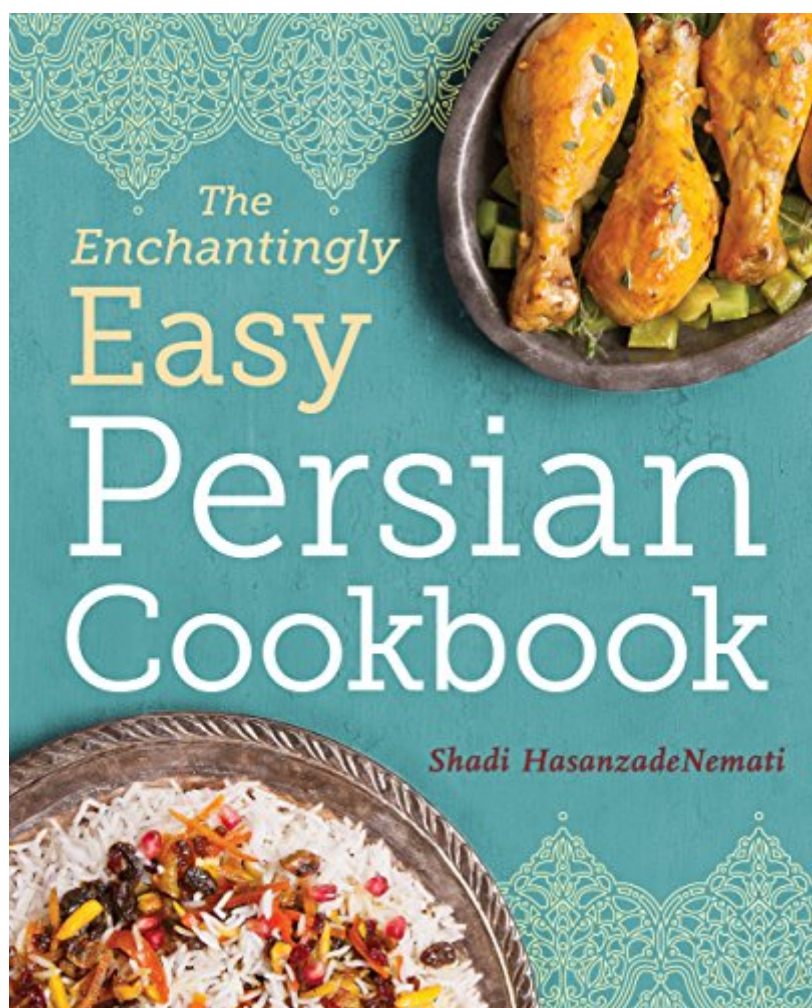


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# The Enchantingly Easy Persian Cookbook: 100 Simple Recipes For Beloved Persian Food Favorites



## Synopsis

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 HasanzadeNemati 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.

## Book Information

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## Customer Reviews

I was married to a Persian man from Isfahan for five years. He was a Fabulous cook and taught me how to cook his delicate, wonderful food. This cookbook is one of the best ones I've seen that corresponds closely to what I learned. The only difference is my husband didn't cook with cinnamon, except occasionally. Nor did we use much saffron, which may have been due to the cost as we were students. We also didn't use a tortilla on the bottom of rice but used thinly sliced potatoes or just left the rice on the bottom of the pan for tahdig, which gives a crunchy rice. Everybody wants the rice from the bottom of the pan! We did have a massive crowd for dinner every night, or we were at his friends houses with a huge group of people. Very fun. The Persians are huge with gatherings of family and friends. I'm thrilled to see the good kooku and drink recipes, as I didn't learn as much as I would have liked. Anyway, this is a wonderful book. The beet with yogurt is superb.

I'm a Persian and I'm a terrible cook! But this book is so wonderfully written that even I was successful making dishes from it. The recipes are step by step and easy to follow. And the language is very friendly with a touch of personal stories here and there which makes it more relate-able. (nothing like those fancy cookbooks that makes you feel like you're working on a NASA project!) The other thing I liked about the book was the detailed information on Persian cuisine and the ingredients which would be very helpful for people that don't know much about it. Overall I strongly recommend this book for someone who's interested in Persian cooking as well as people like me who might be more talented in eating the food rather than making it! ;)

As an Iranian living in the US, I loved everything about this Persian cookbook. I just simply loved the fresh smell of Persian food filling up my kitchen (recipes I found in the book), reminding me of my mom's kitchen. This book includes every recipe you can think of; even some dishes I always thought my mom made up, which made me realize those were actually part of the Persian cuisine. There were dishes I always cooked and thought there is something missing, going through this book I got to learn all the tricks and steps I was missing. So thank you Shadi for this amazing book. Loved all the stories in conjunction with the recipes.

Very nice book with easy and flavorsome recipes

This is such a great cook book! I love the personal stories along with the detailed recipes. Even someone who is new to cooking Persian food can easily follow the recipe for authentic food :) I can't wait to try all the recipes in there! Edit - I have tried a few recipes from the cookbook. They were easy to follow and really delicious, with fantastic results. We will be cooking more from the book in the future too :) I tried the Carrot and Beef Meatballs, Saffron Rice Cakes and Persian Crepes. I definitely learnt a lot about Persian cuisine by reading this cookbook.

Love this book!

Easy to read and make wonderful meals

I love this book. My best friends as a child were Lebanese, my best friend in high school was Persian, and one of my closest friends now is part Saudi/Egyptian. Needless to say, despite not having a drop of Middle Eastern blood in me, Middle Eastern cuisine has dotted my history and I'm particularly fond of it. And because I don't like very pungent flavors (no garlic overload for me, please), I don't like overly sweet or fruity dishes (sorry, Morocco), and I prefer fragrant, elegant food, Persian food has always stood out to me as my favorite Middle Eastern style of cooking. The problem with previous cookbooks were that they were more fun to look at than actually use, because the recipes were too involved. Shadi's cookbook solves that problem for me. Each recipe is something that any home cook can make, and I love that she includes Persian drinks and snacks! I also love the personal anecdotes about growing up in a Persian family and the background info on the recipes. The recipes are enchantingly easy, but the book itself is enchanting, as well!

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