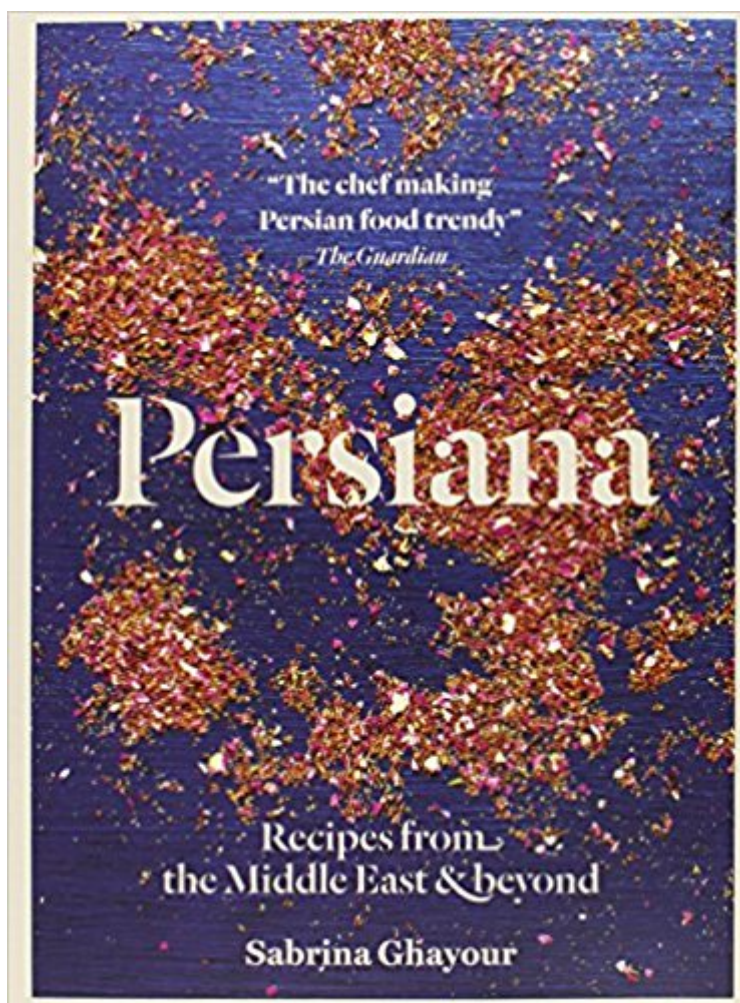


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# Persiana: Recipes From The Middle East & Beyond



## Synopsis

A FABULOUS COLLECTION OF RECIPES FROM ONE OF THE STRONGEST VOICES IN MIDDLE EASTERN FOOD TODAY A celebration of the food and flavors from the regions near the Southern and Eastern shores of the Mediterranean Sea, with over 100 recipes for modern and accessible Middle Eastern dishes, including Lamb & Sour Cherry Meatballs; Chicken, Preserved Lemon & Olive Tagine; Blood Orange & Radicchio Salad; Persian Flatbread; and Spiced Carrot, Pistachio & Coconut Cake with Rosewater Cream.

## Book Information

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## Customer Reviews

"A lovingly-written homage to the enchanting dishes of the Middle East. Sabrina Ghayour takes the reader on her magic carpet to the ancient and beautiful lands of rose-scented sherbets...and to a table of abundant feasts, and of honeyed and spiced delights. What a fantastic treasure trove of good food! Within these pages, the cook will find recipes for tagines, soups, stews, salads, and plenty of sweet treats. Through the pages of *Persiana*, Sabrina delivers the Eastern promise in its delicious, gastronomic form. If you want to eat like an Arabian Knight, then start here...but be sure to stock up on cinnamon, cumin, and coriander..." --Raymond Blanc

"Sabrina cooks the kind of food I love to eat: lots of flavors distilled out of love and generosity. In this book Sabrina demystifies the use of spices. The Eastern promise is definitely delivered in her book and it will have a place on the shelves of my kitchen." --Bruno Loubet

"Sabrina Ghayour is a phenomenal Persian chef." --Gizzi Erskine

LIBRARY JOURNAL BEST COOKBOOK OF THE YEAR 2014 THE OBSERVER FOOD MONTHLY'S BEST NEW COOKBOOK 2014 This is Ottolenghi with rocket fuel. William Sitwell,

