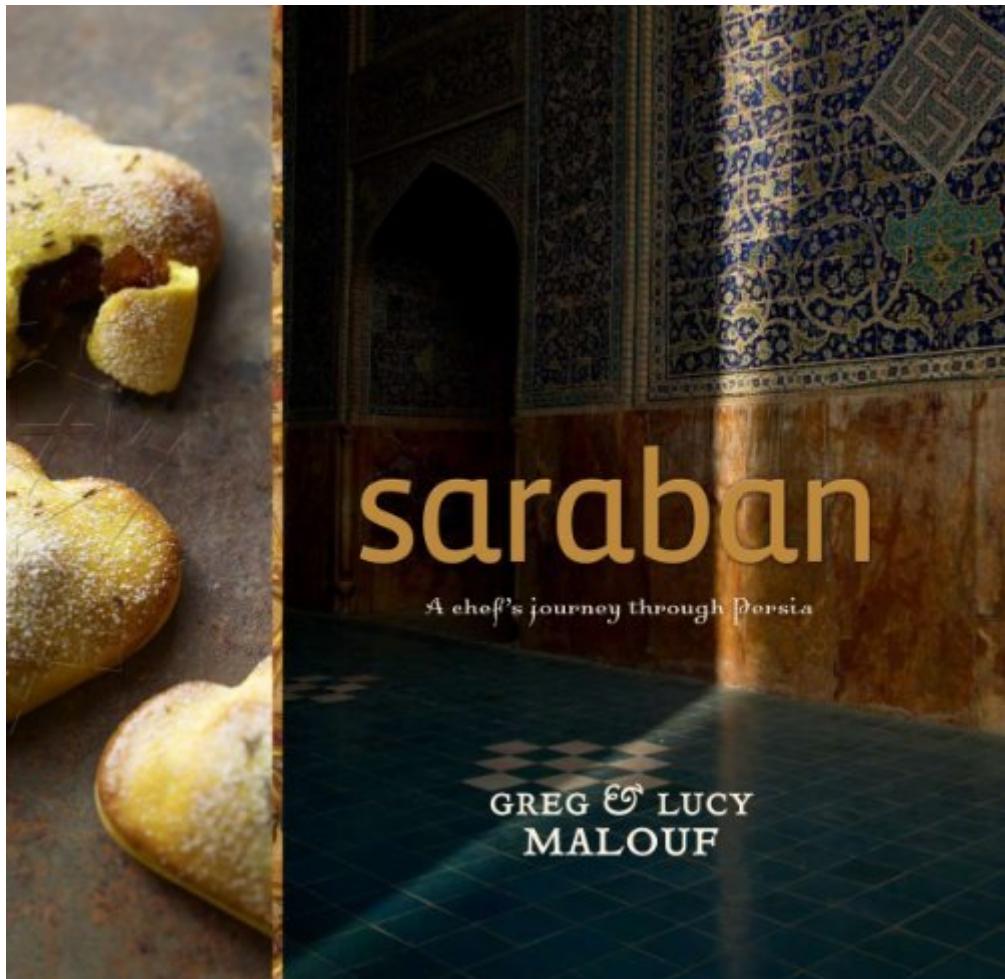


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Saraban



Synopsis

Following on from the success of their award-winning books, Saha and Turquoise, Greg and Lucy Malouf now explore one of the world's earliest and greatest empires: Saraban is an unforgettable journey through the culinary landscapes of ancient Persia and modern-day Iran. Persian cooking is one of the oldest and most sophisticated cuisines in the world and its influence has spread across India and the Middle East to North Africa and the Iberian Peninsula and even through Medieval Europe. It's a cuisine that is subtle, elegant and alluring, which rejoices in rice, uses fresh herbs in abundance and combines meat, fish, fruit and vegetables with exotic spices, such as saffron, cardamom and dried limes. In Saraban, Greg and Lucy discover a land where the rich diversity of climate, countryside, architecture and poetry provide a fitting background for an equal variety and richness of cuisine. Join them as they visit bustling bazaars and tiny soup kitchens, pick saffron before dawn and fish, in time-honoured tradition, from wooden dhows in the Persian Gulf. Then discover the joy of Persian cooking for yourself with the mouth-watering recipes that Greg has created for the home kitchen, as he mixes centuries of tradition with modern techniques and flavours for both the home cook and experienced chef.

Book Information

File Size: 10763 KB

Print Length: 368 pages

Publisher: Hardie Grant Grp; 01 edition (November 1, 2010)

Publication Date: November 1, 2010

Sold by: Digital Services LLC

Language: English

ASIN: B004D38HUK

Text-to-Speech: Enabled

X-Ray: Not Enabled

Word Wise: Enabled

Lending: Not Enabled

Screen Reader: Supported

Enhanced Typesetting: Enabled

Best Sellers Rank: #1,563,219 Paid in Kindle Store (See Top 100 Paid in Kindle Store) #85 in Books > Travel > Middle East > Iran #570 in Kindle Store > Kindle eBooks > Nonfiction > Travel > Middle East #582 in Books > Cookbooks, Food & Wine > Regional & International >

Middle Eastern

Customer Reviews

Nice mix of travel accounts, photos and recipes. It seems to capture some of the best experiences and food in Iran, though it romanticizes the country a bit. My own trip to Iran showed it to be grittier and generally less pretty than portrayed in the book. The recipes are not the standard Iranian standbys -- they are tweaked a bit, and that is good. You can get the standard recipes (e.g. for fesenjan) on the web, but the recipes in the book add something to what you can find on the web.

This book is a splendid illustration of the finest of regional Iranian (Persian) traditional cooking. The cultural history, traditions and food have been hidden from the West for so long, but the tastes and food and drinks are the foundation of some of the finest regional cooking in the European world and the cook and the writer truly showcase the magnificence of the Persian tradition in this beautiful book. In the tradition of these two authors, the book presents the culture, language and the cuisine with stunning photos and quality paper inserts , which reflect the decorative arts and traditions of this fine national heritage.

This is a beautiful book that will inspire you to try the recipes. I have several Persian cookbooks that tend to call for ingredients that most American kitchens don't have, but this one keeps it simple and doable. It also adds a few dishes that aren't strictly speaking real Persian, but which nonetheless capture the spirit with nontraditional ingredients.

A beautiful book. The travel narrative along with both traditional and modern Persian recipes and techniques makes this a wonderful cook/travel book. The photos are so compelling. Beautiful enough to use as a coffee table book and practical enough as a cookbook too. Ingredient measurements are in metric.

Recipes are simple and elegant. The images are gorgeous - makes you want to go. Fresh cooking, ingredients easy enough to find at an international market, and not too heavy. Makes Persian food tangible to a non-Persian.

Love the book, thank you for the follow up when the book was late due to a hold up with customs. You went beyond the norm when the book was missing, and for letting me know by return

mail as to where it was. The book is bran new, thanks.

Book as expected. Well packaged.

I love Persian food and this book is modern and interesting to read as well. The recipes are great and the information about Iran is interesting and engaging.

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Saraban: A Chef's Journey through Persia Saraban

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