



Persian Green Bean Recipe

**Jila Dana-Haeri,Shahrzad
Ghorashian,Jason Lowe**



Persian Green Bean Recipe:

A Treasury of Persian Cuisine Shirin Simmons, 2007-10 Imparts Shirin Simmons knowledge of traditional cuisine of Persia subtle distinctive elegant and varied This title includes anecdotes stories about family traditions as well as accounts about Shirin s travels through various regions of the country from prerevolution onwards It is packed with advice on ingredients and cooking techniques **Food of Life: Ancient Persian and Modern Iranian Cooking and Ceremonies (40th Anniversary Edition)** Najmieh Batmanglij, 2024-10-01 The 40th Anniversary Edition of Food of Life Ancient Persian and Modern Iranian Cooking and Ceremonies by Najmieh Batmanglij contains more recipes and more photos Each recipe has been restructured for more clarity including tips and suggestions from her fans over the past 40 years Food of Life provides 400 authentic Iranian recipes as well as an introduction to Persian art history and culture The book s hundreds of full color photographs are intertwined with descriptions of ancient and modern Persian ceremonies poetry folktales travelogue excerpts and anecdotes This book is a labour of love that began in exile after the Iranian Revolution of 1979 as a love letter to Najmieh s children It is the result of 40 years of collecting testing and adapting Persian recipes for today s kitchen All the ingredients for cooking Persian food are now readily available throughout the U S enabling anyone from a master chef to a novice to reproduce the refined tastes textures and beauty of Persian cuisine Food related pieces from the 10th century Book of Kings and 1 001 Nights to the classics of Persian poetry the humor of Mulla Nasruddin as well as Persian miniatures are all included Each recipe is presented with steps that are logical and easy to follow Readers learn how to simply yet deliciously cook rice with its golden crust tahdig the jewel of Persian cooking which when combined with a little meat fowl or fish vegetables fruits and herbs provides the perfect balanced diet Najmieh Batmanglij is an acclaimed chef best selling cookbook author and cooking instructor She is also the co founder and executive chef of the award winning Persian restaurant Joon in Vienna Virginia Najmieh was hailed as one of seven immigrant women who changed the way americans eat by The New York Times and The Grande Dame of Iranian Cooking by Mayukh Sen in The Washington Post Her latest book Cooking in Iran Regional Recipes Kitchen Secrets was the culmination of tens of thousands of miles of travel through Iran It was chosen as one of the best cookbooks of 2018 and called magisterial by The New York Times Batmanglij views preparing a meal not only as a culinary experience but also as a means to bring family and friends together She encourages her readers to use her books as she was taught in Iran to cook to laugh to tell jokes and stories to recite poetry and to enjoy the meal Over the past 40 years Batmanglij s books have acted as a both a beacon and a bible to Iranian American and mixed ethnicity families in the English speaking world Her life and her work meet at the vortex of feminism tradition ceremony and the nourishment of body and mind proving that none of these concepts need be foreign to one another **Persian Cooking For Dummies** Najmieh Batmanglij, 2022-08-30 Taste Real Home cooked Persian Food for Breakfast Lunch and Dinner The most celebrated Persian chef in America Najmieh Batmanglij brings you her favorite traditional healthy Persian dishes

