



New Persian Cooking: A Fresh Approach to the Classic Cuisine of Iran

Jila Dana-Haeri, Shahrzad Ghorashian, Jason Lowe

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From pomegranate soup to saffron ice cream, the subtleties of Persian cuisine and its unique mix of flavors are unlike any other style of cooking. The traditional emphasis on the use of seasonal ingredients and the importance of a complementary mix of herbs, vegetables, meat, fish, fruit, and spices make for fresh, modern meals based on flavor profiles that have been used for centuries. This highly illustrated cookbook offers an enticing introduction to traditional Persian cuisine through recipes and ingredients accessible to the everyday cook. As a medical doctor, Jila Dana-Haeri has adapted traditional Persian recipes for today's more health-conscious readers and cooks. Featuring beautiful photographs by award-winning food photographer Jason Lowe, this book is essential for the at-home culinary explorer.

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