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AND RICE DISHES. (HOW TO COOK  
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BY KARIN RUCHTI BAHMANI**



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Check out Iran's best stews and rice dishes.

Would you like to know more about Persian cooking ? Are you planning to travel to Iran and would you like to know what's on the menu there, or have you already been there and would you like to taste again something you ate ? Maybe you want to know more about the ingredients the Iranians use in their kitchen and which ones you could buy while you are in Iran ?

Here is explained what Iranians like to eat and how to prepare that delicious Persian food the easy way. A step by step explanation will help you to prepare it and a handy list of the most commonly used ingredients completes this book giving you all the information you need.

So surprise yourself and your friends or family with dishes you will surely appreciate !

The word Iran isn't very popular in the world. It makes people think about politics, about war and about religion. Maybe that's why most of the pleasant and beautiful aspects of Iranian culture are said to be PERSIAN.

Persian ancient history, Persian culture, Persian poetry, Persian music, Persian rugs...

Unfortunately few people know what Persian CUISINE is like, which is a pity because Iranian food is delicious. Its flavors are Middle Eastern but at the same time very recognizable for Westerners. Dishes are only mildly spiced and always well balanced. Anyone who has been so lucky to eat Persian food agrees with me. Businessmen that visited the country, travellers that made a tour to visit the ancient cities of Iran, gourmets that live in big Western cities and of course people like me.

Let's introduce myself. I have been married to an Iranian citizen for the last twenty years now. We live in Italy so most of the time I cook Italian, but once or twice a week we eat Persian food too. My husband wouldn't resist any longer without it and neither do his fellow citizens living abroad. At first he would prepare it for me, but over time I got to learn how to prepare most dishes myself. I copied and improved my husband's cooking techniques and those of his Iranian friends. Whenever I was on a visit in Iran I ate in the best restaurants of the country, I asked around a lot and of course I observed my mother in law who is an excellent cook.

Over time we have become quite famous for our Persian stews and rice dishes among our Italian friends. They often ask us to invite them because they long for an Iranian stew. Considering that Italians adore their own cuisine that sure is striking. If they think Iranian food is a real treat, then it must be true !

That's why you should read this book. This is a collection of my best Persian recipes. The ones all Iranians eat frequently, the ones they will offer to their guests and that can be ordered in hotels and restaurants all over Iran.

They are not difficult to prepare at all so check it out !

It will convince you that Persian cuisine has a lot to offer to those who like good food and new flavors.

Good Luck !

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An excellent cookbook for a beginning foray into Persian cooking

By Cheryl Atherton

An excellent introduction to Persian cooking and basic dishes. The descriptions of ingredients is helpful for a novice of this flavorful cuisine. It is not a lengthy nor comprehensive cookbook, but it is adequate. The progression from easiest to hardest is a gentle nudge to becoming more confident in cooking Persian and Iranian foods.

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