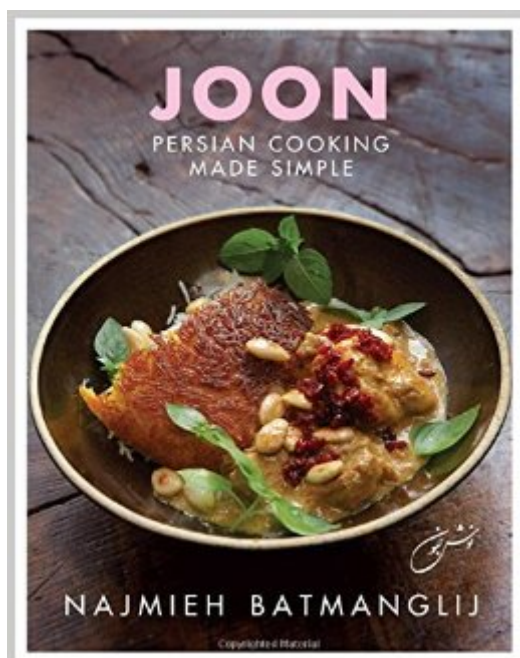


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Joon: Persian Cooking Made Simple



Synopsis

75 Persian recipes made simple: many requiring only one pot and less than an hour to cook while keeping the authentic flavors of Iran. Includes many vegan and vegetarian options. In Joon, master chef Najmieh Batmanglij distills one of the world's oldest and most influential cuisines to capture its unique flavors in recipes adapted to suit our busy lives. Najmieh's fans have been making meals from her Food of Life for more than 30 years. For Joon she has simplified 75 of her favorite dishes and shows how, with the right ingredients and a few basic tools and techniques, authentic Persian food can easily be prepared at home. The recipes in this book--each accompanied by a photograph of the finished dish--come straight from Najmieh's kitchen and include not only the classics of Persian cooking, but also some soon-to-be favorites, such as quinoa or kale cooked Persian-style. You'll discover delicious side dishes, from cooling, yogurt-based salads and tasty dips and spreads, to more sustaining platters of grains, beans and fresh herbs; tasty kukus --frittata-style omelets filled with vegetables and herbs; spice-infused fish; mouth-watering meatballs and kababs served on flat breads with tangy sauces; every kind of rice--including the incomparable polow topped with various sweet and sour braises; not to mention, delightfully aromatic cakes and cookies to round off meals or enjoy as a snack in between. Much of Iran's cuisine is essentially vegetarian. Although kababs are popular restaurant fare, they represent only a small sampling of the dishes Iranians eat at home. Persian cooking, with its emphasis on fresh, natural ingredients corresponds with the trend in eating that's spreading across America. "Join the delicious revolution!" as Alice Waters says; "Eat simply, eat together, eat seasonally, shop at farmers markets." Iran and Persia refer to the same place. These days we use "Iran" to refer to the country and "Persia" or "Persian" for the culture, from Persian carpets, and Persian cats to, Persian cooking. Persian, also called farsi, is the language of Iran. Joon means "life" in Persian. It can be used in multiple ways, from a term of endearment akin to "darling" after someone's name to showing great enthusiasm: "I love it!" The expression nush-e joon, literally "food of life," is similar to the French "bon appétit," a wish that a meal will be enjoyed.

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Customer Reviews

This book, like all of Najmieh's books is a gem. I have every one of her books and have bought multiple copies of each and given them as gifts to friends and family. (I bought 4 the first time and just ordered 4 more, and I'm sure I will be ordering more!) Not only are these cookbooks easy to use and follow, but she recounts the history and culture of her beloved Iran in each of her books through the recipes, description of the ingredients and the high level photography and layout. I'm an Iranian and consider myself a fairly good cook, but every Persian dish I make I first refer to Najmieh's books for inspiration and a new way of approaching the dish. Najmieh's value for the aesthetics and quality shows in her preparations and presentation. A must have cook book for anyone who likes to eat, cook or is interested in diverse cultures!

Being half Persian, I'm always trying to discover more of my lost culture. Food is a great way. My favorite recipe in this book is the rice! Persians make rice awesome. The tadig is epic. I've made this rice many times before, but I love her recipe with adding rose water to the saffron and cardamom pods. Over all most recipes are hit or miss. I feel some are harder than they should be. Not all are tasty enough to justify all the work. I'm yet to find fresh fava beans in my area, but if I do I really want to try the fava bean recipe!

I love to cook and I use Batmanglij's other books. What I love about this book is that it's Persian food made simple and healthy. It is great to have many vegetarian and vegan options. I love the new recipes with kale, butternut squash and quinoa. This is an easy book for both experienced cooks and a novice.

Simplicity at its best. Not only is this a cookbook you can read from beginning to end, but it is incredibly user friendly from the large font (mersi, mersi!!) to the pantry descriptions and sources, sumptuous photos and notes for substitutions. Having made 3 recipes just yesterday to rave reviews, I am becoming a more intuitive chef like my 2 Persian Grandmas. The cole slaw and oven

fried chicken--gluten free no less--will be regular rotations in this house. Batmanglij promotes what I like to call CULINARY DIPLOMACY. You will not regret this purchase.

Great shortened version to her larger book, Food for Life. Bought it as a gift for a friend who isn't Persian and I think it's easy to use and doesn't make the recipes too complicated. Great buy and I'll be getting it for other friends as well.

I love Iranian cuisine but I've always found it daunting. I heard Naj speak at the National Book Festival and she was saying that this book was designed for millennials--lots of vegetarian and vegan options, and almost every dish could be prepared in under an hour. Well, I don't know about making them in under an hour (maybe I chop vegetables slower than most people?) but the two recipes I made last night were very doable and absolutely delicious. I'd never even made fish before, but the fish with pomegranate and verjuice came out spectacularly, and was a huge hit at my dinner party, as was the polow with lentils and dates. I can't wait to keep cooking from this book!

I have all of Najmieh's cookbooks, my husband just gave me this latest one last Saturday as one of the anniversary gifts from him, and I love it. I've already made in the past few days her very good marinated and roasted lime/ turmeric chicken, her wonderful carrot salad which my husband the usually slightly dubious and disinterested carrot person absolutely adored, we both did. Tonight I'm making her sumac rubbed (marinated) sea bass which I'll broil later on it's in the fridge wrapped in parchment paper, and I made to go with it her wonderful sounding Fava Bean Salad with lime juice, fresh dill etc. I've had a few tiny nibbles and it's very good. This book is filled with very good sounding recipes, that are light and healthy particularly in the summer.

The pictures are superb and so are the recipes. The fonts are large and readable and the price of the hard-covered book is relatively low and most appropriate. Add to that my love of Iranian food and you have a real bargain.

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