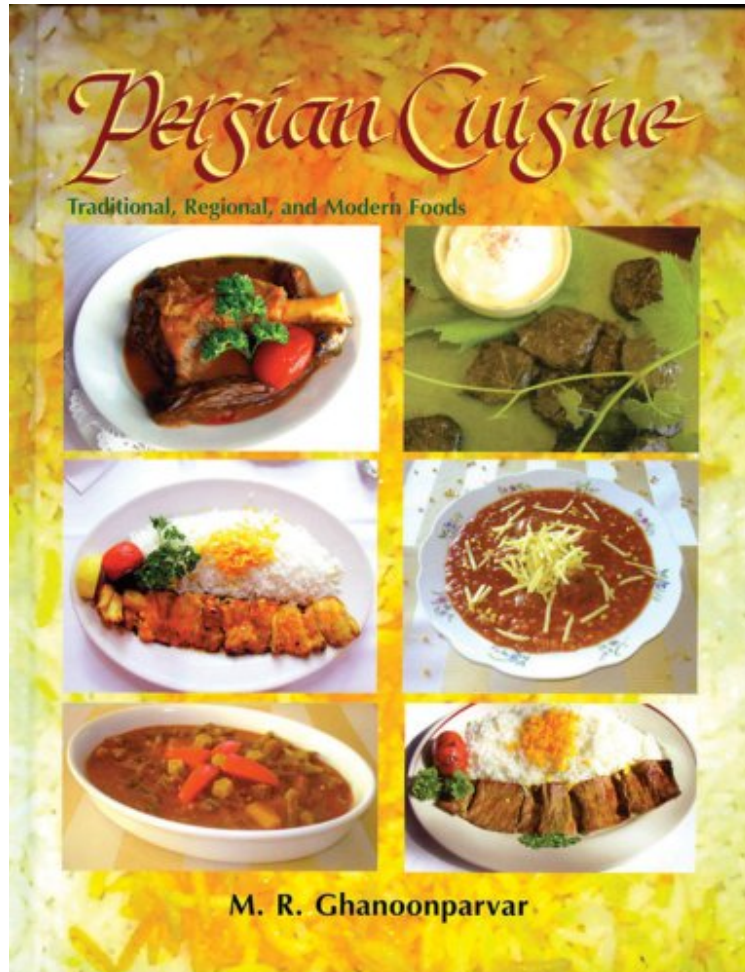


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## Persian Cuisine: Traditional, Regional, And Modern Foods

*M. R. Ghanoonparvar*

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**M. R. Ghanoonparvar : Persian Cuisine: Traditional, Regional, And Modern Foods** before purchasing it in order to gage whether or not it would be worth my time, and all praised Persian Cuisine: Traditional, Regional, And Modern Foods:

4 of 4 people found the following review helpful. Persian mom approvedBy Tala FrazierSo far I love this book!! I really wanted to find an authentic Persian cookbook and this one passed the "Persian mother in-law test"! I am not Persian but happen to be with a Persian man who loves his Persian food, so I decided to look for a quality cookbook and I found it! A lot of the recipes are easy to follow and I love that they display the English name for the dish as well as the name of the dish written in Farsi (especially since I am attempting to learn Farsi!).13 of 13 people found the following review helpful. As good as my mom's cooking!By M. LeeI am an Iranian girl who moved to California when I was 13yrs. old. I learned how to cook Persian cooking through my lovely mother who's cooking was quiet famous among our friends. The only problem was that my mother was such a perfectionist that she always kick me out

of the kitchen fearing I will ruin her cooking. I was smart enough to watch her and observed the process. When I got married and started my own family I was interested to cook Persian dishes trying to mimic from what I have remembered from my mom; But there was always something missing and it did not taste perfect like my mom's. Unfortunately I lived far away from my mother and I would call her and ask for recipes on the phone and my old fashioned mother never was about measuring things. She always told me a little of this and handful of that and when I ask how much exactly it was very confusing. Until I spotted this book and I was so anxious to try out the recipes and I was really happy with the results. The recipes are very authentic and great tasting so now I producing much better tasting Persian dishes than before and family is impressed. My food actually taste as good as my mom's if not better. I like the pictures on the cover those are all my favorite foods. The recipes are very accurate and easy to follow. This is perfect and a must have cook book for any Iranian girl who enjoys cooking Persian food for their family and friends. 1 of 1 people found the following review helpful. Fabulous Book! By Terri Allahdadi I purchased 3 copies of this wonderful book ... one for each of my sons and one for me! Whether you are of Persian decent, have lived in Persia, or simply have a love of cultural diversity and delicious food - this is a "must have" book. I had the previous version of this book and was delighted to find that the author had a new, updated version. The recipes are the healthiest you'll find and so delicious! The information about Persian holidays are a delight ... very concise. I enjoyed the addition of the wine chapter. I have recommended this book to friends and will continue to do so! Thank you very much for taking the time to create such a fabulous book!

