



A Taste of Persia: An Introduction to Persian Cooking

Najmieh Batmanglij

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A Taste of Persia is a collection of authentic recipes from one of the world's oldest cuisines, chosen and adapted for today's lifestyle and kitchen. Here are light appetizers and kababs, hearty stews and rich, golden-crusted rices, among many other dishes, all fragrant with the distinctive Persian use of herbs, spices and fruits. Each recipe offers clear, easy-to-follow, step-by-step instructions. Most take less than an hour to prepare; many require only a few moments; many others can be made in advance. Besides its 100 recipes and 60 photographs, the book includes a useful dictionary of Persian cooking techniques and ingredients, and a brief history of Persian cookery. Together these make a complete introduction to this wonderful cuisine.

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