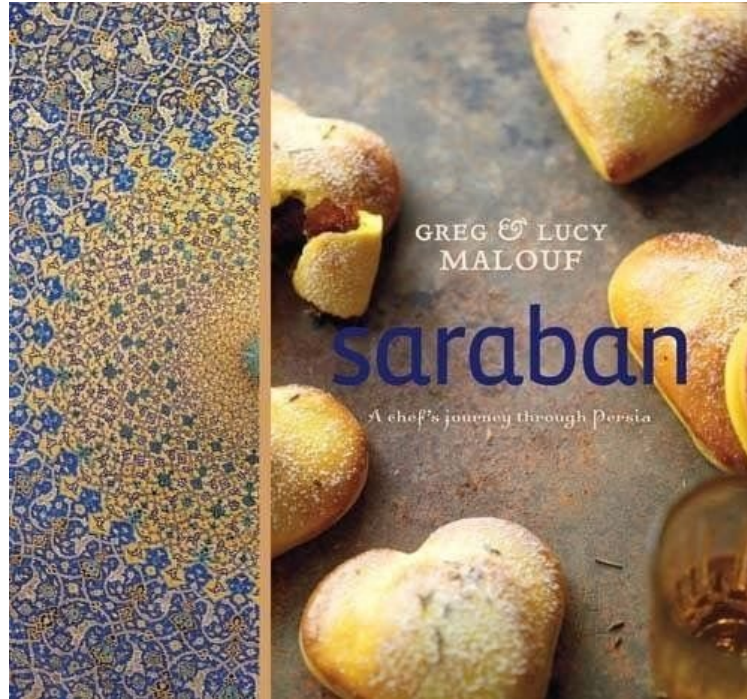


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## Saraban: A Chef's Journey through Persia

*Greg Malouf, Lucy Malouf*  
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**Greg Malouf, Lucy Malouf : Saraban: A Chef's Journey through Persia** before purchasing it in order to gauge whether or not it would be worth my time, and all praised Saraban: A Chef's Journey through Persia:

0 of 0 people found the following review helpful. Nice mix of travel accounts  
By PamLarry Wilt  
Nice mix of travel accounts, photos and recipes. It seems to capture some of the best experiences and food in Iran, though it romanticizes the country a bit. My own trip to Iran showed it to be grittier and generally less pretty than portrayed in the book. The recipes are not the standard Iranian standbys -- they are tweaked a bit, and that is good. You can get the standard recipes (e.g. for fensenjan) on the web, but the recipes in the book add something to what you can find on the web.  
0 of 0 people found the following review helpful. Persia at the pinnacle of Middle Eastern cuisine and architecture  
By Robyn Hannam  
This book is a splendid illustration of the finest of regional Iranian ( Persian) traditional cooking. The cultural history, traditions and food have been hidden from the West for so long, but the tastes and food and drinks are the foundation of some of the finest regional cooking in the European world and the cook and the writer truly showcase the magnificence of the Persian tradition in this beautiful book. In the tradition of these two authors, the book presents the culture, language and the cuisine with stunning photos and quality paper inserts , which reflect the decorative arts and traditions of this fine national heritage.  
3 of 3 people found the following review helpful. Nice updates on Persian cooking  
By Estella  
This is a beautiful book that will inspire you to try the recipes. I have several Persian cookbooks that tend to call for ingredients that most American kitchens don't have, but this one keeps it simple and doable. It also adds a few dishes that aren't strictly speaking real Persian, but which nonetheless capture the spirit with nontraditional ingredients.

Following on from the success of their award-winning books, Saha and Turquoise, Greg and Lucy Malouf now explore one of the world's earliest and greatest empires. *Saraban* is an unforgettable journey through the culinary landscapes of ancient Persia and modern-day Iran. Persian cooking is one of the oldest and most sophisticated cuisines in the world and its influence has spread across India and the Middle East to North Africa and the Iberian Peninsula and even through Medieval Europe. It's a cuisine that is subtle, elegant and alluring, which rejoices in rice, uses fresh herbs in abundance and combines meat, fish, fruit and vegetables with exotic spices, such as saffron, cardamom and dried limes. In *Saraban*, Greg and Lucy discover a land where the rich diversity of climate, countryside, architecture and poetry provide a fitting background for an equal variety and richness of cuisine. Join them as they visit bustling bazaars and tiny soup kitchens, pick saffron before dawn and fish, in time-honored tradition, from wooden dhows in the Persian Gulf. Then discover the joy of Persian cooking for yourself with the mouth-watering recipes that Greg has created for the home kitchen, as he mixes centuries of tradition with modern techniques and flavors for both the home cook and experienced chef.

"There is no doubt that this is a country and a culinary tradition bursting with possibilities. All that's needed now, is for someone to explore them and share them with the rest of us. Fortunately, Greg and Lucy Malouf have." Anthony Bourdain on Saha