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# Persian Cooking: A Table of Exotic Delights, Revised and Updated

Nesta Ramazani

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**Nesta Ramazani : Persian Cooking: A Table of Exotic Delights, Revised and Updated** before purchasing it in order to gage whether or not it would be worth my time, and all praised Persian Cooking: A Table of Exotic Delights, Revised and Updated:

1 of 1 people found the following review helpful. Found the Ghormeh Sabzi recipes similar to what restaurant made!By J BeadlesHad eaten some "Ghormeh Sabzi" (essentially a Persian Green Herbal Stew, typically served over steamed rice.) at a local restaurant. Of course, the owner wasn't about to share his recipe. I found two variations of it in this cookbook (plus a few other recipes in various blogs and other online recipe sites)... PLUS I found other foods that I had no idea of the names, but the ingredient and preparation descriptions make me think I've had those foods at the restaurant as well. Soooo they are marked to try another day. I'm very happy with this book. I should mark it down a star or two because I couldn't get it in hardback form, but that's my own fault for not researching other sites that might have had a used copy of this in hardback. (I know, some don't see the charm in hardcover editions, but I'm old school that way...). If you are a foodie who likes going to Middle Eastern restaurants, you might very well enjoy this book. Just remember that Persia (Iran) and Lebanon are two different countries and have their unique cultural charms, and they both share a love of great food made with fresh and healthy ingredients.2 of 2 people found the following review helpful. Great and InsightfulBy Iris D.This is a great persian cookbook with accurate recipes. It also describes Persian culture, and has accurate phonetic names for the recipes.0 of 0 people found the following review helpful. Delicious Foods!By S. JOSEPHI have bought 4 of these, the first one being hardcover for myself, which I ended up giving to my

daughter-in-law. Then 3 more to give as gifts. The author has done an excellent job and I will probably buy another one to keep for an emergency gift!

For more than forty years, *Persian Cooking: A Table of Exotic Delights* has been the classic cookbook for the cuisine of Iran in the American kitchen. This updated and expanded edition takes into account present tastes, the availability of ingredients and modern cooking tools and methods. Persian cooking is one of the oldest culinary traditions known to man. Its aromatic dishes are based on vegetables, fruits, grains and meat used in subtle and varied combinations, delicately seasoned with fragrant herbs and spices. Many of these healthy, nutritious and nourishing dishes are suitable for vegetarian palates. This comprehensive collection of over 350 authentic recipes covers all facets of Persian food, including appetizers, soups, dolmechs, kookoos, salads, rice, stews, kababs, bread, cookies, pastries, puddings, sherbets and pickles. Tested methods and clearly explained techniques ensure the dishes turn out as they should. A chapter on the history of Persian food and a glossary of Persian culinary terms complete the book, making it the essential reference book on Persian cooking. Of both Persian and English heritage, Nesta Ramazani has lived in both Iran and the West, making her uniquely qualified to offer these recipes. During a yearlong visit to Iran, she consulted the classic Persian language cookbooks and pried culinary secrets from both professional chef and housewife. Back in the United States, she tested and tried out hundreds of the dishes and rendered the recipes to exact Western measurements and timing. In addition to being a talented chef, Mrs. Ramazani is also a gifted writer. She manages to capture and convey the subtleties of the cuisine through clear descriptions and engaging anecdotes. She has been honored by the *Encyclopaedia Iranica* for Her Efforts to Introduce Persian Culinary Art to the Non-Iranian Public. *Persian Cooking* has been included in Best Christmas Book Choices by the Washington Post and top choices in cookbooks for the holidays by the Chicago Tribune.

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... this delicious book is sure to make you a Persian cook. Mrs. Ramazani's introduction is an education in itself. It gives you a better understanding of the use of herbs and foods used in various regions of Iran. You will also learn a little Persian along the way. --*Persian Heritage Magazine*  
Nesta Ramazani has effectively demonstrated the great diversity and sophistication of Iranian cuisine. . . . *Persian Cooking* is the most comprehensive and entertaining book on Iranian culinary art yet available. It will surely be greeted enthusiastically by gourmets and Persian food devotees as well as vegetarians and natural food proponents. --*Middle East Journal*  
Ramazani has exerted much energy and effort in collecting recipes. She also has a love and appreciation of Persian food. --*Iranian Studies Journal*  
From the Inside Flap  
If Scheherazade had to depend on her culinary imagination to persuade the King to spare her, she doubtless would have told him about recipes such as these. There is a succulent dish, she might have begun, called Shirin Pollo, wherein rice is enfolded with strips of chicken, sweetened orange peel, pistachios and almonds. . . . On nights to follow she might whet his appetite with Fessenjoon, chicken stewed in pomegranate syrup and walnuts, or Meat and Parsley Soup with Green Plums, Roast Partridges in Cream, Lamb Hearts with Cinnamon or Cranberry and October Bean Soup. After she had delved into the kookoos (souffles), the kebabs, the dolmechs, the game birds, vegetables, salads, breads and pickles, she might turn to the sweets Elephants Ears, Persian Marzipan, Sweet Fingers, the sherbets and cold sweet drinks. She would soon have the King eating out of her hand, for Persian cuisine offers something for even the most sophisticated of gourmets in search of new epicurean delights. The oldest cuisine known to man, Persian cooking is based on lamb, fruits, vegetables and grains, used in subtle and varied combinations. The food is neither highly spiced nor hot but seasoned with herbs. It is very nutritious and very economical requiring minimum amounts of meat. Many dishes are easy to prepare ahead of time and well suited to reheating—they make good leftovers. As Mrs. Ramazani writes: Here is a culinary art so highly developed that the most lowly vegetable can taste divine, every meal can be a gastronomic treat, every cook a creative artist.

About the Author  
Nesta Ramazani is the doyenne of Persian cuisine in America. In addition to *Persian Cooking*, she is also the author of *The Dance of the Rose* and the *Nightingale*, which relates her experience as a founding member of the Iranian National Ballet Company. She holds an M.A. in English Literature from the University of Virginia and has written widely on various subjects relating to the Middle East in various scholarly and mainstream journals. She and her husband live in Charlottesville, Virginia where she writes, teaches ballet and occasionally lectures.