The cuisine of every nation provides a means of celebrating its culture, and this volume, the most comprehensive collection of recipes of Persian culinary arts, represents a celebration of several thousand years of Persian heritage and civilization. Persian cuisine is the product of the skill, creativity, patience, care, and compassion of many generations of cooks, whether mothers, fathers, wives, or husbands preparing food for their families and friends or professional chefs at royal courts and the homes of the affluent. *Persian Cuisine: Traditional, Regional, and Modern Foods* is a user-friendly cookbook that belongs in the kitchen, not on the coffee table! In keeping with this philosophy, the pictures in the volume for the most part come from the kitchens and tables of average users of these recipes, not from a professional studio using enhanced photography. That means that the user should be able to create the same end products seen in the photographs. The first edition of *Persian Cuisine Book I, Traditional Foods*, published in 1982, followed by *Persian Cuisine Book II, Regional and Modern Foods*, published in 1984, sold tens of thousands of copies and became the bestselling books on Iranian cooking in English. The present volume is the latest and the most complete collection of recipes by M. R. Ghanoonparvar. It contains updated and improved versions of all the recipes from the previous two books, in addition to a large number of new recipes from every part of Iran. This volume includes many cultural notes and features beautiful original photographs. Wine historians believe that winemaking originated in ancient Persia and wine has been an indisputably crucial component of Persian culture. Hence, a chapter on the history of wine in Iran has been added to this new edition. *Persian Cuisine: Traditional, Regional, and Modern Foods* is also very friendly to vegetarians and vegans, since the main ingredients of most recipes consist of vegetables and fruits. The newest edition published in 2014, includes directions for preparing most of the recipes as vegetarian or vegan dishes.

About the Author M. R. Ghanoonparvar is Professor Emeritus of Persian and Comparative Literature at The University of Texas at Austin. He has published widely on Persian literature and culture and is the author of *Prophets of Doom: Literature as a Socio-Political Phenomenon in Modern Iran*, *In a Persian Mirror: Images of the West and Westerners in Iranian Fiction*, *Translating the Garden*, *Reading Chubak*, *Persian Cuisine: Traditional, Regional and Modern Foods*, and most recently *Iranian Film and Persian Fiction*. His translations include Jalal Al-e Ahmad's *By the Pen*, Sadeq Chubak's *The Patient Stone*, Simin Daneshvar's *Savushun*, Ahmad Kasravi's *On Islam and Shi'ism*, Sadeq Hedayat's *The Myth of Creation*, Davud Ghaffarzadegan's *Fortune Told in Blood*, Mohammad Reza Bayrami's *The Tales of Sabalan*, Bahram Beyza'i's *Memoirs of the Actor in a Supporting Role*, Nima Yushij's *The Neighbor Says: Letters of Nima Yushij on Modern Persian Prosody*, and Ja'far Modarres-Sadeqi's *Horse's Head*. Among his edited volumes are *Iranian Drama: An Anthology*, *In Transition: Essays on Culture and Identity in Middle Eastern Societies*, *Iranian Languages and Culture: Essays in Honor of Gernot Ludwig Windfuhr*, and *Critical Encounters: Essays on Persian Literature and Culture in Honor of Peter Chelkowski*. His latest translations include *Red Olive: The Memoirs of Nahid Yusefian*, Amir Moazenzadeh's *The Battle of Prophets Wizards: The Nostradamus Code and Vampires*, and Mohammad Reza Bayrami's *Eagles of Hill 60*. His forthcoming volumes include *Death, Literary Diseases, and Persian Stories* and translations of Modarres-Sadeqi's *Appointment in Aleppo* and Shahrokh Meskubi's *In Alley of the Friend*.