simplified for modern American kitchens Persian Cooking For Dummies written for cooks of all skill levels will transform the way you cook Offering more than 100 recipes some of which can be made in less than an hour this book will guide you through the art and craft of one of the world s oldest yet least known culinary traditions in the West These flavors and aromas are rarely replicated in restaurants so prepare to be wowed by your own creations as you follow these easy guidelines in the warmth and comfort of your own kitchen The distinctive herbs the heavenly aromas of saffron and rose water and the sweet and sour flavors will impress your guests and delight your family Prepare kababs braises golden crusted tah dig rice dishes and delicious desserts Learn the tricks and techniques that have been perfected over thousands of years Enjoy the unique aromas and flavors of the food of Iran right in your own home Learn the history of Persian cooking and access a glossary of Persian culinary terms Many recipes are one page simple to follow and take less than an hour to make Adapted for today s lifestyle Persian Cooking For Dummies is perfect for experienced and novice cooks alike Take a journey through this exotic cuisine and get cooking with Dummies A Persian Kitchen Tale Haniyeh Nikoo,2024-06-25 Introduce a Whole New World of Incredible Flavor to Your Meals Bring one of the oldest richest culinary cultures right to your dinner table With ingredients that are easy to find and techniques that are even easier to follow you ll discover 60 delicious new favorites inspired by the Iranian roots of recipe developer Haniyeh Nikoo Impress your guests with traditional Braised Lamb Shank and Quick Pickled Smoky Eggplant Herbs to share Wow on date night with Spicy Red Lentil Daal or Saffron Yogurt Chicken Rice Pilaf Or unlock new comfort food cravings with Walnut Pumpkin Pomegranate Stew or Sweet Sour Kabaab on the grill In addition to her irresistible recipes Haniyeh includes a helpful guide to the most distinct Persian ingredients like saffron barberry and hogweed and how to find them or what to use from your pantry as a substitute in a pinch Get ready to prepare a feast for your eyes and tastebuds alike with these impressive yet achievable meals **New Persian Cooking** Jila Dana-Haeri,Shahrzad Ghorashian,Jason Lowe,2011-02-28 The subtleties of Persian cuisine and their exciting mix of flavours are totally distinct from other styles of cooking and make it one of the great cuisines of the world The traditional emphasis on the use of fresh and seasonal ingredients and the importance of a complementary mix of herbs vegetables meat fish fruit and spices accords well with the modern desire for healthy eating and a balanced diet This highly illustrated cookbook offers an enticing introduction to traditional Persian cuisine through recipes that are accessible to the non professional cook and are based on ingredients that are readily available in the West As a medical doctor aware of today s health concerns Jila Dana Haeri has adapted traditional Persian recipes for today s more health conscious readers and cooks Using ingredients that are readily available to create dishes that are both healthy and nutritious the authors demonstrate that Persian food can be made easily anywhere in the world Featuring beautiful photographs by award winning food photographer Jason Lowe this book will be essential for anyone interested in sampling Persian cuisine and expanding their cultural horizons *The Saffron Tales* Yasmin Khan,2016-09-27 Winner of the M F K Fisher Award for Excellence in Culinary Writing from Les Dames d Escoffier

New York Times Best Cookbooks of the Year Wall Street Journal Best Cookbooks of the Year BBC Food Programme Best Cookbooks of the Year A glorious celebration of the food and people of Iran featuring stories from home kitchens and more than 80 delicious modern recipes This is so much more than a compilation of recipes gorgeous though they themselves are This is a book that tells a story both cultural and personal and her voice is as engaging as her food Nigella Lawson Barberries fresh herbs date molasses dried limes saffron Yasmin s Persian pantry staples are a roll call of my favourite ingredients Her recipes are a mouthwatering showcase of a beautiful country Yotam Ottolenghi Not just a great cookbook but a book full of stories a love letter to Iran and its people Diana Henry Armed with little more than a notebook and a bottle of pomegranate molasses and fueled by memories of her family s farm in the lush seaside province of Gilan British Iranian cook Yasmin Khan traversed Iran in search of the most delicious recipes for this Persian cookbook Her quest took her from the snowy mountains of Tabriz to the cosmopolitan caf s of Tehran and the pomegranate orchards of Isfahan where she was welcomed into the homes of artists farmers electricians and teachers Through her travels she gained a unique insight into the culinary secrets of the Persian kitchen and the lives of ordinary Iranians today In *The Saffron Tales* Yasmin weaves together a tapestry of stories from Iranian home kitchens with exclusive photography and fragrant modern recipes that are rooted in the rich tradition of Persian cooking All fully accessible for the home cook Yasmin s recipes range from the inimitable fesenjoon chicken with walnuts and pomegranates to kofte berenji lamb meatballs stuffed with prunes and barberries and ghalyieh maygoo shrimp coriander and tamarind stew She also offers a wealth of vegetarian dishes including tahcheen baked saffron and eggplant rice and domaj mixed herb flatbread and feta salad as well as sumptuous desserts such as rose and almond cake and sour cherry and dark chocolate cookies With stunning photography from all corners of Iran and gorgeous recipe images this lavish cookbook rejoices in the land life flavors and food of an enigmatic and beautiful country *The Sexy Forever Recipe Bible* Suzanne Somers,2011 A recipe accompaniment to her hit book *Sexy Forever* [1,001 Paleo Recipes](#) Arsy Vartanian,Rachel Ball,Jenny Castaneda,Hannah Healy,Katja Heino,Nazanin Kovács,Rachel McClelland,Vivica Menegaz,Caroline Potter,Kelly Winters,Amanda Torres,2021-01-19 The Most Comprehensive Paleo Cookbook in Print In this revised edition of *The Ultimate Paleo Cookbook* ten popular Paleo bloggers have come together to bring you over 1 001 recipes in this ultimate extensive collection to help you stay gluten and grain free With over 100 additional recipes this is the largest compilation of Paleo recipes in print and it satisfies every craving in one convenient volume Each of the authors selected 50 to 80 of their favorite recipes from their blogs and created 10 to 20 original recipes all assembled in this one amazing Paleo resource Inside you ll find recipes for everything Paleo with an emphasis on flavor as well as convenience This book includes a wide selection of easy weeknight dishes budget conscious meals and slow cooker dishes In *Easy Fast Few Ingredient* the entire chapter with over 100 recipes is designed to make going Paleo or staying Paleo as easy as possible With an unprecedented variety of dishes to choose from you ll never be at a loss of what to cook [The One & Done Cookbook](#)

