(Get free) The New Persian Kitchen

The New Persian Kitchen

Louisa Shafia
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Louisa Shafia : The New Persian Kitchen before purchasing it in order to gage whether or not it would be worth my time, and all praised The New Persian Kitchen:

8 of 9 people found the following review helpful. Perfect blend of classic Persian with a fresh, healthy twist.By FamilyI am Persian but was raised in North America and left my home at 18 to go to university so never grew up close enough to learn authentic cooking from my Mom or family. I bought the Batmanglij cookbook and it was horrible so I was on the hunt for something that would be close to what I was used to growing up. The New Persian Kitchen is just that - a new, fresh (and healthier) take on classic Persian dishes. I love it and I love the simplicity of the recipes and how she stayed true to the ingredients and flavors of the original dishes. It is her version of things but if you are open to some experimentation, you won't be disappointed. I am in love with this cookbook!!2 of 2 people found the following review helpful. Delicious FoodBy Kindle CustomerI love Persian food and while some of the recipes here are not strictly traditional, they are very good recipes indeed. As a vegetarian I will often buy non-vegetarian cookbooks and adapt the recipes to my needs. Ms. Shafia has included a number of wonderful vegetarian recipes, as well as the ones I can adapt. The instructions are clear, and the photographs are lovely. So far everything I have made has been delicious. My meat-eating husband has enjoyed the food as well. Definitely going to be a "go-to" cook book

for me.5 of 5 people found the following review helpful. ..a Persian JewelBy LynnThe New Persian Kitchen by Louisa Shafia is a gem. I have many Persian and Middle Eastern cookbooks; some I may cook one or two recipes from but have tried at least 60% of recipes in this book and am still moving through it. I find many cookbooks have too much chat and travel tips and not enough about the food. Louisa creates interest and delivers a fine balance between tips, cultural references and the recipes. And the food!! - the fabulous Smoky Beet Burgers, Barley Stew with Lamb and Rhubarb (yes - rhubarb and it is sensational),Roasted Fish with oranges and saffron; and the many uses of rice, nuts, herbs and that fabulous spice saffron. Excellent for all levels of cook. Buy and enjoy.

This luscious and contemporary take on the alluring cuisine of Iran featuring 75 recipes for both traditional Persian dishes and modern reinterpretations using Middle Eastern ingredients.In The New Persian Kitchen, acclaimed chef and Lucid Food blogger Louisa Shafia explores her Iranian heritage by reimagining classic Persian recipes from a fresh, vegetable-focused perspective. These vibrant recipes demystify Persian ingredients like rose petals, dried limes, tamarind, and sumac, while offering surprising preparations for familiar foods such as beets, carrots, mint, and yogurt for the busy, health-conscious cook. The nearly eighty recipesmdash;such as Turmeric Chicken with Sumac and Lime, Pomegranate Soup, and ice cream sandwiches made with Saffron Frozen Yogurt and Cardamom Pizzellesmdash;range from starters to stews to sweets, and employ streamlined kitchen techniques and smart preparation tips. A luscious, contemporary take on a time-honored cuisine, The New Persian Kitchen makes the exotic and beautiful tradition of seasonal Persian cooking both accessible and inspiring.

.com Featured Recipe from The New Persian Kitchen: Turmeric Chicken with Sumac and Lime