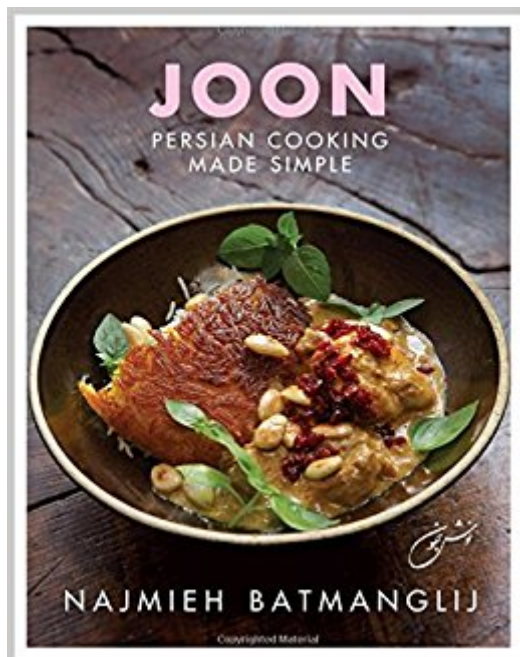


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Joon: Persian Cooking Made Simple



Synopsis

75 Persian recipes made simple: many requiring only one pot and less than an hour to cook while keeping the authentic flavors of Iran. Includes many vegan and vegetarian options. In Joon, master chef Najmieh Batmanglij distills one of the world's oldest and most influential cuisines to capture its unique flavors in recipes adapted to suit our busy lives. Najmieh's fans have been making meals from her Food of Life for more than 30 years. For Joon she has simplified 75 of her favorite dishes and shows how, with the right ingredients and a few basic tools and techniques, authentic Persian food can easily be prepared at home. The recipes in this book--each accompanied by a photograph of the finished dish--come straight from Najmieh's kitchen and include not only the classics of Persian cooking, but also some soon-to-be favorites, such as quinoa or kale cooked Persian-style. You'll discover delicious side dishes, from cooling, yogurt-based salads and tasty dips and spreads, to more sustaining platters of grains, beans and fresh herbs; tasty kukus --frittata-style omelets filled with vegetables and herbs; spice-infused fish; mouth-watering meatballs and kababs served on flat breads with tangy sauces; every kind of rice--including the incomparable polow topped with various sweet and sour braises; not to mention, delightfully aromatic cakes and cookies to round off meals or enjoy as a snack in between. Much of Iran's cuisine is essentially vegetarian. Although kababs are popular restaurant fare, they represent only a small sampling of the dishes Iranians eat at home. Persian cooking, with its emphasis on fresh, natural ingredients corresponds with the trend in eating that's spreading across America. "Join the delicious revolution!" as Alice Waters says; "Eat simply, eat together, eat seasonally, shop at farmers markets." Iran and Persia refer to the same place. These days we use "Iran" to refer to the country and "Persia" or "Persian" for the culture, from Persian carpets, and Persian cats to, Persian cooking. Persian, also called farsi, is the language of Iran. Joon means "life" in Persian. It can be used in multiple ways, from a term of endearment akin to "darling" after someone's name to showing great enthusiasm: "I love it!" The expression nush-e joon, literally "food of life," is similar to the French "bon appétit," a wish that a meal will be enjoyed.

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Customer Reviews

Najmieh Batmanglij was born and raised in Iran. During her childhood, her mother wouldn't allow her in the kitchen. "Concentrate on your education," she would say. "There will be plenty of time for you to cook later in life." Najmieh came to America in the 1960s to study at university and would cook Persian food with fresh local produce using recipes sent by her mother in letters. Her housemates loved the food she made and encouraged her to cook all the more. Little did she know that the American food revolution had just begun. Later, when Najmieh returned to Iran with her master's degree in education in hand, her mother welcomed her into the kitchen and started to work with her. At the end of 1979, as the Iranian Revolution took a more fundamentalist turn, Najmieh and her husband fled to France, where their first son Zal was born. It was in France that Najmieh decided to follow her passion for cooking. With the help of her friends and neighbors, she wrote her first cookbook, *Ma Cuisine d'Iran*. In 1983 she and her husband emigrated to America, where she gave birth to their second son, Rostam, and wrote her first book in English, *Food of Life*. Najmieh has spent the past 35 years cooking, traveling, and adapting authentic Persian recipes to tastes and techniques in the West. She has been hailed as "the guru of Persian cuisine" by *The Washington Post*. Her *Food of Life* was called "the definitive book on Iranian cooking" by the *Los Angeles Times*. Her *Silk Road Cooking* was selected as one of the 10 best vegetarian cookbooks of 2004 by *The New York Times*; and her book *From Persia to Napa: Wine at the Persian Table* won the Gourmand Cookbook Award for the best wine history book of 2007. Najmieh is a member of Les Dames d'Escoffier and lives in Washington, DC, where she teaches Persian cooking, and consults with restaurants around the world.

So many splendid small dishes that are made with healthy ingredients; much simpler and quicker than most Persian cuisine lots of light fresh fare it's more of a Persian culinary influence on whatever one happens to bring back from a visit to the farmer's market as many recipes lend themselves for a change up of ingredients depending on what's on hand or your particular taste and most are

vegetarian or come with instructions to make it vegetarianbought this book for many friends and familyit's also a GREAT first book for newbees in the kitchen.. a confidence builder for new cooks that's' for sureNooshe' Jahn!

I have loved the work of this author, Najmieh Batmanglij, for over 37 years! Hers was the first translation of many traditional Persian recipes that I found, and the measurements were accurate for the dishes she presented. My son now uses this cookbook, and the foods he has prepared have been excellent, even impressive! I thank the author for defining and preserving these recipes, updating some as necessary, and allowing our family to continue celebrating our heritage and traditions, while expanding their food options via these excellent and nutritious meals.

This book, like all of Najmieh's books is a gem. I have every one of her books and have bought multiple copies of each and given them as gifts to friends and family. (I bought 4 the first time and just ordered 4 more, and I'm sure I will be ordering more!) Not only are these cookbooks easy to use and follow, but she recounts the history and culture of her beloved Iran in each of her books through the recipes, description of the ingredients and the high level photography and layout. I'm an Iranian and consider myself a fairly good cook, but every Persian dish I make I first refer to Najmieh's books for inspiration and a new way of approaching the dish. Najmieh's value for the aesthetics and quality shows in her preparations and presentation. A must have cook book for anyone who likes to eat, cook or is interested in diverse cultures!

My sister have this book and I was drooling over it so I ordered it for myself . I am vegan so I will be doing my interpretation of some of the recipes .

Great quality hardcover book with excellent visualization! bought two as gifts for my clients.

2 orders of this book one for my wife and another for my daughter and both love the contents .

Really great book, but the corner of it arrived damaged :(Was sad because I gave it as a gift.

I like it

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