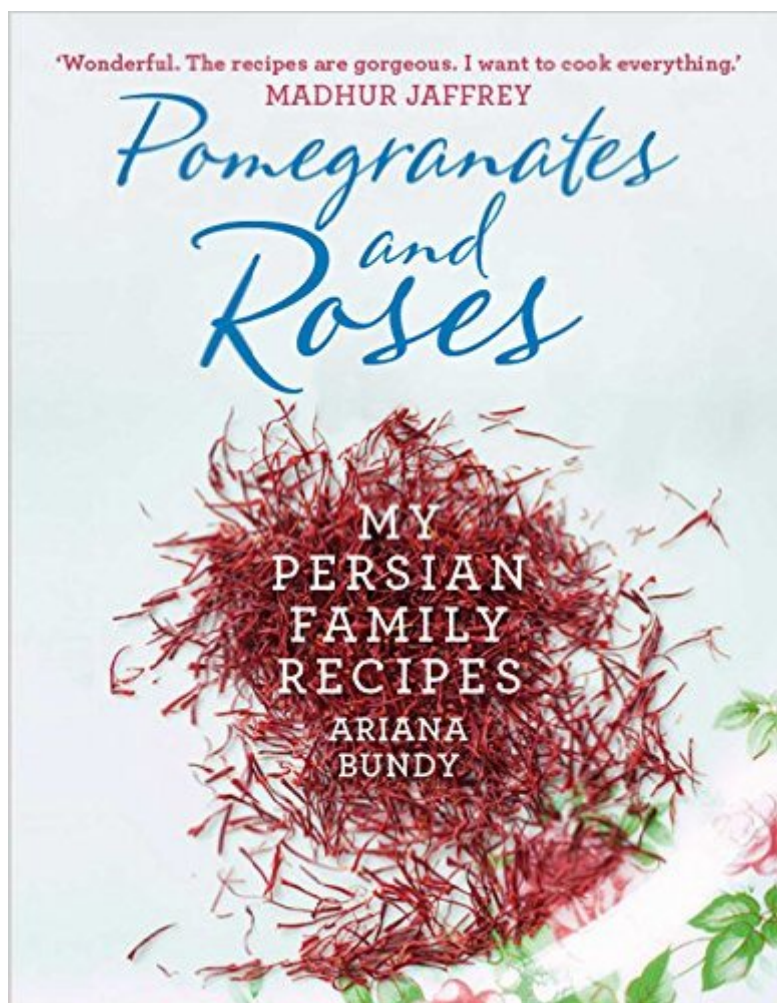


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# Pomegranates And Roses: My Persian Family Recipes



## Synopsis

Ariana's family roots are firmly planted in Persian soil. She inherited her love of food and cooking from her grandparents - who grew fruit and grains and had vineyards producing prized grapes - and from her father, who owned and ran the first fine-dining French restaurant in Iran. With recipes such as Ice in Heaven and Pomegranate and Walnut Stew with Chicken, Ariana manages to capture the sensual, exotic pleasure of Persian cuisine as well as celebrating the values and traditions cherished by her forefathers. Their memories of when life was simpler, family mattered above all else and eating together was of paramount importance provide an evocative leitmotif. In this beautiful book, she pays tribute to the rich heritage, cultural and culinary, that has shaped her approach to life, cooking and eating.

## Book Information

Paperback: 224 pages

Publisher: Simon & Schuster UK (April 23, 2015)

Language: English

ISBN-10: 1471149269

ISBN-13: 978-1471149269

Product Dimensions: 7.4 x 9.7 inches

Shipping Weight: 1.5 pounds (View shipping rates and policies)

Average Customer Review: 4.8 out of 5 stars [See all reviews](#) (22 customer reviews)

Best Sellers Rank: #166,896 in Books (See Top 100 in Books) #53 in [Books > Cookbooks, Food & Wine > Regional & International > Middle Eastern](#) #298 in [Books > Cookbooks, Food & Wine > Asian Cooking](#)

## Customer Reviews

If memories can be captured in words, then this beautifully illustrated volume takes the reader on a journey back to pre-revolutionary Iran, where the author's family lived in a privileged world of vast land estates, high government positions, servants, European clothes, French restaurants, casinos, vacation homes on the Caspian Sea, hunting, riding, & family gatherings at holiday feasts. Not exactly just plain folk, her grandmother's aunt as a young girl lived with the Shah's sister, Ashraf & stayed with her as friend & confidante until Ashraf's death. One uncle became a Sufi and spent the rest of his life helping the sick & needy. Family photos confirm the fabled beauty of Iranian women - the author's mother looks like a young Claudia Cardinale. When the revolution came & the family had to flee, eventually coming to America, they took with them the gift they thought most practical --

caviar! The recipes reflect that lifestyle, with some being very simple, like chicken stew (Khorakeh Morgh), and others more elaborate like Quails stuffed with Rose Petals (Belderchineh Too Por). As with most Persian recipe books, the cook has to either have access to a Middle Eastern store where you can get some of the ingredients needed, like Omani limes, nigella seeds, Persian golden dried plums, barberries, beetroots, green unripe almonds, lavashak (Persian fruit roll), hogweed powder, or get them online. Saffron threads are used extensively in this cuisine, which must be inexpensive in Iran as opposed to the States, as is the use of Pomegranates, which are plentiful in Iran, while we can only get them here in the States in season.

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