Betsy Freeman,2022-10-21 This is a collection of vegan and vegetarian dinners that are low fuss low mess and high in protein The author lists substitutions for harder to find ingredients shares her favorite shortcuts offers tips on how to assemble healthy meals without using a recipe and much more *Bazaar* Sabrina Ghayour,2019-04-04 SHORTLISTED FOR THE EDWARD STANFORD TRAVEL WRITING AWARDS 2019 iNews Best cookbooks for Christmas 2019 bazaar noun a market in the Middle East Bazaar is a colourful flavourful and satisfying celebration of vegetable dishes designed to suit every occasion and every palate The magic of this cookbook is that you won't feel like anything is missing with dishes full of easy to achieve flavours and depth that would win over even the most die hard carnivore Each recipe utilizes the abundance of varied flavour profiles of the East from spices herbs and perfumed aromatics to hearty staples such as grains and pulses combined with plenty of fresh fruit and vegetables You will find salads for all seasons spectacular sides bowl comfort moreish mains and sweet treats Recipes include Grilled halloumi flatbreads with preserved lemon barberry salsa Roasted tomato chilli soup with herb fried croutons Roast vegetable bastilla Grilled tofu salad with tamarind miso dressing Potato ricotta herb dumplings with walnuts pul biber butter Feta pul biber oregano macaroni bake Courgette orange almond cake with sweet yogurt frosting PRAISE FOR BAZAAR What Sabrina brings to the page is her warmth brio and sheer greedy enthusiasm for bright and bold flavours and her understanding that food is there not just to excite but also to comfort Nigella Lawson Another absolute beauty I don't think she could write a dull recipe if she tried Every one an elegantly spiced delight Tom Parker Bowles Sabrina Ghayour's gorgeous vegetarian recipes are hard to resist Red magazine This book is likely to become a well thumbed tome for me The Caterer The recipes are vibrant colourful and wonderfully creative Delicious Magazine PRAISE FOR SABRINA GHAYOUR The golden girl of Persian cookery Observer Sabrina Ghayour's Middle Eastern plus food is all flavour no fuss and makes me very very happy Nigella Lawson *The Enchantingly Easy Persian Cookbook* Shadi HasanzadeNemati,2016-12-20 From the kitchens of Persian families to your dining table with The Enchantingly Easy Persian Cookbook you'll enjoy easy to follow recipes that achieve the vibrant flavors of authentic Persian cuisine Yogurt eggplant lamb kebabs saffron rice if you have ever dined in a Persian restaurant then you know how rich tantalizing and satisfying Persian cuisine is Yet many assume that making favorites like Pomegranate and Walnut Stew or Saffron Syrup Cake is too difficult to do at home Shadi HasanzadeNemati grew up in the kitchen of her Persian mother and can still remember being mesmerized by the sweet aromas of saffron and cinnamon Inspired by her family's heirloom recipes Shadi has created a collection of simple straightforward takes on authentic Persian favorites that are accessible enough for beginners yet still fun for more seasoned cooks The Enchantingly Easy Persian Cookbook brings the savory comforts and mystical essence of Persian home cooking to your dining table The step by step instructions in this Persian cookbook make it easier than ever to create classic Persian mainstays in your own home In this uniquely simple Persian cookbook you'll find 100 recipes specifically designed to make Persian cooking fun and stress free for beginners A handy how to guide for preparing basic

Persian ingredients such as de seeding pomegranates making saffron water drying limes and storing fresh herbs Practical grocery shopping recommendations for Persian pantry staples like cardamom and sumac plus useful photos for identifying unique ingredients such as ghee and clotted cream Helpful labels that indicate each recipe s level of difficulty plus worth the wait labels for dishes that require more time Tried and true tips and tricks to make Persian cooking easier and more successful Memory sidebars that accompany especially treasured recipes describing Shadi s most cherished recollection connected to that dish With the ease and simplicity of The Enchantingly Easy Persian Cookbook you ll have more fun and less stress as you find the magic in new Persian fare and rediscover the enchantment of recipes you already love The Paleo Foodie Cookbook Arsy Vartanian,Amy Kubal,2014-03-25 Excite Your Inner Food Lover with the Best Paleo Recipes Out There Arsy Vartanian Paleo Foodie and author of the bestselling cookbook The Paleo Slow Cooker is ready to share only the best of the best Paleo recipes that ll have your mouth watering Arsy s delicious and nutritious recipes range from modern twists on traditional dishes to a wide range of ethnic influences from both her Armenian background and her culinary curiosity With 120 tried and true recipes The Paleo Foodie Cookbook includes Salmon Ceviche with Mango and Cucumber Sun Dried Tomato And Fennel Braised Short Ribs and Wine Braised Duck Legs among other culinary delights Looking for the perfect gluten free and grain free recipes to keep you healthy while your family and friends keep asking for more Jam packed with recipes that don t skimp on nutrition or taste The Paleo Foodie Cookbook is your one stop destination for delicious Paleo fare