The Times Loving Persiana. Nigella Lawson This book will delight fans of Ottolenghi-style food. Waitrose Kitchen The loveliest cookbook I've seen in a very long time. Daily Mail (Ireland)) The most exciting debut cookbook of the year. Sunday Telegraph The most appetising book. I want to eat every page of it. Pierre Koffman, 3 Michelin star chef Persiana...is Sabrina Ghayour's first book and it's crammed full of wonderfully cookable recipes...I'd like to cook and eat everything in it...They're very much geared to a modern lifestyle,...Unlike other Middle Eastern cookbooks, this one is easy to decipher, packed with lots of flavour and recipes are surprisingly easy to pull off. Huffington Post The arrival of her first book, Persiana: Recipes from the Middle East & Beyond, is a boon to those who long to serve their guests bountiful dishes of exotic, glamorous, unfamiliar food with a casual I-just-threw-this-together ...They'll be clamouring for more. And this book, unlike some others, has photographs that show the food clearly. The Independent Sabrina, a self-taught cook, food writer and supper club host, is on a mission to make the flavours of the Middle East accessible. Her recipes are essentially Persian but with influences from Turkish, Arab and Armenian cuisines. BBC Good Food Magazine This wonderful Persian-born chef is a master of the Middle East and her book is sumptuous, thrilling, learned and downright brilliant. Tom Parker-Bowles, food writer and broadcaster, Mail on Sunday Persiana stands alone as a brilliant work of creativity... a captivating work. John and Sally McKenna's Guides Middle Eastern food is all the rage, so this book is timely. Khayour brings authentic recipes up to date using a handful of simple, easily acquired ingredients. Plenty of inspiration. Weight Watchers The self-taught cook's first tome helps demystify traditional Persian cuisine...Despite her no-nonsense nature, Ghayour demonstrates that [with] ease...it's possible to create exquisitely colorful dishes, with big, bold flavors, even when your budget is tight and you're forced to raid your store cupboard...Ghayour's Persian guide has no airs or graces. It's full of the cook's own passion; her love for each dish, whether it is steeped in Persian heritage or created in her own kitchen, shines through. You'll never look at a kebab in the same way again. --Glam UK --Gizzi ErskineA quiet gem One of the current generation of uncategorizable European "food creatives," London-based Sabrina Ghayour writes, teaches and hosts supper clubs, all the while staunchly advocating for the Persian cuisine she had to teach herself despite growing up surrounded by it. Fortunately for those on the hunt for dried black limes, Persian food has been at the crest of a rising tide of Middle Eastern books these past few years. Ghayour interprets the many species of rice dishes and long-simmered stews in a way that's more approachable than what you'll find in traditional Persian cookbooks; when she ventures elsewhere in the Mediterranean (bastillas, kebabs, baklava, tabbouleh) she paves the way with smart substitutions and thoughtful headnotes. And she remains true to her palette pomegranate, dates, barberries, saffron, pistachio, dill even

when experimenting with Western forms (as in pistachio-rose-raspberry madeleines). All in all, Persiana stands out as a quiet gem amid many more widely recognized but ultimately less useful Middle Eastern cookbooks released this year. --NPR Best Cookbooks of 2014

I've come down with a strange disease for which there may be no cure. Call it a case of the creeping Ottolenghis. Ever since I started cooking from British chef and cookbook writer Yotam Ottolenghi's phenomenal *Plenty* a couple of years ago, I've found my tastes shifting gradually eastward. I'm reaching for feta and mint instead of mozzarella and basil. Rice and whole grains are taking the place of dried pasta. And I'm buying tahineh and yogurt in what seems like industrial quantities. Still, even as my dinners are becoming progressively lighter, brighter and more herbaceous, I find myself wanting to push even further into the cooking of the Eastern Mediterranean and Middle East. Fortunately, it seems the Ottolenghi effect has not escaped the notice of the publishing industry either here or in Britain. Four cookbooks have crossed my desk recently that go beyond the yogurt curtain. Any of them would make a terrific gift for anyone on your list who has been similarly infected. When I interviewed Ottolenghi for a Live Talks L.A. program this fall, he singled out *Persiana* by Sabrina Ghayour as one book he was especially excited about. Selected as the best cookbook of 2014 by *Observer Food Monthly*, it has just been published in the U.S. by Interlink Books. It's easy to see why Ottolenghi is so excited about it. Ghayour's food is both sophisticated and approachable a tough line to tread, particularly with cuisines and ingredients that might be unfamiliar. But consider a dish like her tagine of lamb, butternut squash, prune and tamarind it's just 11 ingredients including spices, but the flavors jump off the page. Even simpler and maybe even more compelling shrimp sautéed after a quick marination in sumac, cilantro, lemon and garlic. --Russ Parsons, *LA Times*

Selected by London's *The Observer* as their rising star in food for 2014, Sabrina Ghayour is one of the strongest voices in Middle Eastern food today. This chef, food writer, and cooking teacher is the charismatic Persian-born host of the popular London supper clubs specializing in Persian and Middle Eastern flavors. With regular appearances on the BBC Good Food Show, Taste London, and more, her work has been featured in numerous publications, including *The Times*, the *Sunday Times*, the *Evening Standard*, the *Guardian*, the *Independent*, the *Telegraph*, *Delicious* magazine, and *BBC Good Food* magazine.

I really love this book as the recipes are so diversified and easy to follow. I look through it each time I want to prepare something unique and delicious. And I have all the ingredients already in my pantry. Great book to give as a gift to someone who appreciates fine cuisine. I can definitely say it is

one of my favorites and the photos are great alongside the recipes.

My wife and I have an extensive cookbook collection. One cuisine that has been ill covered in the past has been Persian (Middle eastern) fare. Sabrina does an excellent job of presenting some excellent recipes that turn out delicious. Excellent pictures are abundant. A top notch addition to any cooking library.

Love this cookbook so much! I specifically bought it for the Ezme, but all the recipes are proving to be keepers.

I seldomly write an review but this time i HAD too,forget the excellent quality of paper and beautiful pictures in the end you want to make a meal out of ur cookbook and not use it as a coffee table book right? the recipes are amazing if you love mediterenean/persian/arabic meals you will LOVE this,every recipe was easy to follow and more importanty every recipe HAD A PICTURE! The ingrediants are available in most supermarkets , a MUST add to ur cookbooks

Lovely book filled with detailed, delicious authentic Persian recipes. As a burgeoning cook I especially appreciate the extra mile she went to include little tidbits of cooking tips and other pearls of wisdom on the prep process which have served me well when preparing these recipes. I have received many compliments on the meals prepared off these recipes and I take that as a testimate to it's worth, after all it is a cookbook! Well done

Great book, with a wide variety of Persian and Middle-Eastern inspired recipes. Well-written book with lovely articles and pictures.

Great salads and flavors

I purchased this book just to lear how to make rice and it gives explicit directions.

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