



Joon: Persian Cooking Made Simple

By *Najmieh Batmanglij*

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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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Editorial Review

About the Author

Najmieh Batmanglij was born and raised in Iran. During her childhood, her mother wouldn't allow her in the kitchen. "Concentrate on your education," she would say. "There will be plenty of time for you to cook later in life."

Najmieh came to America in the 1960s to study at university and would cook Persian food with fresh local produce using recipes sent by her mother in letters. Her housemates loved the food she made and encouraged her to cook all the more. Little did she know that the American food revolution had just begun. Later, when Najmieh returned to Iran with her master's degree in education in hand, her mother welcomed her into the kitchen and started to work with her.

At the end of 1979, as the Iranian Revolution took a more fundamentalist turn, Najmieh and her husband fled to France, where their first son Zal was born.

It was in France that Najmieh decided to follow her passion for cooking. With the help of her friends and neighbors, she wrote her first cookbook, *Ma Cuisine d Iran*.

In 1983 she and her husband emigrated to America, where she gave birth to their second son, Rostam, and wrote her first book in English, *Food of Life*.

Najmieh has spent the past 35 years cooking, traveling, and adapting authentic Persian recipes to tastes and techniques in the West. She has been hailed as "the guru of Persian cuisine" by *The Washington Post*. Her *Food of Life* was called "the definitive book on Iranian cooking" by the *Los Angeles Times*. Her *Silk Road Cooking* was selected as one of the 10 best vegetarian cookbooks of 2004 by *The New York Times*; and her book *From Persia to Napa: Wine at the Persian Table* won the Gourmand Cookbook Award for the best wine history book of 2007.

Najmieh is a member of Les Dames d Escoffier and lives in Washington, DC, where she teaches Persian cooking, and consults with restaurants around the world.

Users Review

From reader reviews:

Donna Cook:

Now a day individuals who Living in the era exactly where everything reachable by connect to the internet and the resources included can be true or not involve people to be aware of each details they get. How people have to be smart in having any information nowadays? Of course the correct answer is reading a book. Looking at a book can help individuals out of this uncertainty Information especially this *Joon: Persian Cooking Made Simple* book as this book offers you rich information and knowledge. Of course the knowledge in this book hundred % guarantees there is no doubt in it as you know.

Jesica Demarco:

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Jerry Day:

In this period globalization it is important to someone to obtain information. The information will make anyone to understand the condition of the world. The condition of the world makes the information simpler to share. You can find a lot of referrals to get information example: internet, classifieds, book, and soon. You can observe that now, a lot of publisher that print many kinds of book. The actual book that recommended for your requirements is Joon: Persian Cooking Made Simple this e-book consist a lot of the information from the condition of this world now. This book was represented just how can the world has grown up. The vocabulary styles that writer use for explain it is easy to understand. Often the writer made some study when he makes this book. That is why this book acceptable all of you.

Kevin Diaz:

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