Bar Tartine Nicolaus Balla,Cortney Burns,2014-11-25 Here s a cookbook destined to be talked about this season rich in techniques and recipes epitomizing the way we cook and eat now Bar Tartine co founded by Tartine Bakery s Chad Robertson and Elisabeth Prueitt is obsessed over by locals and visitors critics and chefs It is a restaurant that defies categorization but not description Everything is made in house and layered into extraordinarily flavorful food Helmed by Nick Balla and Cortney Burns it draws on time honored processes such as fermentation curing pickling and a core that runs through the cuisines of Central Europe Japan and Scandinavia to deliver a range of dishes from soups to salads to shared plates and sweets With more than 150 photographs this highly anticipated cookbook is a true original *African Twist* Maggie

Ogunbanwo,2022-01-01 A collection of 30 delicious vegan recipes with traditional Nigerian flavours Maggie s immaculate balance of flavours combined with playful presentation ensures these are recipes to remember for those wanting to explore broader more environmentally responsible culinary horizons Recipes include Maggie s Pirate Stew Banfora Burkina Welsh Cakes Aubergine and Tomato Caviar Carrot and Apricot Soup Three Bean and Coconut Curry Sweet Potato with Peanut Butter Stew Rum Caramel oranges Plantain Loaf *Maggie's Recipe for Life* Maggie Beer,2024-07-03 With over 200 delicious recipes and the latest scientific research bestselling author Maggie Beer and leading Alzheimer s researcher Professor Ralph Martins show us how to eat and live well to promote optimum brain health to help fight one of the most debilitating diseases of our later years This second edition contains a new introduction and 13 recipes from the ABC TV

series Maggie Beer's Big Mission This book is so important to me To have a healthy old age you must act now whether you are 30 or 50 I have two great passions sharing my love of cooking delicious simple food and improving the health and nutrition of older people I hope this cookbook does both but it's not for old people it's for you I have been delighted to work with leading Alzheimer's researcher Professor Ralph Martins in recent years and I have learned that if we are to avoid Alzheimer's and other lifestyle diseases it is what we eat today that matters These are my recipes for every day for everybody full of deep flavours and beautiful ingredients that will nourish you and your family Nobody wants to eat worthy food that tastes like cardboard For me food without flavour is unthinkable And so is the notion of restricting whole food groups My recipe for life is to have a healthy attitude to eating it's all about balance variety and choosing foods that give you the best chance of being in good health now and into your future This is not a diet book it's a way of life This new edition includes recipes from my ABC TV show Maggie Beer's Big Mission Maggie Beer Maggie Beer and Professor Ralph Martins have teamed up to fight one of the most debilitating diseases of our later years Based on the latest scientific research Maggie has created more than 200 recipes that help provide the nutrients we need for optimum brain health More than one million Australians are affected every day by Alzheimer's directly or indirectly but the good news is that you can eat well to age well from this moment on The proceeds from Maggie's Recipe for Life are shared between the Maggie Beer Foundation and the Lions Alzheimer's Foundation

[The New Persian Kitchen](#) Louisa Shafia, 2013-04-16 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

The New York Times Jewish Cookbook Linda Amster, 2003-09-15 Publisher Description

Middle Eastern Cooking Rose Dosti, 1982 Presents exotic recipes from Turkey Greece and Armenia North Africa the Arab world Israel and Iran

Seductions of Rice Jeffrey Alford, Naomi Duguid, 2003-01-01 An excursion into the world's most essential and satisfying food offers two hundred easy to prepare dishes from the world's great rice cuisines illuminated by stories insights and hundreds of photographs of people places and wonderful food Reprint

Everybody's San Francisco Cookbook Charles Lemos, 1998 An exciting celebration of San Francisco's vibrant ethnic cuisine revealing the secrets of cooking the city's global dishes Features the foods of Italy India

China Southeast Asia Latin America and much more Demystifies ethnic cooking featuring recipes menus a glossary of ingredients and where to find them in the Bay Area making it easy to get started cooking the city s favorite foods

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