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# The New Persian Kitchen



## Synopsis

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 recipes—such as Turmeric Chicken with Sumac and Lime, Pomegranate Soup, and ice cream sandwiches made with Saffron Frozen Yogurt and Cardamom Pizzelles—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.

## Book Information

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## Customer Reviews

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

Ingredients 1 teaspoon ground turmeric Sea salt and freshly ground black pepper 4 bone-in

chicken thighs 2 tablespoons grapeseed oil 3/4 cup water 4 cloves garlic, minced 2 juicy limes,

halved Sumac, for garnish Directions In a small bowl, mix the turmeric with 1 tablespoon salt and 2 teaspoons pepper. Place the chicken on a rimmed baking sheet and sprinkle with the spice mixture,

turning to coat both sides. Heat a large skillet over medium-high heat and add the oil. Brown the chicken well on both sides, about 7 minutes per side. Pour in the water, then add the garlic, stirring it into the water. Bring the water to a boil, then turn down the heat to low and cover. Braise the chicken for 25 minutes, until the inside is opaque. Transfer the chicken to a serving platter, turn up the heat to high, and reduce the cooking liquid for a few minutes, stirring occasionally until it's slightly thickened. Season to taste with salt and pepper, and pour the sauce over the chicken. Dust the chicken with sumac and pepper, garnish with lime halves, and serve.

**Featured Recipe from The New Persian Kitchen: Saffron Corn Soup**

**Ingredients** 3 tablespoons grapeseed oil 2 yellow onions, finely diced 1 teaspoon ground turmeric 6 large ears corn, shucked 3 dried limes, soaked in hot water to cover for 15 minutes 6 cups chicken stock or water 1/2 teaspoon saffron, ground and steeped in 1 tablespoon hot water Sea salt and freshly ground black pepper 2 to 3 tablespoons freshly squeezed lemon juice

**Directions** Heat the oil in a stockpot over medium heat and cook the onions for about 10 minutes, until they start to brown. Add the turmeric and corn. Pierce the limes with a knife or fork and add them to the pot along with their soaking water. Add the stock and bring to a boil. Cover and simmer for 15 minutes, until the corn is just tender. Squeeze the limes against the side of the pot with a long spoon to extract their concentrated flavor before removing them from the soup. Blend half of the soup in a blender, then return it to the pot. Add the saffron and season to taste with salt and pepper. Add lemon juice to taste, and serve.

**WINNER, FOOD52 PIGLET AWARD, 2014** Every once in a while I pick up a cookbook and want to cook everything in it, which was the case with this one.

•Martha Rose Shulman, *The New York Times* “Louisa does a beautiful job of weaving the traditional Persian culinary palette into something of her own. She takes fantastical ingredients—rose water, pomegranates, sumac, and saffron—and spins them into an inspired and unique collection of recipes that are fresh, bright, and brilliantly full of flavor.”

•Heidi Swanson, author of *Super Natural Every Day* “This is a highly evocative book telling the story of the marvelous cuisine of Iran, one of my favorites and one that has yet to be properly discovered in the West.”

•Yotam Ottolenghi, coauthor of *Jerusalem* “The New Persian Kitchen is the perfect introduction to Persian cooking, full of classic ingredients and not-so-traditional ones, like tofu and quinoa. This book has something for everyone: practical recipes, anecdotes about the culture and history of Iran, and beautiful photography.”

•Firoozeh Dumas, author of *Funny in Farsi*

I first found out about Louisa Shafia's new book through a recent Epicurious interview that was promoting it; excited to try some new flavors, I sampled a few of the recipes (the Majoon and the Carrot Salad) and was immediately smitten. The ingredients worked beautifully together--from the carrots, cilantro and red chile flakes to the dates, yogurt and nutty, textured topping of the smoothie/shake. I decided that I had to have the book and pre-ordered it; since receiving it, I've made several more dishes: the Turmeric Chicken (flavorful and tender; the combination of the yellow chicken with the lime garnish was also visually pleasing), the Rhubarb, Strawberry and Mint salad (as refreshing as it sounds and a celebration of spring produce) and the Beet Burgers (a tasty and textured veggie burger). I can't wait until the weather gets cooler to try some of the soups and stews. This book is inspiring, lovely and with well-written and original recipes. Perhaps I feel this way (at least about the originality) since I don't know all about much about Persian cooking, but this is definitely a good resource to introduce one to both traditional and experimental Persian flavors.

I 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!!

I 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.

The 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 book hooked me immediately because I love the historical background on Persian cuisine, as well as the explanations on ingredients which I found really helpful. The photographs are a treat and inspired me to get going and cook something! Among my favorite recipes are the rice dishes and the salads. My favorite salad is the celery root and pomegranate salad, as I am very fond of pomegranate. Thus the author's illustrated lesson on preparing this luscious fruit was a boon. I am a cook who needs inspiration, and this colorful, interesting book is just what I needed.

I chose this rating because of the sophisticated twist she gives to some of the traditional recipes and the beautiful photos that accompany them. For examples, I bought this book because I got to look inside and see the recipe and beautiful photo of her twist on the traditional faloodeh and her wonderful recipe for Turmeric Chicken with Sumac and Lime. She takes traditional Persian recipes and makes them even tastier. This book is everything I hoped it would be.

I love this cookbook. Every recipe I've tried (more than a dozen) has turned out perfectly. The flavors are bold and delicious. Some friends have noted that they're on the salty side, but I think they're just right. The photos are beautiful and the recipes are clearly written and not overly fussy. Highly recommended.

Bought this as a gift for a friend and she loved it and she has been using it quite a bit.

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