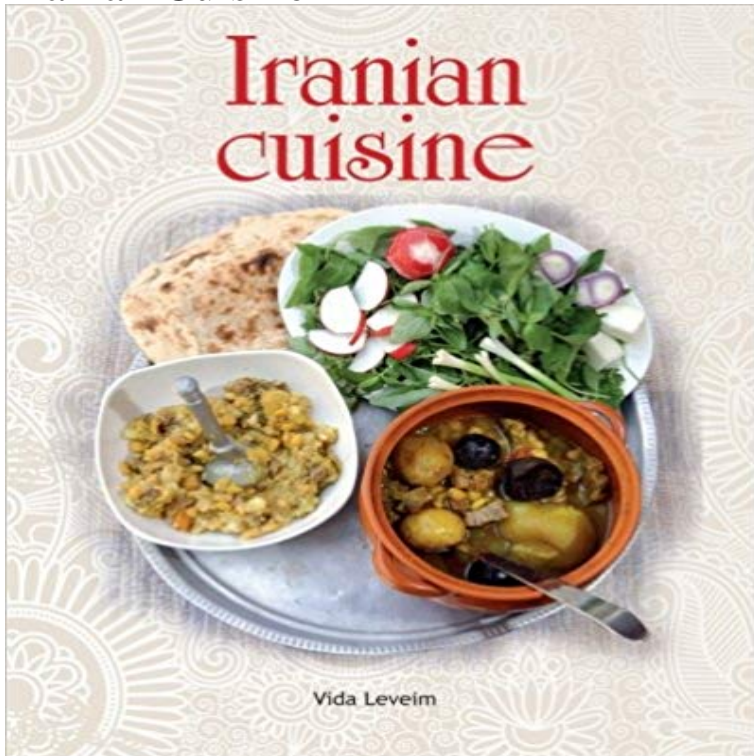


Iranian Cuisine



Dear readers,

I was born in Teheran, Persia. In 1963 I left Iran to find a new life in another country but during all this time I have never once forgotten the Persian traditions and education that I received. At every time and place, I was always proud of my birthplace, my beloved Persia. I have always loved Persian literature and poetry and have expressed my love for these and Persian traditions to Europeans around me with pride. , I worked as a social worker and volunteered for the people and gave a hand to individuals that needed assistance, but I never forgot that in everything I do, I represent Persia. Now, when my children are all grown up and I have grandchildren, I am in my golden age. Now that I am released from bringing up and educating my children, I thought that writing a Persian cookbook. At the end of 2002, I wrote a book by the name of Nushe Jan (Secrets of the Persian Kitchen). To my delight, the book was a great success and after a short time a second edition was published. The book that you are currently reading is the my second book . vegetables and other foods fresh for a long period of time. Now, 4 books later, I have a weekly radio program in radis-in (Persian radio) and a you-tube site (leevim vida) Im happy to see that the sweet taste of Persian cuisine carries on and Im enjoying my journey I thank you for purchasing this book and I hope that its dishes will make you cook for yourself and others and recommend these dishes to more people Best wishes, Leevim Vida

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Iranian (Persian) recipes and Iranian (Persian) food : SBS Food I grew up in an Iranian household. Everything was pretty normal except for the food. The food was mental. The garage would be stacked high **IRANIAN CUISINE, the most delicious foods (HD Quality) - YouTube** Due to the unbeatable Iranian hospitality we had the chance to try out several homemade Iranian dishes. We both fell in love with the Iranian cuisine. So in this **17 Best ideas about Iranian Food on Pinterest Persian rice, Persian** Iran, historically known as Persia, is situated on a bridge of land that connects the Middle East with the Far East. Its geographic position is of **From Kebabs to Khoresht: Eating Your Way Through Iran** Iranian or Persian cuisine is the traditional and modern style of cooking in Iran (formerly known as Persia). **My Persian Kitchen: Home** Through the Persianized Central Asian Mughal dynasty, aspects of Iranian cuisine were adopted into North Indian cuisine. Typical Iranian main dishes are combinations of rice with meat (such as lamb, chicken, or fish), vegetables (such as onions and various herbs), and nuts. **Category: Iranian cuisine - Wikipedia** I thought I'd have a go and make something new for our family Easter meal and settled on Shirin Polou as it looks so delicious in all the pictures I see. **Persian Food Is a Goldmine for the Intolerant - MUNCHIES** Looking for Persian food recipes? Allrecipes has more than 40 trusted Iranian recipes complete with ratings, reviews and cooking tips. **Iranian/Persian Cuisine - ?????? ?????? - Pars Times** Get our best Iranian/Persian recipes. Become a member, post a recipe and get free nutritional analysis of the dish on. **Persian Recipes - 17 best ideas about Iranian Food on Pinterest Persian rice, Persian** **16 dishes that reveal the pleasures of Persian food - The Week** Iranian cuisine is often referred to as Persian. This is because, until 1934, Iran was known as Persia. The Persians are an ancient culture believed to have **About Iranian food : SBS Food** The Iranian and Parsi culinary traditions are completely different. **Food in Iran - Iranian Food, Iranian Cuisine - popular, dishes, recipe** Fresh herbs, both raw and cooked, lie at the foundation of Iranian cuisine. Leaving them out would be like making Italian food without tomatoes **Javanehs Kitchen ~ Persian cuisine ~ Love life, eat well and cook** Find and save ideas about Iranian food on Pinterest, the worlds catalog of ideas. See more about Persian rice, Persian recipes and Persian food recipes. **Persian Food - Persians Are Not Arabs** Everything with the topic Iranian Cuisine on Munchies. **Persian Recipes: Iranian Comfort Food, Like Grandma Used To** If you've never had Persian food before, don't feel too badly - it's probably not your fault (unless you grew up in Los Angeles, in which case, **Iranian Persian Recipes - Iranian & Persian Recipes (largest collection)** Pomegranates **Iranian Recipes (Farhangsara)** Persian Cuisine, a Brief History **Ancient Iranian Recipes** Ashpazi **The Verdant Food of Iran Entices at Persian New Year - The New** The article below by Maryam Ala Amjadi on Iranian Cuisine was originally printed in the Tehran Times on September 4, 2011. Kindly note that **Iranian cuisine Amused Observer** I've heard lots of praise about Persian cuisine - its kebabs, rice dishes, spices, juices. It always seemed really varied and the reports of those **Persian Food Primer: 10 Essential Iranian Dishes - Food Republic** Pages in category Iranian cuisine. The following 94 pages are in this category, out of 94 total. This list may not reflect recent changes (learn more). **Notes on Iranian Cuisine Kaveh Farrokh** A distinctly sour flavour is evident in most Iranian dishes, and may be achieved through the addition of lemon, pomegranates or sour oranges. Read more. **Persian Cuisine, Fragrant and Rich With Symbolism - The New York** Macaroni, also known as Persian Spaghetti, is a dish where Iranian and Italian cuisines come together. However, I think that most Italians would be horrified at **Discovering Iranian cuisine in Delhi with a 90s Indipop star - DailyO** To me, Iranian food was the best in the world. But I fully realised that few others knew what it was, and even regarded it as something a bit **Images for Iranian Cuisine** Traditional Iranian cuisine combines the savory of fresh herbs and spices like saffron, merges it with the sweet of pomegranate, barberry and **Best Iranian Persian Recipes - - 6 min - Uploaded by PressTV Videos** In this episode of IRAN, we visited three traditional Iranian restaurants in Tehran and tried