind stew). She also offers a wealth of vegetarian dishes, including tahcheen (baked saffron and aubergine rice) and domaj (mixed herb, flatbread and feta salad), as well as sumptuous desserts such as rose and almond cake, and sour cherry and dark chocolate cookies. With stunning photography from all corners of Iran and gorgeous recipe images, this lavish cookbook rejoices in the land, life, flavours and food of an enigmatic and beautiful country.

Book Information

File Size: 92403 KB

Print Length: 240 pages

Publisher: Bloomsbury Publishing; 1 edition (July 14, 2016)

Publication Date: July 14, 2016

Sold by:Â Digital Services LLC

Language: English

ASIN: B01HI8KYZM

Text-to-Speech: Enabled

X-Ray: Not Enabled

Word Wise: Enabled

Lending: Not Enabled

Enhanced Typesetting: Enabled

Best Sellers Rank: #446,955 Paid in Kindle Store (See Top 100 Paid in Kindle Store) #47

inÂ Kindle Store > Kindle eBooks > Cookbooks, Food & Wine > Regional & International > Middle Eastern #185 inÂ Books > Cookbooks, Food & Wine > Regional & International > Middle Eastern #914 inÂ Kindle Store > Kindle eBooks > Cookbooks, Food & Wine > Meals

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